

A Report on the International Webinar

Organized by

IQAC, C.K.B College, Teok in association with the Department of English and the Department of Education

Title of the Webinar: “Mental Health Issues on the Wake of the Outbreak of Covid-19 Pandemic”

Date: 27-07-2020

Zoom Meeting Link:

<https://us02web.zoom.us/j/7193587520?pwd=WUZlNG5FaTVNV2xPamhGUjErRVYwZz09>

The IQAC, C.K.B College, Teok in association with the Department of English and the Department of Education jointly organized an international webinar on “Mental Health Issues on the wake of the Outbreak of Covid-19 Pandemic” on 27th July 2020. The resource persons for the webinar were Dr Samudragupta Bora, Associate Professor & Group Leader, “Neurodevelopmental Follow-up and Outcomes” Mater Research Institute, Faculty of Medicine, The University of Queensland, Australia and Dr. Neeta Kalita Baruah, Professor, Department of Education, Dibrugarh University and chairperson, Centre for studies, in Applied Psychology, Dibrugarh University.

At the very beginning, Dr. Moyuri Chetiya, Assistant Professor, Department of English, C.K.B College, Teok, gave an introduction to the webinar. Dr. Chetiya welcomed all dignitaries, resource persons, college fraternity, and other participants to the webinar. Following that, Dr. Bijoy Krishna Pachani, Principal, C.K.B College, Teok, delivered an inaugural speech in which he thanks IQAC, C.K.B College, Teok and the faculty members of the two departments for hosting an international webinar on a timely issue. Furthermore, he expressed hope that the webinar would not only address mental health problems that had arisen as a result of the pandemic, but would also provide light on various strategies to manage emotionally during the period.

Following the inaugural speech of the principal, Dr. Neeta Kalita Baruah began her presentation with a discussion of mental health concepts and how they affect daily life, relationships, and physical health. She then went on to discuss the magnitude and



Dr. Moyuri Chetiya
Head, Dept. of English
C.K.B. College, Teok

burdens of mental health issues. She also explains the distinction between mental disease and mental health, as well as the interconnections of mental health states. Dr. Kalita highlighted the common causes of mental ill-health during the pandemic while discussing numerous components of mental health disorders. She also focused on pandemic stress and adolescents in particular. Dr. Kalita concluded her talk by discussing mental health promotion and the importance of psycho-social interventions.

Dr. Samudragupta Bora began his talk by discussing how to manage our mental health during the pandemic in a strategic way. He claims that we must develop our own well-being strategy and assess our own particular circumstances. He went on to say that one must recognise one's feelings, monitor them, and determine the source of stress. He emphasised the importance of mental and emotional support from family and friend in dealing with stress. He focussed on the positive role of social media during the epidemic in providing many tools to confront these difficult days; but he also warns that fabricated news and incorrect information disseminated via social media can be not only misleading but potentially harmful.

Dr. Bora then spoke on finding a balance between psychological and emotional well-being. He claims that while Covid 19 necessitates physical separation, we must remain linked to the world, society, and individuals around us through the numerous ways at our disposal. Physical separation is not the same as social separation. During the lecture, he also emphasised the significance of Virtual Book Club. Dr. Bora concluded his lecture by emphasising the necessity of getting enough sleep, exercising, eating well, and acquiring new skills in order to cope with these difficult days in a more positive and efficient manner.

Dr. Moyuri Chetiya, the webinar's assistant coordinator, delivered a vote of thanks on behalf of the organising committee at the end of the session. She thanked Dr. Bijoy Krishna Pachani, the principal, Dr. Binoy Brot Rajkhowa, the IQAC Coordinator, the faculty members, and the participants for their assistance and cooperation in making the webinar a success.

DATE
27th July
2020

INTERNATIONAL WEBINAR
ON
Mental Health Issues of Students in Higher Education
in the wake of outbreak of COVID 19

TIME
11 A.M.



Organized by
IQAC, C.K.B. College, Teok
in Association with the
Dept. of Education & English C.K.B. College, Teok

Resource Persons



*Associate Professor &
Group Leader
Neurodevelopmental
Follow-up and Outcomes
MATER RESEARCH INSTITUTE,
FACULTY OF MEDICINE
THE UNIVERSITY OF QUEENSLAND
AUSTRALIA*



*Professor
Department of Education
Dibrugarh University,
Chairperson
Centre for Studies in
Applied Psychology
Dibrugarh University*

Dr. Samudragupta Bora

Prof. (Mrs.) Neeta Kalita Barua

*E-Certificate will be provided to all
participants after successful
completion of the Webinar*

Registration Link

https://docs.google.com/forms/d/e/1FAIpQLSfE20Xy8Oq_UzOX-jKPTuwwBmXgwLZ22eRO5E2bgYfXY6Xx/viewform?usp=sf_link

Whatsapp link

<https://chat.whatsapp.com/G05HBj8RhACISOPONFWj2p>

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Chetliya

Dr. Mayuri Chetliya
Head, Dept. of English
C.K.B. College, Teok

Mental Health Issues of Students in Higher Education.... in the wake of CoViD 19 outbreak

Dr. NEETA KALITA BARUA
PROFESSOR
DEPARTMENT OF EDUCATION

CHAIRPERSON
CENTRE FOR STUDIES IN APPLIED PSYCHOLOGY
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Dr. Moyuri Chetiya

Dr. Moyuri Chetiya
Head, Dept. of English
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Summary Report of the National E-Workshop
On
Cultural Heritage of India with Special Reference to Assam
Organized by

**INDIAN NATIONAL TRUST FOR ART AND CULTURAL HERITAGE (INTACH) IN
COLLABORATION WITH PUNARAM GOGOI MEMORIAL MUSEUM AND RESEARCH
CENTRE OF C.K.B COLLEGE ,TEOK (JORHAT).**

Date: 23rd to 27th August 2020

Time: 12.00 am to 1.30pm

Total Participants: 166

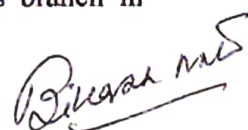
Coordinators: Dr.Bikash Nath ,

Dr.Karabi Gogoi.

The resource persons for the above mentioned theme of the national level e-workshop were invited from diverse fields of cultural studies and the following names of the resource persons delivered their thought provoking lecture : I) Prof.Shiela Bora ,Convener ,Assam Chapter ,INTACH and Retd.Professor ,Department of History ,Dibrugarh University and Adjunct Professor ,Department of Archaeology ,Cotton University .Guwahati.

Topic of Lecture -1: Importance of Documentation and Listing of Cultural Heritage with Special Reference to Dakhinpat Satra , Majuli . 23 August ,2020.

Substance of the lecture : Prof.Bora very beautifully highlighted about the importance of documentation as the specific tool for conservation of the lost monuments , artifacts with wide historical importance and for that it could become necessary in scientific classification of those items through which the heritage of the particular cultural space could be given a contemporary base of comparison . She emphasized upon use of different techniques of documentation for the purpose of heritage conservation and how through the use of improved techniques the cultural artifacts which had been kept in the storehouse of the Dakhipat Satra of Majuli in a very unscientific and disorganized way but through the scientific management of the process of conservation initiated by the INTACH ,New Delhi and its branch in



Guwahati those historically important cultural artifacts had been not only organized systematically through the scientific documentation and in order to keep those items a museum had been constructed in the Dakshinpat Satra.

II) The Second lecture of the workshop on Cultural Heritage of India was delivered by Dr. Deepi Rekha Kouli, Director, Directorate of Archaeology, Government of Assam.

Topic of Lecture -2: Archaeological Heritage of Assam, 23 August, 2020.

Substance of the lecture : Dr. Kouli primarily gave importance on the initiatives taken under the directorate of archaeology in conservation, excavation of some important sites. One of the major archaeological sites had been excavated in the Kachamari Pathar of the Goalghat district (2019) and through that particular excavation it had been come to be known about the thirty five monolithic pillars of the 14th Century CE. And those were made of huge stone slabs and two specific types could be discerned in those pillars. The first was the chessman type in a circular shaft with hemispherical head carved with animal motif and floral design and the other was the sword type. In the excavation of the Bapathar site there was the great discovery of the ancient remains of the Kachari Kingdom with ruins of an old house, balcony and other valuable materials of the period of 7th to 8th century CE. Dr. Kouli had also mentioned in her valuable lecture about the government initiative in Charaideo Maidam for its projection as the World Heritage Site.

III) The Third lecture of the workshop was delivered by Professor Paromita Das, Department of History, Gauhati University and ICCR Visiting Professor, Indian Studies Centre, University Mohammad V, Rabat, Morocco.

Topic of Lecture -3 Sculptural Heritage of Assam, 24 August, 2020

Substance of the lecture: Prof. Das very pointedly discussed in her important lecture about the impact of the North Indian art upon the Brahmaputra valley civilization particularly since the Gupta period and the rock cut sculpture in the mountains of Assam. In the Tezpur, there was the architectural remains temple doors and where the goddesses were sculpted very beautifully of the fifth century period. In Guwahati there is the Urvashi Island there had the existence of Shiva temple and the Eastern school of art or the Pala School of Art got developed by the ninth century CE. And rock cut images of Vishnu and Siva could be found at Suryapahar. The sculpture of the Ambari site also gave testimony to the importance of that cultural form of the Pala school. Another art form also developed around the Kamarupa and

the sculptures found in the Numaligarh ,Kamakhya shrine, Pingalesvara , Khamtighat ,Sukreswara were influenced by the Kamarupa School of Art.

IV)The Fourth lecture of the workshop was delivered by Dr.Mallika Kandali ,Eminent Sattriya Exponent and Associate Professor ,Department of Political Science ,R.G.Baruah College, Guwahati .

Topic of lecture: Sattriya Dance: The Intangible Cultural Heritage of Assam 25 August 2020

Substance of the lecture: Dr.Kandali in her lecture very beautifully and artistically presented the rich tradition of the Sattriya where the contribution of the Srimanta Sankardeva was the greatest and the great leader introduced that form of art through incorporating different elements from the treatises and local folk dances .Prof.Kandali also laid emphasis the principles of the Sattriya dance particularly in respect of *hastamudras*, *aharyas* and footworks .There are specifically two distinct forms of art in the sattriya dance and one is the Gayan-Banayar nach to Kharmanar nach and the other Chali,Jhumura etc.The evolution of that form of art into the modern age has testified the classic folk inheritance of the dance form as introduced by the great icon Sankardeva(1449-1568).

V) The Fifth lecture was delivered by Dr.Jonali Devi ,Co-Convener ,Kamrup Chapter ,INTACH and Associate Professor ,Department of Anthropology ,Cotton University .

Topic of lecture: Cultural Heritage and Resource Management 26 August ,2020.

Substance of the lecture: Prof.Jonali Devi's lecture was highly important from the point of view of the resource management in perspective of the cultural heritage of a particular area .and its implementation in conservation of the resources of the past importance could give a noble and equitable form to the process of managing the heritage sites and other important items of that concerned site. The resource management of the particular heritage site has been emphasized in aspects of safety and environmental protection as well as transportation and construction needs of a particular community but those must be performed with clear consideration of the conservation of the resources of the past. The ancient sites and elements of heritage situated in the urban space could be preserved through the well managed system of the resources in due consideration of the environment and other safety measures .

VI) The Sixth lecture was delivered by Sri Phanindra Talukdar ,Art Historian and Secretary ,Pragjyotish Centre for Cultural Research ,Guwahati.

Topic of lecture: 'Schools' of Indian Traditional Painting and Narrativity

Substance of the lecture: The eminent art historian Talukdar in his lecture very beautifully gave ideas about the importance of the traditional art particularly about the folk art of India . He also pointed out the history of the painting in India and cave paintings of the Ajanta was the example of the rich tradition of painting .But beyond the state sponsored culture of painting there were other forms which developed around the vernacular traditions like Santhal painting, Gond painting, Bhil painting etc .Those were important from the aspect of the local traditions which were painted beautifully and their cultural beliefs were reflected in those forms of painting.

VII) The Seventh lecture was delivered by Shri Sanathana ,Y.S. Research Scholar ,Department of Archaeology ,Cotton University

Topic of lecture: Regional Variations in Indian Sculptural Art

Substance of the lecture: Shri Sanathana in his important lecture discussed about the feature of the regional variations of the sculptural art particularly with emphasis on the epic cum puranic character of Narada which had been depicted differently in the sculptural heritage of South Indian temples and in Assam ,the Narada image could be seen in the Ghanashayam's House (Joysagar of the Sibsagar district) and there is a terracotta plaque and he is shown to fly with a *dheki*. There had been a great impact of the Bengal form of depiction of Narada on the Ghanshayam's house depiction of Narada. Those kinds of sculptural depiction amply showed the cultural diversity as well as the continuity of the tradition in different parts of India.

Results : Through the organization of the National E-Workshop and the valuable discussions made by the eminent personalities ,the participants had been enriched deeply in the conservation , management , evolution of the different art forms from the sattriya dance to the sculptural art and paintings of ancient India with some specific regional variations . The programme was an eye opener to many of the ardent students of art and history.

Bilam MS.

Report on National Webinar on “IMPACT OF COVID -19 PANDEMIC ON THE TRAVEL & TOURISM SECTOR OF ASSAM

Date- 4th July, 2020

During the time of COVID -19 pandemic, a National Webinar on **“IMPACT OF COVID -19 PANDEMIC ON THE TRAVEL & TOURISM SECTOR OF ASSAM”** was organised by the Department of Commerce and Economics in association with the IQAC, C.K.B. College, Teok on 4th July, 2020. The webinar was started with the inaugural speech delivered by the Principal Dr. Bijoy Krishna Pachani.

Followed by inaugural speech, the first technical session was started with the speech of resource person Mr. Sidheswar Kr. Mishra. He started his talk by giving his view point on the topic regarding the current pandemic situation. He strongly believed that good days would come back once again in the industry of Travel & Tourism Sector after the pandemics of COVID- 19 crisis. In his informative and prudent speech, delivered to the participants, he explained about the present condition and the future planning of the Travel & Tourism Industries. Reviving from the massive collapse of pandemics, what safety precautions should be taken in the coming days were also he explained and encouraged participants not to get panic.

The second technical session has started and the resource person of the session was Dr. Chandan Kumar Sharma. He deeply realized and said that nobody has thought of such a situation would come and stop the movement of human life so suddenly. The pandemic brutally hit the economy across the globe and the major loss in this context has been suffered by the Travel and Tourism Industry. It is obvious. Where no movement of people is there, no movement of anything is happening at all. For some time, the world remained voiceless.

But the speaker strongly believed that no matter, how deadly the situation is, the good days will come very soon. The normal life will begin again with new ideas and new thoughts. The tourism industry will also get started with a double spirit. He has suggested that the government and industry should focus their efforts on lifting the travel restrictions and working with business to access liquidity support, apply new health protocols for safe travel and help to diversify their

markets for the immediate survival of the industry. Around more than 120 participants of students and faculty members were participated in the webinar.

After winding up of both the session, there were a friendly interaction between the speakers and the participants. The resource person answered accordingly on each of the questions raised by the participants.

To conclude the session, Dr. Binoybrot Rajkhowa, IQAC Coordinator delivered the vote of thanks on behalf of the organising committee. He thanked Dr. Bijoy Krishna Pachani, Principal and Resource Person, HoDs of department of Commerce and department of Economics and participants to help in conducting the webinar successfully.



Photo: Certificate of Participants

**NATIONAL
WEBINAR
ON
POLITICS OF IDENTITY AND NATIONALITY IN NORTH EAST
INDIA**

DATE: 12TH JULY ,2020 (Platform: ZOOM Time: 2.00 pm



**ORGANIZED BY IQAC , C.K.B COLLEGE ,TEOK IN COLLABORATION
WITH THE DEPARTMENTS OF HISTORY AND POLITICAL SCIENCE**



**CHAIRPERSON & INAUGURATOR
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Head
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Bikash m.

RESOURCE PERSONS:



PROFESSOR MEETA DEKA

FORMER HEAD ,DEPTT.OF HISTORY

UNIVERSITY OF GAUHATI ,GUWAHATI

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DR.RUPAM SAIKIA

**DIRECTOR ,COLLEGE DEVELOPEMNT
COUNCIL**

UNIVERSITY OF DIBRUGARH ,DIBRUGARH

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DR.GORKY CHAKRABORTY

**ASSOCIATE PROFESSOR ,INSTITUTE OF
DEVELOPMENT STUDIES**

**KOLKATA.(AFFILIATED TO THE
UNIVERSITY OF CALCUTTA)**

WESTBENGAL-70006

COORDINATORS:

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ASSISTANT PROFESSOR
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RITANJALI SAIKIA
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The National Webinar on Politics of Ethnicity and Nationality was held on 12th of July 2020 and for that purpose three resources persons were invited from the different parts of the state as well as beyond the state also.It was a joint collaboration with the department of Political Science of our institute. The first resource person was Professor Meeta Deka ,former head of the department of History,Gauhati University had been the expertise in the field of social movements , peasant struggles, gender studies and border communities . Prof. Deka has taught at the St.Anthonys College ,Shillong for 12 years and she has been in the department of History ,Gauhati University since 1997 . She is the author of two books ‘Students Movements in Assam’ (Vikas Publications , New Delhi -1996) and ‘Women and Social Change : Assam and Beyond’ is published by the Sage, New Delhi-2013 .Prof.Deka’s contributions to the field of research includes 15 Ph.D and three M.Phil scholars till date .She was President of the Oral History Association of India ,Bengaluru (2016-17). Prof.Deka has delivered lectures in the department of Political Science and International Relations , University of San Diego ,United States of America 2011, at the Centre for Indian Studies in Africa , University of Witwatersand ,Johannesburg ,2018 as well as at universities and colleges of Bangalore , Mumbai , Sikkim ,Hyderabad and the North East .

Profe.Deka had observed the topic ‘Politics of Identity and Nationality in the North East India’ particularly from the historical genesis of the problem which had been creating troubles and ill conceived notion of identity as the departure from the hegemonic mainstream political society . She laid specific importance on the cultural incongruity of the North Eastern states people with the mainland India .The people who had been outside of the north east for different reasons living in the metropolitan cities like New Delhi which is the capital

and famous for educational institutions have shown a racial discomfiture for the north eastern students community particularly coming from the hills states like Manipur, Arunachal Pradesh ,Nagaland ,Mizoram and they have been facing various kinds of racial slur at the hands of the people of the mainstream Indian culture . The civilization of the North East and its inhabitants have been categorized as 'chinki' , 'jungli' etc. and some female students have also faced physical violence during their stay in the city .Recently , a Arunachali guy had been misbehaved due to his ethnic character in the capital and the Covid Pandemic also brought into light deep inequities in the minds of the hegemonic groups against the not so heavily sanaskritized group of people like the North East and sometimes the owners of the rent houses have refused to let in the students from the North East as if the origin of the disease had been spreading from the states of the North East. The attitude of the patriarchal representatives of the mainland India has been full of cultural incongruities and hence seeking to dominate both physically and mentally over the body and mind of the women of the North East in some of the specific circumstances .

The evolution of the term is corroborated with the colonial administrative exigency and although in the initial stage of functioning of the colonial regime in the region it was simply said as Eastern frontier and for instance in the Pemberton's Report of 1835 the term Eastern Frontier was used to identify the specific region but since the 1860s the region was clearly termed as North East Frontier .In the post-independent phase of the nation ,the North East as the specific identity has been used since the 1960s onwards with the appellation like North Eastern Hills University , Shillong, North East India History Association , North East Indian Council of Social Science Research ,Shillong , UGC-North East Centre etc. Bernard Cohn once said that the geographical regions should not be studied as the end point of analysis but it should be studied as the starting point . The regions have no fixed idea and the culture and the society also changes in due course of time. The ethnic identity has now been more brought into question since the late 1970s when the movement led by the students of Assam against the infiltration of the Bengali (both Muslims and Hindus) after the Bangladesh Liberation War paused as a huge burden for the land locked region of Assam and against the anomalies in the general election in the Mangaldoi sub division the first cause of serious concern had been come out and in the ensuing movement which lasted for six years ,about 866 people died and thousands were injured . The movement was the starting of negotiation with the state regarding the supposed lose of the rights in terms of land and resources to the foreigners (*bideshi*) and a permanent character has been provided to the identity and

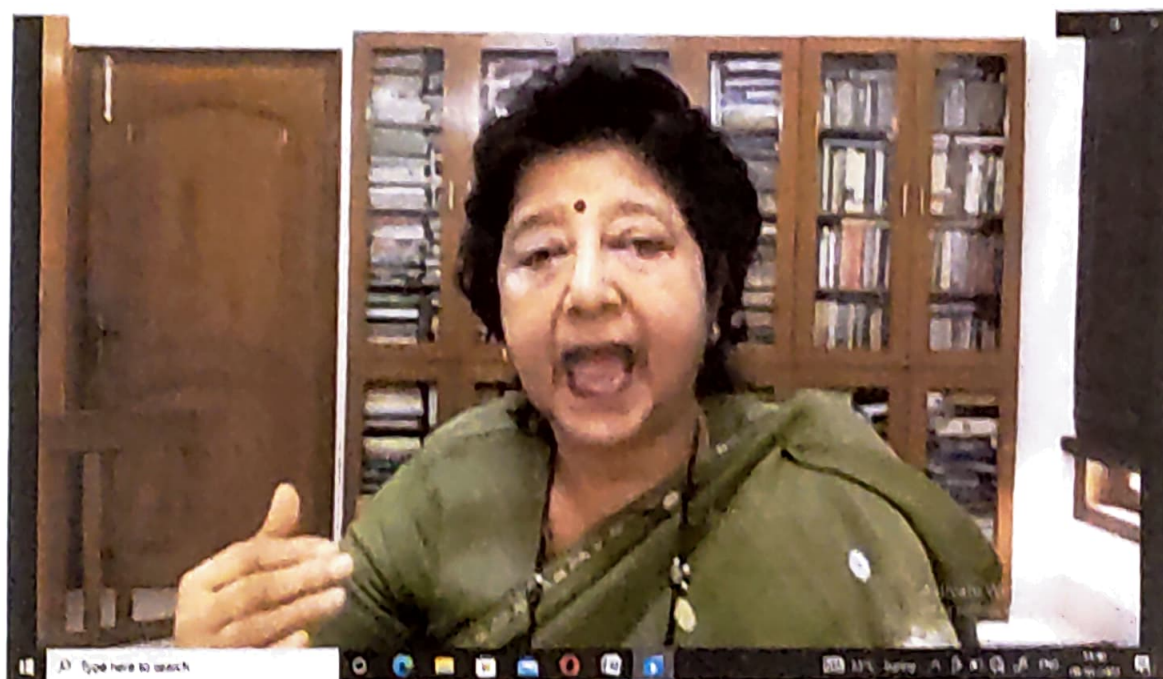
nationality that the culture and organization of wealth has been hindered by the problems of immigration particularly from the erstwhile East Bengal (Bangladesh since 1970s) and which ultimately became the focal point of further growth of the insurgency among the disaffected groups . The problem of identity is a vexed issue which demand more attention of the state and the civil society has a much greater role to play in mitigating the dimension of peace and harmony among the various dissatisfied groups of Assam in particular .

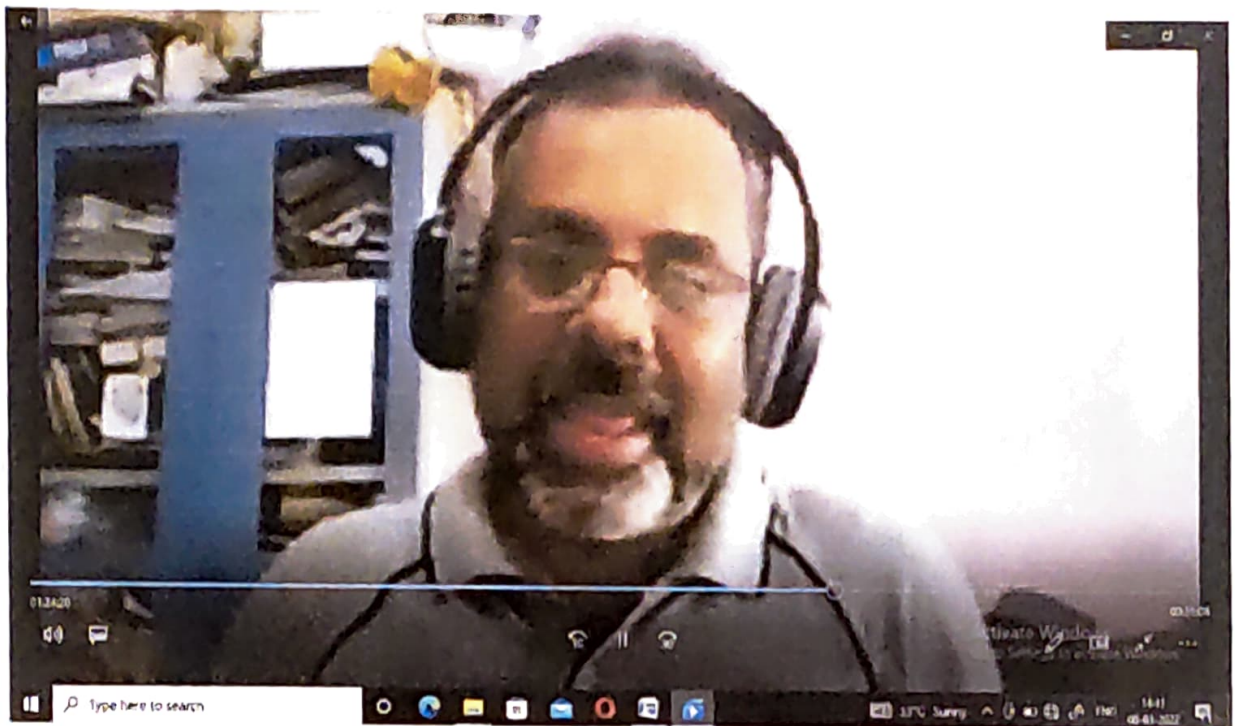
Another speaker for the webinar was Dr.Rupam Saikia ,Director of the College Development Council , Dibrugarh University as well as the Chairperson , Centre for Juridical Studies ,Dibrugarh University . In his academic career he has earned brilliant name particularly in the M.A. and LLB examinations. He has done his doctoral research in the field of international law and it was studied from the interdisciplinary perspectives . Dr.Saikia has the twenty years experience in the academic and administrative responsibilities and he is now the executive member of the selection committee of the different central institutions particularly the IIT Guwahati .Dr .Saikia elaborately emphasized on the complexities of naming north east as the homogenous entity and which is quite heterogeneous in respect of language , culture ,beliefs and since the struggle for freedom the states of the north east has been continuing their efforts to eke out a separate identity amidst the federal structure as constituted by the 1940s. The evolution of the constitution of India also meant the evolution of the reservation of the special status for the people of the north east particularly the different identities of the tribes (both the hills and the plains) .In the context of the scheduled status under the constitution of India ,the role of Gopinath Bordoloi was prominent whose efforts did led to the sixth schedule which was included in the Articles 244(2)and 275(1).Through the sixth schedule district councils and regional councils were decided to be formed in order to represent the interests of the scheduled tribes .Dr.B.R.Ambedkar played a significant role in securing the rights to the tribal groups of the north east. The identity of the state had been secured through the decision of the provincial congress committee to abstain from joining in the grouping plan as formed through the Cabinet Mission . In the post – independence phase of politics ,the struggle for different ethnic communities to get their autonomy within the radius of the Indian constitution also reflects the strength of the constitution and its democratic spirit of consensus.

The third speaker was Dr. Gorky Chakraborty of the Institute of Development Studies , Kolkata ,Calcutta University .He has the wide experience in the fields of north east India's studies and in different capacities prior to his involvement in the IDSK he contributed to the

research in the specific subject of the North East. Dr.Chakraborty tried to see the problem of the ethnicity and identity through the aspect of the heterogeneity .The aspect of heterogeneous is important in order to understand the varied conditions of living and culture of the people and how those have contributed to the process of acculturation . The material formation as well as the evolution of the society got reflected through the people's consciousness regarding the problems they have been facing in their everyday lives . Lastly , he suggests the rich tradition of the Brahmaputra valley civilization which is capable of absorbing the varied culture of the people for a flexible order of culture .

Photographs





TIME: JULY 12 2020.01:45 PM India

WEB LINK: ZOOM MEETING –https:

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MEETING ID: 7193587520

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