

International Webinar on Covid, Communication and Relationships: A Fresh Perspective

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“I have learnt that communication is key in human relationships. And the lack of it leads to difficulties” says T.M.Melwin Paul, student of I B.Voc. 3D Animation, DDU KAUSHAL Kendra, Loyola College in his response to the International Webinar on Covid, communication and relationships conducted by Dr. Todd Martin, Dean and Associate Professor of Sociology, Trinity Western university, Canada. The webinar organised by the department of KAUSHAL Kendra, Loyola College for its faculty and students on 23 June 2020 was such a food for thought to all the participants.

Dr. Todd Martin’s talk focused more on Covid, stress and relationships and how communication bridges them all. His affirmation that stress is a reality of life and what is critical is that how we respond to a stressor was an eye opener. It presented a very fresh perspective on stress.

Communication Is Important:



Communication is important. But when the entire world is amidst a pandemic, it is tough at times to communicate with people (especially the improvised sections). But Dr. Todd Martin explained different levels of communication, throwing more light on what he called micro communication, i.e. the communication we are supposed to do within our family. His case study about post-war scenario leading to family bonding getting thicker provided a hope among the darkness of the Covid pandemic. How stress influences people positively should really inspire us all.

The highlight of the session was the assertion that even though we are asked to maintain a social distance, technically we are only maintaining a physical distance and should continue to have a social interaction (to tide over this crisis). The entire session was thought provoking in terms of his explanation on coping with stress and the importance of communication during this pandemic.

As Amaljith PV, M.Voc. 3D Animation puts it succinctly, the webinar underscored the "importance of handling stress" during this Covid-19 pandemic and ensuring "smooth communication in relationships," which can apply to your family members, students or the society on the whole.