

Arts and Science College Chincholi (Li)

Tq-KannadDist- Aurangabad.

(Naac Accredited “B” Gade)

Psychology Department

One Day National Level Virtual Seminar Report

Sub- Stress and Mental Health during Covid-19 Pandemic (Date- 12/07/2021)

On the occasion of one-day national VirtualSeminar held on 12 July 2021, Monday, the program was conducted by Prof. Successfully completed by Ketan Sapkal. He conducted the program in a very excellent manner.

Introductory program Head of Department of Psychology in the introduction by Dr. Umakant Gaikwad, he gave information about the various activities undertaken by the college and the department. Various programs were conducted by the department. Various programs are organized like World Mental Health Day, World Suicide Day, Stress Week, Epilepsy Day, Alzheimer's Day. Also counseling is done free of charge by the Department of Psychology. Have mentored many clients and reintroduced enthusiasm and joy into their lives.

Also the outline of the program and the purpose of the program Dr. Umakant Gaikwad Sir put it in very excellent and clear words. Gaikwad Sir Prof. Dr. Himat Narke introduced Sir. After the introduction, the program was inaugurated by Honorable Principal Dr. Himmat Narke sir started his inaugural address. He clearly mentioned the effect of covid 19 on mental health and how to maintain mental health in the time of covid 19, many deaths were due to lack of confidence. Mental health complaints such as anxiety, stress, and depression are seen to increase during the Corona period and the rate is increasing significantly. Therefore, it is necessary to create public awareness in this regard. Courage Dr.Narake sir explained.

Then the First chief guest of the program Dr. Yogesh Jogson Sir was Head Department of Psychology Saurashtra University Rajkot. In his strong and inspiring speech, he explained how important mental health is and how important mental health is in a person's life. During the period of covid, a person must take care of his mental health along with his diet. Through many examples in the hospital, he explained that diseases like Corona can be faced only with the strength of mental health and self-confidence. He believes that only if a person should include

things like yoga and pranayama in his daily life, his mental health will be good. Presented by Dr. Yogesh Jogsan.

After that the Second Chief Guest Head Department of Psychology Dr. Babasaheb AmbedkarMarathwada University Dr. Aparna Ashtaputre madam also gave in-depth guidance regarding the lifestyle of a person and the changes in it. It clearly shows how physical health affects mental health and mental health affects physical health. The diet that our grandparents ate is very good for physical and mental health. But with the passage of time western foods are being used more in the diet. Like pizza, burgers, pasta, bread, etc. have a bad effect on physical health and hence mental health as well. Dr. Aparna Ashtaputra Madam explained.

The third chief guest was Head Department of Psychology SPW Degree & PG College Tirupati Dr. Uma Rani appreciated and congratulated the college as well as the Department of Psychology because a very commendable initiative was taken and in this situation there was a need for Asha program because it creates public awareness. Umakant Gaikwad Sir and Prof. Congratulations to Rameshwar Raut sir. Dr. Uma Rani Madam expressed the opinion that such programs are necessary and that during the period of Kovid-19, through such programs people become aware of their mental health and thereby help improve social health.

After this, the program was chaired by the principal of the college, Dr. Vikramsinh Pawar sir gave the presidential conclusion In his presidential speech he gave information about the mental health awareness program conducted by the college. Mentioned many points of the program's inaugural and guests and congratulated them. He took note of the suggestions made by him in his speech and promised to improve them in the future. He also thanked the Department of Psychology for the beautiful planning of the program and ended his speech.

After this, the final and final part of the program was the thank you show Rameshwar Raut, Assistant professor of psychology, thanked the program. We sincerely thanked all colleagues for their cooperation and help. This is how the whole program ended. A large number of students, professors, teachers, researchers from all over the country attended the program.

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Arts and Science College
Chincholi (Li.), Tq. Kannad, Dist. Aurangabad (M.S.)
(NAAC Accredited 'B' Grade)

Organized by Psychology Department
One Day National online Seminar
On
Stress and Mental Health during Covid - 19 Pandemic
(Monday 12th of July 2021)

Programme Schedule

<u>Time</u>	<u>Details</u>
11.30 to 11.35	Welcome Address and Guest Introduction by Mr. Ketan Sapkal.
11.35 to 11.40	Introductory Speech by Dr. Umakant Gaikwad.
11.40 to 12.10	Inaugural Speech by Dr. H.J. Narke - Principal.
12.10 to 12.40	Chief Guest- Dr. Yogesh Jogsan - Head of Dept. Psychology Saurashtra University Rajkot (Gujirat) Sub- How to take care of Stress and Mental health
12.40 to 01.10	Chief Guest Dr. Aprana Ashtputre - Head of Dept. Psychology Dr. B.A.M. University, Aurangabad. Sub - Life style Change, During Covid - 19.
01.10 to 01.40	Chief Gust - Dr. Uma Rani - Head of Dept. Psychology SPW Degree & PG College, Tirupati. Sub- Impact of Covid-19 On mental health and Wellbeing in Children.
01.40 to 2.10	Presiding Address - Dr. T.P. Patil Education Officer (Retd)
02.10	Vote of Thanks by - Asst. Prof. - Rameshwar Raut.



Arts & Science College, Chincholi (Li)
Ta. Kannad Dist. Aurangabad. 431147
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One Day National Online Seminar
on
Stress & Mental Health During Covid-19 Pandemic
(Monday 12 th of July 2021)



Organized by
Department of Psychology
Arts & Science College
Chincholi (Li) Ta. Kannad, Dist. Aurangabad (M.S.)
(NAAC Accredited With 'B' Grade)
Affiliated to Dr. Babasaheb Ambedkar Marathwada
University, Aurangabad. (M.S.)

Our Inspiration
Hon'ble Dr. T. P. Patil
Education Officer (Retd.)

Yours Faithfully
Principal
Hon'ble Dr. Vikram Singh Pawar

Convener Dr. Umakant Gaikwad
HOD
Psychology Department
Arts and Science College, Chincholi (Li)
Ta. Kannad, Dist Aurangabad (M.S.)

Co-Convener Rameshwar Raut
Asst. Prof.
Psychology Department

Respected Sir / Madam,

It gives us a Great Pleasure to Inform you that the Department of Psychology, Arts & Science College, Chincholi (Li) Ta. Kannad Dist. Aurangabad (M.S.) are organizing one day National online Seminar on "Stress & Mental Health During Covid-19 Pandemic" on Monday 12 th of July 2021.

About The Online Seminar

As the COVID-19 pandemic rapidly sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the population at large and among certain groups in particular, such as older adults, care providers and people with underlying health conditions. In public mental health terms, the main psychological impact to date is elevated rates of stress or anxiety. But as new measures and impacts are introduced especially quarantine and its effects on many people's usual activities, routines or livelihoods levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behaviour are also expected to rise. In populations already heavily affected, issues of service access and continuity for people with developing or existing mental health conditions are also now a major concern, along with the mental health and well-being. As part of its social responsibility public mental health, learners of Psychology worked to develop a set of new material on the mental health and psychosocial support aspects of COVID-19. Keeping this view the said Online Seminar is organized.

Hon'ble Guests



President
Dr. T. P. Patil



Inaugurator
Dr. H. J. Narke

"We wish to see you at the Online Seminar...!"



Chief Guest
Dr. Uma Rani



Chief Guest
Dr. Aprana Ashtaputre



Chief Guest
Dr. Yogesh Jogsan

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11.35 am to 11.40 am	Introductory Speech by Dr. Umakant Gaikwad HOD Psychology Arts & Science College Chincholi (Li) Ta. Kannad Dist. Aurangabad
11.40 am to 12.10 pm	Inaugural Speech by Dr. H. J. Narke Principal
12.10 pm to 12.40 pm	Chief Guest Dr. Uma Rani Spw Degree & PG College, Tirupati
12.40 pm to 01.10 pm	Chief Guest Dr. Aprana Ashtaputre - Sisode Head, Dept. of Psychology, Dr. Babasaheb Ambedkar Marathwada, University, Aurangabad
01.10 pm to 01.40 pm	Chief Guest Dr. Yogesh Jogsan Head, & Associate Professor Dept of Psychology Saurashtra University Rajkot (Gujrat)
01.40 pm to 02.10 pm	Presiding Address Dr. T. P. Patil Education Officer (Retd.)
02.10 pm	Vote of Thanks by Asst. Prof. Rameshwar Raut



Principal in charge
Dr. Vikram Singh Pawar



Convener
Dr. Umakant Gaikwad



Co-Convener
Asst. Prof. Rameshwar Raut







