

# ACTIVITY REPORT

## ONE DAY STATE LEVEL WEBINAR ON PANDEMIC AND MENTAL HEALTH

*Organized by*

**SEMINAR SUB-COMMITTEE, LALBABA COLLEGE**

**18<sup>th</sup> SEPTEMBER, 2021**

Lalbaba College organized a one day State level webinar on "Pandemic and Mental Health" on 18<sup>th</sup> September, 2021 via Cisco Webex and YouTube Live platform. The webinar focused on the mental health and different therapy to minimize the fear in the context of the COVID-19 pandemic. The programme started at 10:00 am with the welcome address by Prof. Sanhita Ghosh, Convener of the Seminar Sub-Committee, Lalbaba College. The resource persons of the programme were Dr. Prithwis Bhaumik, MBBS (Cal), DVD, MD (Psychiatry), AIIMS, FIPS, Dr. Amita Dutt, Former Dean, Faculty of Fine Arts, Uday Shankar Professor of Dance, Director, Performing Arts Therapy Centre, Rabindra Bharati University, Dr. Debdulal Dutta Roy, Associate Professor of the Psychology Research Unit of the Indian Statistical Institute, Kolkata and Brahma Kumari Pinky Kumari, Meditation teacher of Rajyoga and a Management Trainer who has been studying spiritual knowledge and practicing the ancient technique of Rajyoga Meditation, as taught by the Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya. The number of participants registered in the programme was 192.

### **Organizing Committee**

- **Chief Patron:** Dr. Sanjay Kumar, Principal, Lalbaba College.
- **Advisor:** Dr. Sunita Chandra, Dept. of Geography, Lalbaba College.
- **Joint Convener of the Seminar Sub-Committee, Lalbaba College:** Prof. Sanhita Ghosh, Dept. of Philosophy, Lalbaba College & Dr. Mala Aditya, Librarian, Lalbaba College.
- **Moderator:** Dr. Soma Das, Dept. of Bengali, Lalbaba College.
- **Technical Support:** Prof. Kartick Chandra Nayek, Dept. of Chemistry, Lalbaba College.
- **Seminar Report:** Prof. Asoka Bhattacharya, Dept. of English, Lalbaba College & Dr. Ruma Das, Dept. of Physics, Lalbaba College.
- **Question Moderation:** Prof. Soma Sarkar, Dept. of History, Lalbaba College & Dr. Barnali Naskar, Dept. of Chemistry, Lalbaba College.
- **Conveners of the One Day State Level Webinar on Pandemic and Mental Health:** Prof. Priti Sinha, Dept. of History, Lalbaba College & Dr. Bidisha Banerjee, Dept. of Sanskrit, Lalbaba College.

Opening remarks and introduction of the programme was given by Dr. Sanjay Kumar, Principal of Lalbaba College. He welcomed all the resource persons and talked about the importance of the discussion on Pandemic and Mental Health by sharing his personal experience of physical suffering and stress on the mind due to COVID-19. Next, Mr. Prabir Roychowdhury, President, Lalbaba College also welcomed all the resource persons. In the last part of the introductory programme,

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Prof Mrinal Sarkar talked about some facts about this pandemic situation which was very informative.

The first Speaker of the programme is Dr. Prithwis Bhaumik, MBBS (Cal), DVD, MD (Psychiatry), AIIMS, FIPS. He gave a magnificent speech on the topic "Mental Health: An Overview". First of all, he clearly explained different aspects of psychological disaster such as hopelessness by social isolation and fear of death. He also elaborately explained about the psychological disorders/illness such as depression, anxiety with some way of remedies like physical exercise, pranayama, meditation, etc. The speaker concluded with the remark that if only the physical illness is treated without the psychiatric ailments, treatment will be incomplete.

Next, Dr. Amita Dutt, Former Dean, Faculty of Fine Arts, Uday Shankar Professor of Dance, Director, Performing Arts Therapy Centre, Rabindra Bharati University talked on the topic- Dance Therapy. She started his presentation with introduction to the dance therapy for the mental health. She explained that the dance therapy acts as a way out of the panic and stress in this pandemic situation by taking to a different imaginary world. Specially among the children dance gives happiness which is necessary for their mental health. At last, she concluded by saying that one should dance without thinking about the perfection for the betterment of the mental health.

The next speaker, Dr. Debdulal Dutta Roy, Associate Professor of the Psychology Research Unit of the Indian Statistical Institute, Kolkata, Governing Body Member, Lalbaba College spoke on the topic: Neuroplasticity and Music Therapy. First of all, he explained in detail about the term Neuroplasticity and its synaptic connections. He focused mainly on the said that music therapy is the use of music to address the physical, emotional, cognitive and social needs of a group or individual. He mainly focused on how Rabindrasangeet acts on positive Neuroplasticity and its clinical applications.

The last speaker of the programme is Brahma Kumari Pinky Kumari, Meditation teacher of Rajyoga and a Management Trainer who spoke on the topic: Meditation: As a therapy. To overcome this pandemic situation, she suggested everyone to feel happy from inside, laugh and stay positive. She demonstrated this statement by various Water experimental results. From the spiritual aspect, she elaborately explained the process of meditation by connecting our soul to supreme power.


After completions of the four presentations, there was a wonderful interactive session where the audience interacted with the speakers clarifying their doubts and asking interesting questions.

The successful programme ended around 1:05 pm with vote of thanks by Dr. Bidisha Banerjee from the Dept. of Sanskrit, Lalbaba College.

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The webinar was very informative and provided the participants with enormous knowledge on various aspects of Pandemic and Mental Health.

## WEBINAR BROCHURE



**LALBABA COLLEGE**  
(AFFILIATED TO THE UNIVERSITY OF CALCUTTA)

PRESENTS

ONE DAY STATE LEVEL WEBINAR ON  
**PANDEMIC AND MENTAL HEALTH**


ORGANIZED BY  
SEMINAR SUB-COMMITTEE, LALBABA COLLEGE

DAY & DATE : SATURDAY, 18<sup>TH</sup> SEPTEMBER, 2021  
TIME : 10.00 A.M - 1.05 P.M. (IST)



**Chief Patron**  
Dr. Sanjay Kumar  
Principal, Lalbaba College

**Conveners of the Webinar:**




Prof. Priti Sinha  
(Dept. of History,  
Lalbab College)



Dr. Bidisha Banerjee,  
(Dept. of Sanskrit,  
Lalbab College)


**Resource Persons:**




Dr. Prithwis Bhaumik  
(MBS (Cal), DVD, MD  
(Psychiatry), AIIMS,  
FIPS)



Dr. Amita Dutt  
(Former Dean, Faculty of Fine  
Arts, Uday Shankar Professor of  
Dance, Director, Performing  
Arts Therapy Centre, Rabindra  
Bharati University)



Dr. Debdulal Dutta Roy  
(Associate Professor of the  
Psychology Research Unit of  
the Indian Statistical  
Institute, Kolkata. Governing  
Body Member, Lalbaba  
College)



Brahma Kumari Pinky Kumari  
(Meditation teacher of Rajyoga and a  
Management Trainer who has been studying  
spiritual knowledge and practicing the  
ancient technique of Rajyoga Meditation, as  
taught by the Prajapita Brahma Kumari  
Ishwariya Vishwa Vidyalaya)

### Objectives

The seminar focuses on the Pandemic and mental health. Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic.

Added to the fear of contracting the virus in a pandemic such as COVID-19 are the significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical health.

### PROGRAMME SCHEDULE

Date: 18.09.2021

Time:	Esteemed Speakers
<b>Inaugural Session</b>	
10:00 am – 10:30 am	Welcome Address by <b>Dr. Sanjay Kumar</b> (Principal, Lalbaba College) Message from the President <b>Mr. Prabir Roychowdhury</b> (President, Lalbaba College) Message from Convener <b>Prof. Priti Sinha</b> (Dept. of History, Lalbaba College) Message from <b>Prof. Mrinal Sarkar</b> (Dept. of English, Lalbaba College)
<b>Technical Session 1</b>	
10:30 am – 11:00 am	<b>Dr. Prithwis Bhaumik</b> (Area of Discussion: Mental Health: An Overview)
11:00 am – 11:30 am	<b>Dr. Amita Dutt</b> (Area of Discussion: Dance Therapy)
11:30 am – 12:00 noon	<b>Dr. Debdulal Dutta Roy</b> (Area of Discussion: Music Therapy)
12:00 pm – 12:30 pm	<b>Brahma Kumari Pinky Kumari</b> (Area of Discussion: Meditation: As a therapy)
<b>Technical Session 2</b>	
12:30 pm – 12:45 pm	Session for Students
12:45 pm – 01:00 pm	Interactive Session
01:00 pm – 01:05 pm	Valedictory Session (Vote of Thanks by <b>Dr. Bidisha Banerjee</b> )

### Organizing Committee

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Dr. Sanjay Kumar, Principal, Lalbaba College

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Dr. Mala Aditya, Librarian, Lalbaba College

**Moderator:**  
Dr. Soma Das, Dept. of Bengali, Lalbaba College

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**Seminar Report:**  
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**Question Moderation:**  
Prof. Soma Sarkar, Dept. of History, Lalbaba College  
Dr. Barnali Naskar, Dept. of Chemistry, Lalbaba College

**Conveners of the One Day State Level Webinar on Pandemic and Mental Health**  
Prof. Priti Sinha, Dept. of History, Lalbaba College  
Dr. Bidisha Banerjee, Dept. of Sanskrit, Lalbaba College

Registration Link: [https://www.lalbabacollege.in/state\\_webinar](https://www.lalbabacollege.in/state_webinar)

Fee -Nil; Last Date of Registration -17<sup>th</sup> September, 2021 within 5.00 p.m.

Platform: Cisco Webex & YouTube Live stream

E-Certificate will be provided to all participants on sending the feedback form at the end of the webinar

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## WEBINAR CERTIFICATE



**LALBABA COLLEGE**  
Affiliated to University of Calcutta  
**Certificate of Participation**

ESTD: 1964

*This is to certify that*

*of*

*has participated in the State Webinar Entitled "PANDEMIC AND MENTAL HEALTH" organised by the Seminar Sub-Committee, Lalbaba College on 18th September, 2021.*

 Prof. Priti Sinha Convener LALBABA COLLEGE	 Dr. Bidisha Banerjee Convener LALBABA COLLEGE	 Dr. Sanjay Kumar Principal LALBABA COLLEGE
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