

*National Level Workshop*

# “Psychosocial Rehabilitation of Youth A Post Pandemic Measure”

*Organizing committee*

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Vice-Chancellor, TNPESU

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**Registration Link**

<https://forms.gle/Jzpu1SAXixRwpdSGA>



**Rajiv Gandhi National Institute Of  
Youth Development**

(Institution of National Importance by the Act of Parliament No. 35/2012)

Ministry of Youth Affairs & Sports, Government of India

Sriperumbudur - 602 105, Tamil Nadu

&

**Tamil Nadu Physical Education  
and Sports University**

Melakottiyur, Chennai 600127

*Organizes*

**National Level Workshop**

*On*

**“Psychosocial Rehabilitation of Youth  
- A Post Pandemic Measure”**

*Under the Scheme*

*Programmes for Development of Youth through National Institutes /  
Central Universities / State Universities and Affiliated Colleges*

**Date: 17.03.2022 – 19.03.2022 (3 Days) – Offline Mode**

**Venue**

**Tamil Nadu Physical Education and Sports University, Chennai.**

## ABOUT RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT

The Rajiv Gandhi National Institute of Youth Development (rgniyd), Sriperumbudur, Tamil Nadu, is an Institution of National Importance by the Act of Parliament No. 35/2012 under the Ministry of Youth Affairs & Sports, Government of India. The RGNIYD was set up in 1993 under the Societies Registration Act, XXVII of 1975.

The RGNIYD functions as a vital resource centre with its multi-faceted functions of offering academic programmes at Post Graduate level encompassing various dimensions of youth development, engaging in seminal research in the vital areas of youth development and coordinating Training Programmes for state agencies and the officials of youth organisation, besides the Extension and Outreach initiatives across the country.

The Institute functions as a think-tank of the Ministry and premier organization of youth-related activities in the country. As the apex institute at the national level, it works in close cooperation with the NSS, NYKS and other youth organizations in the implementation of training programmes. The Institute is a nodal agency for training youth as a facilitator of youth development activities in rural, urban as also tribal areas.

The RGNIYD serves as a youth observatory and depository in the country thereby embarking on youth surveillance on youth-related issues. It has a wide network with various organizations working for the welfare and development of young people and serves as a mentor.

## ABOUT TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

The Tamil Nadu Physical Education and Sports University established by an act of the government of Tamilnadu in 2004, is unique and the first of its kind in India as an affiliating university, exclusively for physical education and sports.

Vision: "To engage in relentless pursuit of excellence in the promotion and development of Physical Education and Sports through innovative programmes in teaching, coaching, research and outreach activities and evolve a holistic approach to the betterment of human resources through a harmonious blend of body, mind and spirit".

Mission: To develop advanced research facilities and contribute to the body of knowledge through scholarly work and publications, and disseminate the findings to the professionals, faculty and students,

- ★ To facilitate the application of research findings to refine and sharpen the coaching and training techniques in Physical Education and Sports, in matters of common interest and concern
- ★ To establish linkages and networking with national and international specialized agencies and institutions and keep abreast of the latest developments in the field of Physical Education and Sports and
- ★ To support and assist the conduct of State and National level coaching camps in various sports disciplines, spot, nurture and groom the talent for National and International competitions.

**Motto: "EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS"**

## ABOUT THE PROGRAMME

Preceding the COVID-19 pandemic, psychological and social problems among college and university students were already being considered a serious challenge. University life marks a transitional period for students, during which some leave home for the first time, losing the parental supervision and family social support they had been accustomed to; a transition which by itself could result in psychosocial distress. Poor psycho social well being among university students have been associated with poor quality of life, poor sleep quality, and decreased cognitive ability leading to poor academic performance. The emergence of COVID-19 and the attendant measures to curb its spread necessitating lockdown, social distancing and transitioning to online mode of learning may have increased the prevalence of psychological distress among students. Therefore, a program on "**Psychosocial Rehabilitation of Youth – A Post Pandemic Measure**" needs attention to assess, orient and to refresh the students with this rehabilitation program.

## OBJECTIVES OF THE PROGRAM

This national level workshop would like to equip the Colleges and Universities students to focus and entrust the knowledge on the following areas to be implemented to the adolescent and youth student community amidst this Covid 19 post pandemic crisis.

- ▲ Identify the array of psychological impacts COVID-19 has on students
- ▲ Develop profiles to characterize students' anticipated levels of psychological impact during the pandemic,
- ▲ Evaluate potential socio demographic, lifestyle-related, and awareness of people infected with COVID-19 risk factors that could make students more likely to experience these impacts
- ▲ Significance of Psycho social Rehabilitation
- ▲ To teach emotional, cognitive, and social skills that help those diagnosed with mental illness
- ▲ To restore the students quality of life.
- ▲ To improve the mental health status of the students.

## TARGET AUDIENCE

- ▲ Students
- ▲ Research Scholars

## KEY POINTS

- ▲ Last date for registration: 14/03/2022, 5.00 pm. ( Google form)
- ▲ Registration and Workshop Fee is Free
- ▲ The maximum number of seats allotted is 50 participants.
- ▲ The list of shortlisted candidates will be informed on 15/03/ 2022.
- ▲ Faculties & Research Scholars should get prior permission from their Institution.
- ▲ Working Lunch will be provided
- ▲ The programme contains both Theory and Practical sessions