



Govt. College Kullu (H.P.) College Activity



Sr. No.	Particular	Remarks
1	Date /	15 June 2021 - 17 June 2021
2	Name of Activity/	A National Webinar on Human Civilization and Covid -19
3	Name of Unit/Agency/Department Organizing the Activity	NCC Unit Gc Kullu NCC Air Wing 1HP Air SQN NCC Kullu NCC Army Wing 2HP BTN NCC Mandi NCC Army Wing Girls BTN 1HP NCC Solan
4	Name of Collaborating Agency (IfAny)	
5	No. of Student Participants	70
6	No. of Teacher Participants	20
7	<p>Brief Report</p> <p>Three days National Webinar was organized by the Rovers & Rangers and NCC Units of Govt. College Kullu w.e.f 15 June 2021 - 17 June 2021 on the topic “ Human Civilization and Covid 19” to spread awareness on Covid 19 and help the students and faculty deal effectively with physical, emotional, psychological and social impacts resulting form the Pandemic.</p>	

Organizer:
NCC and Rovers & Rangers Units

Principal
Govt. College
Kullu (H.P.)

A NATIONAL WEBINAR ON “ HUMAN CIVILIZATION AND COVID 19”

A REPORT

A three days Webinar was organized by the Rovers & Rangers and NCC Units of Govt. College Kullu w.e.f 15 June 2021 - 17 June 2021 on the topic “ Human Civilization and Covid 19” to spread awareness on Covid 19 and help the students and faculty deal effectively with physical, emotional, psychological and social impacts resulting form the Pandemic.

The 1st day of the webinar i.e. was inaugurated by Sh. Govind Singh Thakur, Hon'ble Education Minister Govt. of Himachal Pradesh. The function was started at 11:00 am with invocation of Goddess Sarasvati followed by brief description of the programme by Prof. Jyoti Charan and welcome of the Chief Guest by Mrs. Bandana Vaidya. The Chief guest addressed the audience and raised his concern over the grave situation faced by the mankind. He stressed the importance of collective action and the important role that the youth organizations like NCC and Rovers and Rangers can play in tackling the situation. He applauded the contribution of the volunteers in maintaining social distancing, distribution of sanitizes, masks and ration, blood donation and awareness programmes. He congratulated the organizers for the webinar which will be pivotal in preparing the youth to meet the challenges faced by the mankind.

After Chief Guest's message, the keynote speaker of the day, Dr. Anu Devi, MD (OBGY), RH Kullu elaborated on History of Covid 19, Spread of disease and resultant consequences. She then explained in a simple and clear language, symptoms, Complications, preventive measures, and vaccination. She stressed on the need for physical distancing, mask, vaccination and knowledge as most potent weapons of fighting the disease. She also took queries form the audience and answered them to everybody's satisfaction. The 1st day of the webinar was concluded with the vote of thanks followed by national anthem.

The 2nd day of the webinar i.e. was graced by Sh. Dr. Amar Dev, Director Hr. Education (Retd.) Govt. of Himachal Pradesh as the chief guest and Dr. Davinder Singh Johal, HOD Dept of Psychology, GNDU, Amritsar as the keynote speaker.

The function was started at 02:00 pm with invocation of Goddess Sarasvati followed by a brief introduction of the the chief Guest, the invited speaker and a short description of the programme. The Principal Mrs. Bandana Vaidya welcomed the Chef guest, the invited speaker and expressed her gratitude to all the dignitaries for sparing time and gracing the occasion. The chief guest addressed the audience and stressed upon the constructive role played by the awareness programmes in providing much needed direction and help to the society during the pandemic. He congratulated the organizers for taking much needed initiative in the form of a webinar.

Thereafter, Dr. Davinder Singh Johal, the invited speaker, presented his views on stress management during the Covid 19. Stress according to Dr. Johal is a positive to a certain limit but can have a damaging consequences if allowed to build up beyond limits. Stress is directly related to our understanding and response to a situation. Physical and mental health are important factors in countering damaging consequences of stress. He also highlighted importance of physical Exercise, healthy diet for physical health and positive thoughts, empathy, meditation for mental health. The programme came to an end with vote of thanks and singing of National Anthem.

The last days of the webinar was attended by Dr Amarjeet Kumar Sharma, Director of Higher Education and State Chief Commissioner, BSGHP as the chief Guest. After Sarasvati Babdaba, the chief guested was introduced to the audience and formally welcomed by the Principal. In his address the chief guest congratulated the organizers for connecting to the people, spreading awareness, helping them manage their situation while maintaining positivity during the pandemic when there is almost a disconnect around the world. He called NCC and Rovers Rangers a well disciplined and well trained force who have always played their part to serve the society.. He also appreciated overwhelming response given by the teachers and the students for coming forward as volunteers to assist the district administration to tackle the situation arising out of Covid pandemic.

After that Mr. Ajay Kumar, Assistant Professor of English, Govt. College briefly narrated his experience of contracting Covid and measures he adopted to defeat the disease. He urged for compassion, communication and collective social responsibility to tackle the problem. He also discoursed upon post covid care and important role

played by timely testing and vaccination. Sh. Akshya Bhartnagar Lecturer, Govt. Model Sen. Sec. School, Bhutti, the next invited speaker, focused on unpredictable nature of the disease and asked everyone to remain watchful and informed. Mental strength and positivity according to him remained the key factors in his fight against the disease.

The programme was concluded with formal vote of thanks followed by National Anthem.