



A Two- Day Webinar on

MANAGING THE INEVITABLE: PSYCHOLOGICAL WELL-BEING DURING AND AFTER COVID-19 PANDEMIC

Join us on June 3rd & 4th, 2020,
from 11:00 AM to 1:00 PM

For Students and Research
Scholars only

Resource Persons
(RCI Registered
Clinical
Psychologists)



Ms. Meha Jain
Clinical Psychologist
AIIMS, Patna



Mr. Ashok Kumar Patel
Clinical Psychologist
DMHP, U.P.
All India Council
Member of IACP



Dr. Neeraj Vedpuriya,
Clinical Psychologist
Paras Hospital, Patna



Mr. Joydeep Das
Clinical
Psychologist
CIP Ranchi



Ms. Isha Singh
Clinical Psychologist
Ananya Child
Development
& Early Intervention
Clinic Hyderabad



Ms. Mukta Mrinalini
Clinical Psychologist
Assistant Professor
Patna Women's
College, Patna

**Organized by: Department of Psychology
Patna Women's College, Autonomous, Patna University**

A Two – Day Webinar on

“MANAGING THE INEVITABLE: WELL-BEING DURING AND AFTER THE COVID- 19 PANDEMIC”

Well-being is broadly described as combination of emotional, psychological, and social well being. It is one of the measures of balance in our lives. It helps us to improve our quality of life. It plays important role in sustaining mental health. But in the current scenario of COVID-19 pandemic, it is evident that the number of people infected and the number of deaths are in such great counts that people are becoming afraid – Who is next? People are trying hard to save themselves. For this, they are applying all the preventive measures they get to know to the greatest extent. Lockdown, healthy habits, social distancing are some of those measures. But how long they have to continue like this, nobody knows. The uncertainty in the situation is very disturbing. As a result, mental health and well being have become vulnerable. The major psychological impact of this pandemic are being seen as stress, anxiety, loneliness, depression and drug abuse to name some. People are getting distressed by this pandemic which has already started causing and enhancing the mental illnesses among the populations across world. We need to deeply understand the clinical aspect of its impact on our well being as well as mental health. It will help the people to maintain their positivity in these tough times to sail through.

It is with this aim that the Department of Psychology, Patna Women’s College is organizing a Two-day Webinar on “Managing the Inevitable: Well-Being During and After COVID-19 Pandemic.”

Principal & Chairperson

Dr. Sister M. Rashmi A.C.

Convener & Head, Dept. of Psychology

Dr. Sister M. Reema A.C.

Organizers:

Ms. Mukta Mrinalini

Organizing Secretary & Assistant Professor, Dept. of Psychology

Dr. Nupur Sinha

Member & Assistant Professor, Dept. of Psychology

Dr. Shruti Narain

Member & Assistant Professor, Dept. of Psychology

Dr. Neeena Verma

Member & Assistant Professor, Dept. of Psychology

Link for Registration: <https://forms.gle/mhjQ6WX8JGrWqZTz7>

Dates for Registration: 27th and 28th May, 2020

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