

NKT NATIONAL COLLEGE OF EDUCATION FOR WOMEN

(Autonomous)

National Webinar on Emotional Resilience in the Face of COVID-19

Organized by the Grievance and Redressal Cell

Date: 25th May, 2020

Time: 11 am -12.30 pm

*N. K. T National College Of Education For Women
(Autonomous)
Chennai, Tamil Nadu*

*Re-accredited by NAAC with 'A' grade with CGPA of 3.26
on a 4 point scale
(Affiliated to Tamil Nadu Teachers Education University)*

is pleased to invite you all to the National Webinar on

**EMOTIONAL RESILIENCE IN THE
FACE OF COVID-19**

Resource Person

*Ms. Lilypushpam Antony
Staff and Student Counsellor
Periyar Maniammal Institute of
Science and Technology
Thanjavur, Tamil Nadu*

*Organized by THE GRIEVANCE AND
REDRESSAL CELL*

*on
25th of May 2020 (Monday) at 11am*

Programme Organizer

*Dr. S. Chamundeswari
Principal*

Programme Co-ordinators

Dr. Deepa Edwin Ms. A. Enid Ruth

*Assistant Professor of Assistant Professor
Physical Science-Education of Education*

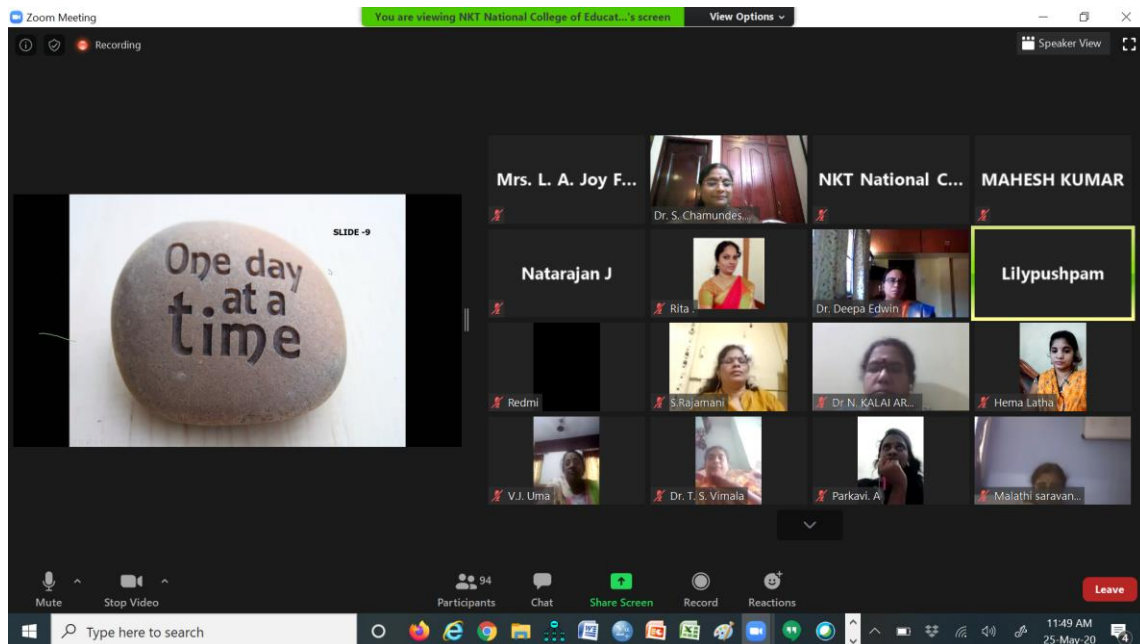
*Register for free (limited to first 100 participants only)
<https://forms.gle/r24Jgub297fKwqdw7>*

*E-Certificates will be provided for all
participants*

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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.

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Chennai, TamilNadu.



Mrs. D. Shenbagavalli

Assistant Professor

has participated in the **National Webinar on Emotional Resilience in the face of COVID-19**, organized by **The Grievance and Redressal Cell - NKT National College of Education for Women, Chennai, Tamil Nadu on 25th May, 2020.**

Mrs. A. Enid Ruth
Programme Co-ordinator

Dr. Deepa Edwin
Co-ordinator
Grievance and Redressal Cell

Dr. S. Chamundeswari
Principal
Programme Organizer