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No.: HKM/GDCB/20/1151

Dated: 16/07/2020

Sub.: An online Lecture/Webinar on “IMPACT OF COVID -19 ON MENTAL HEALTH OF YOUTH AND ITS MANAGEMENT”

Brief Report

The Department of Chemistry of HKM-Degree College Bandipora-193502 organized a webinar for Students and Faculty members entitled “ IMPACT OF COVID -19 ON MENTAL HEALTH OF YOUTH AND ITS MANAGEMENT” on 16th July 2020 at 3:00 PM .

The Webinar started with interaction of the Principal Dr Mohd Amin Malik with students and faculty members of the college. He said that coronavirus is hunting us down of our physical wellbeing and mental wellbeing and we are at the risk of mental health crises. He said that pandemic has exposed our social and economic vulnerability, impacted education and created widespread uncertainty across the globe. During his interactions he asked the students not to believe in misinformation campaign, conspiracy theories, rumor mongering on social media and advised them to look for scientific research and stay positive in life. He encouraging the students about their participation and active role in ongoing online programmes conducted by universities and other institutions. Introducing the topic, organizing committee (OC) member Dr Nasarul Islam welcomed the guest Speaker Dr. Wasim Rasheed Kakroo Child and Adolescent Psychologist Institute of Mental health and Nero-science Srinagar and highlighted the present scenario traced by COVID-19.

During the webinar, the speaker spoke about how COVID-19 has impacted the routine in the life of youth and how it has impacted the mental health of youth, the world over especially in Kashmir context. The speaker also spoke about the role and responsibility of adults as well as various govt. and private educational institutions in helping youth deal with their challenges. The various off screen activities were also discussed as coping strategies to deal with the impact of the pandemic. The speaker stressed on the role of technology like the use of android applications and various information about the spread of actual news of COVID-19 than the bulk of source less suggestions about implications of COVID-19. The speaker also shared few skills and techniques that can be used by youth to deal with the distress created by COVID-19 so that they remain productive irrespective of the presence of COVID 19 in and around their lives. The webinar was also followed by question answer session during which students as well as other people asked questions to which the speaker tried to provide satisfactory answers. During this webinar more than 104 participants from various educational backgrounds took active part. Later, Staff Sectary Dr Shekul Ashraf present vote of thanks to the participants.

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