

Government College of Education, Sector 20, Chandigarh

Report on e-Talk entitled “Emotional Well Being in the COVID-19 pandemic” (24th Oct., 2020)

Government College of Education, Sector 20, Chandigarh organized an e-talk entitled “Emotional Well Being in the COVID-19 pandemic” for the students of B.Ed., M.Ed. and faculty members on 24th October, 2020. Dr. A.K. Shrivastava, Principal of the college extended a formal welcome to the speaker of the day Professor Dr. Renu Somal (Retd.), former HOD, Department of Psychology, P.G.G.C.G-11, Chandigarh and hoped that it would be highly beneficial for the students in coping up with the uncertainty of life situation due to COVID-19. He also emphasized that every word learnt by our would-be-teachers should be shared at large scale to extend the help to society. Further, Dr. Nisha Singh introduced the speaker Dr. Renu Somal and highlighted the problems faced by the students during ongoing pandemic and need of ensuring emotional health along-with physical health.

The respected speaker guided the students towards emotional intelligence in the pandemic. She emphasized that the development of positive emotions by identifying intellectual and psychological resources will enhance emotional aspect, self esteem and confidence. She concluded with the remark that one should always count on ones’ blessings with gratitude, communicate with grandparents and should try to modify ones’ opinion with changing time for better adjustment. Not only this but, extending a helping hand to others will lead to internal satisfaction and peace of mind. She also added that we should see this situation as an opportunity to develop a strong bonding with our family members and that it is better to proactively adapt to situation as soon as possible to avoid the problem of uncertainty in this pandemic situation. In addition, she highlighted that awareness and logical assessment of the information, building and maintaining a healthy routine and diet and exercising will certainly lead to development of feel good factor among the individuals.

The session was followed by an interactive session handled by Dr. Atasi Sinhababu where Dr. Renu Somal gave very practical and realistic solutions and suggestions to the questions and queries of the students related to the pandemic situation. The e-talk was attended by nearly 100 participants.

In the end, Dr. Rajni Thakur extended a vote of thanks to the speaker Dr. Renu Somal for gracing the occasion and the Principal Sir, for his motivation and support. The e-talk concluded on a positive note that we together can overcome the pandemic situation with a strong will and understanding our responsibility as a social being. Principal, Dr. A.K. Shrivastava congratulated Dr. Nisha Singh and her team (Dr. Atasi Sinhababu and Dr. Rajni Thakur) on the successful completion of the e-talk.

Programme Coordinators

Dr. Nisha Singh
Dr. Atasi Shinababu
Dr. Rajni Thakur

Principal

Dr. A.K. Shrivastava

Glimpses of the event

