



SPRUHA PSYCHOLOGY ALUMNI ASSOCIATION

of ADIKAVI NANNAYA UNIVERSITY

RAJAHMUNDRY



Reg. No: 488/2016

Webinar on Psychological Perspectives of Covid-19

Key Note speaker

Dr. Karri Rama Reddy,
Eminent Psychiatrist & Academician

Chief Guest

Prof. Mokka Jagannadha Rao
Vice-Chancellor, Adikavi Nannaya University

WEBINAR

PSYCHOLOGICAL PERSPECTIVES OF COVID-19 PANDEMIC

PROGRAMME

On 13-05-2020 from 10.30 am onwards

Welcome Address

Prof. Kotti Sri Ramesh

Principal - University College of Arts & Commerce

Introduction of Chief Patron & Keynote Speaker

S. Nagendra Kishore

President - Spruha Psychology Alumni Association

Chief Patron Message

Prof. Mokka Jagannadha Rao

Vice Chancellor - Adikavi Nannaya University

Summarising

Dr. Padala Raja Sekhar

Course Co-Ordinator, Dept. of Psychology

Key Note Speaker

Dr. Karri Rama Reddy

Eminent Psychologist & Academician
Chief Advisor - Spruha Psychology Alumni Association

Concluding Remarks

Prof. B. Ganga Rao

Registrar - Adikavi Nannaya University

Vote of Thanks

S. Rajesh Khanna

Secretary - Spruha Psychology Alumni Association



Adikavi Nannaya University

"SPRUHA" PSYCHOLOGY ALUMNI ASSOCIATION
OF ADIKAVI NANNAYA UNIVERSITY
Rajahmendravaram



Regd. No. 488/2016

WEBINAR ON PSYCHOLOGICAL PERSPECTIVES OF COVID-19 PANDEMIC

On 13-05-2020, Wednesday from 10.30 to 11.30 am



Chief Patron

Prof. MOKKA JAGANNADHA RAO

Vice Chancellor - Adikavi Nannaya University



Key Note Speaker

Dr. KARRI RAMA REDDY

Eminent Psychiatrist & Academician

Patrons

Prof. Battu Ganga Rao

Registrar - Adikavi Nannaya University

Prof. Kotti Sri Ramesh

Principal - University College of Arts & Commerce
Adikavi Nannaya University

Convenors

Dr. Padala Raja Sekhar

Course Co-Ordinator
Department of Psychology

Sunkara Nagendra Kishore

President - Spruha Psychology Alumni Association
& Regional Co-Ordinator (Asia) SCRA

Co Convenors

Dr. Mani Ramana CVS, Asst. Professor Dept. of Psychology

Dr. N.V.V.S. Narayana, Asst. Professor Dept. of Psychology

Ch.N.K. Bhavani, Asst. Professor Dept. of Psychology

S. Rajesh Khanna

Secretary
SPRUHA Psychology Alumni Association

In Collaboration With DEPARTMENT OF PSYCHOLOGY

University College of Arts & Commerce - Adikavi Nannaya University



Some important slides creating positive impact - Key Note presentation of Dr. Karri Rama Reddy



Principal University College of Arts & Commerce Prof. Kotti Sree Ramesh in his welcome address appreciated the pioneering Spruha Alumni for organising the apt webinar at the crisis time to address the psychological aspects with the keynote speech from the academician par excellence Dr. Karri Rama Reddy. Quoting Leo Tolstoy "All happy families are alike; each unhappy family is unhappy in its own way" he indicated that enhancing psychological endurance is essential at this juncture.

Spruha Psychology Alumni Association President Sunkara Nagendra Kishore introduced and thanked the chief guest/ Chief patron Prof. Mokka Jagannadha Rao for his academic, psychosocial interventions. He also introduced the Keynote Speaker, the eminent psychiatrist Dr. Karri Rama Reddy, the Chief advisor of Spruha Psychology Alumni Association.

Vice Chancellor Prof. Mokka Jagannadha Rao discussed the effects of covid virus. He expressed that manifestations are not only physical it effects mentally also. Students worried about their studies and jobs. He explained about the services offered by Spruha psychology Alumni in association with faculty for psychological counselling.

Dr. Rama Reddy with lucid powerpoint presentation explained about Corona infection and its effects, precautions etc. He differentiated between Corona and other viruses. Increased anxiety which may lead to phobia OCD, Depression, suicide ideas etc. With insecure thoughts, irritability to small things leads to violence. Domestic violence increased. Somatoform disorders are also increased. Blame game started. Because of lockdown if they get small freedom they came out Physical distance is the only solution sharing with others group activity in online, donating food and offering other services can be taken up. He elaborated that Resistance, resilience and recovery is the key to withstand the crisis. Seeing news should be limited and restricted. He indicated that Life style management, doing exercises, enough sleep, yoga, meditation and positive attitude are essential to overcome the crisis. Psychology Course co-ordinator Dr. Padala Raja Sekhar summarised the whole proceedings. Registrar Dr. Bhattu Ganga Rao appreciated the services of Dr. Karri Rama Reddy, Department of Psychology, Spruha Psychology Alumni Association and others for their positive interventions. Secretary Spruha Psychology Alumni Association proposed vote of thanks. More than 120 participants (India and abroad) attended the zoom meeting, in addition to you tube viewers. Dr. C.V.S. Manirama, Dr. N.V.V.S. Narayana, Ch.N.K. Bhavani and Spruha executive members coordinated. Certificates issued to all participants. Link : <https://youtu.be/jkw3iLsx8s4>

