

Brochure



National Webinar on
**“Individual and Organizational
Strategies to deal with Stress Issues
during Corona Phase”**



May 26, 2020

Organized By

Department of Applied Psychology, IGNTU, Amarkantak (MP)

In Collaboration with

Society of Industrial and Organizational Psychology, Varanasi

Chief-Patron

Prof. Shri Prakash Mani Tripathi
Hon'ble Vice Chancellor,
Indira Gandhi National Tribal University, Amarkantak, (M.P.)

Patron

Prof. Ashok Pratap Singh
Professor Emeritus (UGC), BHU & President of SOIOP, Varanasi (U.P.)

Convener

Prof. Rakesh Singh
Dean, Social Science
Indira Gandhi National Tribal University, Amarkantak, (M.P.)

About the Webinar

On 11th March, World Health Organization (WHO) declared COVID-19 as a pandemic affecting over 215 countries worldwide. Though many countries have sufficient resources to handle the pandemic, the causality it has reached most with respect to infected with the virus while several millions have succumbed to death. Around 2.6 billion from different parts of world are in locked down and some quarantined, a big challenge to fight COVID-19 as spreading rate of this virus is so high with compared to the other diseases. In result, the world economy has smashed – up that brought a downbeat signal to the mental health of the individual in the society. In a nut shell, people mind set up has changed through some series of ongoing threat including (a) perception of safety, threat and risk of contamination (b) myths regarding disease (c) fear of being quarantine and confinement (d) stigma and social exclusion and (e) financial loss and job insecurity. In result, psychological distress anxiety, depression and other psychological complications are very much common and needs to be addressed the issues and challenges of COVID-19 pandemic. Therefore, it is important to understand how people manage the stress associated with the dreadful corona phase. With considering to this, the Department of Psychology, IGNTU, Amarkantak came up with a webinar program entitled ***“Individual and Organizational Strategies to deal with Stress Issues during Corona Phase”*** The primary objective of this program is to create an open platform to uncover the issues related to psycho-social strategies and effective measures to combat COVID-19 crisis. However, there are some sub–themes outlined for this webinar program:

1. Stressors associated with COVID-19 in personal and professional domains of life.
2. Mental health during and after Corona phase
3. Coping with COVID-19: Issues, challenges and strategies (individual/organizational)
4. Counseling to students and parents: Role of academic institutions
5. Counseling to infected person and their care providers/attendants
6. Counseling to medical practitioners and other support staff of the healthcare sector
7. Behavioral changes during lockdown and managing them with individual and organizational interventions.
8. Research methods and assessments dealing with personal and professional domains of life.
9. Psycho-social aspects of COVID-19 pandemic
10. Role of social media and news in managing issues related to COVID-19
11. Emotional states: Fear of loneliness and isolation, aggression, violence, depression, etc.
12. AYUSH and COVID-19: Challenges and strategies
13. Role of Yoga and Life Skill training in dealing with problems during lockdown due to COVID-19
14. Role of information communication technology (ICT) and awareness programme
15. Corporate Social Responsibility: Role of NGOs, charitable trusts, and organizations

About Society of Industrial and Organizational Psychology (SOIOP)

The Society of Industrial and Organizational Psychology (SOIOP) was established in January, 2018 by the academicians and researchers from Banaras Hindu University, University of Rajasthan, S. N. D. T. Women's University-Mumbai, Aligarh Muslim University-Aligarh, IIT-Kharagpur, IIT-Roorkee, IIT-Jodhpur, IIM-Ranchi, IIM-Rohtak, NIT-Patna; other Universities, Institutes and; Human Resource Managers working in different private and public sector organizations such as Coal India Ltd., Power Grid, NTPC, L & T, Tata Motors, Century Textiles and Industries Ltd. (A B. K. Birla Group Company), etc. The society aims to encourage the existence of a fair and humane work situation in India, to which all have an equal opportunity of access and within which all can perform according to their abilities, can develop to their full potential and can experience a high quality of work life.

The society strives to create conditions in which Industrial and Organisational Psychologists and Human Resource Professionals will be able to deliver efficient and effective services to the benefit of all in India by:

1. Enhancing the credibility of Industrial and Organisational Psychology as a discipline involved in the work situation and as a profession among its practitioners,
2. Creating an enabling environment conducive to promoting inclusivity and diversity amongst our members, the profession, and the broader community,
3. Encouraging research and the dissemination of scientific knowledge of Industrial and Organisational Psychological research and practice and in acknowledging outstanding achievements in the field of Industrial and Organizational Psychology,
4. Maintaining excellence in, and striving towards the continued improvement of, training in the discipline of Industrial and Organisational Psychology so as to ensure that India is provided with Industrial and Organisational Psychologists of the highest standard in the academic as well as practicing fields,
5. Maintaining close contact with the clients of Industrial and Organisational Psychological services in order to ensure that the training of Industrial and Organisational Psychologists and the services they render are appropriate and of a high standard,
6. Striving for services in the field which are available, accessible and affordable to all in India, and promoting work conditions which provide persons with the opportunity to perform and develop and to experience a high quality of work life, etc.

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About the University

The Indira Gandhi National Tribal University, Amarkantak, Madhya Pradesh has been declared as an excellent centre of tribal students of India. It has been established by an Act of the Parliament of India and came into existence by the Indira Gandhi National Tribal University Act, 2007 and came into action on July 2008. This University has one regional campus at Imphal, Manipur. The university credits more than thirty departments and various programmes including B.A/BSc, MA/MSc, PhD, Diploma and PG Diploma. The university caters to the tribal' long cherished dream of higher education. Students of every corner of India are being a part of this university. The University is always obligating to take appropriate measures for promoting innovations in teaching learning process in inter-disciplinary studies and researches and to pay special attention to the improvement of social, educational and economic conditions and welfare of the scheduled tribes within the Union of India. The University is located a beautiful hill station at Amarkantak, a well frequented Hindu pilgrimage center of India due to its Maa Narmada's origination or udgam.

About the Department of Applied Psychology

To think mental health as primary need, the Department of Applied Psychology has been set up by the Indira Gandhi National Tribal University in the year 2010. Currently, the department is running through three faculties and offering B.A/BSc, MA/MSc, and PhD programs in Psychology. The department offers free counselling services to University Students and employees.

Programme Schedule:

Session	Time
Inaugural Session and Keynote Speech	11.00 am – 1.00pm
Lunch Break	01.00 pm – 02.00 pm
Technical Sessions for students and other participants	02.00 pm – 05.00pm
Valedictory Session	05.00 pm – 06.00 pm

Keynote Speakers:

1. Prof. Anand Prakash, Professor of Psychology, Dean, Faculty of Humanities and Social Sciences, Delhi University.
2. Prof. Surendra Kumar Sia, Head, Department of Applied Psychology, Pondicherry University, Puducherry.
3. Prof. Meena Hariharan, Head, Centre for Health Psychology, University of Hyderabad.
4. Dr. Sandeep Kumar, Associate Professor, Department of Psychology, Banaras Hindu University, Varanasi (UP).
5. Prof. P. A. Baby Shari, Head, Department of Psychology, University of Calicut.
6. Ms Nidhi Singh, Assistant Professor, PG Centre of Psychology, Department of Psychology, Magadh Mahila College, Patna University, Bihar.

WHO CAN PARTICIPATE?

Academicians, Scientists, Professionals, Researchers and Students from various fields of psychology, allied subjects and multi-disciplinary fields are invited to contribute in the congress in form of research articles related to Covid-19 issues.

Registration for the Webinar

There is no registration fee. However, the participants should register themselves through **Google Form provided in the link** (<https://forms.gle/ks6Z2RZY1a4GaHYFA>); to present paper and participate in the webinar. The registration schedule is given below:

IMPORTANT DATES:

For Participation only: The last date of Registration is 26.05.2020 till 9.00 A.M.

For Paper Presenters: Last Date of Registration is 25.05.2020, 08.00 P.M.

An abstract may be sent to igntu.soiop@gmail.com. The contents of abstract should be within 400 to 500 words. The text should be double spaced and typed in Times New Roman Style with a font size of 12pts and one-inch margin all around. It may be noted by all the paper presenters that the abstract received after the due date may not be included in the **e-Souvenir**.

Organizing Committee

Convener:

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Dean, Faculty of Social Sciences
Head, Department of Applied Psychology
IGNTU, Amarkantak (MP)

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