



ARYA MAHILA P.G. COLLEGE

Admitted to the privileges of the Banaras Hindu University

Grade "A" Accredited by NAAC & "College with Potential for Excellence by UGC"



NATIONAL WEBINAR ON "ENHANCING MENTAL HEALTH IN UNCERTAIN TIMES"

17 & 18 May, 2020

Under the UGC quality Mandate Notification, D.o. No1-3/2020 (CM) Dated 28th March, 2020

This National Webinar is an Initiative taken by
Department of Psychology
Arya Mahila P.G. College, (Admitted to the Privileges of
BHU) Chetganj, Varanasi

About the College

Arya Mahila P.G. College is a women's college in Varanasi admitted to the privileges of Benaras Hindu University. The college has been accredited with grade "A" by NAAC and college with Potential for Excellence by "UGC". This historic college's foundation was laid by Smt. Vidya Devi in 1956 who was an able follower of great Guru Maharishi Gyanananda ji with the objective of carrying forward the National educational activities in continuity and to develop the rich heritage of art, culture, science in order to further empower women through education. Today, the college is successfully running a U.G., P.G. and Ph.D. course with carrying of Kashi is being managed by Shri Arya Mahila Hitkarini Mahaparishad.

About the Department

The Department of Psychology was established in 1958. The department runs undergraduate, postgraduate and Ph.D. courses. The department is committed towards excellence in academic and professional activities. The department has enthusiastic and well qualified faculty members. The department organizes seminars, symposiums, workshops, training programs and special lectures by the eminent scholars of the country on regular basis. The department successfully imparts knowledge in fundamental and applied areas of psychology.

Patron

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Department of Psychology, A.M.P.G.C., Varanasi

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Department of Psychology, A.M.P.G.C., Varanasi

Co-ordinators

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&
Dr. Usha Verma Srivastava, Assistant Professor,
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&
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Department of Psychology, A.M.P.G.C., Varanasi

Technical Assistance

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History, AMPGC, Varanasi
Mr. Manish Chaurasia & Mrs. Ragini Mishra
Lab Assistant, Department of Psychology, A.M.P.G.C.,
Varanasi
Mr. Anil Yadav, Senior Technical Assistant, A.M.P.G.C.,
Varanasi

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**Department of Psychology is also Thankful to the
Entire Family of Arya Mahila P.G. College for their
Support & Encouragement.**

Mentors

Prof. H.S. Asthana, Head, Deptt. Of Psychology, Prof. Rakesh Pandey, Prof. Tara. Singh, Prof. S. Joshi,
Dr. U. R. Srivastava, Dr. Purnima Awasthi, Dr. Y. K. Arya, Dr. S. Kumar, Dr. S. Bano, Dr. Tushar Singh,
FSS, Department of Psychology, BHU, Varanasi

About the Webinar

We have strategies to safeguard ourselves when it comes to physical health. However, mental health is just as crucial as caring for our physical health. Many people see mental health as not having symptoms of mental illness. The reality lies more than that. Mental health means feeling good about which you are, having balance in your life, in your thinking, and responding constructively to life's highs and lows. Everyone should practice good mental health and protect oneself from getting inflicted with mental illness. It affects how we feel; think as well as how we act in certain situations. The inefficiency to manage it can lead to a host of related medical problems.

Now-a-days, people are living in a scenario, where fast changing life puts an exert before individual to reorganize their ways of living to accomplish a new synchrony with nature. This challenge puts a demand to contemplate various ways of managing stress and consequently, these ways can be psychological, spiritual or medicines based therapy. Therefore, the proposed webinar is an effort to turn these challenges into opportunities and evolving human as healthy being in all respect.

Central Themes of the Webinar but not limited to the following themes

- ✚ Resilience and wellbeing
- ✚ Mental health and wellbeing at work place
- ✚ Resilience and life challenges
- ✚ Spirituality, hope and optimism
- ✚ Self-regulation and awareness
- ✚ Pharmacological treatment of mental disorders
- ✚ Psychopharmacology in mental health
- ✚ Psychopharmacological approach: Safety and effectiveness

The Speakers of the Webinar

- ✚ Dr. Cicilia Chettiar, Head, Assistant Professor, Department of Psychology, Maniben Nanavati Women's College, Mumbai
- ✚ Dr. Narsingh Kumar, Assistant Professor, Department of Psychological Sciences, Central University of South Bihar, Gaya, Bihar.
- ✚ Dr. Dinesh Kumar Gupt, Assistant Professor, Department of Psychology, D. S. College, Aligarh.
- ✚ Dr. Aman Choudhary, Clinical Neuropsychologist at Mind Ease Psychological Services and Wellness, New Delhi.
- ✚ Dr. Satya Gopal Jee, Head & Associate Professor, DAV PG College (Affiliated to BHU), Varanasi.

Schedule of the Webinar

Day 1	
10:45 to 11:00 AM Inaugural of the webinar	
11:00 to 11:30 AM: Speaker 1	11:35 to 12:05 Speaker 2
12:10 to 12:40 PM Speaker 3	
Briefing of the Session	Vote of Thanks
Day 2	
11:00 to 11:30 AM Speaker 4	11:35 to 12:05 PM Speaker 5
12:10 to 1:00 PM Scientific Session	
Briefing of the Session	Vote of Thanks

Registration Process

- ✚ The last day of registration is 15th May, 2020. Numbers of seats are limited.
- ✚ No fee for Registration.
- ✚ Selected papers would get the chance of presenting their work during the Webinar.
- ✚ E-certificates will be issued to all the participants after completion of the Webinar.

Registration Link through Google form

https://docs.google.com/forms/d/e/1FAIpQLSeX3GIVZJtM5UAMVt66tERswSZVftzPdvVc0Tn8kBEXEWxdsw/viewform?usp=pp_url

Guidelines for the abstract/papers submission

Kindly submit the 250-300 words abstract mentioning the paper title and your full details. The font size of the abstract will be 12 with Times New Roman as font style or Kruti Dev with 14 font size in Hindi. Interested participants may upload their abstracts in Google form (online form) either as doc./docx./pdf. file.

Note: The link will be shared to the participants before a day of the event either through WhatsApp or email.

Attendees will receive the feedback form after the completion of the webinar. Please find time to fill.

For Query Contact:

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