

One day National Webinar on “Social Challenges and the importance of Self-management during COVID-19 Pandemic”

Introduction of 1st speaker:

Hello everyone and welcome to today’s webinar. I am Sentienla (Asst. Prof, Holy Cross College). I’d like to introduce today’s first speaker Professor Animesh Bahadur. He is the Chairperson of Human Resource Management, Organizational Behaviour & Communications Area at T.A. Pai Management Institute (TAPMI) Manipal, Udupi. He has 13 years of experience in academics and two years of experience in journalism. He was involved with consultancy for non-profit organizations and social enterprises since 1996, including conduct of strategic reviews, social audit and conduct of MDPs. His papers have been published in journals International and National journals. He has participated many papers in conferences/ seminars/ workshops in the capacity of paper presenter, resource person, key speaker, chairing the session, and organizer, etc. And today he will be presenting to us on the topic “Coping with stress and mental health challenges in the context of Covid-19”.

Thank you:

Prof. Animesh presentation is so apt in this on ongoing pandemic of COVID-19 which has not only adversely affected the economy and social integrity but also led to the rising concern about the mental health challenges across population...thank you sir for your valuable suggestions or ways to overcome the mental health challenges faced during the COVID-19 pandemic.

Introduction of 2nd speaker:

And now, we have with us Prof. Bir Pal Singh, who is currently a faculty in Panchayat Administration and Nyaya Panchayat, National law Institute University, Bhopal. He has more than 20 years of teaching experience. He has worked in National and International Projects including UNDP-NLIU, Ministry of Justice, Government of India Project and many more. He has more than forty publications which have been published in the journals of International and National reputes and chapters in books. And has also authored three books. Apart from academic duties and administrative responsibilities he is also engaged in research and training activities. And besides delivering lectures on the issues of Tribal Rights and Forest, and Gender and Law in different academic institutions and academically involved with State Public Service Commission of some of the States, he has participated in more than fifty conferences/ seminars/ workshops in the capacity of paper presenter, resource person, key speaker, chairing the session, and organizer, etc. He is the life member of many key academic/ research bodies like Ethnographic and Folk Culture Society, Indian Sociological Society, Indian Society of Criminology, and Indian National Confederation & Academy of Anthropologists, etc. And today he will be presenting to us on the topic “Social Challenges and Self- Management in Post COVID-19”.

Thank you:

Thank you Prof. Bir Pal Singh for highlighting to us the social challenges faced by different strata of society along with the sociological concepts that are evident in the coronavirus era. And also enlightening us with the Healthy ways to cope with stress.

Q&A Script:

Thank you Prof. Animesh Bahadur/ Dr. Bir Pal Singh, we're now going to begin answering the questions submitted during today's presentation. As a reminder, you can still submit questions through the chat box.



Live session link:

<https://www.facebook.com/105855034527688/videos/1202039493489434/>