



### **Staying Connected During COVID-19: Navigating Remote Work and Social Interaction**

The COVID-19 pandemic dramatically altered our daily lives, forcing us to adapt to new ways of working and socializing. In this report, we delve into the challenges and strategies related to staying connected during these unprecedented times.

This day-long seminar addressed the multidimensional impact of COVID 19 in our life and living. Dr. Nilanjama Bagchi said how before the pandemic, only a small percentage of workers regularly worked from home. However, the shift to remote work became widespread during COVID-19. Thus Online Socializing became need of the hour.

As physical distancing measures were implemented, online socializing became essential. People turned to virtual platforms for social interaction, family gatherings, and even celebrations. Dr. Bagchi addressed the positivity resonance and Mental Health issues related to this form of Online socialising. Staying connected isn't just about technology; it's about emotional bonds. She emphasised on the fact that "positivity resonance" (shared positive emotions) plays a vital role in maintaining mental health during isolation<sup>2</sup>. She further elaborated on the challenges and coping strategies during this difficult time and interacted with all participants and suggested various ways to do the same.

Dr. Partha Bhattacharya spoke about the COVID 19 pandemic and suggested the alertness, awareness required to combat the situation. He also spoke about the necessity of early identification of symptoms and addressing the same.

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