

Seminar on Issues Related To “COVID 19 Pandemic: “Psychological Issues & Coping Strategies”

30th July 2020

Kalinga Institute of Nursing Sciences successfully organized a Seminar on 30th July 2020 via Google Meet. The Theme of this seminar was “COVID 19: Psychological Issues and Coping Strategies”

The Topics for the Sessions were meticulously decided by Prof.(Mrs)Amarita Lenka and members of Psychiatric Department,KINS.

Participants included the Principal,Vice-Principal and the faculties along with the B.Sc. (3rd Year) & GNM (2nd Year) students of KINS.

The Seminar commenced at 11am with unveiling of the theme by Mrs.Sanjukta Dixit followed by a session on COVID 19’Pandemic by Mrs.Reena Singh.

She gave an overview of COVID 19 Pandemic highlighting Signs/Symptoms, mode of transmission and recent trends.



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Second session on psychosocial issues evolving due to COVID 19 Pandemic was taken by Mrs. Soudamini Biswal. She explained about various issues like depression, anxiety, domestic violence creeping on due to this crisis.

The last Session was taken by Ms. Truptimayee Das on Coping strategies to combat the pandemic, she emphasized on different strategies to cope with stress in a healthy way to build a strong community. This also helps individuals to adapt to new and challenging situations.

On behalf of the KINS family, Vote of Thanks was proposed by Mrs. Sradhanjali Biswal and the seminar came to an end at 1.10pm.