

OFFICE OF THE
SAO CHANG COLLEGE
Tuensang-798612, Nagaland
DEPARTMENT OF EDUCATION

Ref _____

Date 6th Nov '2020

PROGRAM SCHEDULED AND WORK ALLOTMENT
FOR

ONE DAY NATIONAL WEBINAR

Topic: "Counselling Psychology in Higher Education"

Date: 6th November 2020

Time: 2:00PM – 3:00PM

SL NO.	WORK ASSIGNMENT	PROFESSOR INCHARGE
1	Link connection & admitting the participants	Prof. Dr. Vimal Jerald
2	Webinar video recording	Prof. Dr. Vimal Jerald
3	Host & introduction of webinar program to the participants and welcome note	Prof. Mudang Khamniungan
4	Introduction of Resource person to the participants	Prof. Yanglikumla Sangtam
5	Webinar topic presentation	Prof. Dr. John Balaiah
6	Questions and queries check out from Youtube	Prof. A. Chubasangla Chang
7	Questions and queries check out from Google meet	Prof. Yanglikumla Sangtam
8	Discussion hour moderator	Prof. Mudang Khamniungan
9	Announcement to the participants for feedback link and certificate	Prof. Mudang Khamniungan
10	Vote of thanks	Prof. Temjentula
11	Webinar official closing remarks	Prof. Mudang Khamniungan

Sd/-

(Mudang Khamniungan)

Webinar Co-ordinator & Assistant Professor.

Dept. of Education

Sao Chang College

Tuensang, Nagaland


Principal in charge
Sao Chang College,
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To,

The Chief Editor,
Nagaland Post, Eastern Mirror, Morung Express
Dimapur, Nagaland.

SUB: Prayer for publication of ONE DAY NATIONAL webinar conducted.

Most respected sir/madam,

On the subject mentioned above, we would like to humbly request for your kind publication of the following news article.

NEWS ARTICLE

The Department of Education, Sao Chang College Tuensang Nagaland conducted ONE DAY NATIONAL WEBINAR on the topic: **"Counselling Psychology in Higher Education"** on 6th November 2020 from 2:00PM to 3:00PM with Prof. John Balaiah, Counselling Psychologist, St. Joseph's College, Tiruchirappalli, Tamil Nadu as the resource person in the program. Prof. John Balaiah in his presentation said that mental wellbeing is essential for optimal learning in the field of academic world.

He said that, children should be properly monitor and help them develop good psychological balance for higher education. Many changes take place during youth days which requires proper attention of the parents and elder members of the society for their wellbeing. It is because of the psychological imbalances that many children fail to realize their potentials and becomes abuse to various substances out of frustrations and anxiety.

When there is lack of peace of mind, children will exhibit the habit of lack of concentration, skills, motivation, goals and will be surrounded by the feelings of fear, anger, anxiety, guilt, low self esteem, passive aggressive behaviors, depression, stress, addictions-social media, alcohol & drugs.

The interventions of healing the soul for children and young people is the need of the hour and should be taught to walk the talk, provide mentoring, professional counselling, value education, sex education, life skills, self help techniques, health care measures and holding environment.

Hence, parents have to play an important role in the promotion of healthy life styles in the lives of young people thereby facilitating for pursuing their higher studies. He further said that, government or colleges or universities should engaged professional counseling psychologist with

active support in various areas. More than 2097 participants attended the webinar in google meet and live youtube platform.

Many professors and scholars from Sri Lanka, Phillippines, Pakistan, Nepal, Bangladesh, Myanmar, Greece, UAE, Indonesia, Combodia, Malaysia, USA, California,UK, Saudi Arab and Iraq also attended the webinar by connecting from their respective countries. The webinar was hosted by Mr. Mudang, Assistant Professor, introduction of resource person was initiated by Ms. Yanglikumla, Assistant Professor and vote of thanks was proposed by Ms. Temjentula, Assistant Professor and HoD of Education Department. The technical support of web casting the session was done by Dr. Vimal Jerald, Assistant Professor, Computer Science, St Joseph's College, Tiruchirappalli, Tamil Nadu.

Sd/-

(Mudang)

Webinar Co-Ordinator and Assistant Professor
&

Convener,
Media Cell

Sao Chang College, Tuensang, Nagaland


Principal in charge
Sao Chang College,
Tuensang : Nagaland

understanding after the Western Sumi Youth Front (WSYF) mediated between the two parties.

The WSYF invited the two parties to its office on November 6 and settled the issue, an update from the WSYF media cell stated. The meeting was initiated after receiving authorisation from the Western Sumi Hoho since the issue involved two Sumi women running their

other's business.

As the matter has been resolved, the WSYF has warned that stern action would be taken if the issue is further escalated by anyone.

The WSYF has reiterated its strong stand against all sorts of syndicate practice in business which leads to unfair business activity. It further expressed its stand in level-playing for all business to earn their livelihood.

'Children fail to realise their potentials due to psychological imbalances'

Dimapur, Nov. 6 (EMN): The importance of mental well-being to enable students to excel in academics and other fields of interest was discussed at the one-day national webinar on the topic "Counselling Psychology in Higher Education" organised by the department of Education, Sao Chang College in Tuensang, Nagaland, on Friday.

Resource person of the programme, Prof. John Balaiah, Counselling Psychologist, St. Joseph's College, Tiruchirappalli in Tamil Nadu, told the participants that mental well-being is essential for optimal learning in the field of academic world, an update from the college informed.

He said that children should be properly monitored and helped to develop good psychological balance

for higher education. Many changes take place during youth days which require proper attention of the parents and elder members of the society for their well-being, he added.

"When there is lack of peace of mind, children will exhibit the habit of lack of concentration, skills, motivation, goals and will be surrounded by the feelings of fear, anger, anxiety, guilt, low self esteem, passive aggressive behaviours, depression, stress, addictions-social media, alcohol and drugs," Balaiah was quoted as saying.

'The interventions of healing the soul for children and young people is the need of the hour and should be taught to walk the talk, provide mentoring, professional counselling, value education, sex education, life skills, self

help techniques, healthcare measures and holding environment,' he added.

Parents have to play an important role in the promotion of healthy lifestyles in the lives of young people thereby facilitating for pursuing their higher studies, the professor said, adding that government, colleges and universities should engage professional counselling psychologists with active support in various areas.

According to the update from the college, more than 2097 participants attended the webinar which held on Google Meet and Live YouTube platforms. It added that many professors and scholars from as many as 16 countries attended the programme.

The webinar was hosted by assistant professor Mudang.

2020 answer key

h payment gateway using debit or credit et banking. No challenge will be considered if receipt of the processing fee, it stated.

lates can download the answer key by following simple steps:

official site of UGC NET (ugcnet.nta.nic).

on UGC NET Answer Key 2020 link available on the home page.

ow page will open where candidates will to enter the login details.

answer key would be displayed on the en.

ck the answer key and download it.

Sweep campaign: DEO flags off mini-marathon in Pughoboto

Dimapur, Nov. 6 (EMN): District Election Officer (DEO) of Pughoboto Thungchanbemo Tungoe on Friday flagged off a mini-marathon organised as a part of Sweep campaign.

Addressing the gathering, the ADC encouraged the youths to participate enthusiastically in the electoral process. "Your vote is (more) precious than gold or diamonds so don't let anyone snatch away your previous vote," he said.

He urged the participants to do away with proxy vot-

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REPORT OF ONE DAY NATIONAL WEBINAR

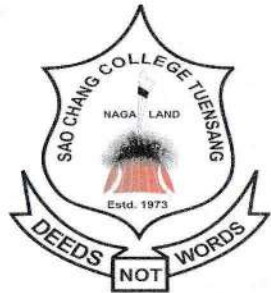
Date of Webinar conducted	Topic	Resource Person	Total No. of participants	Participants National
06/11/2020	“Counselling Psychology in Higher Education”	Prof. John Balaiah, Counselling Psychologist, St. Joseph’s College, Tiruchirappalli, Tamil Nadu	2097	Sri Lanka, Phillippines, Pakistan, Nepal, Bangladesh, Myanmar, Greece, UAE, Indonesia, Combodia, Malaysia, USA, California,UK, Saudi Arab and Iraq


Mudang Khamniungan
Webinar Co-Ordinator
& Assistant Professor
Sao Chang College, Tuensang


Temjentula
Head of Department
& Assistant Professor
Sao Chang College, Tuensang


Longtichang Tzudir
Principal In-Charge
Sao Chang College, Tuensang
Principal in charge
Sao Chang College,
Tuensang : Nagaland

EDU/SCC/NAT-WEB: 202001



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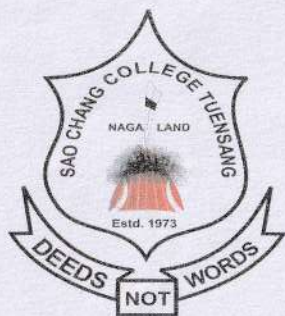
CERTIFICATE OF APPRECIATION

This is to certify that **DR. VIMAL JERALD** of St. Joseph's College, Tiruchirapalli, Tamil Nadu was the Technical Assistant in the ONE DAY NATIONAL webinar on "**COUNSELLING PSYCHOLOGY HIGHER EDUCATION**" organized by the **DEPARTMENT OF EDUCATION**, Sao Chang College, Tuensang Nagaland (India) on the 6th of November 2020.


Mudang Khamniungan
Webinar Co-Ordinator


Principal in Charge
Sao Chang College,
Tuensang : Nagaland


Temjentula
Head of the Department



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CERTIFICATE OF APPRECIATION

This is to certify that **DR. JOHN BALAIAH** of St. Joseph's College, Tiruchirapalli, Tamil Nadu was the Resource Person in the ONE DAY NATIONAL webinar on **"COUNSELLING PSYCHOLOGY IN HIGHER EDUCATION"** organized by the **DEPARTMENT OF EDUCATION**, Sao Chang College, Tuensang Nagaland (India) on the 6th of November 2020.

Mudang Khamniungan
Webinar Co-Ordinator

Temjentula
Head of the Department

Principal in charge
Sao Chang College,
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