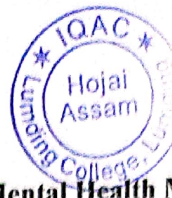


REPORT ON



National webinar on 'Impact of Covid-19 on Mental Health Management.'

A national webinar on 'Impact of Covid-19 on Mental Health Management' was organized by the Department of Education in association with IQAC, Lumding College on 31st August 2020 at 11:00 am. The webinar was conducted over Cisco Webex platform. The resource person for the event was Dr. Sima Paul, Associate Professor, Department of Education, Assam University. The Chairperson was Dr. Mrinal Kanti Paul, Principal of the college.



At first there was an inaugural speech by the chairperson, Dr. Mrinal Kanti Paul. Next, the technical session started. Dr. Sima Paul, the resource person, spoke on the adverse effects of covid on one's mental health. She explained how covid not only affects a person physically but also mentally. She further elaborated how a person might be impacted mentally due to being in lockdown for a long duration of time. She ended her talk by suggesting ways in which one's mental health can be kept under check during the pandemic.

After her talk, there was an interaction session. The webinar ended with a vote of thanks by Dr. Bilashri Brahma, HOD, Department of Education, Lumding College.

Report Prepared by: Team IQAC, Lumding College

Date of Event: 31st August, 2020

Date of Reporting: 31st August, 2020

Co-ordinator
IQAC
Lumding College
Lumding, Hojai, Assam