

N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN

(Autonomous)

NATIONAL WEBINAR ON

**STRENGTHENING THE MENTAL HEALTH OF TEACHERS AND LEARNERS
DURING THE CRISIS PERIOD**

organized by the Guidance and Counselling Cell

Date: 30th May, 2020

Time: 11.00am – 12.30pm

**N.K.T.National College Of Education
For Women
(Autonomous)**
Re-accredited by NAAC with A Grade CGPA of 3.26/4.00.
(Affiliated to TamilNadu Teachers Education University)

**Invites you to Participate in
the National Webinar on**

**Strengthening the
Mental Health of Teachers
and Learners during
Crisis Period**

**On 30th May 2020
(Saturday) at 11a.m**

**Organised by
Guidance & Counselling Cell**

**Programme Organiser
Dr.S.Chamundeswari, Principal
Coordinator-Dr.S.Malathi**

**Free Registration.
E-Certificate will be provided to all participants.**

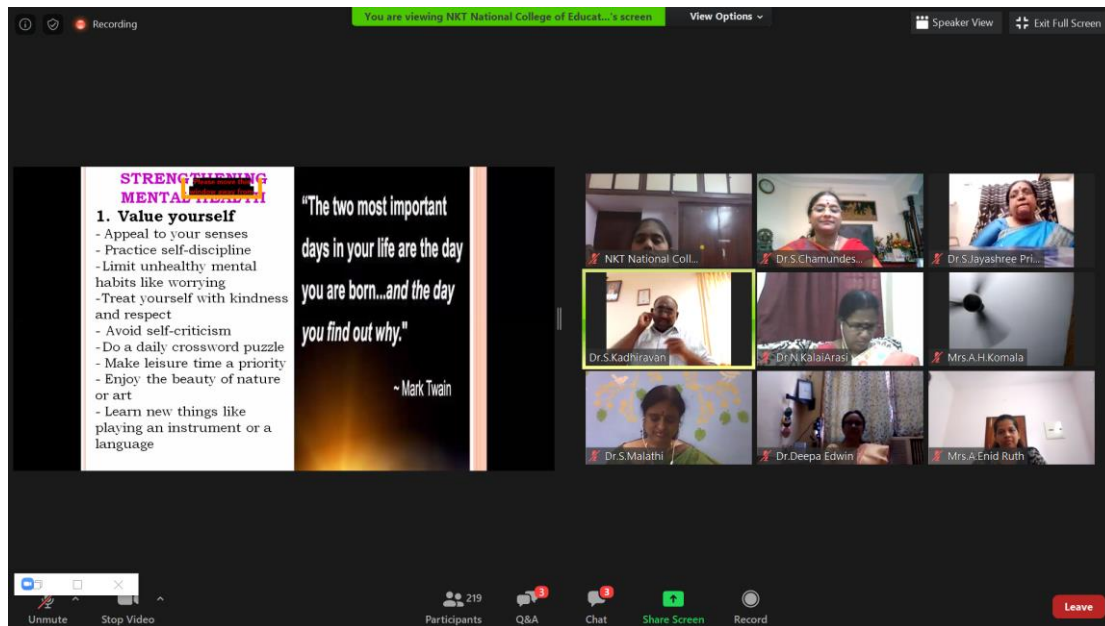
**Resource Person
Dr. S. Kadiravan
Prof & Head,
Dept of Psychology,
Periyar University**

**Programme
Coordinators
A.H.Komala
Dr.k.Vijaya**

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Dr. S. Kadiravan, Professor and Head, Department of Psychology, Periyar University, Salem, was the Resource Expert for the National Level Webinar on Strengthening the Mental Health of Teachers and Learners during the Crisis Period organized by the Guidance and Counselling Cell on 30th May, 2020.



Dr S Chamundeswari, Principal and Director of this webinar, welcomed the Resource Expert with the introductory note. The webinar was started with the main objective of strengthening the mental health of the teachers and learners. It is needless to point out that, most of the teachers are perplexed with the formulation of new methods and strategies to handle the students more effectively during this crisis period. He emphasised that Stress is manifested in many forms, like physical, emotional, cognitive and behavioural symptoms. He addressed the gathering, the need to know about some strategies such as valuing, taking care of oneself, surrounding oneself with good people and doing things that positively impact others. He helped us to learn how to deal with the stress by methods such as word magic, counting, listening music, attention shifting, self-acceptance and breaking up monotony etc.

He ended the session with the quote-“There is only one problem. The fear of unable to cope”.

Then he partook in question and answer session and cleared the doubts of the participants effectively. The session ended with the vote of thanks by Dr. S. Malathi, the co-ordinator of Guidance and Counselling Cell.



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41, Dr. Besant Road, Triplicane, Chennai 600 005

Certificate of Appreciation

This is to certify that **Dr. V. Sumangala Vaidharani, Assistant Professor,** has participated in the National Webinar on **Strengthening the Mental Health of Teachers and Learners during Crisis Period** organized by the Guidance & Counselling Cell, N.K.T. National College of Education for Women, Triplicane, Chennai, Tamil Nadu on 30.5.2020.

K. Vijaya

Dr. K. Vijaya
Programme Co-ordinator

S. Malathi

Dr.S.Malathi
Co-ordinator
Guidance & Counselling Cell

Dr. S. Chamundeswari

Dr. S. Chamundeswari
Principal
Programme Organizer