

**National Webinar on “Reboot and Rebuild:
Implications for Mental Health post COVID 19”**
on the occasion of

World Mental Health Day on 10th October 2020

**Indira Gandhi National Open University
School of Social Sciences
Discipline of Psychology**

Programme Schedule

10.40 am: webinar joining link opens

11.00 am – 11.10 am: Welcome & Introduction to the Webinar by the Convener

11.10 am – 11.20 am: Address by the Director, SOSS

11.20 am – 11.35 am: Address by Hon’ble VC

11.35 am – 12.05 pm: Talk by Prof. Urmi Nanda Biswas, Professor of Psychology, MS University, Baroda

12.05 pm – 12.30 pm: Talk by Dr. Shilpa Pandit, Associate Professor of Psychology, Chinmaya Viswavidyapeeth, Kerala

12.30 pm – 12.55 pm: Interaction (Q & A session)

12.55 pm – 1.00 pm: Vote of Thanks

1.00 pm – 2.30 pm: Break

2.30 pm – 3.00 pm: Link opens for Online Poetry Competition “Awaaz: The Voice of Mental Health”

3.00 pm – 4.15 pm: Poetry Recitation

4.15 pm – 4.30 pm: Concluding Remarks