Mahatma Gandhi Shati Smarak Mahavidyalaya,

Garua Maksoodpur, Ghazipur

<u>Webinar on How to stay positive during the COVID-19 pandemic</u>

On February 16, 2021, the Department of Psychology organized a webinar on "How to stay positive during the COVID-19 pandemic" at Mahatma Gandhi Shati Smarak Mahavidyalaya Garua Maksudpur, Ghazipur for UG students. The webinar began with the opening address of the Principal Mr. Sushil Tiwari. Mr. Narendra Nath was the key guest speaker. All the faculty members participated in this seminar through the Zoom platform. Mr. Nath began his speech by providing a brief overview of the Covid-19 pandemic. He added that the Coronavirus disease 2019 (COVID-19) is an infectious disease that has spread globally, resulting in a pandemic. A pandemic is more than just a medical phenomenon; it disrupts people's lives and society, generating anxiety, stress, stigma, and xenophobia. The COVID-19 pandemic is a global health concern that has the potential to have a profound influence on people's mental health and well-being. Fear, worry, and stress are all-natural reactions to perceived or real threats, as well as to uncertainty and the unknown. So, it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic. For a long time, the COVID-19 pandemic put people under a lot of stress. The fear of contracting the virus in a pandemic like COVID-19 is exacerbated by the significant changes to our daily lives as our movements are restricted in support of efforts to contain and minimize the virus's spread. Working from home, temporary unemployment, home-based education, and a lack of physical interaction with other family members, friends, and co-workers are all new realities that our mental and physical health. COVID-19 has a substantial influence on many aspects of daily life. During the pandemic, the global education system underwent a paradigm shift, favoring online learning.

The concluding remark was made by Mr. Rajeev Kumar by passing the Vote of Thanks.

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