



Sarojini Naidu College for Women

(Govt. Sponsored)

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Ref. No. :

Date :

Title of the Program: One Day State Level Webinar on “Overcoming Pandemic Depression”

Introduction: A One Day state level webinar on “Overcoming Pandemic Depression” has been organized by the Department of Psychology in association with the Alumni Association of Sarojini Naidu College for Women on 25th November, 2020.

Objective: Alumni Association of Sarojini Naidu College for Women is actively associated with day-to-day activities of the college and the welfare of the students, so that they can continue their studies without any hindrance. The lockdown in the aftermath of the pandemic has affected people across every age group. However, the effect has been more pronounced for the young generation, who has been forced to stay indoors instead of meeting their friends and playing outside. Living in the age of coronavirus can have a profound effect on one’s mental health. The present phase is distressing and uncertain. People losing jobs, be grieving the loss of loved ones or the life one knew before the pandemic, or feeling frustrated and cut off by continued social distancing are the various challenges faced by the people. All these aspects lead to depression. The Alumni Association collaborated with the Department of Psychology to seek out a way out of this situation.

Urmila Ghil

Principal
Sarojini Naidu College
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Content: The program started with the welcome address delivered by Dr. Urmila Ukil, respected Principal of Sarojini Naidu College for Women. The keynote address was delivered by Prof. Basab Choudhuri, Honorable Vice Chancellor of West Bengal State University followed by the sessions by experts from the field. The main speaker of the webinar was Prof. Mallika Banerjee, Ex-Professor, Department of Psychology, University of Calcutta. In her speech, Dr. Banerjee discussed in detail the manifestation of depression and how to overcome it. Other speakers also talked about the issues and ways to overcome the depression such as distracting oneself, limiting the consumption of news, spending quality time with family, inculcating hobbies, expressing gratitude and finding simple means of joy. Around 170 people participated in the event.

Outcome: A much wanted webinar in the need of the hour. The webinar helped the audience in managing stress and changing focus in the time of pandemic the world is going through. The webinar helped the audience facing the challenges during pandemic with an optimistic outlook.

Urmila Ukil
Principal
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