



National Institute of Technology Silchar

Webinar on

Positive Mental Health during Covid -19 Pandemic

Patron

Prof. Sivaji Bandyopadhyay
Director, NIT Silchar

Date

11/07/2020
4:00 PM - 5:00 PM

Coordinators

Dr. Malaya Dutta Borah
Dr. Partha Pakray

Join through Google Meet: <http://meet.google.com/dqb-mpio-uca>

About Webinar:

- Basic concept of human Mind
- Mental health problems in Covid Pandemic
- Real situation Vs Media portrayed
- Practical measures to keep oneself mentally healthy
- Sharing me and my family's journey on " fighting Covid to donating Plasma"
- Q&A



Dr. (Mrs) Namita Deka
Senior Psychiatrist

Dr. Baba Saheb Ambedkar Medical College and
Hospital, Govt. of Delhi, Rohini, Delhi.