

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

Department of Sociology

Title (of online activity /program): Webinar on "Covid, Stress and Relationships"

Participants (number): 80

Resource Person/s: Todd Martin, PhD, CFLE Dean, Associate Professor of Sociology, Faculty of Humanities and Social Sciences, Managing Editor Journal of Comparative Family Studies, Trinity Western University, Canada

Date/s and Time: 9th June 2020 | 10:00 am

Brief Note (including feedback):

Prof Todd's theoretical explanation of COVID, Stress and Relationships and their interconnectedness gave a vivid picture of how stressful phases impact relationships both positively and negatively. He gave the example of 9/11 incident and the research conducted to draw inferences and understand today's pandemic situation and its impact on relationships. Dr.J.Sasitha, Head Department of Sociology hosted the programme through Webex platform. This International webinars was organised for students and faculty.

Feedback of Students as follows:

- Professor spoke about the many aspects such as, the number of people using drugs has fallen down and people started to do exercise, yoga, more family time and so on. A part of his message was very clear when he used the Venn diagram to explain for us. It was a very important Webinar in this COVID-19 situation.
- The webinar session was insightful helping us learn more about how COVID-19 has affected the global society as a whole and how people around the world are trying to adapt to the situation that is so often described as the "new normal". The resource person's emphasis on physical distancing as a term in place of social distancing is something I had always thought of ever since the term came to usage. It is a reminder that we humans, are social beings and social distancing would impact our lives in more adverse ways than one and the right usage would only be physical. When the resource person told us about how sociologists could function proactively in these adverse times, it only added to the emphasis of more knowledge scholars that has for long been neglected.
- This webinar focused on how relationships are and will be evolving in the time of the pandemic and the outcomes might be very different from previous disasters that humanity has faced.
- I learnt about the presentation and how to cope with it. I personally learnt how to deal with stress and how to maintain good relationships with family and friends. Overall, I learnt to deal with the present and not to dwell in the past.
- It was a very insightful Webinar, as it gave a lot of information about the consequences on human relationships due to the pandemic. It was well presented, and as budding sociologists, it helped us understand how this pandemic and its side effects, like isolation and social distancing would shape the dynamics of human interaction in the coming years.
- The webinar was informative. It was indeed a necessity to be aware of how the COVID-19 pandemic affected relationships. I like to owe my sincere gratitude for giving us an opportunity for having access to such webinars.