

**Registration:** No Registration Fee

**For Registration & Abstract Uploading**  
(Please click on the following link)

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## Participation/Guidelines for Paper Submission:

Interested participants can send the softcopy of their abstracts (max. 300 words, Times New Roman, font size 12) on any of the following themes latest by May 8, 2020 to the organizing secretary on the following E-mail id [psychologydepartment2020@vkm.org.in](mailto:psychologydepartment2020@vkm.org.in) or can upload their file at the time of registration. Both empirical and review papers would be welcomed.

**PARTICIPANTS WILL BE ISSUED e-CERTIFICATE**

## How to Join:

**Meeting ID/Link (Through Google MEET)**  
ID - "baw-coyb-egf"

Link - <https://meet.google.com/baw-coyb-egf>  
(Google Meet App will be downloaded via playstore/apple-store or can easily join through this link by laptop/desktop)

## Live Streaming

<https://stream.meet.google.com/stream/af74ae88-e6b0-4900-b932-e52097b089ba>

## Patrons

Smt. Uma Bhattacharyya, Manager

Prof. Rachna Srivastava, Principal

## Convener

Dr. Madhuri Agarwal, Head & Associate Professor,  
Department of Psychology,  
VKM

## Organising Secretary

Dr. Shubhra Sinha, Assistant Professor,  
Department of Psychology,  
VKM

Dr. Anjulata Singh, Assistant Professor,  
Department of Psychology,  
VKM

## Secretary, Online Registration Committee

Dr. Ram Prasad Sonkar, Assistant Professor,  
Department of Psychology,  
VKM

## Secretary, Scientific Committee

Dr. Priyanka Tiwari, Guest Faculty,  
Department of Psychology,  
VKM

# ONE-DAY NATIONAL WEBINAR

ON

**Psycho-social well-being  
during COVID-19  
pandemic**

**09 May, 2020**

**01.00 PM – 04.00 PM**

EDUCATION



AS SERVICE

*Organized by*

**DEPARTMENT OF Psychology**

**VASANT KANYA MAHAVIDYALAYA**

(Admitted to the privileges of Banaras Hindu University)

**KAMACHHA, VARANASI-221010**

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## About the College

Established in 1954, Vasant Kanya Mahavidyalaya is situated within the premises of the Theosophical Society at Kamachha, Varanasi. Having been the *Karmabhumi* of none other than the great visionary, Dr. Annie Besant, it has a glorious past. Adopting the motto "Education as Service", the college seeks to blend the principles of tradition and modernity. The college was accredited "A" by NAAC in its second cycle of accreditation. Admitted to the privileges of Banaras Hindu University, it has been able to carve a niche for itself among the topmost institutions of the country dedicated to women education. The college now runs Ph.D, Post-graduate and Undergraduate courses as well as Diploma courses sanctioned by UGC.

## About the Webinar

The pandemic of COVID-19 has posed an unprecedented challenge before mankind. People across the globe are striving for saving life as well as keeping it worth living. The uncertainty of the future and sudden stagnation of today's fast-paced life has compelled us to restructure our way of living to achieve a new synchrony with nature. This has led to exponential rise in psycho-social problems among the common masses. Considering the seriousness of the situation, a multipronged approach of stress-management seems necessary including (a) a deeper understanding of the core issues (b) their impact on mental health and psychological well-being, and (c) effective utilization of social, emotional, and spiritual strengths to enhance psychological well-being. The proposed webinar is an effort to turn these challenges into opportunities and evolve as physically, mentally, and spiritually advanced human beings.

## Sub-themes for oral presentation

- ✓ The psycho-social challenges of lockdown
- ✓ Effective coping strategies for COVID-19 pandemic
- ✓ New life skills in post-COVID world
- ✓ The digital world: Advantages and hazards
- ✓ The psychological impact of virtual classes on students
- ✓ Effect of lockdown on geriatric mental health

**Programme Schedule:** 1:00 pm – 4:00 pm

**Inaugural Session:** 1:00 pm – 2:15 pm

**Keynote Address:** *Prof. H. S. Asthana*, Head, Department of Psychology, Faculty of Social Sciences, Banaras, Hindu University

**Invited Lecture:** *Dr. Satyagopal*, Head & Associate Professor, Department of Psychology, DAV PG College

**Scientific Session:** 2:15 pm – 3:00 pm

**Valedictory Session:** 3:00 pm – 4:00 pm

**Invited Lecture:** *Dr. Rakesh Tripathi*, Associate Professor & Clinical Psychologist, KGMU, Lucknow

**Valedictory Address:** *Prof. Rakesh Pandey*, Ex- Head, Department of Psychology, Faculty of Social Sciences, Banaras Hindu University