



Late. Digambarrao Bindu Smarak Samiti's DIGAMBARRAO BINDU ARTS COMMERCE AND SCIENCE COLLEGE, BHOKAR, DIST NANDED, MS, INDIA

NAAC REACCREDITED B GRADE WITH CGPA 2.40 | BEST COLLEGE AWARD BY S.R.T.M. UNIVERSITY NANDED
AFFILIATED WITH S.R.T.M. UNIVERSITY, NANDED



INTERNAL QUALITY ASSURANCE CELL (IQAC)

Organized

National Webinar on

MENTAL HEALTH OF FACULTY AND STUDENTS IN COVID -19 SITUATION

June 3 - 4, 2020

WELCOME ADDRESS

Hon. Dr. Madhavrao Patil Kinhalkar
Ex. Minister, Govt. Maharashtra State,
President, L.D.B.S.S. Bhokar

Dr. Vrushalita Madhavrao Patil Kinhalkar
President CDC, Digambarrao Bindu College, Bhokar
Gynecologist, Poet, and Renown Psychologist.

RESOURCE PERSONS

Dr. Jagdish B. Rathod
Hypnotist & Psychotherapist
Principal, College of Education,
S.P.Pune University, MS, India

Ms. Samindara Sawant
Clinical Psychologist,
Regression Therapist, RE-CBT Practitioner,
Mumbai

Dr. Vijay Khonde
Asso. Professor,
Raje, Dharmraj College. Aheri
Gondwana University, Gadchiroli, MS, India

Dr. Samar Bharati
Mentalist and Mind Reader
Dehardun, UK, India

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Principal,
Digambarrao Bindu College, Bhokar

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IQAC Coordinator
Digambarrao Bindu College, Bhokar

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Shri Jadhav V.A.
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Shri Kottapalle G.D.
Asst. Prof. Dept. of Chemistry



IMPORTANT DATES AND LINKS



June 2, 2020

Last date for Registration



eventdbcbhokar@gmail.com
iqacdbcbhokar@gmail.com
Please Write Us



<http://www.dbcbhokar.in>

Please Visit Conference Website



FOR MORE DETAILS
Please See the Brochure



<https://forms.gle/6WviY9CwmTdBEzTK9>

Registration link

ABOUT COLLEGE

Digambarrao Bindu Arts, Commerce and Science College, Bhokar, Dist. Nanded, is run by the parent institution Late. Digambarrao Bindu Smarak Samiti, Bhokar, Dist. Nanded. College has a glorious history of its own, it was founded as an undergraduate & Post Graduate college offering Arts, Commerce & Science courses along with B. Voc. and Community College Certificate Programmes. The College was established in 1989, initially our college was affiliated to Marathwada University, Aurangabad till 1994, from onwards college is affiliated with S. R. T. M. University, Nanded. Since college establishment we have consecutively receiving various honors from state govt., Parent University and various other agencies, continuing our best practices we have received Best Principal Award in the year 2017 & Best College Award in the year 2018 by S. R. T. M. University, Nanded,

The College is Continuously providing educational facilities to rural and tribal students in the region, hence students are grabbing challenges of millennium and acquires better career opportunities both in private and government sectors. Hence its credit goes directly to the disciplined administrator, hardworking teaching faculties, Non teaching staff and healthy support in the form of text, reference books, research Journals, periodicals from the library. The college therefore desire to continue these activities undertaken in future also.

ABOUT CONFERENCE (WEBINAR)

As part of its awareness series on COVID-19, the IQAC (Internal Quality Assurance cell) Digambarrao Bindu Arts commerce and Science College, Bhokar is joining hands with the parent University S.R.T.M. University, Nanded to offer a National webinar on "Mental Health of Faculty and Students in COVID -19 situation" to maintain one's physical and psychological well-being in the current situation on June 3-4, 2020 at 01.30 Noon to 04.30 PM.

Topics to be covered during the webinar include Mental health, Study Habit & Hypnotism, Cognitive Behavior, Mental Health & Biological View point and Mind Reading, Magic & Science to overcome stress, expert opinions on addressing more serious mental health issues and reflections on the mental health of faculty members students aroses during COVID-19 Lockdown. Stress and the feelings associated with it are by no means a reflection that they cannot do their job. Managing one's mental health and psychosocial well-being during this time is as important as managing our physical health. Social distancing measures have been in place longer than anyone could have foreseen and no one really knows when things will change. Our usual outlets for expression or letting off steam may not be available to us right now - so we might need a little guidance on how to manage stress right now. So in sheduled webinar Resource persons (experts) will present on how to mind your mental health during Covid-19. Minding your mental health is always important, but the current situation creates new challenges and answer questions from participants.

OBJECTIVE OF WEBINAR

After active engagement in this program, participants will be better able to:

- Assess and evaluate the mental health burden of the current COVID-19 pandemic.
- Prevent and manage traumatic stress related disorders, including children and families, applied to the COVID-19 pandemic.
- Prepare to practice Psychological First Aid, self care, and enhanced resilience of healthcare professionals in disasters.

Join us on, June 3-4, 2020 (01.30 PM to 04:30 pm (IST) for a FREE virtual event. Open to all faculty & students.



Webinar will be conducted on ZOOM App, ID & Passwords will be sent to participants Registered Email id and telegram group.



Registration link : <https://forms.gle/6WviY9CwmTdBEzTK9>



Link for Telegram: <https://t.me/joinchat/KjZGOhg4HW1cfWoRQ1D9Sw>



Program Info: <http://www.dbcbhokar.in>

Email: eventdbcbhokar@gmail.com | iqacdbcbhokar@gmail.com

OUR MEDIA CENTER AND SPONSOR

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Innovative Pedagogy Development Centre

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+91-9823752512

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Note E-certificate will be issued to the participants after successful participation and submission of feedback form only.

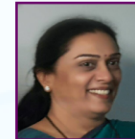
Schedule-at-a-Glance (Each session contains 10 min Q&A)

DAY 1st June 3, 2020

01:30 - 02.00 PM Introduction & Welcome Address



Hon. Dr. Madhavrao Patil Kinhalkar
Ex. Minister, Govt. Maharashtra State, President, L.D.B.S.S. Bhokar



Hon. Dr. Vrushalitai Kinhalkar
Chairman, CDC, DBC, Bhokar, Renown Gynecologist, Psychologist & Poet.



Dr. Panjab A Chavan
Principal, Digambarrao Bindu ACS College, Bhokar, Dist. Nanded

TECHNICAL SESSION -I

02:00 - 03.00 PM Mental health, Study Habit & Hypnotism



Dr. Jagdish B. Rathod
Hypnotist & Psychotherapist. Principal, College of Education, S.P.Pune University, MS, India

TECHNICAL SESSION -II

03:10 - 04.10 PM Cognitive Errors: How to Identify Them and Correct Them



Ms. Samindara Sawant
Director, Disha Counseling Center, Mumbai Clinical Psychologist, Regression Therapist, RE-CBT Practitioner, Mumbai

DAY 2nd June 4, 2020

TECHNICAL SESSION -III

01:30 - 02.30 PM Mental Health & Biological Viewpoint



Dr. Vijay Khonde
Associate Professor, Raje. Dharmraj College, Aheri Gondwana University, Gadchiroli, MS, India

TECHNICAL SESSION -IV

02:40 - 03.40 PM Mind Reading, Magic & Science



Dr. Samar Bharati
Mentalist and Mind Reader Dehardun, UK, India

Feedback & Valedictory Function

03:40 - 04.30 PM Speakers Panel & Discussion
Feedback and Valedictory Function