



Celebration of Students' Week



PSYCHOLOGICAL COUNSELLING: STUDENTS' WELLBEING

Webinar Organized by

Netaji Subhas Open University

School of Education

In collaboration with

National Institute for the Empowerment of Person with Intellectual Disabilities (DIVYANGJAN) Regional Centre - Kolkata

REPORT

Webinar File:

- ✚ Date & Time: 5th January, 2022; 10 A.M-1 P.M
- ✚ Mode: Online
- ✚ Participants: Around 215, comprising learners, faculties, staff across the academia

Introduction:

Netaji Subhas Open University, School of Education in collaboration with NIEPID, Regional Centre, Kolkata organized a Webinar on "**Psychological Counselling: Students' Wellbeing**" as part of **Celebration of 'Students' Week'** on 5th January 2022 from 10:00 am to 1:00 pm. More than 200 trainees of various Diploma, Bachelor and Master Level Special Education Programmes of NIEPID, RC, Kolkata and learners from Netaji Subhas Open University participated on virtual platform.

The Webinar was conducted through array of sessions and addresses:

Welcome Address & Webinar focus: Dr. A.N. Dey, Director, School of Education, NSOU welcomed all the invited speakers & delegates. He wished them a promising new year 2022 and highlighted on the objectives of the webinar. Followed to this, Mr. T. Mungesh, Officer In-charge, NIEPID, RCK greeted all the resource persons and participants on behalf of NIEPID, RC, Kolkata and introduced the theme of the webinar highlighting on the significance of students' wellbeing in the COVID scenario. He also presented national level data on various

mental health issues among students and importance of coping strategies to deal with those problems.

Session-I: First technical session was started with the presentation of Prof. Prof. Swapan Kumar Sarkar, HoD, SoE, NSOU. He spoke on "Students Wellbeing". Prof. Sarkar highlighted the concept of wellbeing, its importance in students' life and strategies to be happy. He also described how to practice mindfulness in our day to day life. He further touched upon the physical, psychosocial & emotional impact of COVID on education.

Session-II: The second technical session was deliberated by Prof. Mallika Banerjee, Former Professor of Psychology, University of Calcutta. Madam discussed on "Coping Strategies". She nicely explained the concept of stress, types of stress, various stressors and coping strategies with suitable examples which were really useful for the day-to-day life of all and received lots of appreciation.

Session-III: The third technical session was delivered with the presentation of Dr. Abhedananda Panigrahi, Coordinator, B Ed. SoE, NSOU. He demonstrated "Chakra Meditation Techniques" which evoked much attention and interest. This session was marked by emphatic and energetic interaction by the participants. They were very much benefitted from the practical demonstration of well-being techniques.

Vote of Thanks: The programme wrapped up with proposing formal vote of thanks, given by Ms. Swapna Deb, Consultant, Special Education, SoE, NSOU to one and all associated and present.

The entire Webinar was moderated by Ms. Antara Chowdhury, Asst. Prof. of Special Education, SoE, NSOU and Mr. Parimal Bera, Lecturer in Special Education, NIEPID, RC, Kolkata jointly. The Overall Webinar was very fruitful and all participants showed contentment.

Report prepared by-
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