



## **S.G.K GOVERNMENT DEGREE COLLEGE, VINUKONDA**

### **Report on**

### **SAANTVANA-National Webinar on coping with Psychological issues during Covid-19**

**Date: 07-05-2020**

**Time: 10:00AM**

The pandemic of covid-19 has thrown humanity into a state of despair. Most of the world was forced into lockdown. Many business establishments have to shutdown their businesses, many lost their jobs, many have to live in cramped houses without an opportunity to come out and have a fresh air. All these put immense psychological pressure on us. In this context, our college has organized a webinar to discuss various methods of coping with Psychological issues of Covid-19.

The event was chaired by Dr.Ch.Tulasi Mastanamma, principal of SGK GDC. Dr.N.Sivaramakrishna, Lecturer in the department of Chemistry acted as correspondent. Sri.D.Siva Phanindra, Lecturer in the department of Computer Science acted as Organising Secretary. **Dr.V.Janardhanam**-President, Progressive Psychologists Association, India, AP branch, **Sri.O.Venkateswara Reddy**-Counseling Psychologist, **Mrs. P.Bhaskara Sujatha**-Project Manager, Apssdc, **Dr.T.D.Vimala (Retd.Principal)**-Psychologist, Acharya Nagarjuna University Counseling Center have graced as Resource persons.

The webinar was attended by 125 members from different states of the country in live conferencing. It was also streamed on facebook and was viewed by more than 100 .

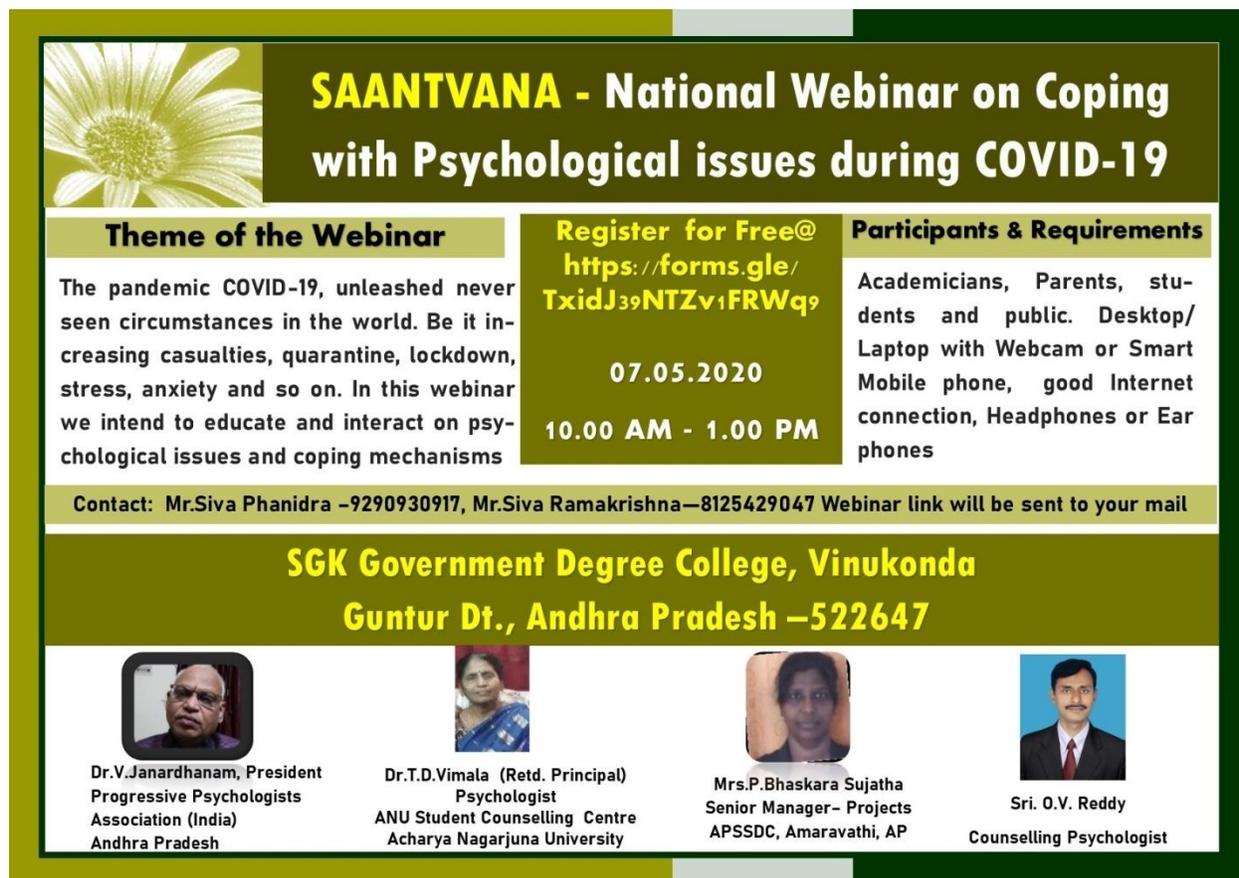
Dr. T.D.Vimala spoke on Positive Coping strategies of psychological stress. Dr.V.Janardhanam explained various ways of keeping away fears so that our mental health is least affected. Sri. O.V.Reddy stressed family related psychological issues. Smt.Bhaskara Sujatha dealt with various problems faced by students and reassured that they would have a bright future.

A Q & A session was held for the participants to directly ask their doubts. More than 60 participants have actively participated in this session either by posing the question in person or in writing. Finally the webinar concluded at 2:00 PM with the closing remarks of the chairman.

The recorded Webinar can be viewed in the following address.

<https://www.youtube.com/watch?v=8PqR6N3-xv8&t=309s>

### Webinar Brochure:



**SAANTVANA - National Webinar on Coping with Psychological issues during COVID-19**

**Theme of the Webinar**  
The pandemic COVID-19, unleashed never seen circumstances in the world. Be it increasing casualties, quarantine, lockdown, stress, anxiety and so on. In this webinar we intend to educate and interact on psychological issues and coping mechanisms

**Register for Free@**  
<https://forms.gle/TxidJ39NTZv1FRWq9>  
07.05.2020  
10.00 AM - 1.00 PM

**Participants & Requirements**  
Academicians, Parents, students and public. Desktop/Laptop with Webcam or Smart Mobile phone, good Internet connection, Headphones or Ear phones

Contact: Mr.Siva Phanidra -9290930917, Mr.Siva Ramakrishna-8125429047 Webinar link will be sent to your mail

**SGK Government Degree College, Vinukonda  
Guntur Dt., Andhra Pradesh -522647**

  
Dr.V.Janardhanam, President  
Progressive Psychologists  
Association (India)  
Andhra Pradesh

  
Dr.T.D.Vimala (Retd. Principal)  
Psychologist  
ANU Student Counselling Centre  
Acharya Nagarjuna University

  
Mrs.P.Bhaskara Sujatha  
Senior Manager- Projects  
APSSDC, Amaravathi, AP

  
Sri. O.V. Reddy  
Counselling Psychologist

### Webinar Registration Details:

<https://docs.google.com/forms/d/10hd57QFJV23HBrX0Xq1t3cKvWB3Kep5zNaJRWGA6V90/edit?usp=sharing>

### Webinar Registration details in Excel sheet:

<https://docs.google.com/spreadsheets/d/1IKnoCBRJ7Ljp3S87piCSdbpUxqRb53Zg2yL5cEJxgfw/edit?usp=sharing>

## Webinar Agenda:

<https://drive.google.com/file/d/1V7WzXwdGxymDLep3BAARVw2uzCjG-j2Q/view?usp=sharing>

## Screen Shots:

