

Webinar Report

A two-day International Webinar on “**Mental Health, Well-Being and COVID-19: Challenges & Solutions**” was organized during June 4th and 5th, 2020. About 2038 participants got registered for this webinar. Out of these, 1060 were males and the rest 978 females. Likewise, 8.70 % (177) were undergraduates, 18.40% (374) were postgraduates, 15.50% (316) were doctoral students, 36.80% (751) were Assistant Professors, 5.20% (105) were Associate Professors, 2.90% (60) were Professors and the rest 12.50% (255) were miscellaneous. More than 740 participants finally participated who also were issued e-certificates.

The webinar aimed at helping people to make aware about the mental health and well-being and well-being challenges posed by COVID-19 and to help in finding solutions. The goals were:

1. To make people aware about the basic challenges to the mental health and psychosocial well-being issues emerged after the outbreak of COVID-19,
2. To throw light on the major impacts of the pandemic on the lives of people,
3. To discuss some social constructions of mental health and well-being prevalent in Indian cultural system,
4. To acquaint people about the cultural practices and values relevant to protect, strengthen and promote mental health and well-being during and after the pandemic,
5. To explore the potential mental health interventions useful for people during and after the pandemic, and
6. To understanding the need and challenges to the mental health and well-being children and other people with special needs.

To achieve these objectives, 11 resource persons having expertise and excellence in this field were invited. The list is as under:

1.	<i>Prof. Girishwar Misra</i>	Former Vice-Chancellor, Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha, Maharashtra	Future Lies in Mindful Living
2.	<i>Prof. B. L. Dubey And Col Jaideep Puri</i>	Adjunct Faculty, University of Alaska, Anchorage (USA)	Application of Somatic Inkblot Test (SIT) as Assessment and Intervention procedure for COVID-19
3.	<i>Prof. Anand Prakash</i>	Department of Psychology (North Campus), Delhi University, New Delhi	Assessing and Managing Psychological Stress during Pandemic
4.	<i>Prof. S. P. K. Jena</i>	Department of Psychology (South Campus), Delhi University, New Delhi	Depression, stereotype and Life-threatening Behaviours
5.	<i>Prof. P. K. Rai</i>	Department of Psychology, Dr. H. S. Gour Vishwavidyalaya, Sagar, M. P.	Revisiting mental health during COVID-19: A roadmap for maintenance and promotion

6.	<i>Prof. Uday Jain</i>	Former Vice-Chancellor, A. P. S. University, Rewa, M. P.	Well-being during COVID-19
7.	<i>Prof. K. N. Tripathi</i>	Department of Psychology, Barkatullah University, Bhopal, M. P.	Covid-19: psychological impact and its management
8.	<i>Dr. Rakesh K. Tripathi</i>	Department of Geriatric Mental Health, King George's Medical University (KGMU), Lucknow-226003, Uttar Pradesh	Maintaining Psychosocial Well-Being during COVID-19
9.	<i>Prof. Rakesh Pandey</i>	Department of Psychology, Banaras Hindu University, Varanasi, U. P.	Mental Health During COVID-19: Challenges and Potential Interventions
10.	<i>Dr. Rajendra. K. Sharma</i>	Department of Clinical Psychology, Amity University, Gwalior, M. P.	Mental Health, Well-Being and COVID-19: Challenges and solutions for Children With Special Needs
11.	<i>Dr. Lalit Singh</i>	Department of Psychology, University of Lucknow, Lucknow, U. P.	Management of psychopathologies during COVID-19 period

Prof. R. P. Tiwari, Vice-chancellor of this university inaugurated as well chaired the valedictory session. Prof. S. P. M. Tripathi, Vice-chancellor, Indira Gandhi Tribal University, Amarkantak, Madhya Pradesh, was the Chief Guest of the valedictory session.



(Dr. Gyanesh Kumar Tiwari)
Convener

The list of the participants is enclosed herewith.

Date: 02.09.2020

Place: Dr. H. S. Gour Vishwavidyalaya, Sagar, M. P.