



FDP ON Post Pandemic Counselling

Date: 19-02-2022

Resource Person

Dr. Anita Patro

No. of Participants: 27

Resource Person: Dr. Anita Patro, Professor in the School of Management and also Registrar of Centurion University of Technology and Management (CUTM), Odisha.

About the session:

Following the outbreak of the COVID-19 pandemic, Governments all around the world hastened to respond by enforcing measures such as social distancing, quarantine and isolation. While necessary, these measures can have a significant effect on young people's mental health. Fear, anxiety, anger, sadness and grief are compounded by being away from schools, work, and peers, adjusting to new ways of learning and working, as well as fear of losing jobs and family income. The new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues take time to get used to. Adapting to lifestyle changes such as these, managing the fear of contracting the virus and worrying about people close to us who are particularly vulnerable, are challenging for all of us. They can be particularly difficult for people with mental health conditions.

Fortunately, there are lots of things that we can do to look after our own mental health and to help others who may need some extra support and care.

Objective:

- To provide a space to reflect on the mental health issues in the current context
- To identify strategies that could empower counsellors to face the professional challenges
- To provide an opportunity to upskill and retrain counsellors with specific essential micro-skills in the post-pandemic world
- To discuss the career options available in the post-pandemic world

At the end of the workshop, the participants would be

- Better equipped to deal with the professional challenges effectively in the post-pandemic
- Upskilled with specific micro-skills that could be beneficial in counselling students in the new normal situation
- Better prepared to face crisis situations and focus with positivity
- Guide the students in their career pathways in the post-pandemic



POST PANDEMIC COUNSELLING

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SPEAKER: DR. ANITA PATRA
REGISTRAR
CENTURION UNIVERSITY

Following the outbreak of the COVID-19 pandemic, Governments all around the world hastened to respond by enforcing measures such as social distancing, quarantine and isolation. The new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues take time to get used to. Adapting to lifestyle changes such as these, managing the fear of contracting the virus and worrying about people close to us who are particularly vulnerable, are challenging for all of us. They can be particularly difficult for people with mental health conditions.

Fortunately, there are lots of things that we can do to look after our own mental health and to help others who may need some extra support and care. Join us in the session for post covid counselling.

Venue:
ARYABHATTA HALL ROOM 205
BBSR



List of Participants

1	Sankarsan Tripathy	Driver (Light Vehicle)
2	Pratap Ch. Ojha	Electrical Assistant
3	Pabitra Mohan Baliarsingh	Electrical Assistant
4	Bhabani Sankar Subudhi	Electrical Assistant
5	Shesadev Maharana	Electrical Assistant
6	Dinesh Kumar Harichandan	Electrician
7	Alok Ranjan Jena	Electrician
8	Bikash Chandra Sahoo	Electrician
9	Ajay Ku. Rout	Assistant Manager(Ele.)
10	Nrusingha Charan Sahoo	A.C Technician
11	Swapna Harrison	Sr Manager(Administration)
12	Gunanidhi Das	Asst. Manager
13	Jituram Mohanta	Attendant
14	Biswa Ranjan Mohanta	Attendant
15	Ananta Charan Mahanta	Attendant
16	Swarnalata Mallick	Attendant
17	Madhab Chandra Behera	Data entry operator
18	Ganesh Nayak	Attendant(Corporate Office)
19	Gobinda Ch. Mandoi	Security Guard
20	Manoj Kumar Das	Security Guard
21	Rabindra Pradhan	Gardener
22	Bijayalaxmi Behera	Assistant Manager Front Office
23	Rabi Nandan Mahanta	Driver (Light Vehicle)
24	Mrutyunjaya Behera	Learning & Development Manager
25	Dusmanta Nayak	Learning & Development Manager
26	Saneev Kumar Das	Project Associate
27	Abhijit Pal	Project Associate



Dr. Prasanta Ku. Mohanty
Dean Academic



Prabhat K. Pattnaik
FDP Coordinator