1. **Event Title:** Mind control-coping strategies on mental health on pandemic COVID-19
2. **Category:** Social awareness
3. **Department:** Biotechnology
4. **Date:** 11.6.2020
5. **No. of Participants:** 68
6. **No. of Resource Person:** 1
7. **Report:** This is a social awareness programme aimed to help students to cope with this quarantine period.
8. **Report Description:**
   The speaker of this webinar was Dr. Kavitha Prabhakar, Associate Professor, Department of Obstetrics and Gynaecology, Mother Theresa, Post Graduate and Research Institute Health Science, Pondicherry and convener for this webinar was Dr. Bharathi Ravikrishnan explained the theme of the webinar. Speaker explained about the present quarantine situation of COVID-19 especially about the government support, precautions which have to be followed stringently and what could be our mind status and how to cope up with this. During the discussion session the Speaker’s friend- Nurse Mrs.Janitha, Head nurse from UK hospital joined us from UK, joined us and both of them clearly explained the situation of COVID -19 infected person in both in India and UK. They also explained about self hygiene what youngster must be adapting to. 72 students and 5 faculty members of Department of Biotechnology were the participants.
Guru Nanak College (Autonomous)
Re-accredited at ‘A’ grade by NAAC.
Guru Nanak Salai, Velachery, Chennai-42

Cordially invites you for
Webinar
On
MIND CONTROL-COPING STRATEGIES ON MENTAL HEALTH ON PANDEMIC COVID-19
Organized by
Biospectra Association
Department of Biotechnology, Guru Nanak College,
Guru Nanak Salai, Velachery, Ch-42

Technical Speaker
Dr. KAVITHA PRABHAKAR
Associate professor, Department of obstetrics and gynaecology, Mother Theresa,
Post Graduate and Research Institute Health Science, Indira Nagar, Gorimedu,
Pondicherry.

Date: 11-06-2020
Time: 3.00 p.m. to 4.00 p.m.

Webinar Registration Link: https://forms.gle/TEIUxLijiK8MKyziX6
Meeting Link: https://meet.google.com/rdj-envn-non

Dr. M.G. Ragunathan        Sardar Manjit Singh Nayar
Principal                  General Secretary & Correspondent

All are invited