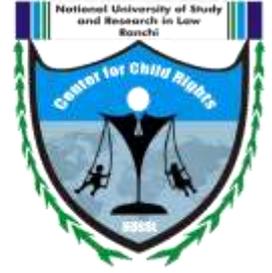


NATIONAL UNIVERSITY OF STUDY AND RESEARCH IN LAW, RANCHI



Online Orientation of parents and caregivers on helping children managing mental health-Amid COVID 19

CONCEPT NOTE

The pandemic, Covid 19 has crooked the picture of the world dusky. No doubt it has rejuvenated the Mother Nature, but on the other hand has affected the physical, mental and emotional well- being of humans at a significant social and economic cost. Dejection and despair is what we can find all around. No one is left untouched by its vibes and the pinions have spread wide and far. As countries world -wide have introduced stringent measures to restrict movement as part of efforts to reduce the number of people infected with COVID-19, more and more of us are making huge alterations to our daily routines and finding it absolutely difficult to cope up with. As we know that fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown the potential threat gets enlarged. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic.

We not only find ourselves confused, perturbed and frustrated by the seemingly endless challenges but simultaneously try to chalk out solutions to end up this crisis. Preventive measures such as physical distancing, compulsory quarantine and isolation during lockdown has brought academic institutions, workplaces, religious places and economic activities to almost a stand still. We can't ignore the fact that COVID 19 has completely changed the lifestyle of every individual. Almost every section of the society has got affected but no doubt, children are most severely affected among all. They have been restricted to stay at home away from their friends & peers and are continuing their routine life adjusting with the crisis with whatever the best resources they could afford. They are undergoing a lot of mental stress, anxiety and fear. Their mental health is gradually getting affected and this situation has raised many questions in the minds of parents and caregivers on how to take care of their mental health by creating a balance between work and family life.

Keeping the above perspective in mind, Centre for Child Rights under National University of Study and Research in Law (NUSRL, Ranchi) with support of UNICEF Jharkhand is going to organize a live "Orientation of parents and caregivers on helping children managing mental health-Amid COVID 19" on July 6th, 2021 from 3:00pm-5:00pm on YouTube with an objective towards helping parents creating an enabling environment at home so that they stay physically and mentally healthy.

Webinar Theme:

Online Orientation of parents and caregivers on helping children managing mental health-Amid COVID 19

PATRON-IN-CHIEF

Prof.(Dr.) Kesava Rao Vurrakula,
Vice Chancellor, NUSRL

GUESTS OF HONOUR/KEY SPEAKER

Dr.Neha Sayeed
Associate Professor of Clinical Psychology CIP, Ranchi

ORGANIZING COMMITTEE

FACULTY	MODERATOR
<p>Dr. K. Syamala Associate Professor-cum-Director (Research & Training) Chairperson- Center for Child Rights(CCR-NUSRL)</p>	<p>Faiz Ahmad Technical Consultant Center for Child Rights (CCR-NUSRL)</p>

WEBINAR SERIES July 6th, 2021 Tuesday 03:00pm-05:00pm



Orientation of parents and caregivers on helping children managing mental health-Amid COVID 19



**July 6th, 2021 Tuesday
03:00pm-05:00pm**

YouTube Channel
Center for Child Rights NUSRL

 **YouTube**

 **Use this link to watch live:**
<https://www.youtube.com/watch?v=5uQJgHhC4aQ>

Key Speaker:



Dr. Neha Sayeed
M. Phil in Medical & Social Psychology, PhD Clinical Psychology
Associate Prof. of Clinical Psychology & I/C Department of
Clinical Psychology
CENTRAL INSTITUTE OF PSYCHIATRY Ranchi

Chairperson CCR:



Dr. K Syamala
Associate Professor and Director- Research
Chairperson-Center for Child Rights
NUSRL, Ranchi

Moderator: Faiz Ahmad, Technical Consultant-CCR

Organized by:



**National University of Study and Research in Law(NUSRL), Ranchi
Jharkhand**



Center for Child Rights(CCR)

Supported by: UNICEF, Jharkhand