

**St. John's National Academy of Health Sciences  
St. John's College of Nursing, Bangalore, Karnataka**



**International webinar  
on  
Resilience and Coping amidst the Pandemic**

*“With valiance, build resilience”*



**Organized by**

**1st Year M. Sc Nursing (2020 Batch)**

**29.04.2021 and 30.04.2021**

## **Background**

*The world is witnessing an unprecedented catastrophe in the form of the Covid-19 pandemic. In India, the second wave is seeing a rise in the number of positive cases and deaths. Detrimental effects of the pandemic include high rates of transmission, depletion of health care resources, financial hardships, stress and fear of the uncertainty among the public.*

*At the heart of this crisis, the fatigue and psychological burden experienced by the healthcare professionals are impacting the quality of care delivered by them which is a matter of great concern. The emotional exhaustion may lead to medical errors, lack of empathy in treating patients, lower productivity and higher turnover rates. The ability of the healthcare professionals to adequately cope with stressors is important for the patients, their families and themselves.*

*The importance of resilience during this phase cannot be underrated. There is a felt need to enhance capacity building of the healthcare professionals with respect to their ability to cope and build resilience, so as to not compromise quality of care and their quality of life.*

*Hence the organizers have designed this webinar, the aim of which is to enlighten the participants in building resilience and enhance coping.*

*We invite nurse leaders, educators, healthcare professionals and frontline warriors to register and grab this opportunity to strengthen resilience for the larger good as we go ahead with this battle against this unseen enemy.*

## **General Objective**

At the end of this webinar, the participants will be able to gain insight on resilience and coping skills, appreciate the need of resilience in health care providers and incorporate these strategies in their workplace.

## **Specific Objectives**

At the end of the Webinar the participants will be able to:

1. Review the impact of Covid-19 among health care workers.
2. Appreciate the need for resilience.
3. Explore the various strategies to build resilience and coping.
4. Discuss the role of leadership in building resilience.
5. Discuss the role of healthcare workers in building community resilience

**Day 1: 29/04/2021**

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9:30 am -9:45am: Inauguration and Prayer

9:45am-10:15am: Key note address

**Dr. Aravind Kasthuri**

Professor, Department of Community Medicine, SJMC, Bangalore

**10:15am-11:15am**

**Session 1**

<p><b>Impact of covid-19 on health care professionals</b></p> <p><i>“Panel Discussion”</i></p>	<p><b>Panellist</b></p> <p><b>1. Dr. Bhuvana Krishna</b> Professor and Head of Department of Critical Care Medicine, SJMCH, Bangalore</p> <p><b>2. Dr. Phalakshi V Manjrekar</b> Director Nursing, P D Hinduja Hospital, Mumbai</p> <p><b>3. Mrs. Jessica D’Souza</b> Chief Nursing Officer, Global Hospital, Mumbai</p> <p><b>4. Dr. Nitin Yashas</b> Senior Resident, Medical Oncology, Manipal Hospitals, Bangalore</p> <p><b>Moderator: Lt. Col. Prof. Reena Menon</b> Principal, St. John’s College of Nursing, Bangalore</p>
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**11:15am-11:50am**

**Session 2**

<p><b>Need for resilience</b></p> <p><i>“A move for change”</i></p>	<p><b>Resource person</b></p> <p><b>Dr. Olinda Timms</b></p> <p>Adjunct Assistant Professor, Health and Humanities, St. John’s Research Institute, Bangalore</p>
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**11:50am-01:00pm**

**Session 3**

# Scientific Paper Presentation

01:00pm-01:30pm

**Break**

01:30pm-02:10pm

**Session 4**

<p><b>Building resilience</b></p> <p><i>“Perseverance amidst adversity”</i></p>	<p><b>Resource Person</b></p> <p><b>Dr. Bindu Joseph</b></p> <p>Credentialed Mental Health Nurse and Lecturer Federation University, Australia</p>
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**Day 2: 30.04.2021**

9:30am-10:10am

**Session 5**

<p><b>Leadership and Resilience</b></p> <p><i>“Inside the Crucible”</i></p>	<p><b>Resource Person</b></p> <p><b>Dr. Komal Prasad</b></p> <p>Consultant and Head of Department Neurosurgery, Narayana Hrudayalaya, Bangalore</p>
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10:10am-10:50am

**Session 6**

<p><b>Coping Strategies</b></p> <p><i>“Our endeavours so far”</i></p>	<p><b>Resource Person</b></p> <p><b>Dr. Johnson Pradeep</b></p> <p>Associate Professor Department of Psychiatry, SJMCH, Bangalore</p>
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10:50am-11:30am

**Session 7**

<p><b>Roadmap to aid Community Resilience</b></p>	<p><b>Resource Person</b></p> <p><b>Dr. Sheeja P.P</b></p> <p>Lecturer at Western Sydney University, New South Wales, Australia</p>
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11:30am-12:30pm

Session 8

## Scientific Paper Presentation

12:30pm

## Valedictory Programme

➤ **The platform for webinar is Google Meet.**

• **Instruction for Scientific Paper Presentation. -**

- Participants who have conducted research in the field of resilience or any topic related to Covid-19 pandemic are encouraged to submit your abstracts for the scientific paper presentation.
- The time limit for paper presentation will be 10 minutes.
- Participants have to share their abstract to the notified mail by 2pm on 28/04/21.
- The best paper will be awarded with a certificate.

### **Webinar Co-Ordinators**

**Mrs. Daisy Vincent**

Associate Professor,  
Dept. of Medical-Surgical Nursing  
St. John's College of Nursing

**Mrs. Sherin Susan Thomas**

Assistant Professor  
Dept. of Medical-Surgical Nursing  
St. John's College of Nursing

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Or email us: [mscjohnsresilience@gmail.com](mailto:mscjohnsresilience@gmail.com)

The webinar is free of cost for all participants

Participants wishing to receive e-certificate, need to pay Rs. 200/- in the link

To register log on to: [www.stjohns.in/events](http://www.stjohns.in/events)

