

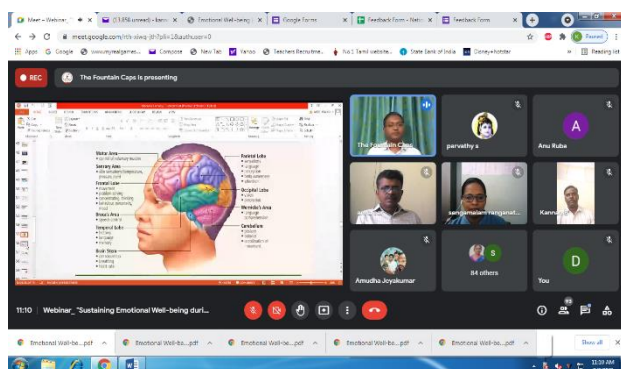


Madurai Kamaraj University
(University with Potential for Excellence)
Centre for Educational Research



Report of the National Webinar
on
“Sustaining Emotional Well-being during Pandemic”

held on
6th & 7th July, 2021
Through Google Meet: <https://meet.google.com/rth-xiwq-jth>



Organizing Secretary
Dr. R. Annadurai

Organizing Committee Members
Dr. M. Rajeshkumar
Dr. B. Kannan



“Sustaining Emotional Well-being during Pandemic”

Organized by
Centre for Educational Research - Madurai Kamaraj University
on 6th & 7th July, 2021

Report of the National Webinar

“Emotional Well-being is the ability to understand ourselves and cope with the challenges life can bring. The ability to acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner contributes to our Emotional Well-being.”

Emotional well-being is essentially the state of mind someone is in. A person with good emotional well-being manages their stress and is happy overall. They know how to control the negative aspects of their life to where they have the least effect on their emotional well-being. For instance, research shows that economic factors such as income may interact with situational factors (such as the COVID-19 pandemic) to impact emotional well-being. The implications of decreased emotional well-being are related to mental health concerns such as stress, depression, and anxiety.

On the positive side, enhanced emotional well-being is seen to contribute to upward spirals in increasing coping ability, self-esteem, performance and productivity at work, and even longevity. Thoughts determine our feelings, and thoughts are nothing more than firings of neurons. And those feelings that our thoughts generate make our body release extremely addicting substances like adrenaline and cortisol. Like with any other addiction, the need to continually feed off these addicting substances tends to make the body think and feel in a certain way. When someone decides to disengage from these emotional addictions, they have to learn to think differently.

Emotional well-being is also one of two aspects of personal well-being that can be measured in quantitative quality of life assessments, the other being 'life evaluation', the evaluation of one's life in general against a scale. It is also of interest to many parents, youth workers, school teachers, anti-bullying campaigners and those thinking about retirement, as well as to psychologists and other health professionals. Good emotional health leads to better physical health, prevents diseases, and makes it possible to enjoy life and be happier.

In this context, the CER has planned to organize a **two-day National Webinar on “Sustaining Emotional Well-being during Pandemic” on 06th & 07th July 2022** for realizing the objectives of the Centre, rethinking our roles and to prepare skilled, scholarly, and socially responsible professionals.





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Madurai - 625 021

CENTRE FOR EDUCATIONAL RESEARCH

Two-day National Webinar on
"Sustaining Emotional Well-being during Pandemic"
06th & 07th JULY 2021

Inaugural function

06.07.2021 - 10.30 a.m. Through Google Meet:
Link: <https://meet.google.com/rth-xiwq-jth>

Dr. R. Annadurai
Director i/c
Centre for Educational Research
Madurai Kamaraj University
Welcomes

Prof. M. Krishnan
Vice-Chancellor
Madurai Kamaraj University
Madurai
Presides & Inaugurates

Rev. Dr. I. Joe Sanjay
Head of the Department
Department of Counseling Psychology
Sacred Heart College, Tirupattur
Delivers Keynote Address

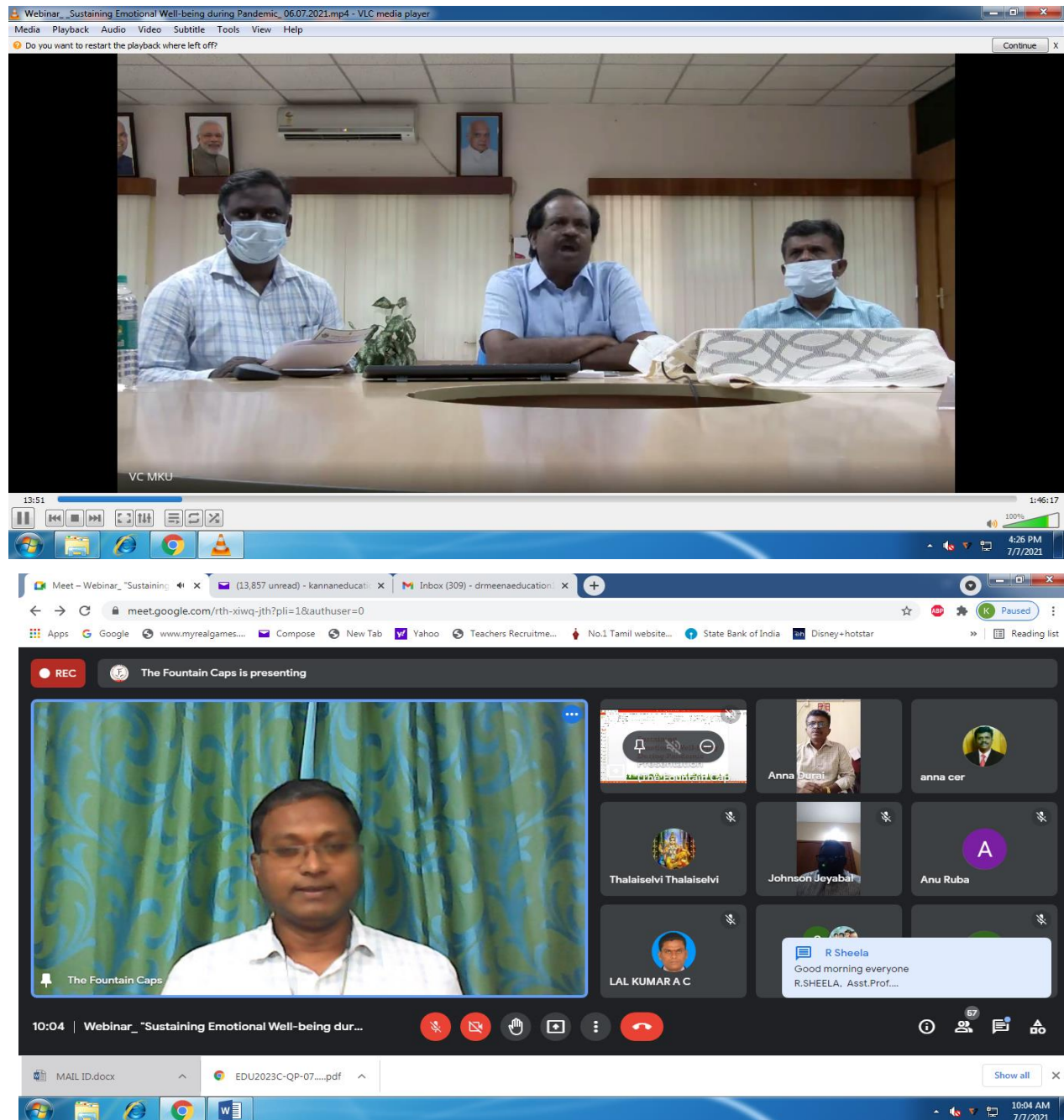
Mr. Arul Xavier Raj
Director, Fountain, Capuchin Institute of Counselling
Psychotherapy & Research, Krishnagiri
Offers Felicitation Address

All are cordially invited

Director &
Faculty Members, CER-MKU

The Inaugural function of the National Webinar (06.07.2021) was begins with Tamilthai Vazhthu followed by welcome address by **Dr. R. Annadurai, Director i/c., Centre for Educational Research, Madurai Kamaraj University.** The Director of the Centre welcomed the gathering and gave brief introduction about the need for conduction this National Webinar. He also pointed out, a person with good emotional well-being manages their stress and is happy overall. They know how to control the negative aspects of their life to where they have the least effect on their emotional well-being. For instance, research shows that economic factors such as income may interact with situational factors (such as the COVID-19 pandemic) to impact emotional well-being. The implications of decreased emotional well-being are related to mental health concerns such as stress, depression, and anxiety.




The Honourable Vice-chancellor of Madurai Kamaraj University Prof. M. Krishnan has delivered the inaugural address. In his inaugural address he pointed out, emotional well-being is seen to contribute to upward spirals in increasing coping ability, self-esteem, performance and productivity at work, and even longevity. Thoughts determine our feelings, and thoughts are nothing more than firings of neurons. And those feelings that our thoughts generate make our body release extremely addicting substances like adrenaline and cortisol. Like with any other addiction, the need to continually feed off these addicting substances tends to make the body think and feel in a certain way. When someone decides to disengage from these emotional addictions, they have to learn to think differently.



Keynote Address delivered by **Rev. Dr.I. Joe Sanjay, Head of the Department, Department of Counseling Psychology, Sacred Heart College, Tirupattur**. In his keynote address he expressed about how to manage the emotions during the pandemic and , Emotional well-being is also one of two aspects of personal well-being that can be measured in quantitative quality of life assessments, the other being 'life evaluation', the evaluation of one's life in general against a scale.

In his felicitation **Mr. Arul Xavier Raj, Director, Fountain, Capuchin Institute of Counselling Psychotherapy and Research, Krishnagiri** emphasis good emotional health leads to better physical health, prevents diseases, and makes it possible to enjoy life and be happier..

Dr.B.Kannan, Assistant Professor, Centre for Educational Research, MKU
proposed vote of thanks.

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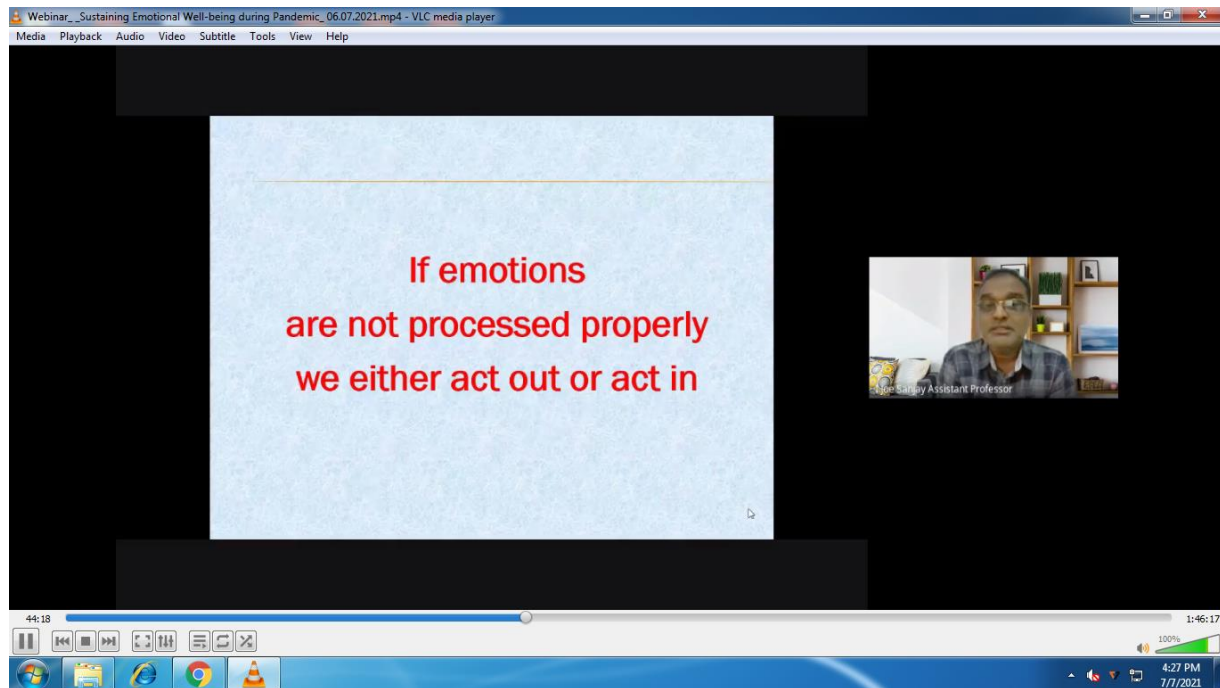
Two-day National Webinar on

"Sustaining Emotional Well-being during Pandemic"

Technical Sessions

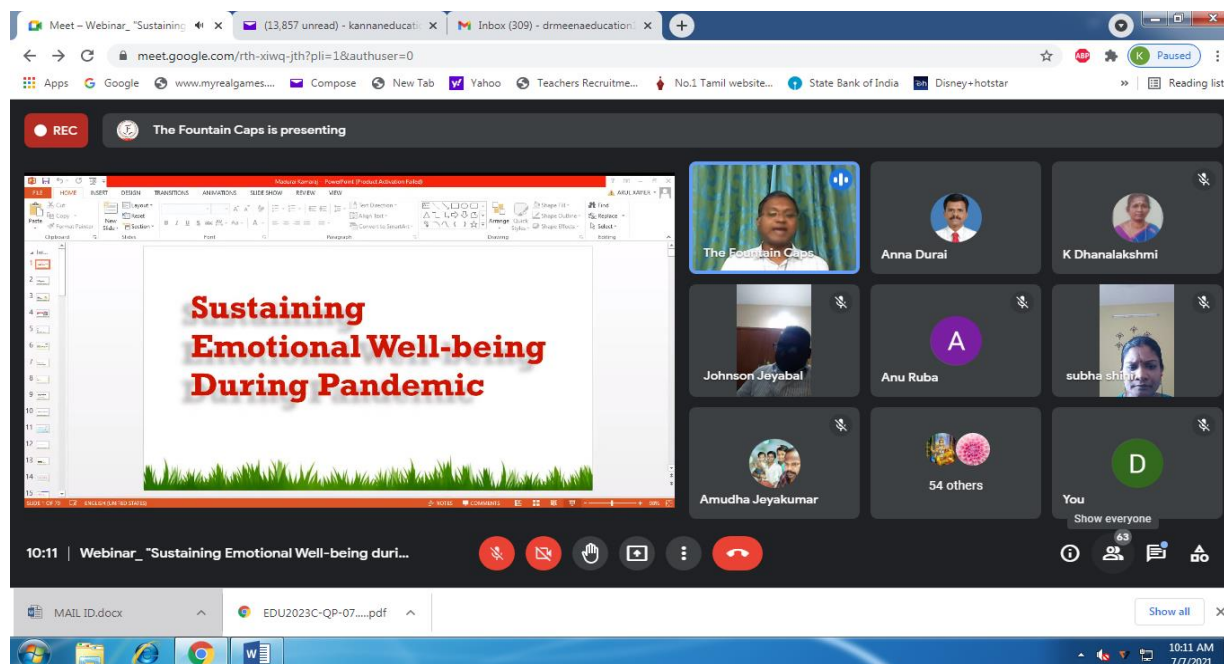
Day I : 06.07.2021 (Tuesday)	11.00 a.m to 2.00 p.m
<p>Topic : Handling Emotions</p> <p>Resource Person:</p> <p style="text-align: right;">Rev. Dr. I. Joe Sanjay Head of the Department Department of Counseling Psychology Sacred Heart College, Tirupattur</p>	
Day II : 07.07.2021 (Wednesday)	10.00 a.m to 1.00 p.m
<p>Topic : Emotional Health during Covid 19</p> <p>Resource Person:</p> <p style="text-align: right;">Mr. Arul Xavier Raj Director, Fountain, Capuchin Institute of Counselling Psychotherapy & Research, Krishnagiri</p>	

The first Technical session (06.07.2021) was handled by **Rev. Dr.I. Joe Sanjay, Head of the Department, Department of Counseling Psychology, Sacred Heart College, Tirupattur** on the topic of **“Handling Emotions”**. In this session he explains about the Emotional awareness helps us build better relationships. That's because being aware of our emotions can help us talk about feelings more clearly, avoid or resolve conflicts better, and move past difficult feelings more easily. Some people are naturally more in touch with their emotions than others. The good news is, everyone can be more aware of their emotions. It just takes practice. But it's worth the effort: Emotional awareness is the first step toward building emotional intelligence, a skill that can help people succeed in life.



The second Technical session (07.07.2021) was handled by **Mr. Arul Xavier Raj, Director, Fountain, Capuchin Institute of Counselling Psychotherapy and Research, Krishnagiri** on the topic of **“Emotional Health during Covid-19”**. In this session he explains the various issues during covid-19 and talk about 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.



About 170 participants across country were participated and benefitted through this online seminar. Some of the Participants were raise their queries and some of the participants were given their feedback about the webinar. The second day session winded up with national anthem. **Dr. R. Annadurai, Director of the Centre, Dr.B.Kannan & Dr. M. Rajeshkumar, Assistant professors** of the centre has arranged the programme. The Feedback were collected from the participants through the google form and the e-certificates were sent to them.

List of Participants

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