The National Webinar on Emotional Resilience in the Face of COVID-19 started with the welcome note from the Programme Director, Dr. S. Chamundeswari, Principal. She also introduced the Resource Expert, Mrs. D.A. Lilypushpam Antony, Professional Councillor, Periyar Maniammai Institute of Science and Technology, Thanjavur and welcomed the participants. Around 100 participants were present for the webinar.
Resilience is nothing but accepting your new reality, even if it’s less good than the one you had before its time for us to accept the COVID - 19 pandemic emotionally. Our brain is bound with both positive and negative emotions. Positive emotions like love, happiness, excitement and negative emotions like fear, anxiety, depression, anger, hunger, financial, life loss etc. The mechanics of human beings are spirit (love, peace), mind (will power, emotions, intelligence) and body (five senses).

The brain is wired with love. The thinking of man says what he is and brain is neuroplastic. It is important for every individual to remember that we are born to live, win and love. This helps us to overcome the anxiety, hopelessness, defeat and bounce back with hope and faith in ourselves. Because we have to live our lives at any situation especially during this COVID-19.

This session was an eye opener under various aspects of educating us on how to live emotionally resilient during this pandemic.
N.K.T. National College of Education for Women (Autonomous)
Re-Accredited with 'A' Grade with CGPA of 3.26 / 4.00 by NAAC
Affiliated to Tamil Nadu Teachers Education University
Chennai, Tamil Nadu.

Mrs. D. Shenbagavalli
Assistant Professor


Mrs. A. Enid Ruth
Programme Co-ordinator

Dr. Deepa Edwin
Co-ordinator
Grievance and Redressal Cell

Dr. S. Chamundeswari
Principal
Programme Organizer