



# MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

Recognised u/s 2(f) & 12(B) by UGC Act, 1956 - Permanently Affiliated to Thiruvalluvar University

Re-Accredited by NAAC with "A" Grade An ISO 9001:2015 Certified Institution



## DEPARTMENT OF PSYCHOLOGY ORGANIZED STATE LEVEL WEBINAR ON "PSYCHOLOGICAL COPING MECHANISMS FOR CRISIS MANAGEMENT" ON 4<sup>th</sup>, 5<sup>th</sup> & 8<sup>th</sup> AUGUST 2020

### INVITATION

**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN**  
 Recognized u/s 2(f) & 12(B) of UGC Act 1956 || Re-accredited by NAAC with 'A' Grade (3rd Cycle)  
 Permanently Affiliated to Thiruvalluvar University || An ISO 9001:2015 Certified Institution  
 CHINNAKALLUPALLI, VANIYAMBADI-635 751,  
 TIRUPATTUR DISTRICT.

**DEPARTMENT OF PSYCHOLOGY**  
**Invites you to**  
**THREE DAYS STATE LEVEL WEBINAR**  
**on**  
**PSYCHOLOGICAL COPING MECHANISMS FOR**  
**CRISIS MANAGEMENT**  
**DATE : 4<sup>TH</sup> 5<sup>TH</sup> & 8<sup>TH</sup> AUGUST, 2020**  
**Resource Persons**

<div style="display: flex; align-items: center;"> <div> <b>Mr. Karthik, M.Sc., (Psy)., M.Phil., (Psycho- Oncology)., Senior Counsellor Indian Institute of Technology IIT Madras</b> </div> </div> <p><b>Topic: Emotional Intelligence During COVID - 19</b></p>	<div style="display: flex; align-items: center;"> <div> <b>Ms. KAVITHA DHANARAJ, M.A., M.Phil.,(Clinical Psy.), (Ph.D)., Assistant Professor in Psychology Department of Applied Psychology and Behavioral Research JBAS College for women, Chennai</b> </div> </div> <p><b>Topic : Mental Health Issues of Adolescents During Lockdown</b></p>
<div style="display: flex; align-items: center;"> <div> <b>Mrs. R.Sudha, M.A., M.Phil., NET., Assistant Professor Department of Psychology Avinashilingam Institute for Home Science and Higher Education for Women Coimbatore</b> </div> </div> <p><b>Topic: Psychological Interventions for Crisis Management</b></p>	<div style="border: 2px solid purple; border-radius: 50%; width: 150px; height: 100px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div style="text-align: left; margin-right: 10px;">Live in :</div> </div> <div style="display: flex; align-items: center; justify-content: center; margin-top: 5px;"> <b>YouTube</b> </div>

**E-Certificate will be Provided to all active participants**

**No Registration Fees**

**Registration Link : <https://forms.gle/pzhzzc7pYvzMhVVf6>**

**Sri C.Lickmichand Jain**  
Secretary

**Dr.M.Inbavalli**  
Vice Principal & Convenor

**Ms.B.Sakthimala**  
Assistant Professor & Convenor

**Dr.T.Balasubramanian**  
Principal

**Coordinators**

**Ms. R Swarnalakshmi**  
Assistant Professor

**Ms. Blessy Ann Varughese**  
Assistant Professor

*All are cordially invited !*

**PRINCIPAL**  
 Marudhar Kesari Jain College  
 for Women  
 Vaniyambadi - 635 751.

## AGENDA

S. No	Date & Time	Topic	Resource Person	Welcome Address	Introduction of the Chief Guest	Question Session	Vote of Thanks
1	04-08-2020 11.00 - 12.30am	Emotional Intelligence During COVID-19	Mr. Karthik Lakshmanan senior counsellor- Indian Institute of Technology- Chennai	Dr.M.Inbavalli, Vice Principal, MKJC. <b>Felicitations:</b> Dr.T. Balasubramanian, Principal, MKJC.	Ms. Blessy Ann Varughese Asst. Professor, Dept of Psychology MKJC	Mrs. M. Preethi, Asst. Professor, Dept of Computer Application MKJC.	Ms.R. Swamalakshmi- Asst Professor, Dept of Business Administration- MKJC
2	05-06-2020 11.00 - 12.30am	Mental issues of Adolescents during lockdown	Ms. Kavitha Dhanaraj- Assistant Professor- Dept of Psychology- Justice Basheer Ahmed Sayeed College for Women- Chennai	Ms. Blessy Ann Varughese Asst. Professor, Dept of Psychology MKJC	Ms. Blessy Ann Varughese Asst. Professor, Dept of Psychology MKJC	Mrs. M. Preethi, Asst. Professor, Dept of Computer Application MKJC.	Ms. R. Swamalaksmi-Asst Professor-Dept of Business Administration- MKJC
3	08-06-2020 11.00 - 12.30pm	Psychological Intervention for Crisis Management	Mrs. R. Sudha Assistant Professor- Dept of Psychology- Avinashilingam - Institute for Home Science and Higher Education for Women- Coimbatore	Ms. Blessy Ann Varughese Asst. Professor, Dept of Psychology MKJC.	Ms. Blessy Ann Varughese Asst. Professor, Dept of Psychology MKJC.	Mrs. M. Preethi, Asst. Professor, Dept of Computer Application MKJC.	Ms. R. Swamalaksmi- Asst. Professor- Dept of Business Administration- MKJC
<b>All are cordially invited</b>							

  
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**REPORT**

DATE: 04.08.2020

TOPIC: Emotional Intelligence during Covid-19

The Day 1 webinar was started by a prayer song hosted by Ms.Prithi Assistant professor followed by welcome address by Ms. Blessy Ann Varughese Assistant professor, felicitation by Dr. Balasubramanian, Principal of MKJC. The guest introduction was given by Ms. Blessy Ann Varughese, Assistant professor, the webinar was on the topic of emotional intelligence during covid-19. The resource person was Mr.Karthik senior counselor, IIT Madras. The webinar was started by giving more impact on covid 19 and the safety measure that an individual to do. How emotionally the community got affected during this pandemic explained with reality experience through how to handle emotions while an individual is feeling depressed. The day ended by vote on thanks delivered by Ms.Swarnalakshmi assistant professor. Overall 210 students were participated in this event.

DATE: 05.08.2020

TOPIC: Mental Health issues on Adolescent during Lockdown

The Day 2 webinar was started by a prayer song hosted by Ms.Prithi Assistant professor followed by welcome address by Ms. Blessy Ann Varughese Assistant professor, felicitation by Dr. Balasubramanian, Principal of MKJC. The guest introduction was given by Ms. Blessy Ann Varughese, Assistant professor, the webinar was on the topic of Mental Health issues of adolescent during lockdown. The webinar was started by explaining about the emotional pattern that is happening in individual the merits and

demerits of handling emotions. Anxiety and its causes during pandemic, Depression that happen during pandemic , post covid-19 syndrome. The day ended by vote of thanks delivered by Ms.Swarnalakshmi assistant professor.

DATE: 08.08.2020

TOPIC: Psychological Intervention for crisis Management

The Day 3 webinar was started by a prayer song hosted by Ms.Prithi Assistant professor followed by welcome address by Ms. Blessy Ann Varughese Assistant professor, felicitation by Dr. Balasubramanian, Principal of MKJC. The guest introduction was given by Ms. G.Sheeba, Assistant Professor, the webinar was on the topic of Psychological Intervention for crisis Management. Resource person was Ms.Sudha Assistant professor Avinashilingam College of Social Science. The webinar was started by explaining about the hidden depression and the knowledge about how the people get affected through hidden depression. The effect of Monday blues, work burdens, increase of sickness though psychological affects, the detailed explanation of work life balance during lockdown the handling of stress. The day ended by vote on thanks delivered by Ms.Swarnalakshmi assistant professor.



**Head of the Department**



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## PHOTOS



## Hidden Depression

- Greater levels of irritability, tiredness, lower motivation.
- Monday blues (Often).
- Lots of cancelled social engagements.
- Increasing sick leave.
- Any work looks like a burden.
- "Starting trouble" .... always.



Sudha R

  
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