



GURU NANAK COLLEGE (AUTONOMOUS)

Affiliated to University of Madras and Re-Accredited at "A" Grade by NAAC

Guru Nanak Salai, Velachery, Chennai – 600042.

School of Languages

School of Languages

Event Title	“Emotional wellbeing in the times of Digital Learning”	
Category	National Webinar	
Date	From :20/07/2020	To :20/07/2020
No. of Resource Person	1	
No. of Participants	400	

(1) Report Description


“Emotional well being in the times of Digital Learning”

(2) Report

During the crisis of worldwide pandemic Covid-19, human life has changed drastically. We can see a paradigm shift in the field of education. The classrooms are empty and colleges and schools are deserted. Teaching & Learning has shifted from the classroom to online mode. This shifting has taken a big toll on students’ emotional & mental health and social interactions. Long hours in front of electronic gazettes be it laptop, tablet or smart phone has isolated the learner from the hustle & bustle of classroom. Depression, anxiety, stress and alienation are the natural result of this situation. To address these issues, The School of languages, GNC conducted a National Webinar on ‘Emotional wellbeing in the time of Digital Learning’ on 20th July, 2020. The Chief Guest cum Resource Person for this interactive program was Ms. Pooja Priyamvada, a multifaceted author-columnist- motivational speaker. Close to 1,400 students & faculty members across the country registered for this webinar. The webinar was convened by Dr. Swati Paliwal, Dean, School of Languages. It started with the college prayer at 4 o’clock in the evening. Welcome Address was given by the Principal of Guru Nanak College, Dr. M G Rangunathan. Following which the chief guest was introduced by Dr. S Savithri, Dean Academics of GNC. Ms. Pooja spoke about the various aspects of on line learning and its impact on students’ overall health. She also gave valuable suggestions on how to overcome the digital fatigue. A lively question-answer session was also conducted. Finally, Vice Principal (SA) Dr. L R S Kalanidhi gave the Vote of Thanks. This webinar was telecasted on You Tube live. Technical support for the same was given


by Dr. Dolly of Hindi Department & Dr. Mahendra Kumar of Biotech Department. E-certificates were issued to all participants who filled the feedback form.

(3) Invitation Copy



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THE SCHOOL OF LANGUAGES
*Cordially invites you to a National Webinar on
Emotional well being in the times of
Digital Learning*



Resource Person
Pooja Priyamvada
*A multifaceted author-columnist-
motivational speaker*

Date: 20/07/2020, Monday Time: 4 P.M. - 5 P.M.

Dr. M G Rangunathan
Principal


Sardar Manjit Singh Nayar
General Secretary &
Correspondent

Registration Link: <https://forms.glc/rqdxduWKzFYAxcu5A>
Registration is free. E-certificates will be issued after filling the feedback.

(4) Certificate Copy

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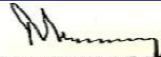
School Of Languages

PARTICIPATION CERTIFICATE

This is to certify that {{Full Name}} of {{Other Identifier}} has participated in the National Webinar "Emotional well being in the times of Digital Learning" delivered by Ms. Pooja Priyamvada on 20th July, 2020.

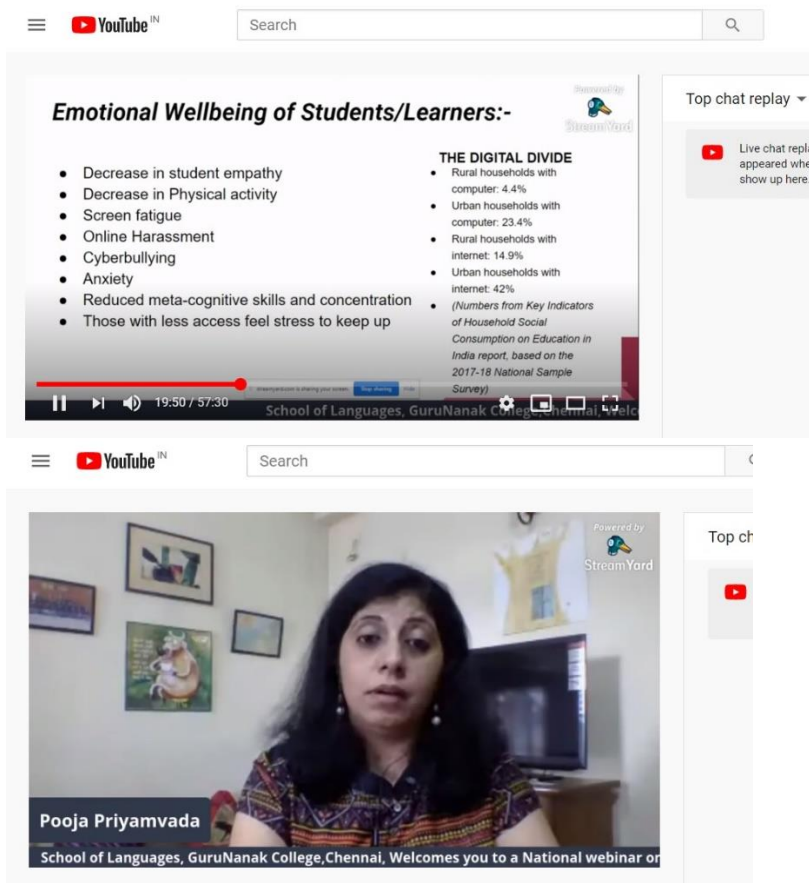


Dr.M.G.Raghunathan
Principal



Mr. Manjit Singh Nayyar
General Secretary & Correspondent

(5) Photos



The image shows two screenshots from a YouTube video. The top screenshot is a presentation slide titled "Emotional Wellbeing of Students/Learners:-". It lists several points under "THE DIGITAL DIVIDE":

- Decrease in student empathy
- Decrease in Physical activity
- Screen fatigue
- Online Harassment
- Cyberbullying
- Anxiety
- Reduced meta-cognitive skills and concentration
- Those with less access feel stress to keep up

Additional statistics from the slide:

- Rural households with computer: 4.4%
- Urban households with computer: 23.4%
- Rural households with internet: 14.9%
- Urban households with internet: 42%

The bottom screenshot shows a live video of Pooja Priyamvada, a woman with dark hair wearing a patterned shirt, speaking from a room with framed pictures on the wall. The video player interface includes a search bar, a play button, and a chat area.