

ABOUT NIDM

National Institute of Disaster Management (NIDM), Ministry of Home Affairs, Government of India, is a premium institute and a Statutory Body (under Disaster Management Act 2005) for training, research, documentation, awareness and human resources and capacity development in the field of disaster mitigation and management. The institute lays emphasis on multi-stakeholder interdisciplinary cross-sectoral approach for an efficient proactive continuum disaster risk management based on participatory integrated multi-risk management concept. It aims towards a disaster free / resilient India.

NIDM has been mandated by **Sub-section 8 and 9, Section 42, Chapter 7 of Disaster Management Act 2005** to develop training modules and educational materials, undertake training, research, documentation and publication for capacity development and dissemination of knowledge / information related to disaster management, **assist in formulation of policies, plans, strategies and frameworks for disaster risk reduction and resilience** as well as promote awareness among different stakeholders for enhancing human capacity to avoid, prevent, mitigate, prepare, respond and recover efficiently in a proactive, holistic and integrated manner.

The Institute has been organizing various training courses and conducting seminars / workshops / conferences covering wide spectrum of themes at the national and international levels besides publishing several training modules and other documents including case studies, templates and disaster reports. NIDM has been trying to bring various stakeholders at one platform through activities like India Disaster Management Conference, National Platform for Disaster Risk Reduction, South Asia Policy Dialogue, East Asia Summit for Earthquake Risk Reduction and Asia Ministerial Conference for Disaster Risk Reduction for better networking, linkages and coordination.

ABOUT INVERTIS UNIVERSITY

Invertis is a leading university offering wide range of courses pertaining to various fields of studies. Established in 1998, it has grown immensely and today stands as a full-fledged university with a number of faculties under its umbrella. It is a delightful destination for the students not only in terms of acquiring academic progress but also for holistic development & studying in a world class learning environment. Invertis University offers courses across a broad spectrum of discipline viz. Engineering, Applied Sciences, Agriculture, Humanities, Biotechnology, Computer Applications, Education, Journalism, Management, Pharmacy, and Law & Architecture. The teaching methodology adopted by the university includes learning beyond classroom academics ensuring holistic development of the students. It is achieved through warmth of faculty and guidance from the management preparing students for the life ahead through career shaping. The University has a robust placement system & reach in corporate sector thereby giving the students industrial exposure through corporate involvement.

ABOUT THE WEBINAR

NIDM & INVERTIS University are jointly organizing a **webinar** titled **“COVID-19, STRESS MANAGEMENT & MENTAL WELLBEING”** scheduled on **30th July 2020** between 1000 Hrs. to 1320 Hrs.

PROGRAMME SCHEDULE

WEBINAR ON “COVID-19, STRESS MANAGEMENT & MENTAL WELLBEING”
30th July, 2020 during 1000 Hrs to 1320 Hrs.

Time/Title	SCHEDULE
1000-1030Hrs.	INAUGRAL REMARK BY <ul style="list-style-type: none">• VC, INVERTIS UNIVERSITY• ED,NIDM• DEAN ENGINEERING,INVERTIS UNIVERSITY• HEAD,ECDRM DIVISION,NIDM
1030-1100Hrs.	Covid-19, Status and Dos & Dents & LECTURE I : Emotional Wellbeing SHRI ASHISH KUMAR PANDA, FACULTY MEMBER,NIDM
1100-1130Hrs.	LECTURE II: Stress & Anxiety in the digital Age: A COVID-19 Perspective SHRI AWDHESH KUMAR, ASSTT. PROF. INVERTIS UNIVERSITY
1130-1200Hrs.	LECTURE III: Leadership, Spirituality & Middle Path PROFESSOR ANIL K. GUPTA, NIDM
1200-1230Hrs	LECTURE IV:Positive Attitude & Wellness during COVID19 DR SANJAY KUMAR SINGH,OPJU, RAIGARH
1230-1300Hrs.	LECTURE V: Sudarshan Kriya – Art of Living Dr. Avadhesh Sharma, HOD,DEPARTMENT OF EDUCATION INVERTIS UNIVERSITY,BAREILLY(U.P.)
1300-1320Hrs.	SUMMATION AND CLOSING REMARKS BY: VC, INVERTIS UNIVERSITY and ED,NIDM

PATRONS



Executive Director NIDM
Major General Manoj Kumar Bindal
Vishish Seva Medal (VSM)
Email: ed.nidm@nic.in



Chancellor, Invertis University
Dr.Umesh Gautam
Email: ugautam@invertis.org



Vice Chancellor, Invertis University
Dr. YDS Arya
Email: vc@invertis.org

ORGANIZING CHAIRS



Head of the Division
Dr. Anil Kumar Gupta,
ECDRM Division, NIDM
Email: anilg.gov.in@gmail.com



Dean Engineering
Dr.R.K.Shukla,
Invertis University
Email: rkshukla@invertis.org

OBJECTIVES

COVID-19 brings 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. The objective of holding this webinar is to disseminate information with respect to issues of stress management & mental wellbeing and find out means of way forward through sharing learning. These are extraordinary times and by holding such webinars, the process of knowledge gathering, sharing of information and brainstorming, keeps getting due momentum and importance.

PROGRAMME COORDINATORS

Ashish Kumar Panda,
Consultant & Faculty Member, (Forestry, Biodiversity & AIDRR)
ECDRM Division, NIDM
Email: ashish.nidm@nic.in
Phone: 09968281018, 011-23438288, Fax: 011-23438287/88

Mr. Awdhesh Kumar,
Assistant Professor
Deptt. of Civil Engineering, Invertis University
Email: awdhesh.k@invertis.org
Contact Number: 08384842363

REGISTRATION LINK

IT support is being provided by the INVERTIS University.
Kindly register via following Google form Link:

<https://forms.gle/bnFZ8qSE9NCwJtEz7>

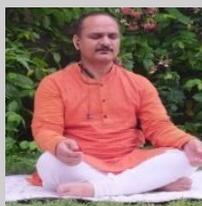
SPEAKER'S PROFILE



Dr. Anil Kumar Gupta
Professor - NIDM, HoD,
ECDRM Division, NIDM



Dr. Sanjay Kumar Singh
Assistant Dean (Students
Affair) & Professor,
Department of Humanities,
OPJU, Raigarh (Chhattisgarh)



Dr. Avadhesh Sharma
HOD, Department of Education
Invertis University,
Bareilly (U.P.)



Ashish Kumar Panda
Consultant & Faculty Member,
ECDRM Division, NIDM



Awdhesh Kumar
Asst. Professor
Department of Civil Engineering
Invertis University,
Bareilly (U.P.)

WEBINAR ON

“COVID-19, STRESS MANAGEMENT & MENTAL WELLBEING”

30th JULY, 2020

1000 HRS. TO 1320 HRS.



Jointly Organized
by



National Institute of Disaster Management
Ministry of Home Affairs, Govt. of India
A-Wing, 4th Floor, NDCC-II Building,
Jai Singh Road, New Delhi – 110 001
www.nidm.gov.in

&



Department of Civil Engineering
Invertis University Bareilly
Invertis Village, Delhi- Lucknow National Highway,
NH-24, Bareilly, Uttar Pradesh 243123, India
www.invertisuniversity.ac.in