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**REPORT ON**  
**International Webinar on**  
**Addressing Various Effects of Covid-19 pandemic and Managing Stress**

**Dated: 25<sup>th</sup> July 2020, 6 pm onwards**

An International Webinar was jointly organized by K C Das Commerce College Teachers Unit (KCDCCTU) and IQAC Cell of K.C. Das Commerce College, Guwahati, Assam on 25<sup>th</sup> July 2020 at 6 pm onwards on the topic "Addressing Various Effects of Covid-19 pandemic and Managing Stress". The webinar was hoisted by Dr Upasana Chakravarty (HoD, Economics, KCDCC and Secretary KCDCCTU), and the inaugural speech was delivered by Dr. Hrishikesh Baruah, Principal, K.C. Das Commerce College. Two resource persons enlightened the gathering with very thoughtful lectures covering different aspects of the ongoing pandemic and its socio-political and psychological effects. Dr. Ajanta Goswami, Child and Adolescent Psychiatrist/Consultant Grant Blackford Mental Health Outpatient Clinic, Indiana, USA delivered a very informative lecture on 'Various Effects of COVID-19 Pandemic (from mental health, educational, social & political perspective'. It was followed by a lecture on 'Stress Management during Pandemic – Causes and Coping Strategies' by Bandita Gogoi, Consulted Clinical Psychologist & Team Lead, Pacific International Hospital, Papua, New Guinea, an Island near Australia. Both the lectures were followed by an in-depth interaction session among the participants and the resource persons, moderated by Dr. Parthana Barua, Head, Department of English, K.C.Das Commerce College. A number of 1234 participants across the country attended the Webinar. The event was successfully concluded with vote of thanks by Dr. Runjun Phookun, Vice-Principal & Co-ordinator, IQAC, K.C.Das Commerce College.

*Upasana*  
Sec. T.U.  
Secretary  
Teachers' Unit  
K.C. Das Commerce College  
Chairman, Guwahati-8



## INTERNATIONAL WEBINAR ON ADDRESSING VARIOUS EFFECTS OF COVID-19 PANDEMIC AND MANAGING STRESS

Organized by  
K. C. Das Commerce College Teachers' Unit in Association with IQAC  
K. C. Das Commerce College, Chatribari, Guwahati-08  
Date: 25-07-2020. Time: 6:00 P.M. IST



**Resource Person**

**Dr. Ajanta Goswami**

*Child and Adolescent Psychiatrist/Consultant Grant  
Blackford Mental Health Outpatient Clinic, Indiana, USA.*

Topic: "The Effects of COVID-19 Pandemic: Mental  
Health, Educational, Social and Political Perspectives".



**Resource Person**

**Bandita Gogoi**

*Consultant Clinical Psychologist & Team Lead, Pacific  
International Hospital, Papua, New Guinea.*

Topic: "Stress Management during Pandemic: Causes  
and Coping Strategies".



**Chairperson**

**Dr. Hrishikesh Baruah**  
*Principal*

**K. C. Das Commerce College**

**For queries contact:**

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**Dr. Upasana Chakravarty, Secretary, Teachers' Unit**  
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**Meeting platform: ZOOM**

**Registration Link- <https://forms.gle/Yi4wTEKGb5JuWWgc8>**

**\* E-Certificate will be provided to the registered participants.**