A Brief Report on

Two-Day Workshop On COVID 19: Promotion of Health and Well-being of Students of North East Region January 4 - 5, 2021







Organized By

Department of Mass Communication and Journalism Tezpur University, Assam

In Collaboration With



RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT Institution of National Importance by the Act of Parliament No.35/12

Ministry of Youth Affairs and Sports,
Government of India, Sriperumbudur – 602 105.

Brief Report On

Two-day workshop On

COVID 19: Promotion of Health and Well-being of Students of North East Region

Date of programme: 4-5 January 2021

Venue: Department of Mass Communication and Journalism, Tezpur University

Program Coordinator: Dr. Junali Deka, Assistant Professor, Department of Mass Communication and Journalism, Tezpur University

Preface and Acknowledgements

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At the very outset, I extend my heartiest thanks to Prof. Sibnath Deb, Director of Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sriperumbudur, an Institution of National Importance by the Act of Parliament No. 35/2012 under the Ministry of Youth Affairs & Sports, Government of India, for his vision and mission for this wonderful opportunity for training programmes especially for educational institutes of North Eastern states. I extend my sincere thanks to Prof. Dr. T.R.A Devakumar, Registrar, RGNIYD for his constant support and trust on us for giving me the opportunity to organize the first physical workshop (blended mode) in Tezpur University after the COVID 19 lockdown. I also express my sincere gratitude to Dr. Vasanthi Rajendran, Head, Training Division Training Division, Centre for Training Orientation and Capacity Building & Centre for National and International Collaboration at RGNIYD for her encouraging remarks on valedictory session as Guest of Honour and her valuable support and motivation before and throughout the two-day workshop on COVID 19: promotion of health and well being for students of North East region.

I also take this opportunity to express my heartiest thanks to Prof. Vinod Kumar Jain, Honourable Vice-Chancellor, Tezpur University for his gracious presence in the inaugural ceremony of the workshop and his immense encouragement for organizing the most needed workshop in Tezpur University. I also would like to thank Dr. Biren Das, Registrar, Tezpur University for all the administration support and facilities for conducting the two-day workshop. This workshop would not have been possible with the support of administration of Tezpur University and Department of Mass Communication and Journalism.

I would like to extend my sincere thanks to Prof. Joya Chakraborty, Head, Department of Mass Communication and Journalism, Tezpur University for her valuable guidance, supervision, and motivation to organise the event. I also thank executive advisor, Prof. Sunil Kanta Behera, MCJ, for his words of wisdom and encouragement to apply for this project. I also thank Prof. P. K Das, Dean School of Humanities and Social Sciences for accepting our invitation and giving the Chief Guest address on Valedictory session on 5th January 2021. I thank the teaching and non-teaching staff, technical committee of Department of MCJ for extending their full support and help whenever needed in preparation of the event.

My special thanks to participants of different schools, colleges and Universities of Assam for expressing their interest and joining the workshop. I take this opportunity to all the heads/coordinators of the educational institutes for their support in creating awareness among students regarding the event. To name a few of the educational institutes that students represented are: St. Mary's School, Darrang College, Tezpur University, Dibrugarh University, Assam Agricultural University, Tezpur College, LGBRIHM Tezpur.

Lastly, I thank all the esteemed resource persons of different regional and national repute, who accepted my invitation and too wonderful sessions during the workshop. I also extend my thanks to each and everyone who supported me during this event behind and front of the scene.

Background of the Program

During the COVID-19 pandemic crisis, the worst affected community is the youth of the country in terms of education, employability, mental health and well-being. Due to instability and unclear pandemic situations, there is immediate need to evaluate and intervene mental health status of youths of North Eastern states who have limited access to online health consultation, technological infrastructure and connectivity.

Lockdown period was different for students of North East compared to other parts of the country due to connectivity issues, technological limitations, lack of proper infrastructures, geographical disadvantage, climatic conditions like flood and thunderstorm and incessant rain. Most of the population in Assam belongs to rural background and students belonging to this locality are the worst victims of health and lifestyle choices. The recent outbreak of Covid-19 has led to a serious threat to human existence in the world. When the world is fighting to contain the spread of 'new disease', there are alleged instances of 'bullying' people from North East India as 'coronavirus'. In human development perspective, bullying is an example of violation of human rights and has high impact on human mental health. The recent studies have shown that the students may experience slow motivation towards studies, increased pressures to have electronic gadgets to access courses online, shift from physical classroom to flipped classroom and constant pressure to perform based on the expectations of the social peer groups.

The concept of good health has been practiced and promoted by International organisations like World Health Organisations (WHO), United Nations Development Programme (UNDP) for the development of the society mainly in developing and underdeveloped society, where health is a major barrier in overall human development.

According to 2030 agenda of Sustainable Development Goals (SDGs), Goal 3 that states good health and well-being are essential for human development. Health and Healthy lifestyle are inter-connected and inter-related. One can achieve good health by living a healthy lifestyle and vis-versa. And to achieve that it is quintessential to have physical, social and mental well-being of a person.

According to WHO, "Health is a state of complete physical, social and mental well-being and not merely an absence of disease or infirmity".

With reference to Article 25 of Universal Declaration of Human Rights (UDHR), it says that, "Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control."

Mental Health has always remained a topic of discourse only in private spaces in our society. But it is found that in four-walled institutions/organisations/private and public spaces many

youths have failed to share or discuss their emotional behaviour in fear of social taboos and stigmas. Hence, it is required to introduce health and well-being among the young students of North East, who are vulnerable to issues like racism, discrimination and biasness based on the geographical location and mongoloid features.

Objectives of the Program

The objectives of the workshop are as follows:

- 1. To raise dialogues and discussions among the adolescent girls and boys of North East for sustaining well-being during and after pandemic period.
- 2. To motivate students to overcome academic anxiety, stress, depression during and post COVID 19.
- 3. To also provide a digital platform for young minds to connect, share and collaborate for achieving a sustainable healthy mind and body.
- 4. To understand the role and impact of social media on youths in dissemination of health issues and precautionary measures during COVID 19.
- 5. To allow young learners to design their own life skills for managing mental health and well-being during and after pandemic period.

Target Group for the Program

Students at schools and colleges nearby Tezpur (Sonitpur), Tezpur University and Assam. The age group of the participants was between 15-28 years).

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Inaugural Function of the Program

The inaugural ceremony of the program was organised on 4th January 2021 at 9.30 AM in the Screening Hall of the Department of Mass Communication and Journalism, Tezpur University. For the physical presence, a total of 30 workshop participants, teaching and non-teaching staff of the Department of Mass Communication and Journalism attended the inaugural ceremony. Due to the blended mode of the program, a few invited dignitaries and resource persons were also virtually available on Google meet link (meet.google.com/ydy-ptez-rgs).

Prof. Joya Chakraborty, Head, Department of Mass Communication and Journalism, Tezpur University, gave the Welcome address and introduced the purpose of organizing the two-day workshop on COVID 19: Promotion of Health and Well-being for students of North East region (4-5 January 2021) by the Department of Mass Communication and Journalism, Tezpur University with support from Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sriperumbudur.



During the Welcome address, Prof. Joya welcomed all the invited dignitaries, speakers and resource persons present in both online and offline mode and participants from different educational institutes for the workshop. Prof. Joya emphasized on the importance of discourse on health and well- being issues during COVID times especially for the young minds. She also briefed the participants about the Department of Mass Communication and Journalism and its M.A and PhD programmes, recent alumni and placements, department faculty profile and various outreach initiatives taken up by the Department.

After the Welcome Address, Dr. Junali Deka, Coordinator of the workshop, Assistant Professor in the Department of Mass Communication and Journalism, Tezpur University, introduced the aims and objectives of the workshop, the resource persons of 8 technical sessions and participants profile for the workshop.



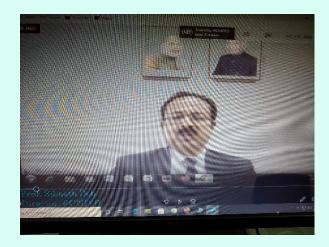
Dr. Junali requested Prof. Vinod Kumar Jain, Honorable Vice-Chancellor of Tezpur University, who was available online, to present the inaugural address.



Prof. Jain expressed his happiness to welcome the Director of RGNYID, Prof. Sibnath Deb, and other distinguished resource persons and especially young students at various educational institutes in the campus after the Corona lockdown period. Prof. Jain hinted on the need to talk about health and well-being issues of North East India and the awareness on health among young learners. He thanked sponsored agency RGNIYD for their support and the initiative for the noble cause.

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After the Inaugural address, Dr. Junali requested Prof. Sibnath Deb, Director of RGNIYD, Guest of honour of the programme to present the special invitee address.



Prof. Sibnath Deb, who was available online, wished all the respected dignitaries and participants and congratulated the Department of MCJ and Tezpur University for taking up the appropriate theme for the workshop. He expressed his happiness and encouraged the participants to learn and acquire knowledge on corona virus and its impact on health issues by invited resource persons. Prof. Deb presented the latest statistics and facts about corona virus outbreak and the role and contribution of our honourable Prime Minister Shri Narendra Modi in combating the COVID 19 situation in India. He wished success for the workshop to the coordinator and Department and urge participants to be the carrier of good positive health messages across the communities and region. At the end, at 10.30 AM, Dr. Junali presented the Vote of thanks and concluded the opening ceremony for the day and invited everyone to join for the refreshments arranged in the Department.



Topics Covered by the Resource Persons

Day 1 (4 January 2021)

Technical Session I

Topic: Introduction to National Youth Policy and SDGs

Resource Person: Prof. Joya Chakraborty, Head Dept of. MCJ, Tezpur University



Overview: The session was held in physical mode. With an aim to create awareness on Sustainable Development Goals (SDGs) and National Youth Policy 2014 (NYP), the session introduced the need and significance of SDGs in contemporary society and the objectives of NYP 2014 to the participants. The session was interactive and highly interesting for the young learners. The resource persons used power-point presentation and activity-based learning.

Technical Session II

Topic: Health and Well-being issues of NE youths

Resource Person: Dr. Pranjal Buragohain, Department of Education, Dibrugarh University

Overview: The session was conducted online (via Google Meet). The resource person explained the issues of health and well-being for North East youths and concept of resilience to the participants. The session was engaging, and the queries of the students were answered properly.

Technical Session III

Topic: Mental Health and Well Being

Resource Person: Prof. Pratibha Mishra, Dept. of Social Work, Guru Ghassidas Vishwavidayalaya, Bilaspur

Overview: The session was delivered online. The resource person discussed on the various issues of mental health and remedies to overcome mental illness suffered by youths. The session was a detailed presentation on the relevant topic with various live examples.

Technical Session IV

Topic: Awareness on Good Health Practices among students during and post COVID scenario

Resource Person: Dr. Latha K, NIMHANS, Bengaluru

Overview: The session was delivered online. The resource person reflected on the good health practices to be followed by youths during and post COVID 19. Many references of online workshops and health discussions were also shared for the benefit of the learners. The session was a detailed presentation on the relevant topic with various live examples. The participants cleared doubts and participated in the discussion.

Day I1 (5 January 2021)

Technical Session I

Topic: Yoga for health

Resource Person: Mr. Partha Pratim Das, Yoga Coach, Tezpur University



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Overview: The session was conducted in physical mode. The yoga coach did demonstration of the necessary yoga asanas to stay fit during corona times. The participants thoroughly performed the steps and enjoyed the session the most. Yoga for health allowed the learners to actually understand the value of health and healthy life.

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Technical Session II

Topic: Life Skills and psychosocial care for positive health practice

Resource Person: Dr. Shobana H, LGBRIMH, Tezpur



Overview: The session was done in physical mode. The resource person did lot of learning activities cum lecture-based demonstrations. The participants were divided into groups and allowed to showcase their creative sides in explaining the life skills for positive health practices. The practical component made learners explore more on various positive health dynamics.

Technical Session III

Topic: Media and Public Health Communication during COVID 19

Resource Person: Prof. Ravindra Kumar Vemula, EFLU, Shillong

Overview: The session was conducted via online. The discussion reflected on the role of media in public health communication during COVID 19 and the need for research on media reports on health communication in India and especially in North East.

Technical Session IV

Topic: Gender, Health and Well-being

Resource Person: Hema Das, Secretary, and the founder member of The EAST,

Tezpur



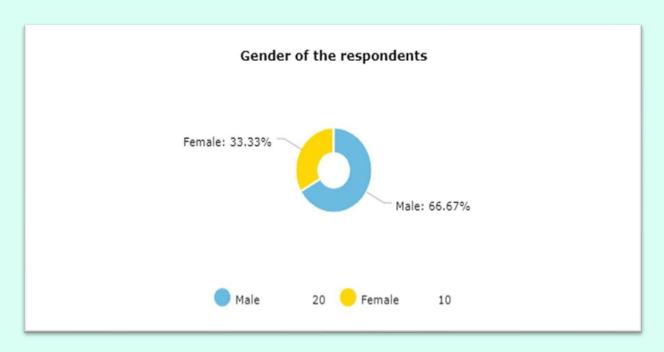
Overview: This session was in physical mode. The learners got new perspectives and directions in understanding the importance of gender and health that leads to overall human development. And the learners could relate how gender is an important subject in SDGs. So, the two-day workshop ended with the last lecture on gender and health which summed up all the various angles of understanding health in society. The participants expressed their happiness and satisfaction in getting the valuable knowledge in the two-days workshop on COVID 19: Promotion of health and well-being for the students of North East region.

Section I: General Details of the Participatory Students

Profile of the respondents

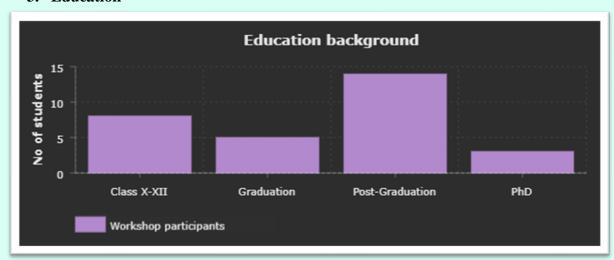
1. Gender

Total 30 students participated the two-day workshop. Out of which 20 were male and 10 were female.



2. Age

3. Education



Learning outcomes of the Activity

- a) It created awareness among students and their parents on health and well-being during and post pandemic crisis.
- b) It generated scientific temper among students to avoid superstitious beliefs and practices on health during corona.
- c) Promote positive health and mental attitude for a healthy life from different perspectives.
- d) Encouraged students to carry research on sustainable health and education for youth.
- e) Awareness on National Youth Policy 2014.
- f) Awareness on Sustainable Development Goals and its significance to development.

Highlights of the Activity

A) Opening Ceremony (Day 1) 4 January 2021

9.30AM-10.30AM

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- Welcome Address
 Prof. Joya Chakraborty
 Head, Dept. of MCJ, Tezpur University
- Inaugural Address
 Prof. Vinod Kumar Jain
 Hon'ble Vice-Chancellor, Tezpur University
- Special invitee address by Chief Guest (Online)
 Prof. Sibnath Deb
 Director, RGNIYD
- Vote of Thanks
 Dr. Junali Deka
 Workshop Coordinator
 Assistant Professor, MCJ, TU

B) Eight Technical Sessions (Day1 and Day2)

9.30 AM-5.00PM

Technical Sessions I-IV: 4 January 2021 Technical Sessions V-VIII: 5 January 2021

C) Valedictory Session (Day 2)

5 January 2021

4.15 PM-5.30 PM

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i) Opening Remark + Feedback from Participants

Dr. Junali Deka

Workshop Coordinator

ii) Address by Chief Guest

Prof. P. K Das

School of Humanities and Social Sciences, Tezpur University

iii) Address by Guest of Honour (Online)

Dr. Vasanthi Rajendran

Training Division

Centre for Training Orientation and Capacity Building & Centre for National and International Collaboration, RGNIYD

- iv. Distribution of Certificates and group photography
- v. Vote of Thanks

Section II: Issues and concerns on youth development in North East

- 1. Health and Well-being
- 2. Lack of exposure and proper orientation on mental health
- 3. Need more importance on life skills
- 4. Awareness on gender issues
- 5. Mandatory training on yoga and meditation for healthy life

Section III: Feedback from the Participants

$\Box\Box$ Background of the Participants

The participants consisted of mixed age groups of schools, colleges, and Universities level of Tezpur and Assam.

□□Internet Connection Problems Faced by the Participants

On personal ground, some of the school students from rural background didn't have their own mobile phones, email IDs, and WhatsApp access so it was difficult for them to communicate.

However, due to internet connectivity issues and technical limitations during a few online sessions, students find it difficult to participate fully and interact.

□□Effectiveness of the Online Program

The online sessions were helpful as it helped the resource persons from outside Assam to deliver lecture online. But the effectiveness of the physical session was comparatively high compared to online sessions.

Clarification of Queries by the Participants during the Program

During both the offline and online sessions, there was mandatory Q&A session for students to clarify doubts/queries. The participants actively participated in the Q& A session as well as in the activity-based assignments. The resource persons have answered all the doubts and clarified queries raised by the respondents.

□ Perception about the Resource Persons

The resource persons were found to be effective and appropriate for the topics delivered and content wise rich and valuable. The session on yoga, gender and health, life skills. Health practices among students, Sustainable Development Goals, resilience among youths were considered to be the most learned sessions by the participants.

□□Views about the Online Mode of the Program

Taking into consideration COVID 19 as the situation, the program was in blended mode for which many students felt that online sessions were helpful in getting resources from pan-India. Whereas, some students felt that online sessions were very technically dependent so it lacked the vibrancy of a physical session. Due to network issues, hardware or software glitches one or two session got interrupted.

□□Views about Duration of the Program

The duration of the program was found appropriate and satisfactory. There were four sessions each day of 90 mins. Some of the sessions were online as the resource person could not travel due to COVID safety protocols and norms.

□□Views about Attending Similar Program in Future

The participants have expressed their desire to attend similar program and other relevant program on skill development, yoga etc in future.

□□Views about Sharing of Information about the Program with Others

The participants expressed their happiness to share the information about the program with others. They posted photographs of the events in their personal social media pages and informed to spread the word among their known ones. For the publicity of the event, the organizer posted information on Tezpur University website http://www.tezu.ernet.in/event/RGNIYD_Poster_event_Jan_2021.pdf and created online registration form (Google form) to invite participants from North East India. After the selection process, a total of 60 participants were contacted via telephone for their confirmation of the event. A separate WhatsApp group to created to join the participants. All the learning materials and information was mailed to the participants.

Highlights of the students' participation

The participants consisted of mixed age groups of schools, colleges, and Universities level of Tezpur and Assam. The age group was mainly from 14-28 years. The students were mostly from Tezpur and nearby areas. As the programme was held on working days some of the students could not join the workshop. But the students who participated the two-days event were very active and followed all COVID 19 safety protocols and guidelines. To name a few of the educational institutes that students represented are: St. Mary's School, Darrang College, Tezpur University, Dibrugarh University, Assam Agricultural University, Tezpur College, LGBRIHM Tezpur.











