

Report on Online National Conference organized by

The Department of Psychology

The School of Liberal Arts (SLA), Noida International University (NIU)

On the theme “INNOVATIVE APPROACHES IN MENTAL HEALTH & PSYCHOLOGICAL AWARENESS DURING COVID 19 PANDEMIC”

Date: 4th & 5th June 2020

Time: 02.30 PM – 05.30 PM

Venue: Google Meet

School of Liberal Arts, Noida International University expresses its gratitude to Shri Devesh Kumar, Chairman NIU and Chancellor, NIU Prof (Dr) Vikram Singh for being the Inspiration behind the two days Webinar organized by the School of Liberal Arts, Noida International University on Thursday and Friday 4th & 5th June 2020.

Dr. Shivani Tomar, Assistant Professor, Deptt. Of Psychology, School of Liberal Arts, NIU, started the event with an introductory speech & welcomed the Hon'ble VC of Noida International University, Prof. Jayanand, renowned guest speakers and all of the great academicians, young researchers, delegates and students from all over India and gave a brief description on Webinar Theme in the present scenario and the requirements and challenges.

While addressing the issue, three questions were kept for the discussion; the first one was Apart from the importance of mental health, how many of us are aware of the psychological need for individuals?

Second question was how we can justify the increase in mental health issues? & What is the role of long term trends and social factors in society?

And third question - How should we adopt required strategies and intervention for mental health & psychological awareness?

Prof Jayanand, Vice Chancellor NIU inaugurated the webinar by giving a perspective on mental health and its requirement during Covid 19 Pandemic. He explained the role of Psychologist in pandemic and need for an awareness program and activities on the community level. He further said that formulation of these programs should be in proper manner as well. He added that expected results should come through the panel discussion and highlighted the need of psychology in every aspect of policy making.

Dr. Aparna Srivastava, Head, School of Liberal Arts, Noida International University gave a brief preview on various dimensions of the working of the School of Liberal Arts, Noida International University.

Ms. Lakshmi Subramanian, Assistant Professor, School of Liberal Arts took the session forward, got the speakers introduced and briefed about the two scientific sessions. There was a **Q&A session** after each technical session, aligned by her.

Dr. Priyaranjan Maral, first speaker from Allahabad University, made a presentation on 'Mental Health and Resilience in Covid 19 outbreak', particularly in the context of role and functions of resilience. His presentation was focused on how can we survive this pandemic and how we can develop a daily routine that will help us to recover from mental health problem. The entire discussion was based on PARMA method.

Mr. Alok Gautam, Trained Counselor and PGT English, discuss about the 'Mental Health During Covid 19'. He explained the differences between LOCKDOWN & LOCKUP and focused on Hygiene during Pandemic. He suggested that instead of controlling our circumstances, better to adopt required habits in present context.

Mr. Srinivas Rajaram, Founder & President of "Hamari Mitti Society"- An initiative of IITB Alumni, talked about the 'Psychology to Strengthen the People's Mindset for Reconstruction of India'. He emphasized the need for Psychology awareness & training, which can be achieved through education & empowerment especially girl empowerment. He elaborated that to achieve ability to do and develop anything we should build strength, balance our imaginations means it

should be based on ground reality, work for real economy. Then we will be able to use Psychology for better health.

Prof. (Dr.) Roomana N. Siddiqui, Aligarh Muslim University, made a presentation on ‘Navigating the CARONA crisis through Resilience and Social Bonding’. She explained the importance of Resilience and discussed the four core components of Resilience. With the relevance and contextual requirement, also expounded the importance of social bonding which is helpful to deal with the crisis.

Mr. Kadari Devaraju, University of Hyderabad, Social & Tribal Welfare Society, delivered an appropriate and relevant talk on ‘Positive Education & Role of Character Strengths in Academic Achievement’, which was based on the practical work with school children. He stressed the importance of all related aspects, moreover gave brief picture of Positive Psychology and its role in education setup. The function of positivity was very well explained which enhances the Virtue & Wellbeing and about GDP all over the world, directly or indirectly affects the mental health of individual.

In addition to these guest speakers, several speakers had interesting presentations on the theme. They were presented with great enthusiasm.

Dr. Mustafa Nadeem Kirmani Associate Professor, Amity Institute of Clinical Psychology, delivered a talk on ‘Psychology in Everyday Practice for Effective Living’, covered ethnical psychology, parent teacher collaboration, role of forensic setting in crime investigation and BEOS Counseling of the offenders.

Mr. Alok Pratap Singh, Research Scholar, University of Allahabad, presented on ‘Spike in Digital classes: Sentiment analysis’, gave his view on latest and much required area for discussion in present context. These are new trends in online classes & Webinar, talked about attitude towards the online classes and comparison between job security & online classes.

Mr. Saman Narayan Upadhyay, Assistant Professor, Sant Gahira Guru University Sarguja Ambikapur Chhattisgarh, delivered a talk on ‘Plea bargaining: potent tool to prevent recidivism’, very much relevant and related to law aspect of psychology.

Ms Bhavna Kakkar, Graduate Student, NIU, presented on ‘Impact of COVID-19 across various age-groups’, covered the Psychological disorders & disturbance influenced by Corona Virus and impact of Covid19 on normal population.

Ms Tanmeet Kapoor, Graduate Student, NIU, presented on “Innovative approaches to improve mental health during covid-19, explained the Challenges during Covid19 and presented the report on Lockdown is the world’s biggest Psychological experiment.

Dr. Samana Asaghar, Asst Prof, SLA, moderated the event.

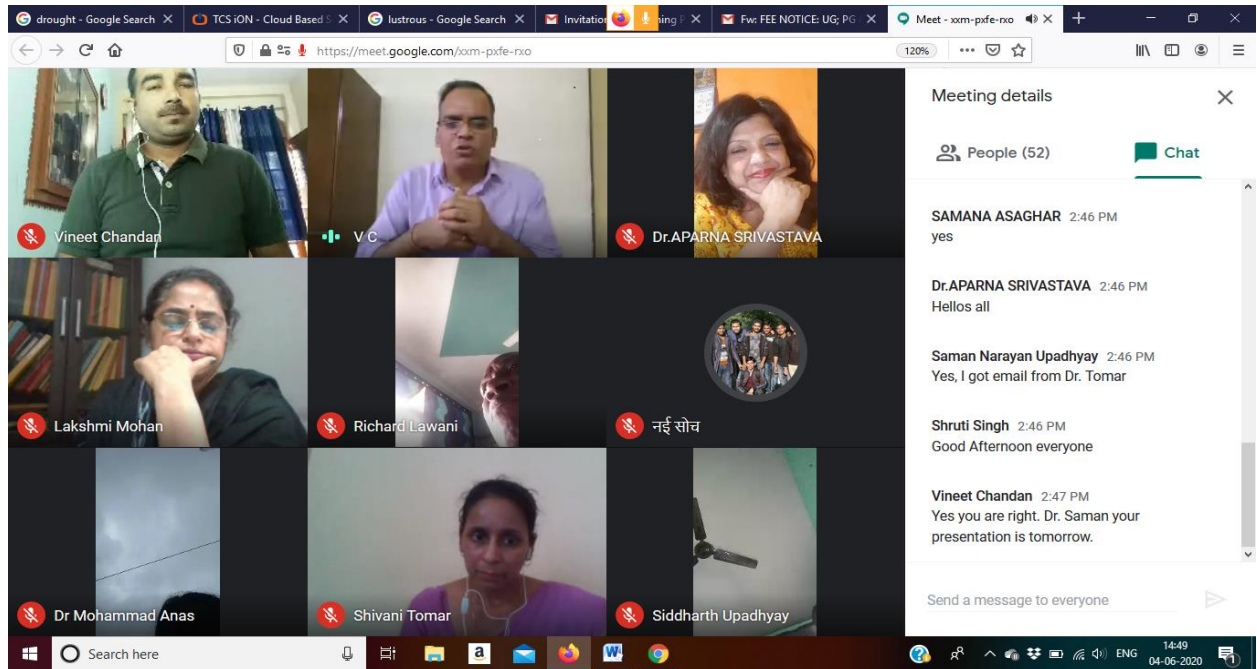
Mr. Vineet Chandan, Asst Prof, SLA, presented a vote of thanks to the dignitaries for their contribution, support and effort in the end.

INTRODUCTORY & WELCOME SPEECH BY CO- CONVENER

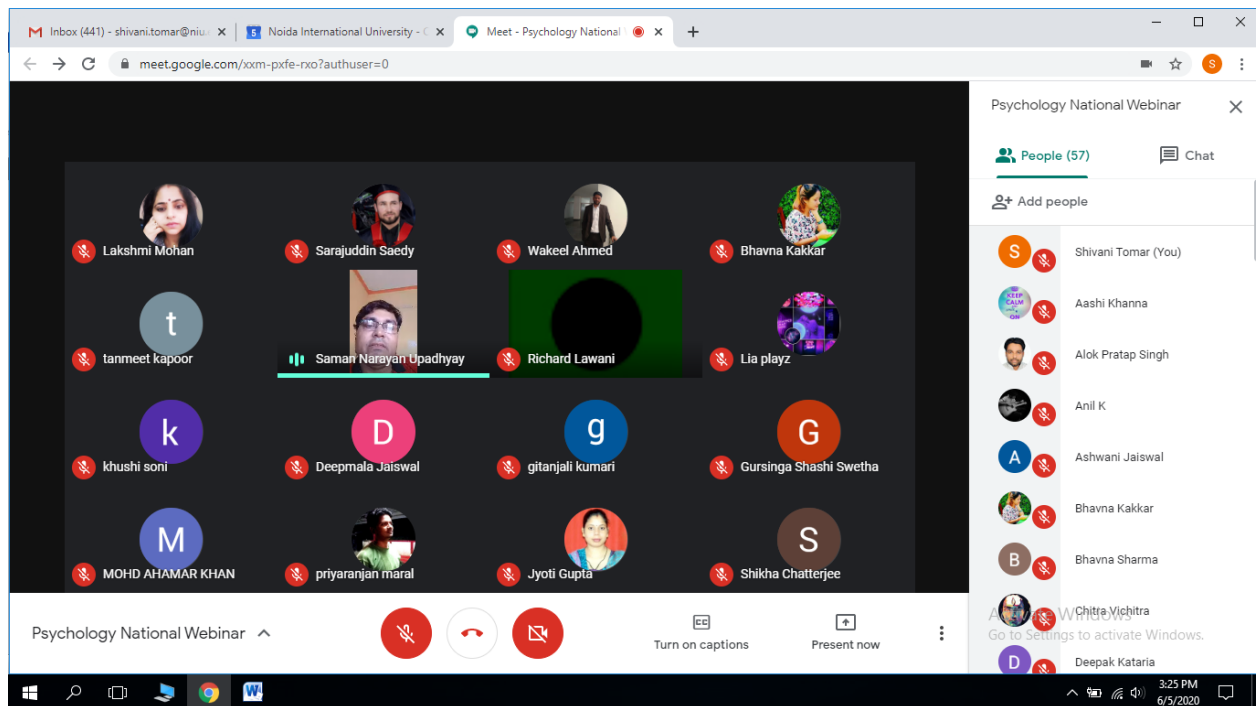
DR. SHIVANI TOMAR



VICE CHANCELLOR NIU, PROF (DR) JAYANAND IN HIS ADDRESS TO THE AUDIENCE ON MISSION OBEJECTIVES OF THE WEBINAR THEME



SOME MORE GLIMPSES FROM THE WEBINAR



Psychology National Webinar

meet.google.com/xm-pxfe-rxo?authuser=0

Psychology National Webinar

People (62)

Chat

Lakshmi Mohan

Roomana Siddiqui

Wakeel Ahmed

Bhavna Kakkar

tanmeet Kapoor

Sarajuddin Saedy

Richard Lawani

deva raju

khushi soni

Deepmala Jaiswal

gitanjali kumari

Richa Bali

Dr. Mustafa Nadeem Kirmani

priyaranjan maral

Jyoti Gupta

Kadari Nagarani

Psychology National Webinar

Turn on captions

Present now

3:19 PM
6/5/2020

tanmeet kapoor is presenting

meet.google.com/xm-pxfe-rxo?pli=1&authuser=1

Meeting details

People (45)

Chat

Poonam Keshwani 5:13 PM
Nice presentation Tanmeet ji

Shivani Tomar 5:14 PM
Good Bhavna, keep it up

Dr.APARNA SRIVASTAVA 5:14 PM
Good, Tanmeet!!

Poonam Keshwani 5:15 PM
Dev Raju send your fb link

Dr.APARNA SRIVASTAVA 5:15 PM
Mindfulness ☐

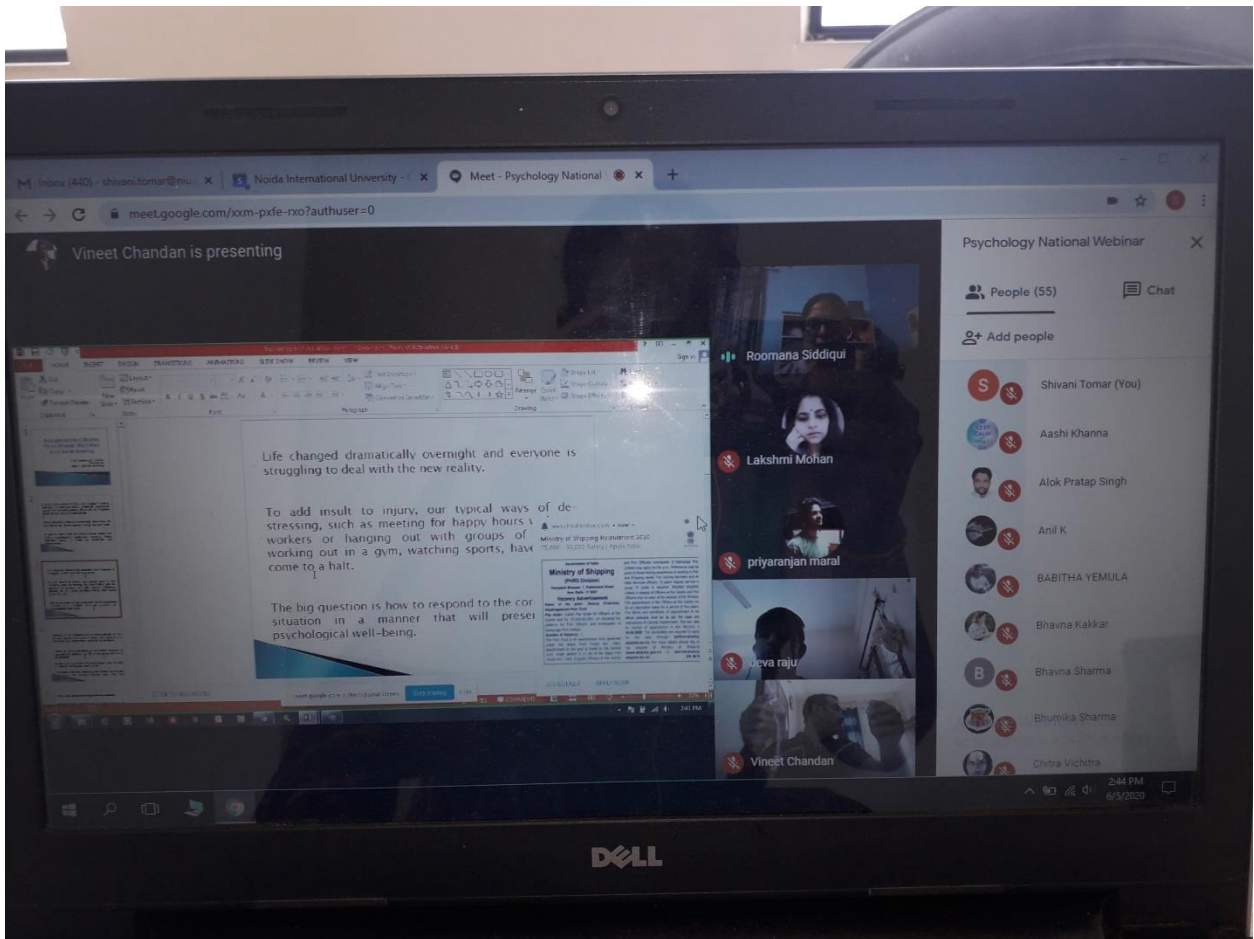
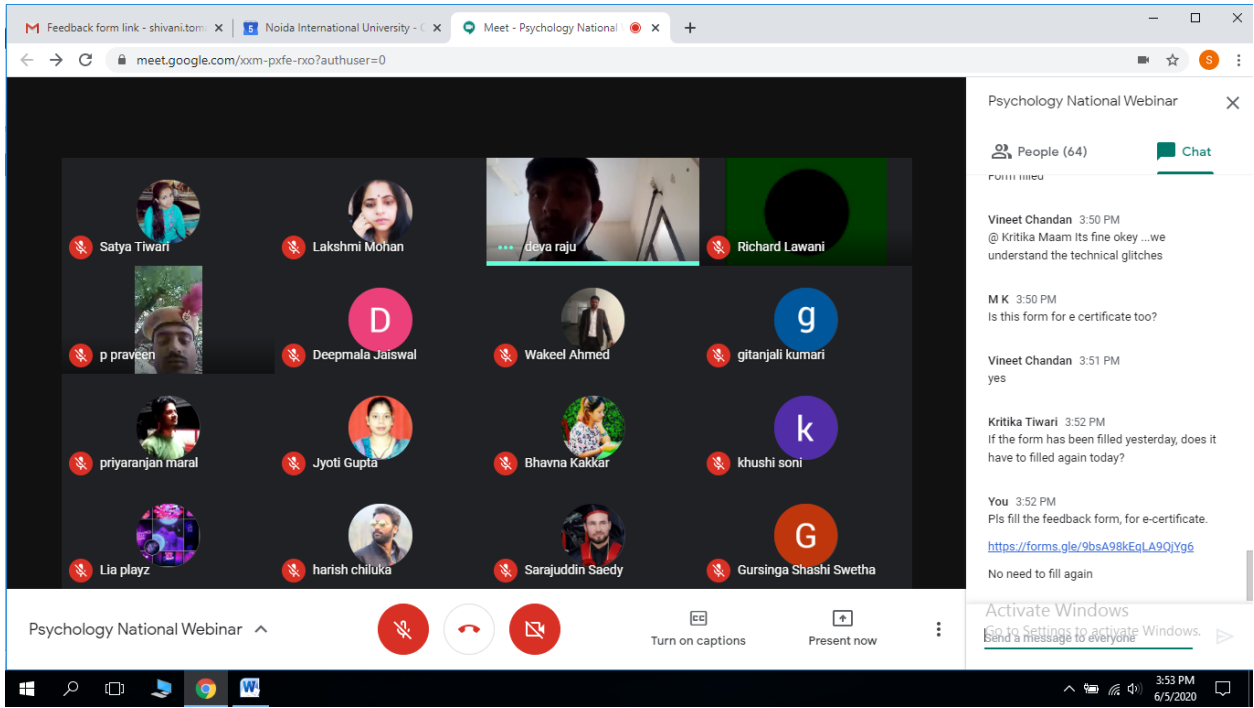
Asheesh mishra 5:16 PM
That's good

Send a message to everyone

MENTAL HEALTH...ppbx

Resilience and so...ppbx

5:14 PM



**DEPARTMENT OF PSYCHOLOGY, SCHOOL OF LIBERAL ARTS, NOIDA
INTERNATIONAL UNIVERSITY'S WEBINAR ON INNOVATIVE
APPROACHES & PSYCHOLOGICAL AWARENESS DURING COVID 19
PANDEMIC**

DATE 04TH & 05th JUNE 2020 VIA GOOGLE MEET

LIST OF PARTICIPANTS: 102

Online National Conference represented a Pan India participation from Banaras Hindu University Varanasi, Dr MPS Group of institutions Agra, Jaipur Rajasthan, University of Allahabad, ITM University Gwalior, Jamia Milia Islamia, New Delhi, Dr. B. R. Ambedkar University Agra, Lucknow, Sam Higginbottom University of Agriculture, Technology and Sciences, Prayagraj, Aligarh Muslim University, Himachal University, Deen Dayal Upadhyaya Gorakhpur University, Amity Institute of Clinical Psychology, Amity University Haryana, PSGVPM's Arts Science and Commerce College Shahada, UR College, Lalit Narayan Mithila University, Ramanujan College of Education, CRSU Jind, Banasthali Vidyapith Rajasthan, University of Kerala, S.K.T.T. College, Niwai, Tonk, Rajasthan, GLA University Mathura - apart from the host University Noida International University.

S.No.	Name	Designation	University/Organization/Affiliation	Certificate Reg. No.
1.	Ms. Shazia Perween	Research Scholar	Aligarh Muslim University	NIU/SLA/WEB 9/001
2.	Anil Tanwar	Research Scholar	Jamia Milia Islamia, New Delhi	NIU/SLA/WEB 9/002
3.	Ms Poonam Keshwani	Assistant Professor	Dr. K. N. Modi University Newai Tonk Rajsthan	NIU/SLA/WEB 9/003
4.	Bhavna	Student	Fairfield institute of management and technology (FIMT) GGSIPU New Delhi	NIU/SLA/WEB 9/004
5.	Dr. Sheetal	Assistant Professor	Noida International University	NIU/SLA/WEB 9/005
6.	Dr. Shruti Singh	Assistant Professor,	School of Liberal Arts, Noida International University	NIU/SLA/WEB 9/006

7.	Dr.vishnu Baburao Paghal	Assistant Professor	Arts, Commerce & Science College, Ankushnagar. Ambad, Jalna	NIU/SLA/WEB 9/007
8.	MS.MUDITA KUMAR	Psychology teacher	City Montessori School	NIU/SLA/WEB 9/008
9.	Shivangi Tiwari	Student	University of Allahabad	NIU/SLA/WEB 9/009
10.	Saumya Jaiswal	Student	Banaras Hindu University	NIU/SLA/WEB 9/010
11.	Vandana Yadav	Assistant Professor	Noida International University	NIU/SLA/WEB 9/011
12.	Anil Krishnan	Student	Noida International University	NIU/SLA/WEB 9/012
13.	ANMOL KUSHWAHA	Student	University of Allahabad	NIU/SLA/WEB 9/013
14.	Adarsh Kumar	Assistant Professor	Noida International University	NIU/SLA/WEB 9/014
15.	Satya Tiwari	Student	Banaras Hindu University	NIU/SLA/WEB 9/015
16.	Sunita Madan	Assistant professor	MMV PG COLLEGE KANPUR	NIU/SLA/WEB 9/016
17.	Kumar Utpal	Student/Novelist	Noida International University	NIU/SLA/WEB 9/017
18.	Dr Shiv Om Pratap	Academician	Dr MPS Group of institutions Agra	NIU/SLA/WEB 9/018
19.	Rituparna Chatterjee	Student	University of Allahabad	NIU/SLA/WEB 9/019
20.	Ruchi Gaur	Research Scholar	ITM University Gwalior	NIU/SLA/WEB 9/020
21.	MANU DIKSHIT	Student	NOIDA INTERNATIONAL UNIVERSITY	NIU/SLA/WEB 9/021
22.	Dr.Rekha Rani Kapoor	PGT English	GSKV A Block Vikas Puri New Delhi	NIU/SLA/WEB 9/022
23.	Dr. Shikha Chatterjee	Teaching (Assistant Professor)	Sam Higginbottom University of Agriculture, Technology and Sciences, Prayagraj, U.P.	NIU/SLA/WEB 9/023
24.	Deepmala Jaiswal	Student of B.Ed	GGSIU	NIU/SLA/WEB 9/024
25.	Shivam Gupta	Research scholar	Deen Dayal Upadhyaya Gorakhpur University	NIU/SLA/WEB 9/025
26.	Dr. Rajinder Verma	Associate Professor	Himachal Pradesh University	NIU/SLA/WEB 9/026
27.	Bhumika Sharma	Research Scholar	Himachal Pradesh University	NIU/SLA/WEB 9/027
28.	Poonam	Research Scholar	HP University	NIU/SLA/WEB 9/028
29.	Priyanka	Research Scholar	Himachal Pradesh University	NIU/SLA/WEB 9/029

30.	Ishita Tiwari	Student	University of Allahabad	NIU/SLA/WEB 9/030
31.	Saumya Snehal	Student	C.N.L.U.	NIU/SLA/WEB 9/031
32.	Ruchika Sinha	Assistant Professor	Noida International University	NIU/SLA/WEB 9/032
33.	Dr. GHAZALA PARVEEN	Assistant Professor,	Women's College, Aligarh Muslim University, Aligarh	NIU/SLA/WEB 9/033
34.	Monika Thakur	Astt. Prof.	Shoolini University	NIU/SLA/WEB 9/034
35.	Kiran	Research Scholar	M.A.U.	NIU/SLA/WEB 9/035
36.	Richa Bali	Research Scholar	Himachal Pradesh University	NIU/SLA/WEB 9/036
37.	Prof.Dr. Raghuvinder Singh	Professor	Himachal Pradesh University	NIU/SLA/WEB 9/037
38.	Mamta Kumari	Astt. Prof.	I.E.C.University	NIU/SLA/WEB 9/038
39.	SHUBHRA MISHRA	Research scholar	Dr Bhimrao Ambedkar University	NIU/SLA/WEB 9/039
40.	Deepak Rajpoot	Student	Dr. B. R. A University Agra	NIU/SLA/WEB 9/040
41.	Dr Mustafa Nadeem Kirmani	Faculty & Clinical Psychologist	Amity Institute of Clinical Psychology, Amity University Haryana	NIU/SLA/WEB 9/041
42.	Jyoti Manwani	Research Scholar	GLA University	NIU/SLA/WEB 9/042
43.	Aashi Khanna	Student	Noida International University	NIU/SLA/WEB 9/043
44.	Khushi Soni	Student	Noida international university	NIU/SLA/WEB 9/044
45.	Kritika Tiwari.	Student, Academician	University Of Allahabad	NIU/SLA/WEB 9/045
46.	Sarika Gupta	Researcher	GLA University Mathura	NIU/SLA/WEB 9/046
47.	Vaishnavi Tripathi	Guest Faculty	Navyug Kanya Mahavidyalaya	NIU/SLA/WEB 9/047
48.	Shankar Sudamrao Pawar	Assistant Professor	PSGVPM's Arts Science and Commerce College Shahada	NIU/SLA/WEB 9/048
49.	Krushakar Jha	Teacher		NIU/SLA/WEB 9/049
50.	Smitha nair	MA psychology	NIU	NIU/SLA/WEB 9/050
51.	Siddharth Upadhyay	Businessman	NSHM Knowledge Campus	NIU/SLA/WEB 9/051
52.	Dr Mohammad Anas	Assistant professor	NOIDA INTERNATIONAL UNIVERSITY	NIU/SLA/WEB 9/052
53.	Babitha Yemula	Student		NIU/SLA/WEB 9/053
54.	Mohd Ahamar	Guest-	UR College, Lalit Narayan Mithila	NIU/SLA/WEB 9/054

	Khan	Faculty	University	
55.	Ashwani Jaiswal	Student	Noida international university	NIU/SLA/WEB 9/055
56.	Soni singh	Student	Noida international university	NIU/SLA/WEB 9/056
57.	Vinod kaitha	Student	University of Allahabad	NIU/SLA/WEB 9/057
58.	Dr. Mustafa Nadeem Kirmani	Associate Professor	Amity Institute of Clinical Psychology, Amity University Haryana	NIU/SLA/WEB 9/058
59.	Tanmeet Kapoor	student	noida international univesity	NIU/SLA/WEB 9/059
60.	Rahul Singh	Student	University of Allahabad	NIU/SLA/WEB 9/060
61.	Dr. M. H. FARIDI	Assistant Professor	Noida International University Noida	NIU/SLA/WEB 9/061
62.	Anshu Dembla	Assistant Professor	Ramanujan College of Education	NIU/SLA/WEB 9/062
63.	Hukam Singh	Teaching	CRSU Jind	NIU/SLA/WEB 9/063
64.	Dr. Yogesh Kumar Gupta	Teaching	Banasthali Vidyapith	NIU/SLA/WEB 9/064
65.	Dr. Roobina Sonia S R	Post-Doctoral Fellow	University of Kerala	NIU/SLA/WEB 9/065
66.	Dr. Jyoti Rani Gupta	Principal	S.K.T.T. College, Niwai, Tonk, Rajasthan.	NIU/SLA/WEB 9/066
67.	Deepak kataria	Assistant Professor	NIU	NIU/SLA/WEB 9/067
68.	Vaishnavi Tripathi	Guest Faculty	Navyug Kanya Mahavidyalaya	NIU/SLA/WEB 9/068
69.	Dr.vishnu Baburao Paghel	Assistant Professor	Arts, Commerce & Science College, Ankushnagar. Tq. Ambad Dist-jalna	NIU/SLA/WEB 9/069
70.	Dr.Rajinder Verma	Associate Professor	Himachal Pradesh University	NIU/SLA/WEB 9/070
71.	Priyanka	Research Scholar	Himachal Pradesh University	NIU/SLA/WEB 9/071
72.	Dr. Wakeel Ahmed	Assistant Professor	NIU	NIU/SLA/WEB 9/072
73.	Alok Pratap Singh	Research Scholar	University of Allahabad	NIU/SLA/WEB 9/073
74.	Saumya Snehal	Student	CNLU	NIU/SLA/WEB 9/074
75.	ASHEESH MISHRA	Student	University of Allahabad	NIU/SLA/WEB 9/075
76.	Saumya Snehal	Student	C.N.L.U.	NIU/SLA/WEB 9/076
77.	MK	Lecturer		NIU/SLA/WEB 9/077
78.	Shreyasi Alapati	Student		NIU/SLA/WEB 9/078
79.	Bhavna Kakkar	Student	NIU	NIU/SLA/WEB 9/079

80.	Geetanjali	Student	NIU	NIU/SLA/WEB 9/080
81.	Richard Eno Lawani	Research Scholar	NIU	NIU/SLA/WEB 9/081
82.	Amey Katore	Student	NIU	NIU/SLA/WEB 9/082
83.	Montey Chauhan	Student	NIU	NIU/SLA/WEB 9/083
84.	Dr ANIL KUMAR BHARGAVA	Principal	Jaipur	NIU/SLA/WEB 9/084
85.	Umara Zulum	Resaech Scholar	NIU	NIU/SLA/WEB 9/085
86.	Dr Kallavarapu Vincent	Scientist	Varanasi	NIU/SLA/WEB 9/086
87.	Sonali	Teacher	Ludhiana	NIU/SLA/WEB 9/087
88.	Soniya Yadav	Research Scholar	Lucknow	NIU/SLA/WEB 9/088
89.	Harish Chiluka			NIU/SLA/WEB 9/089
90.	Sukhvir brar	Student	LOVELY professional University	NIU/SLA/WEB 9/090
91.	Saurav	Student	Vivekananda university of professional studies	NIU/SLA/WEB 9/091
92.	Mohammad Fahim kamal	Student	NIU	NIU/SLA/WEB 9/092
93.	Ashutosh singh	Student	University of allahabad	NIU/SLA/WEB 9/093
94.	Sarajuddin Saedy	Student	NIU	NIU/SLA/WEB 9/094
95.	Aritra Paul	Student	Banaras Hindu University	NIU/SLA/WEB 9/095
96.	Amrita Datta	Student	Calcutta University	NIU/SLA/WEB 9/096
97.	Varsha shrivastava	Student	Dr. B R Ambedakar university, Agra	NIU/SLA/WEB 9/097
98.	Ven. Khemacara		Sharda University, G.Noida. U.P	NIU/SLA/WEB 9/098
99.	Shashi swetha			NIU/SLA/WEB 9/099
100.	Dr. Beena Devi Jain	Teacher	Jaipur	NIU/SLA/WEB 9/100
101.	Pravash	Student	Tribhuvan University, Nepal	NIU/SLA/WEB 9/101
102.	Kadari Nagarani			NIU/SLA/WEB 9/102

Convener of the Webinar – Dr. Aparna Srivastava, Head, SLA

Co- convener of the Webinar – Dr. Shivani Tomar, Assistant Professor, SLA

Report prepared by Dr. Shivani Tomar, SLA



**NOIDA
INTERNATIONAL
UNIVERSITY**



SCHOOL OF LIBERAL ARTS **Online National Conference** — On —

**Innovative Approaches in Mental Health & Psychological
Awareness During Covid- 19 Pandemic**

ORGANIZED BY: DEPARTMENT OF PSYCHOLOGY, SLA

4th-5th June 2020

Time: 2:30PM to 5:30PM

GUEST OF HONOR



Prof. Jayanand
Vice Chancellor
Noida International University, G. Noida (U.P.)

GUEST SPEAKERS



Prof. (Dr.) Roomana N. Siddiqui
Aligarh Muslim University



Dr. Priyaranjan Maral
University of Allahabad



Dr. Ganpat Bawal
Nursing Officer
AIIMS Trauma Centre



Mr. Alok Gautam
PGT-English & Trained Counsellor,
JNV Muzaffarpur



Mr. Srinivas Rajaram
Founder & President Hamari Mitti Society
An Initiative with IIT Bombay)



Mr. Kadari Devaraju
University of Hyderabad,
Social & Tribal Welfare Society



Convener
Dr. Aparna Srivastava
Head, School of Liberal Arts, NIU



Co-convener
Dr. Shivani Tamar
Asst. Professor
Deptt. Of Psychology, SLA, NIU



Moderator
Dr. Samana Asghar
Asst. Professor
SLA, NIU



Moderator
Mr. Vineet Chandan
Asst. Professor
Deptt. Of Geography, SLA, NIU

NOIDA INTERNATIONAL UNIVERSITY

Campus: Plot No.1, Sector-17 A, Yamuna Expressway, (Opp. F1 Track) Gautam Budh Nagar-201308 (UP) India
For Admissions Call: 0120-4862200 / 08745862200, E-mail: admissions@niu.edu.in, Website: www.niu.edu.in



NOIDA INTERNATIONAL UNIVERSITY

ABOUT THE CONFERENCE

Conference Objective & Philosophical Framework

The National Conference is organized by the Department of Psychology, SLA, NIU. Ever since the corona virus pandemic has taken over the world, while economic losses are happening, the whole system of academics across the country has been shaken and challenged, at individual level, people are suffering from anxieties and other psychological conditions. The Conference will provide a forum for the sharing of ideas, presentation of research findings and discussion of innovative approaches in mental health and psychological awareness, concerning the present and future generations in a global- scale context.

This interdisciplinary forum is for scholars, teachers, and practitioners from any professional discipline who share an interest in—and concern for— Mental health in an holistic perspective, where environmental, cultural, economic and social concerns intersect.

Title of the Webinar - Innovative Approaches in Mental Health & Psychological Awareness During Covid- 19 Pandemic

We are inviting papers for presentation, send your paper title and abstract via email and register yourself through the given link. E-certificate will be issued for participation and presentation of paper. After registering, you will receive a confirmation email containing information about joining the meeting and schedule of Scientific Sessions. You can submit your Abstract till 2nd June 2020.

Guest of Honor: Prof. Jayanand- Vice Chancellor, Noida International University, G. Noida (U.P.)

Guest Speakers:

1. Prof. (Dr.) Roomana N. Siddiqui (Aligarh Muslim University)
2. Dr. Priyaranjan Maral (University of Allahabad)
3. Mr. Alok Gautam (PGT-English & Trained Counsellor, JNV Muzaffarpur)
4. Dr. Ganpat Bawal (Nursing Officer, AIIMS Trauma Centre)
5. Mr. Srinivas Rajaram (Founder & President Hamari Mitti Society, An Initiative with IIT Bombay)
6. Mr. Kadari Devaraju (University of Hyderabad, Social & Tribal Welfare Society)

Convener: Dr. Aparna Srivastava Head, School of Liberal Arts, NIU

Co-Convener: Dr. Shivani Tomar (Asst. Professor, Deptt. Of Psychology, SLA, NIU)

Moderator: Mr. Vineet Chandan (Asst. Prof. Deptt. Of Geography, SLA, NIU)

Dr. Samana Asghar (Assistant professor, SLA, NIU)

Organizing Committee: Dr. Shivani Tomar, Mr. Vineet Chandan, Dr. Mohd. Anas

Organized by: Department of Psychology, School of Liberal Arts, Noida International University

4th-5th June 2020

Time: 2:30PM to 5:30PM

Email: shivani.tomar@niu.edu.in

For registration (compulsory): <http://forms.gle/2qrtQxHJutfl7msJA>

NOIDA INTERNATIONAL UNIVERSITY

Campus: Plot No.1, Sector-17 A, Yamuna Expressway, (Opp. F1 Track) Gautam Budh Nagar-201308 (UP) India
For Admissions Call: 0120-4862200 / 08745862200, E-mail: admissions@niu.edu.in, Website: www.niu.edu.in

PROGRAMME SCHEDULE

**THEME: INNOVATIVE APPROACHES IN MENTAL HEALTH & PSYCHOLOGICAL
AWARENESS DURING COVID 19 PANDEMIC**

Date: 4th & 5th June 2020

S. No.	Details of Topic	Timing	Speakers
INAUGURAL SESSION			
1.	Introduction Speech & Theme Brief	2:30 pm to 2:35 pm	Dr. Shivani Tomar, Assistant Professor, Deptt. of Psychology, NIU
2.	Inaugural/Welcome Speech	2:35 pm to 2:40 pm	Prof. (Dr.) Jayanand, Vice-Chancellor, Noida International University
3.	Overview on School of Liberal Arts and Webinar Series	2:40 pm to 2.45 pm	Dr. Aparna Srivastava, Head, School of Liberal Arts, NIU
SCIENTIFIC SESSION 1			
1.	Introduction of Speakers & Session Brief	2:45 pm to 3:00 pm	Mrs. Lakshmi Subramanian, Assistant Professor, NIU
2.	Guest Speaker – 1 "Mental Health and Resilience in Covid 19 outbreak"	3:00 pm to 3:20 pm	Dr. Priyaranjan Maral, University of Allahabad
3.	Speaker- 2 "Psychology in Everyday Practice for Effective Living"	3:25 pm to 3:45 pm	Dr. Mustafa Nadeem Kirmani Associate Professor, Amity Institute of Clinical Psychology, Haryana
4.	Guest Speaker- 3 "Mental Health During Covid 19"	3:45 pm to 4:05 pm	Mr. Alok Gautam, Trained Counsellor and PGT English, JNV Muzaffarpur
5.	Guest Speaker- 4 "Psychology to Strengthen the People's Mindset for Reconstruction of India"	4:10pm to 4:30 pm	Mr. Srinivas Rajaram, Founder & President of "Hamari Mitti Society"- An initiative of IITB Alumni
6.	Speaker- 5 "Mental health is the essential element of your personality"	4:35 pm to 4:50 pm	Dr. Vishal Deep, Assistant Professor, Maharishi Dayanand College of Education
7.	Speaker- 6"Quarantine and Prevention of Diseases: International and Comparative Law perspective"	4:55 pm to 5:10 pm	Ms Richa Yadav, Assistant Professor, Amity University.

8.	Speaker- 7 "Spike in Digital classes: Sentiment analysis"	5:10 pm to 5:25 pm	Mr. Alok Pratap Singh, Research Scholar, University of Allahabad.
SCIENTIFIC SESSION 2			
1.	Introduction of Speakers & Session Brief	2:30 pm to 2:40 pm	Mrs Lakshmi Subramanian, Assistant Professor, NIU
2.	Guest Speaker- 1 "Navigating the CARONA crisis through Resilience and Social Bonding"	2:40 pm to 3:00 pm	Prof. (Dr.) Roomana N. Siddiqui, Aligarh Muslim University
3.	Guest Speaker- 2 "Positive Education & Role of Character Strengths in Academic Achievement"	3:05 pm to 3:25 pm	Mr. Kadari Devaraju, University of Hyderabad, Social & Tribal Welfare Society
4.	Speaker- 3 "Plea bargaining: potent tool to prevent recidivism "	3:30 pm to 3:45 pm	Mr. Saman Narayan Upadhyay, Assistant Professor, Sant Gahira Guru University Sarguja Ambikapur Chhattisgarh.
5.	Speaker- 4 "MENTAL HEALTH: The Three-Stage Model of Executive Functioning"	3:45 pm to 4:00 pm	Mr. Richard Eno Lawani, Research Scholar, NIU
6.	Speaker- 5 "Mental Health in Corona Virus Pandemic"	4:00 pm to 4:15 pm	Mr. Vedic Mishra, Graduate Student, Banaras Hindu University.
7.	Speaker- 6 "How to deal with the negative thoughts & information in pessimistic way	4:15 pm to 4:30 pm	Ms Roshni, Post- Graduate student, Allahabad University.
8.	Speaker- 7 "Innovative approaches to improve mental health during covid-19"	4:30 pm to 4:45 pm	Ms Tanmeet Kapoor, Graduate Student, NIU
9.	Speaker- 8 "Self-awareness"	4:45 pm to 5:00 pm	Ms Ishika Jain, Graduate Student, ICG, Jaipur.
10.	Speaker- 9 "Impact of COVID-19 across various age-groups"	5:00 pm to 5:15 pm	Ms Bhavna Kakkar, Graduate Student, NIU
CONCLUDING SESSION			
1.	Vote of Thanks	5:20 pm to 5:30 pm	Mr. Vineet Chandan, Assistant Professor, NIU

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E-CERTIFICATE OF PARTICIPATION

We certify that

has participated and presented paper, titled _____

in Online National Conference on “Innovative Approaches in Mental Health & Psychological Awareness During Covid-19 Pandemic” organized by The Department of Psychology, School of Liberal Arts (SLA), NOIDA INTERNATIONAL UNIVERSITY, Greater Noida held on 4th & 5th June 2020.


Convenor

Dr. Aparna Srivastava
Head - SLA


Co-convenor

Dr. Shivani Tomar
Asst. Professor
Deptt. of Psychology



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Convener

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