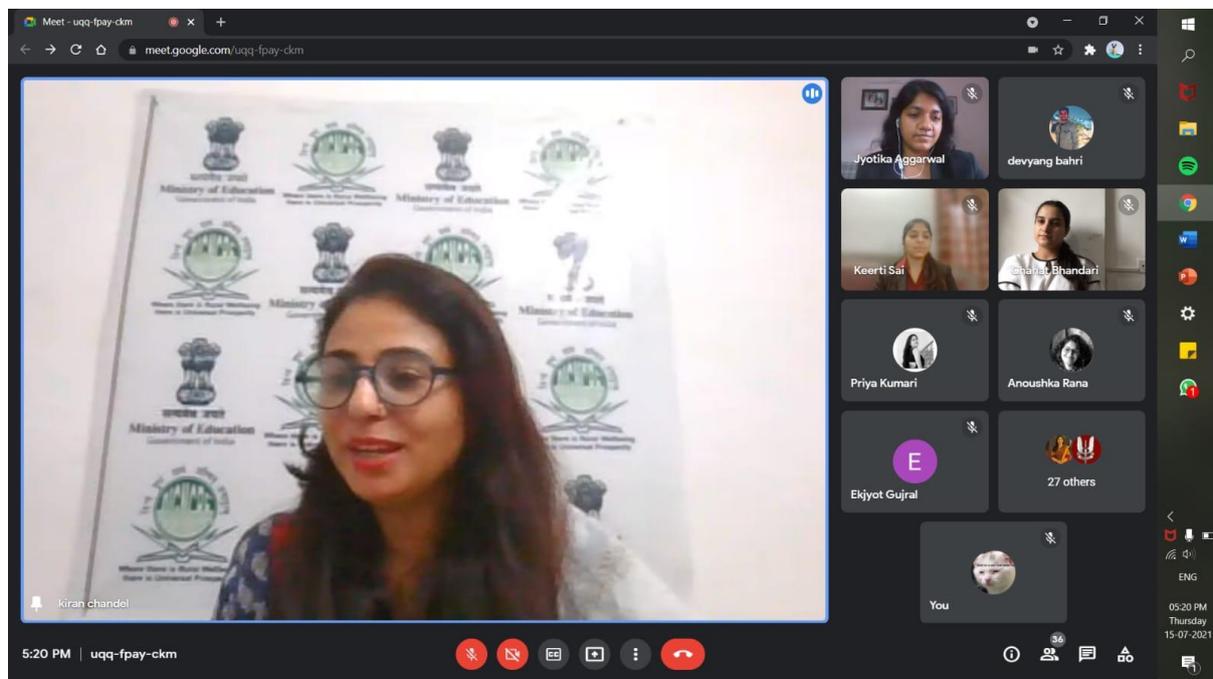


ACRSS WORKSHOP

PSYCHOLOGICAL SUPPORT FOR COVID PANDEMIC CONDITIONS

The AIL Centre for Research in Social Sciences, *in association with the Mahatma Gandhi National Council for Rural Education (MGNCRE), Ministry of Education, Government of India* on 15th July, 2021 conducted a workshop on “**Psychological Support for Covid Pandemic Conditions**”. The objective of this workshop was to inculcate Covid helper skills within the student community. The guest speaker for the same was **Mrs. Kiran Chandel** from MGNCRE. She is an educationist, life coach and an author. An M. Phil gold medallist, her field of interest and research has been mostly related to rural development and women empowerment. At present she is also working with NGOs, providing psychological counselling and support to Covid patients and their families.

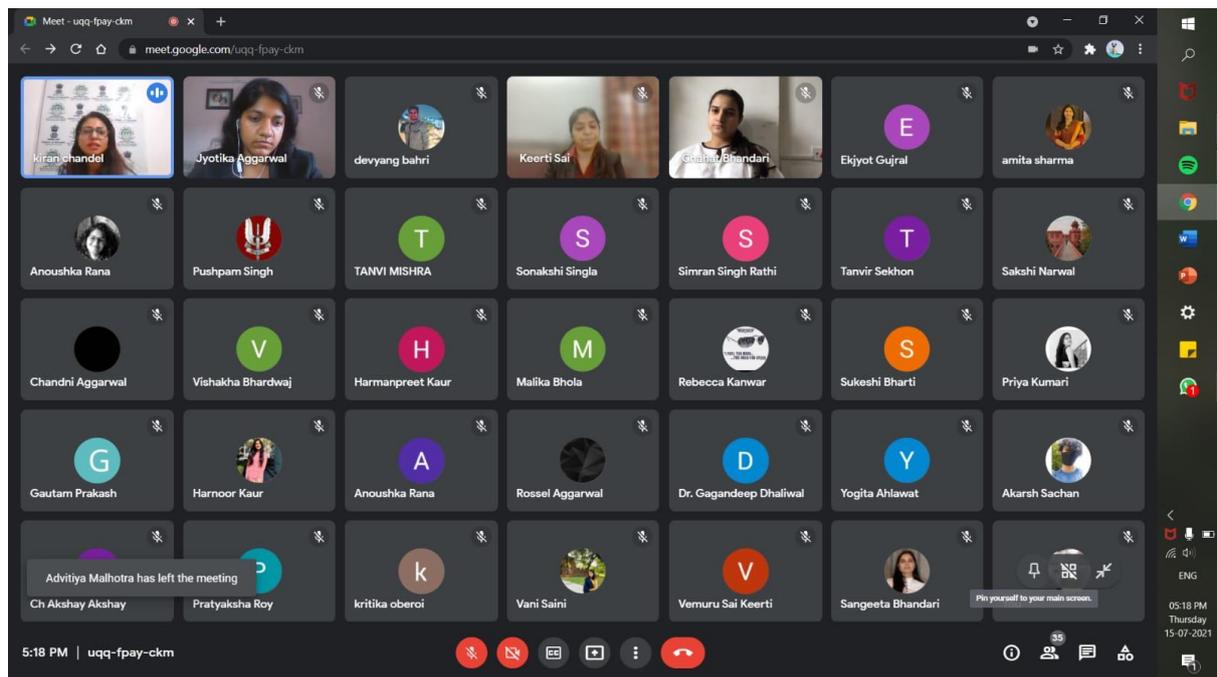


The workshop started with Ma'am getting the audience abreast with the fundamentals of how to be a saviour in the times of Covid. With an expectation from the youth of the nation to be instrumental in helping and reaching out to the needy in these precarious times, she urged us to be attentive listeners, observant, careful and empathetic in our daily conduct. She told us how these elements can help us identify an anomaly in a neighbour's behaviour and then take action accordingly. She then went on to give a detailed explanation of the kinds of Covid helper teams we can form which are as follows:

- a. Hospital Management Team

- b. Non-hospital Management Team
- c. Family Related Team
- d. Sharing the Information of Medical Essentials
- e. Communicating with the Covid Patient

We dived into a point-to-point explanation of what each of these teams does. Finally, Ma'am also informed us about what all should we equip ourselves with in order to help the community as Covid warriors.



The session was highly interactive with 40 students in attendance. With the blessing of Dr. Tejinder Kaur, Principal AIL and the synergy put in by the Faculty Coordinators, Dr. Amita Sharma, Ms. Ekjyot Kaur, Dr. Dhaliwal as well the Student Coordinators of ACRSS, the webinar was a massive success. The ACRSS will continue to come up with such enlightening sessions!