

WEBINAR REPORT @ 7TH JULY 2021

NAME OF THE WEBINAR: Online Training in Counseling and Mental Health

- DATE AND DURATION: 7th July, 2021 (2:00 to 5:00 P.M)
- RESOURCE PERSONS:

Session 1: Dr. Juliet Lalremmawii Ralte, Associate Professor, Govt. Hrangbana College

Session 2: Dr. Zothanzami, Associate Professor, Govt. Hrangbana College

Session 3: Ms. Nazuk Kumar, IAS, Director, Higher and Technical Education, Govt. of Mizoram
- SPONSORSHIP: Govt. Hrangbana College and Higher and Technical Education, Govt. of Mizoram
- ORGANISED BY: Directorate of Higher & Technical Education, Govt. of Mizoram and Govt Hrangbana College, Department of Psychology.
- MODE: Zoom and Youtube
- NUMBER OF PARTICIPANTS : 298

CONTEXT

- The COVID-19 pandemic created new challenges and stressors for educators and heightened existing pressure and inequities within the education system
- Stressors commonly cited by teachers (pre-pandemic) include a lack of control and agency concerning classroom decisions and curricula, challenges with managing student behaviour, lack of respect for the profession and insufficient support and resources
- The additional stress of delivering academic content in the pandemic context may negatively impact teachers' physical and mental health, which has implications for the classroom environment, student outcomes, and teacher turnover. Stressed-out teachers are more likely to have stressed-out students.
- Thus, the webinar was organized to orient and sensitize the faculty regarding Counseling and Mental Health during Covid- 19 Pandemic. It was expected that the participants would learn various mental health disorders, their symptoms and provide them information about practical strategies for managing stress, improving self-care and fostering positive mental health.

ONLINE TRAINING
in Counseling
and Mental Health

Welcome and
Introductory Speech:
NAZUK KUMAR, IAS.
Director, Higher &
Technical Education,
Aizawl, Mizoram

Organized by:
Directorate of
Higher & Technical Education,
Govt. of Mizoram,
&
Govt. Hrangbana College,
Department of Psychology

SESSION I
2:15 - 3:10 PM

TOPIC
Counseling:
a) Basic skills of counselling
b) Characteristics of an efficient counsellor

RESOURCE PERSON
Dr. Juliet Lalremmawii Ralte
(Associate Professor)
Department of Psychology
Govt. Hrangbana College

QUESTION AND ANSWER
3:10 - 3:20 PM

SESSION II
3:20 - 4:10 PM

TOPIC
MENTAL HEALTH:
a) Mental health and Mental illness.
b) Maintaining Mental Health

RESOURCE PERSON
Dr. Zolhanzami
(Associate Professor)
Department of Psychology
Govt. Hrangbana College

QUESTION AND ANSWER
4:15 - 4:25 PM

SESSION III
4:25 - 4:50 PM

TOPIC
CONCLUDING REMARKS

RESOURCE PERSON
MR. NAZUK KUMAR, IAS.
(Director)
Higher and Technical Education,
Aizawl, Mizoram.

Date: 7th July, 2021
Time: 2:00 PM to 5:00 PM

TECHNICAL SUPPORT
ICT CELL, GOVT. HRANGBANA COLLEGE

[PLEASE CLICK HERE FOR VIDEO](#)



OUTCOME

- In Session 1, Dr. Juliet Lalremawii Ralte expounded basic skills of counseling and characteristics of an efficient counselor.
 - In Session II, Dr. Zothanzami made an enlightening oration on the differences between mental health and mental illness and how to maintain a good mental health during the times of pandemic.
 - Session I and Session II was followed by an interactive session in which some of the participants shared their experiences and insights and queries were answered.
 - In Session III, Ms Nazuk Kumar gave a concluding remark on Mental Health and Counseling. She commented that empathy and compassion need to be enhanced towards individuals dealing with mental health challenges and that access to resources and support services need to be increased
 - The seminar bolstered readiness and capability to address mental health and psychosocial needs, particularly where conditions quickly change as was obvious from the question and answer round which followed the first and second sessions.
 - The Seminar has helped to focus the faculties' attention on mental health and psycho-social needs in their classroom (online teaching) environment.
 - It increased investments in promoting good mental health and addressing mental health problems that are essential to enable individuals, families and communities to cope effectively with the challenges they face due to the pandemic which again was salient from the discussion the seminar participants had with the Resource persons.
 - The webinar provided networking opportunities for professionals in the field to connect and share experiences. It also increased awareness and understanding of mental health issues and improved knowledge and skills related to counselling techniques and interventions.
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