



# INTERNATIONAL WEBINAR

ON

## "MANAGEMENT OF MENTAL HEALTH STATUS AFFECTED BY COVID -19"

**Organised By-**

20<sup>th</sup>  
JULY  
2021  
11.00 AM

**Department of Physical Education and IQAC**

**SEVA BHARATI MAHAVIDYALAYA**

**Jhargram, WB, India**

**In collaboration with**

**Physical Education Foundation of India (PEFI)**

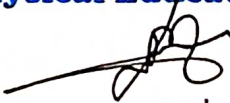
**(Recognised by- Ministry of Youth Affairs & Sports, Government of India)**

&

**Netaji Subhas Open University and 'Arya Sabhyata' Group of Institutions**

**Knowledge Partner: Jagadish Chandra Bose Physical Education College  
(Howrah)**



  
Principal  
Seva Bharati Mahavidyalaya  
Kapgari, Jhargram



**FREE  
REGISTRATION!**

**FOR REGISTRATION**



**Last Date of  
Registration  
19.07.2021**

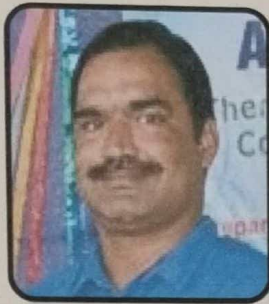


# DELEGATES



### Chairperson

**Professor (Dr.) Deba Prasad Sahu**  
Principal  
Seva Bharati  
Mahavidyalaya,  
WB, India



### Co-chairperson

**Dr. Binod Chowdhary**  
Vice-Principal  
Seva Bharati  
Mahavidyalaya,  
WB, India



### Chief Guest

**Dr. A N Dey**  
Director  
Netaji Subhas Open  
University  
WB, India



### Guest of Honour

**Dr. Piyus Jain**  
National Secretary  
PEFI, India



### Special Guest

**Sri Bishnu Pada Das**  
Director,  
Arya Sabhyata Group of  
Educational Institutions &  
Surendralal Das Teachers'  
Training College,  
WB, India



### Special Guest

**Dr. Prasanta Kumar Das**  
Associate Professor  
Tripura University  
Tripura, India



### Dr. Samit Maity IQAC, Coordinator

Assistant Professor  
Seva Bharati  
Mahavidyalaya,  
WB, India



### Organizing Secretary

**Dr. Neetu Dutta**  
Assistant Professor  
Seva Bharati  
Mahavidyalaya,  
WB, India



### Co-ordinator

**Dr. Alope Sen Barman**  
Assistant Professor  
Seva Bharati  
Mahavidyalaya,  
WB, India



### Joint Co-ordinator

**Sri. Sasheb Lohar**  
SACT  
Seva Bharati  
Mahavidyalaya,  
WB, India



*(Signature)*  
Principal  
Seva Bharati Mahavidyalaya  
Kapgari, Jhargram

## RESOURCE PERSONS



**Dr. Rakesh Tomar**

King Fahd University of Petroleum & Minerals Dhahran  
Saudi Arabia



**Dr. Anjum Padyal**  
Associate Professor  
Dept. of PE & Sports Sciences  
Deshbandhu College  
University of Delhi  
(E- RYT 500 hrs, Yoga Alliance USA)  
India

## PROGRAMME SCHEDULE

Inaugural Session: 11.00 am – 12.00 pm

**Anchor-**

Dr. Netu Dutta, Assistant Professor, Seva Bharati Mahavidyalaya, & Moderator WB, India

**Welcome Address- 11.00 AM**

Prof. (Dr.) Deba Prasad Sahu, Principal, Seva Bharati Mahavidyalaya, & Chairperson, WB, India

**Inaugural Address- 11.05 AM**

Dr. Binod Chowdhary, Vice Principal, Seva Bharati Mahavidyalaya, & Co-chairperson, WB, India

**Address by the Chief Guest- 11.10 AM**

Dr. A N Dey Director, Netaji Subhas Open University, WB, India

**Address by the Guest of Honour- 11.20 AM**

Dr. Piyus Jain, National Secretary, PEFI, WB, India

**Address by the Special Guest- 11.30 AM**

Sri Bishnu Pada Das, Director, Arya Sabhyata Group of Educational Institutions & Surendralal Das Teachers' Training College, WB, India

**Address by the Special Guest- 11.40 AM**

Dr. Prasanta Kumar Das, Associate Professor, Tripura University, Tripura, India

Technical Session: 11.50 PM – 01.10 pm

- 11.50 AM - 12.20 PM **Dr. Rakesh Tomar**, King Fahd University of Petroleum & Minerals, Dhahran, Saudi Arabia
- 12.20 PM - 12.50 PM **Dr. Anjum Padyal**, Associate Professor, Dept. of PE & Sports Sciences, Deshbandhu College, University of Delhi, (E- RYT 500 hrs, Yoga Alliance USA) India



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# PROGRAMME SCHEDULE CONT...

Valedictory Session: 01.10 PM – 01.30 PM

## Vote of Thanks-

- 12.50 PM- 01.00 PM Dr. Samit Maity, IQAC, Co-ordinator, Assistant Professor. Seva Bharati Mahavidyalaya, WB, India
- Cessation of the Webinar, Feedback Collection and Distribution of Certificates.

## ORGANIZING COMMITTEE

### Chairperson:

- Prof. (Dr.) Deba Prasad Sahu, Principal, Seva Bharati Mahavidyalaya, WB, India

### Co-Chairperson:

- Dr. Binod Chowdhary, Vice Principal, Seva Bharati Mahavidyalaya, & Co- chairperson, WB, India

### Organizing Secretary:

- Dr. Netu Dutta, Assistant Professor, Seva Bharati Mahavidyalaya, & Moderator WB, India

### Co-ordinator:

- Dr. Alope Sen Barman, Assistant Professor, Seva Bharati Mahavidyalaya, WB, India

### Joint Co-ordinator:

- Sri. Sasheb Lohar, SACT, Seva Bharati Mahavidyalaya, WB, India

### Advisors:

- Dr. Krishnendu Pradhan, Associate Professor & HOD, Physical Education, Garhbeta College, WB, India
- Bharutty Ramgutte, Lecturer, Movement and Physical Education Department, Mauritius Institute of Education. Moka, Mauritius.
- Dr. Salma Arzoo (Kabita), Deputy Director, Physical Education Centre, University of Dhaka, Bangladesh
- Dr. Krishna Kant Sahu, Professor, LNIPE, Gwalior, M.P. India
- Dr. Rajkumar Sharma, Associate Professor, UGC-HRDC, LNIPE, Gwalior, M.P. India
- Dr. Jagdish Yadav, Associate Professor, A. K. (PG) College, UP, India
- Dr. Jayarajan David D. Director of Physical Education, University of Kerala, Kerala, India
- Dr. Vinu Bhaskar, Associate Professor, Department of Physical Education, Govt. T. D. Medical College, Alapuzha, India
- Dr. Augustine George, Associate Professor, Department of Physical Education, Govt. Medical College, Kottayam, India
- Dr. L. Thambal Singh, Assistant professor, Department of Physical Education and Sports Science, Manipur University. India
- Dr. Shankar J. Basumatary, Associate Professor, LNIPE, NERC, Guwahati, India

### Technical Support:

- Mr. Subhadip Pal, SACT, Department of Physical Education, DTSKSM, WB, India
- Dr. Mousumi Mitra, Assistant Professor, Seva Bharati Mahavidyalaya, WB, India
- Dr. Aninda Bhoumik, SACT, Seva Bharati Mahavidyalaya, WB, India
- Sri. Deb Kumar Mahato, SACT, Seva Bharati Mahavidyalaya, WB, India
- Sri. Suprokash Das, SACT, Seva Bharati Mahavidyalaya, WB, India
- Sri. Ajoy Bag, SACT, Seva Bharati Mahavidyalaya, WB, India



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All are cordially invited to join this Webinar

# SEVA BHARATI MAHAVIDYALAYA

Vill. & P.O.-Kapgari: P.S.-Jamboni: Dist.-Jhargram (W.B.): Pin.-721505

## EVENT/PROGRAMME REPORT

Name of the Event:	MANAGEMENT OF MENTAL HEALTH STATUS AFFECTED BY COVID 19.
Organized by:	Department of physical education and IQAC Seva Bharati Mahavidyalaya ,Jhargram, West Bengal in collaboration with Physical Education Foundation Of India, Netaji Subhas Open University and "Arya Sabhyata " group of institutions.
Date & Time(Duration)	20 <sup>th</sup> JULY 2021
Venue	Google Meet ,virtual
Target Audience	Sports professional, teachers ,students
Number of Participants	100 approximately
<b>Summary</b>	
Inaugural Session	The inaugural session was hosted and coordinated by Dr .Neetu Dutta where she requested prof. Deba prasad Sahu ,principal, SEVA BHARATI MAHAVIDYALAYA to deliver the introductory speech and welcome the guests.
Name and Designation of the Speaker/s	Dr. Rakesh Tomar Former Coach , King Fahd University of Petroleum & Minerals Dhahran Dr. Anjum Pandyal, Associate Professor, Dept. of PE &Sports Sciences, Deshbandhu College, University of Delhi
Title/s of the Speech/Topic of the Speech	"MANAGEMENT OF MENTAL HEALTH STATUS AFFECTED BY COVID 19."
Objectives of the Event	This webinar provided a comprehensive overview of how the COVID-19,pandemic has affected mental health across different population, including front line workers, and general public. To identifying common mental health issue, recognize symptoms, coping strategies, access to resources, policy and support systems, future preparedness was the main objectives of the webinar. These objectives aim to equip participants with knowledge and tools necessary to effectively manage and support mental health during and beyond the covid -19 pandemic.
A Brief Description of the Programme	The webinar titled "Management of Mental Health Status Affected by COVID-19" focused on the profound impact the COVID-19 pandemic has had on mental health worldwide. It provided an in-depth analysis of the challenges faced by individuals and communities and offered strategies for mitigating these effects through both clinical and community-based approaches. This webinar provided valuable insights into the multifaceted impact of COVID-19 on mental health and emphasized the need for a coordinated and comprehensive response. The discussions highlighted the importance of integrating mental health into all aspects of public health planning and policy, ensuring that support is accessible, and promoting resilience within communities. The webinar concluded with a Q&A session, where participants engaged with the speakers, sharing experiences and seeking advice on specific issues. The event was highly informative and underscored the critical need for continued focus on mental health in the context of the ongoing pandemic and beyond.
Outcome of the Event	The webinar provided critical insights and recommendations on addressing the surge in mental health issue due to the pandemic. Overall, the webinar stressed the urgent need of countries to prioritize mental health in their covid -19 response and recovery plan.



*[Signature]*  
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Valedictory Session/Vote of Thanks	Vote of thanks was delivered by Dr. Samit Maity, IQAC ,Co-ordinator, Assistant professor, Department of English, Seva Bharati Mahavidyalaya where he congratulated the Resource Persons ,the Principal , Guests, all the technical members and all the members of the college for making the webinar grand success.
Conclusion	The webinar concluded that managing mental health in the wake of COVID-19 requires a multifaceted approach. Overall, the webinar emphasized the need for continued in mental health services and development of strategies that can effectively address the evolving mental health landscape post pandemic.



Signature of the Principal

Principal  
Seva Bharati Mahavidyalaya  
Kapgari, Jhargram



Signature of the Convener

