



S175

Report

Academic Year 2020-2021

Name of the Event: Webinar on Psycho Social Impact of Covid 19 among College Students. during Covid 19

Date: 3rd July 2020

Time :10.30 am to 12.00 pm

Venue: Google meet

Google meet link : <http://meet.google.com/dwv-fwkj-moz>

Organized by: Sociology Department ,Vimala College

Collaboration (if any): Nil

No. of participants: 97

The Department of Sociology has organized such a Webinar on **3rd July 2020 at 10.30 am** as counselling for students in Sociology department facing such problems. Almost 100 students from third and fifth semester BA as well as some selected students from MA participated in this webinar. Resource person namely **Mr. Girinath Gireesh Kumar** who is a counselling psychologist at Rotary Institute for Special Children, TVM and Co-founder of Hi-Q Mental Health Services, TVM. He mainly focused on the topics like depression due to mind quarantine and how to identify depression and how we can prevent suicide among students. In this part he explained various measures to tackle the tendency to commit suicide. Social media addiction and impact of emoji's. He also dealt with health anxiety called coronophobia which is the fear of touching things and going out during the Covid-19 crisis. Then he explained how we can boost our self-esteem with short exercises. He introduced some of the exercises to the students. This session was a successful with maximum participation of students and wrapped up by 12 p.m.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Brochure

PG Department of Sociology
Organises a webinar
on

PSYCHO SOCIAL IMPACT OF COVID 19 AMONG COLLEGE STUDENTS

VIMALA COLLEGE (AUTONOMOUS)
THIRISSUR-09, KERALA-680009
Nationally Re-accredited (2nd cycle) 'A' Grade
CCIPA of 3.5 (in a 4 point scale)
College with Potential for Excellence (CPE)
Mentor college in NAAC Paramarsh scheme

Resource person
Girinath Bireesh Kumar
COUNSELLING PSYCHOLOGIST

Counselling Psychologist at Rotary Institute for children who in need of special care, Kowdiar, Trivandrum.
School psychologist at Salsangar Senior Secondary School, Punalur, Kollam.

Director & Co-founder of H-Q Mental Health Services and Clinic, Kariyam, Sreekrishnam, Trivandrum.

Major areas of webinar

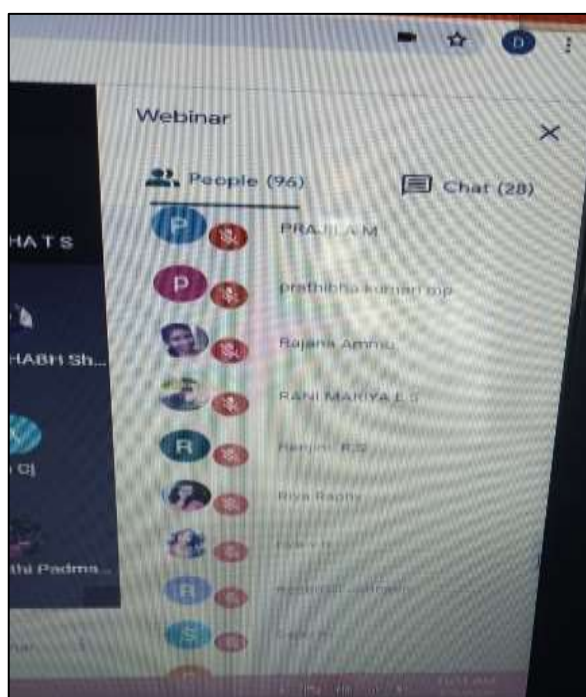
- *Depression due to mass quarantine*, How to identify depression & prevent suicide among students.
- *Corona Positivity & stigma?*
- *Social Media addiction & impact of English?*
- *Health Anxiety, Coronaphobia?*
- *Family and other Psycho-social issues due to COVID-19?*
- *Self-esteem boosting short exercises?*

Programme coordinators
Dr. A. Srinivas
(HOD, Department of Sociology)
Ms. Dhanya Raj

Student coordinators
Anupama C.M
Maya Jose

Date : July 3rd 2020
Time : 10:30 AM to 11:30 AM
Platform : Google meet
(Link will be provided 30 min prior to the session)

Photos



Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of Participants

Sl.No	Name of participant
1.	GRACE MARY
2.	HANNA YESUDAS
3.	HARITHA J
4.	HARITHA K H
5.	HARSHA FRANCIS
6.	HARSHA
7.	HELENA FRANCIS
8.	DR V SHINJU
9.	AAGI K A
10.	ADITHYA K A
11.	AISWARYA JOSHY
12.	ABIN C J
13.	AISWARYA K P
14.	AJNA MOIDU
15.	ALPHONSA AUGUSTINE
16.	AMRITHA K B
17.	ANAGHA
18.	ANAGHA ROSE
19.	ANAGHA SHANMUGHAN
20.	ANJALI M S
21.	ANJANA
22.	ANJITHA AJITH
23.	ANNA P
24.	ANN MARIYA DAVIS
25.	ANUPAMA C M
26.	ARUNIMA JONES
27.	DALIYA DOMNIC
28.	DELNA DAVIS
29.	DEVIKA C DAS
30.	MS DHANYA RAJ
31.	FEBIN PAULSON
32.	FINY JINTO
33.	FIYA MARY VARGHESE
34.	GAYATHRI SHAJI
35.	GIRINATH GIREESH KUMAR
36.	ASWATHY M
37.	ATHIRA K R
38.	ATHIRA M K

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

39.	ATHIRA NAIR
40.	ATHULYA MUKUNDAN
41.	BEULAH JAMES
42.	BLESSY SHAJU
43.	CHRISTEENA MICHEAL
44.	CHRISTY
45.	JASMINE THOMAS
46.	JEENA S
47.	JESSIJA JENSON
48.	JINI CHUNGATH
49.	KOCHURANI SHAJU
50.	KRISHNAPRIYA P RAMESH
51.	KRISHNENDHU V R
52.	LIZ ERINJERY
53.	SARANYA
54.	SANDRA BIJU
55.	SANDRA MARIYA N S
56.	SANEENDRA SARAVANAN
57.	SANMARIYA P
58.	SHIVANI ROSHAN
59.	SHIVANI DAS
60.	SNEHA C S
61.	SNEHA JAYAPRAKASH
62.	SNEHA T B
63.	GOPIKA V S
64.	FLEMY PAULSON
65.	RACHANA
66.	RANI MARIYA E S
67.	RENJINI R S
68.	RIYA RENNY
69.	MANEESHMA K P
70.	MUHSINA MANAF
71.	NAVYA V R
72.	NAVYA VINOD
73.	NITHYA HARIHARAN
74.	NIVEDHYA
75.	NIVEDITHA K P
76.	SOORYA
77.	MS SILPA G NAIR
78.	SUSANNA P J
79.	SWEETY SONY
80.	ANEESHA JOSEPH C
81.	ANJALY M S

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

82.	ATHIRA M K
83.	MARIYA C J
84.	NIVEDYA A R
85.	REBEKA MATHAI
86.	PRAJILA M
87.	PRATHIBHA KUMARI MP
88.	RAJANA T R
89.	RANI MARIYA E S
90.	RESHMA P B
91.	ROSHNA P MOHAN
92.	SAMEERA K J
93.	SANDRA BIJU
94.	DELNA DAVIS
95.	DHANYAMOL K K
96.	FARSEENA THASNEEM M P
97.	SANDHYA

HOD, Dept. of Sociology

Vimala College



PRINCIPAL IN-CHARGE
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR-680 009