

Santal Bidroha Sardha Satabarshiki Mahavidyalaya

ESTD - 2005



Government Aided, NAAC Accredited College

Affiliated to Vidyasagar University & Recognized by UGC (under 2(f) & 12(B))

P.O: Goaltore, Dist: Paschim Medinipur, PIN - 721128

Phone & Fax: 03227-288063, Email: sbssm_goaltore@rediffmail.com, Website: www.sbssmahavidyalaya.ac.in

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REPORT SUMMARY

Sl No	Items	Details
1	Title/Topic/Theme	State Level Webinar on Physical and Mental Health at the Background of COVID 19 Pandemic
2	Club/ Dept /Occasion	Teachers Council
3	Event	Webinar
4	Organized By/Staff Co-Ordinator	Mr. Arup Ratan Chakraborty
5	Guest/Speaker/ collaborating agency	Dr. Yogiraj Ray, Dr. Sibasis Roy
6	Date & Time	18-09-2020
7	Venue/ Online Link	https://youtu.be/0YSDCIZrVv4
8	Participants	Students And Faculty
9	Participants Count	556
10	About & Outcome	<p>The World Health Organization's declaration of COVID-19 as a pandemic has profoundly affected global society. This announcement brought about widespread uncertainty and rapid changes to daily life, causing significant confusion, anxiety, and psychological distress worldwide. Since early 2021, the pandemic has impacted economies, livelihoods, and both the physical and mental health of people around the world. Early evidence shows that COVID-19 has adversely affected self-perceived health, increased the prevalence of chronic illnesses, disrupted sleep patterns, and heightened rates of depression. Additionally, there has been a rise in absenteeism, substance abuse, sleep disorders, and eating disorders. Social isolation and reduced access to family, friends, and other support networks have further exacerbated mental health issues such as anxiety, depression, and social withdrawal.</p> <p>In response to these challenges, this webinar was organized to address various mental health issues and challenges individuals might be facing. The webinar featured Dr. Yogiraj Ray, an Assistant Professor specializing in Infectious Diseases at the School of Tropical Medicine and Beliaghata ID Hospital in Kolkata, and Dr. Sibasis Roy, a Consultant Psychiatrist at Pavlov Mental Hospital in Kolkata.</p> <p>The webinar aimed to address several key outcomes:</p> <ol style="list-style-type: none">1. Raising awareness about the current issues and challenges in physical and mental health.2. Providing an understanding of the mechanisms underlying various psychological issues and discussing healthy management techniques.3. Promoting resilience and motivation through positive coping behaviors during crises.4. Encouraging a balance between physical and mental health for holistic well-being. <p>The discussions emphasized the negative impacts of restricted physical activity and social isolation, offering insights into managing these challenges effectively. The goal was to equip participants with knowledge and strategies to navigate the COVID-19 pandemic's physical and mental health challenges.</p>

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SELECTED PHOTO & PICTURE



Webinar

(in Bangla)

on

Physical and Mental Health at the Background of COVID-19 Pandemic

কোভিড-১৯ অতিমারীর প্রেক্ষাপটে শারীরিক ও মানসিক স্বাস্থ্য

Organized by

Teachers' Council

SANTAL BIDROHA SARDHA SATABARSHIKI MAHAVIDYALAYA

(Affiliated to Vidyasagar University & NAAC Accredited B+ College)
Goaltore, Paschim Medinipur, West Bengal

Date: 18.09.2020, Friday :: Time: 6.30 p.m.-7.30 p.m. (IST)

Resource Persons



Dr. Yogiraj Ray

DM Infectious Disease

Assistant Professor, School of Tropical Medicine and Beliaghata ID Hospital, Kolkata



Dr. Sibasis Roy

MD Psychiatry

Consultant Psychiatrist, Pavlov Mental Hospital, Kolkata

- ⇒ Free registration
- ⇒ Registration link-Click below: 
- ⇒ <https://forms.gle/ByjD4R1GmqBzH5dU6>
- ⇒ E-certificate will be issued to the registered participants only after submission of the feedback form.
- ⇒ Participants can write their questions to the resource persons through the registration form or send them to the following e-mail address: tcsbssm@gmail.com

- ⇒ Online Platform: YouTube
- ⇒ Live Streaming Link: 
- ⇒ <https://www.youtube.com/watch?v=0YSDCIZrVv4>



Patron:

Dr. Mantu Kumar Das
Principal, SBSS Mahavidyalaya
&
Chairman (ex-officio), Teachers' Council

Convener:

Arup Ratan Chakraborty
Secretary, Teachers' Council
SBSS Mahavidyalaya

Teachers of SBSS Mahavidyalaya invite you all to this programme

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