

**National Institute of Rural Development and Panchayati Raj**

North Easter Regional Centre (Ministry of Rural Development, Govt. of India)

Khanapara, Guwahati, Assam.

June 09, 2020.

Dear Registered participant

**Greetings from NIRDPR NERC Guwahati, Assam & Samagra Shiksha, Assam!!!**

Congratulations for registering the Webinar Training on Management of Mental Well-Being during Covid -19 at an appropriate time. This programme is a joint initiative by **NIRDPR NERC & Samagra Shiksha, Assam**. This pandemic poses a severe threat to both our physical and mental health. As the nationwide lockdown has been extended to curb the spread of coronavirus, we have been facing a difficult time. Maintaining high mental health particularly for teachers and head masters is very essential for taking care of the School community.

Welcome to the training on mental wellbeing. We provide you so many inputs and strategies to improve your mental wellbeing that will help you to cope up with the adverse situations of life particularly this pandemic Covid-19. WHO has cautioned us that 2020-2030 there will be lot of focus on Mental Health aspect of Human Development.

There is an association between better TEACHER MENTAL wellbeing and lower student psychological difficulties.

Now on wards till the completion of the training we will be in touch with you and help to access the different material through this mail.

The training programme you can attend on WebEx application link given by Samagar Shiiksha Assam every day 11.00 Am to 1.30 Pm during June 09-11, 2020. You can interact by posting questions on chat box and also sending questions to this mail. We will address later on. One thing while attending the training from your Home please maintain silence and pay attention on the presentation that will help you to follow the training class and answer the assessment questions. Please mute your audio and follow the class

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The learning of the training programme will be useful and help further to train your own family and the school community (SMC, Parents, Children and other stake holders where you are working.

Since this is a National Training programme you are supposed to complete all the requirements. 1. Daily accessing your email you should fill the self-

Assessment questionnaires and also to read the material posted on your email and attend the follow the training on WebEx application,

2. After the end of the training programme on 3rd day you will be supplied a link of Evaluation that you have to fill it up and submit then only your name will be processed for issue of certificate by NIRDPR (National Institute of Rural Development and Panchayati Raj, Ministry of Rural Development, Govt. of India)

Please fill up the self-assessment form given though the **following link and submit at the earliest before commencement of training class**. After wards the filled form many not be accepted by the computer.

Please click this link to get self-assessment form

<https://forms.gle/tptXGVxDNZb6KPxEA>

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Webinar Director(s)