

National Webinar

“Psycho-Educational Challenges of Online Learning during Pandemic COVID 19”

Date: 05th December” 2020

Venue: Google Meet

“If You Want the Change – Be the Change”

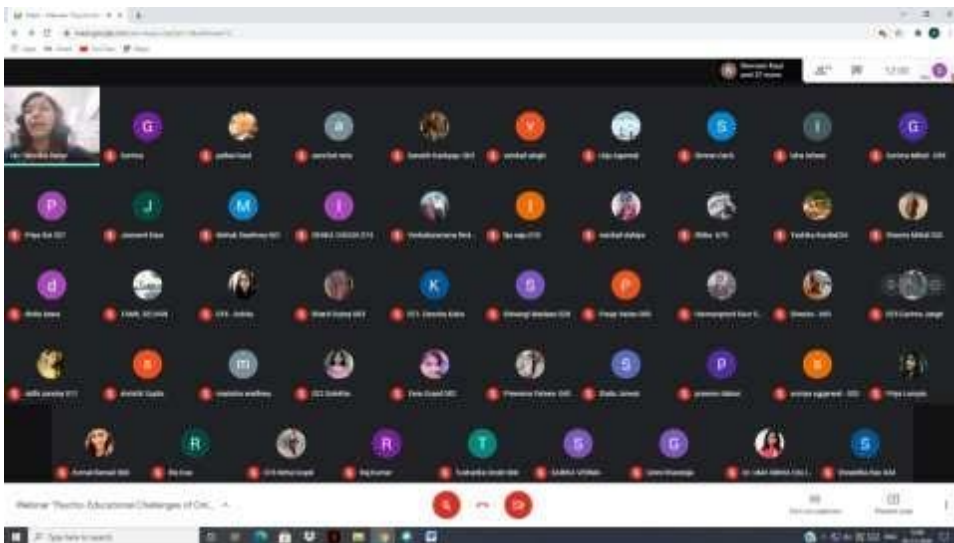
The present scenario of COVID- 19 has resulted in a paradigm shift in teaching learning process with high paced online advancement and propensity of millennial learners towards becoming digital, the role of teacher and learner has become more challenging and online teaching learning process is becoming greatest cardinal principal during pandemic.

In this respect ,while online teaching learning process Psycho- Educational challenges in the domain of education is the need of hour. The learner and teacher are facing various challenges during online teaching. This webinar aims to study Psychological challenges of online learning. The webinar was conducted on December 5 2020, at Google Meet application.

Dr. Shikha Ranjan, Associate Professor, Gitarattan Institute of Advanced Studies and Training welcomed everyone. The webinar started by seeking the blessings of God with the chanting of Gayatri Mantra in the presence of our Guest of Honor, Prof. Dhananjay Joshi, Dean, University School of Education, GGSIPU, Dr. S K Bhatia, Former Associate Professor, CIE, Delhi University. Prof. Sonia Jindal, Principal, Gitarattan Institute of Advanced Studies and Training, other faculty members and guests.

Ms Shalu, Assistant Professor, Gitarattan Institute of Advanced Studies and Training precluded the schedule of the programme. To carry over the proceedings of the webinar, Dr. Aanchal Rana Assistant Professor, Gitarattan Institute of Advanced Studies and Training gave abridgement where she gave the introduction about the topic in a detailed manner. She emphasized on different psychological aspects related to online teaching learning process. She stressed on the mental of the students and also focused on different related aspects.

After it, Prof. Sonia Jindal, Principal, Gitarattan Institute of Advanced Studies and Training welcomed all the participants on behalf of the institution. She focused on different aspects of psycho educational challenges of online learning. She also focused on different ways through which we can nurture our learners in a stress free environment.



To carry over the discussion, Prof. Dhananjay Joshi, Dean, University School of Education, GGSIPU shared his views on the topic. Sir has addressed positive and negative aspect of online learning. He also discussed about digital divide that play an important role in our country. He gave the example of the teacher who received global teacher reward 2020. He suggests middle way of how we can use online practices in a effective manner so that no one feel stressed and enjoy their learning teaching process.

- The Presentation session was hosted by Ms. Garima, Assistant Professor, Gitarattan Institute of Advanced Studies and Training and chaired by Prof. Dhananjay Joshi in which five papers were presented by guests.
- **E-Learning during lockdown period for Covid 19 in India: -** The paper was presented by Dr. Pallavi Kaul, Amity Institute of Education. She focused on the types of E-learning resources and their use in online learning. She also focused that different should be inculcated among all.

- **Psychological distress of online education during Covid-19:** - This paper is presented by Dr. Uma Sinha, Associate Professor, Varun Dhaka Institute of Technology. She explained about the meaning of psychological distress and its effect on students and teachers. She emphasized on the role of teachers in online learning and challenges faced by them because all teachers are also learning different online tools to make teaching learning process effective.
- **Strength and limitation of online classes and its impact on mental health:** This paper was presented by Dr. Monika Davar, Assistant Professor, Maharaja Surajmal Institute. She presented her finding related to impact of online classes on students’ mental health. She discussed both positive and negative effect of online classes. She focused on experiences of teachers and students related to online teaching learning process.
- **Nurturing learners positively during the current pandemic Covid 19:** This paper was presented by Dr. Raj Kumar, Ex faculty Monard University. He discussed different ways through which we can nurture our learners to cope up with the psychological aspects of online learning. He also suggested how we can use online tools in an effective manner so that students can make themselves free from online stress.



- **Coping up with electronic stress in modern environment:** This paper was presented by Mr. Rahul Dingra and Mr. Deepanshu from Institute of Information technology and management. They talked about coping up with electronic stress in modern environment. Technology is for us and we are not for technology. In present scenario, we are dependent on digital world, so they have suggested different techniques like yoga and meditation that can be helpful for well-being.

After the presentations, the session was concluded by the Prof. Dhananajy Joshi. He applauded the range of knowledge and spectrum of educational field which was included in the papers presented. He ended with question session and resolved the queries of those who were present.

At the end, Ms. Shikha Sharma, Assistant Professor, Gitarattan Institute of Advanced Studies and Training ended the webinar with the vote of thanks.

