

Physical and Mental Health Care in the Pandemic

The webinar was organized by Department of Psychology on 25th May, 2021. This webinar was conducted in order to give an insight in the spectrum of mental and physical health care in the time of pandemic. Two eminent persons from the healthcare field, Dr. Rohit Bannerji and Mr. Mohit Ranadip were enacting as speakers. Dr. Rohit Bannerji is an Associate Professor of Pediatrics of ESI PGIMSR, ESIC Medical College and Hospital, Joka and also, he is a Team Leader, Covid Management Team of ESIC Medical College and Hospital. Mr. Mohit Ranadip is a Psychological counselor by profession. He is also the Editor of an organization called “Mon Foundation and the Hooghly District Coordinating Convenor of the Covid Care Network. There were almost 100 participants joined in the webinar. All participants were enthusiastic and they all participated actively and made the webinar more interesting and interactive. The speakers gave us a very helpful outlook on how to cope with the distress and how to become mentally and physically healthy.