**Celebration of 69th Foundation Day and Webinar**

**Topic of Webinar: Mental Health and Covid-19 Interface**

**Date: 20-09-2020**

**Platform: Google Meet**

**Link: https://meet.google.com/vir-wurg-kut**

Mangaldai College celebrated the 69th Foundation day of the College on 20-09-2020. On this occasion, a Webinar on “Mental Health and Covid-19 Interface” was organized by the IQAC of Mangaldai College. In this webinar Resource person Dr. Mythili Hazarika, Associate Professor of Clinical Psychology, Guwahati Medical College and Haspital delivered a fruitful lecture on maintaining mental health by developing positive attitude during the pandemic. She also provided suggestions to get rid of depression and stress for the participants. Total 59 numbers of participants joined and were benefited by the webinar.