



INTERNATIONAL WEBINAR



ON

COVID-19 AND EMOTIONAL WELLNESS

MAY 15-16, 2020

PATRON

**PROF. ASHOK AIMA
VICE-CHANCELLOR
CENTRAL UNIVERSITY OF JAMMU**

ORGANIZED BY

**SCHOOL OF EDUCATION
CENTRAL UNIVERSITY OF JAMMU**

UNDER THE SCHEME OF

**PANDIT MADAN MOHAN MALVIYA NATIONAL MISSION OF TEACHERS &
TEACHING (PMMMNTT)
DEPARTMENT OF HIGHER EDUCATION,
MHRD, GOVT. OF INDIA**

Note: All Programmes under PMMMNMTT are valid for promotion under CAS as per the UGC Notification dated 18th July 2018.



STAY HOME



STAY SAFE

ABOUT THE UNIVERSITY

Central University of Jammu has been established by the Central University Act, 2009 (Act No. 25 of 2009) read with the Central University (Amendment) Act, 2009. However, the Central University of Jammu actually came into being on August, 08, 2011. The Campus of the Central University of Jammu is developing as “GRIHA 2 Star” Green Campus as per the norms and practices laid down by TERI green building ‘Design Evaluation System”. The University aspires to be a leading Centre of Higher Learning, integrating culture, skills, and technology, philosophy and value system of our heritage with modern and emerging concepts, skills and technology and management practices. The mission of the University is to impart education which in its breadth and scope represents the three main symbols in our logo; iridescent like the rising Sun, immortal as the Banyan Tree and infinite like the Sky. The University is committed to inculcate self confidence; which when combined with disciplined study, leads to faith in one’s strength and conviction.

So far, University has signed 10 National and 01 International MoUs. Furthermore, it has obtained membership of apex industry/ academic bodies such as United Nations Academic Impact, Confederation of Indian Industry, NHRDN, ISTD, ADITA, AIMA, ISTD, Jammu Chamber of Commerce and Industries, etc.

SCHOOL OF EDUCATION

The teacher-education program is one of the very important program in building teachers’ effectiveness through professional development of teachers at school level. The progress and the efficiency of the nation are known by the quality of its schools. The School of Education (under PMMMNMTT) forms a vital foundation and support system for an integrated teacher education system. The Central University of Jammu established School of Education with a broad vision to build up a climate of sustainable professional development programme. The School of Education (SoE), CUJ offers the varied academic programmes with a purpose to develop a meaningful network professionally trained teachers and administrators in school and higher education sectors. The SoE is committed to provide a focussed teacher education programme engaging teacher educators/scholars /professionals by organising comprehensive capacity building programmes.

The School of Education established under PMMMNMTT in Central University of Jammu is primarily functioning through the three core centres.

- **Centre for Learning and Pedagogic Studies.**
- **Centre for Assessment and Evaluation.**
- **Centre for Teacher Resource and Academic Support.**

PANDIT MADAN MOHAN MALVIYA NATIONAL MISSION ON TEACHERS AND TRAINING (PMMMNMTT)

The Mission is envisaged to address comprehensively all issues related to teachers, teaching, teacher preparation and professional development. The Mission addresses, on the one hand, current and urgent issues such as supply of qualified teachers, attracting talent into teaching profession and raising the quality of teaching in schools and colleges. On the other, it is also envisaged that the Teacher Mission would pursue long term goal of building a strong professional cadre of teachers by setting performance standards and creating top class institutional facilities for innovative teaching and professional development of teachers.

The Mission focuses in a holistic manner dealing with the whole sector of education without fragmenting the programmes based on levels and sectors as school, higher, technical etc. It is considered that programmes dealing with teachers in all sectors and levels of education should grow and function in a mutually supportive manner.

ABOUT THE WEBINAR

COVID-19 pandemic is turning out to be a major stressor for most of humanity. Never has such an event affected so many individuals all across the globe. The initial focus is necessarily on the physical consequences of the infection per se. However, there is recognition that the significant psychological consequences emerging out of this catastrophe need to be addressed. COVID-19 has caused a significant impact on many individuals throughout this country and beyond. Social distancing policies and physical isolation may incite acute stress disorders, irritability, fear and panic, avoidance behavior, emotional distress, and other mental health consequences in the healthy population. COVID-19 pandemic has created psychological distress and various levels of crisis in the society which includes financial, social and occupational. Various measures taken to curb the pandemic spread include quarantine, isolation and nationwide lockdowns. Indeed COVID-19 has impacted the mental health of the entire community in one or another manner. This has created an unprecedented mental health challenge in the face of limited specialist resources. This also means that we need to think beyond conventional strategies. Understandably, much less attention has been paid to the mental health consequences of the pandemic. Yet while the urgent emphasis is and should be on containing the virus and its physical threat, when the pandemic has subsided and we begin to resume normal life, it is the psychological sequelae that will emerge and persist for months and years to come.

The key purpose of this webinar is to sensitize the people to cope with this stressful time by teaching easy to learn, research-based techniques that will reduce fear, worry and stress. This webinar is the University's way of giving back to the community.

KEY OBJECTIVES OF THE WEBINAR

- Discuss factors and strategies to manage stress while working from home
- Identify signs and symptoms of increased anxiety and coping strategies
- Explore tips, resources, and strategies to manage emotions

SUB-THEMES OF THE WEBINAR

- Corona Anxiety and Coping Strategies
- Managing stress while working from home: Knowing Online Tools for Academic Activities
- Emotional Health and Stability
- Emotional Intelligence and Social Distancing
- Resilience Skills

MODE OF INTERACTION

The mode of interaction will be **online** only. However, the participants will be facilitated to interact with the renowned resource persons and scholars associated with educational administration and leadership. The participants will be given the chance to share their experiences with regard to the problems and challenges they are facing during the present crisis; and find out the best possible way to manage the situation with a mutually.

TARGET GROUP

**Policy makers, Teachers, Research Scholars, Students
& Parents**

REGISTRATION PROCEDURE

- There is no Registration/Participation fee.
- Interested participants are requested to register through the Google Form link latest by **May 12, 2020 by clicking**
https://docs.google.com/forms/d/e/1FAIpQLSenaSCkVckVylhrWzNU1ftfj4AhZ4NWX4NAWhai_hgvFSAg/viewform?usp=sf_link
- Selected participants will be intimated through e-mail by **13th May, 2020**.
- The interested persons, who can commit to attend the sessions of the Webinar, only need to apply for this programme.
- e-Certificates will be given to the participants who attend all the sessions of the Webinar.

ORGANIZING COMMITTEE

PATRON

Prof. Ashok Aima
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Members

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Address

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PROGRAMME SCHEDULE

15 MAY, 2020

TIME	SESSION/ACTIVITY
11.00 a.m. – 11.30 a.m.	Inaugural Session
11.30 a.m. – 12.15 p.m.	Session- II Keynote Address Theme: Corona Anxiety and Emotional Health
12.15 p.m. – 12.30 p.m.	BREAK
12.30 p.m.– 01.15 p.m.	Session – III Panel Discussion Theme: Emotional Intelligence and Resilience Skills
01.15 p.m. – 02.00 p.m.	Session – IV Theme: Managing Stress while working from home: Knowing online tools for academics

16 MAY, 2020

11.00 a.m. – 12.00 noon	Session – V Emotional wellness through Yoga
12.00 noon – 12.15 p.m.	BREAK
12. 15 p.m.– 01.00 p.m.	Session – VI Students' Academic Anxiety: Teachers' and parents' responsibility
01.00 p.m. – 02.00 p.m.	Session – VII Participants' Reflections & Valedictory Session

If you can't go outside...



... go Inside !!

