

National Webinar on “Mental Health and Well-being in Present Times”

WDC organized a one-day National Webinar on “Mental Health and Well-being in Present Times” on 26th September, 2020 with Dr. Neelima Nagpal, Professional Clinical Psychologist as the Resource Person. More than 250 participants attended the webinar. The webinar was introduced by WDC convenor Dr. Kusha Tiwari who introduced the theme and talked about the importance of talking about mental health and well-being during Covid-19 pandemic. She added that since the nationwide lockdown in March 2020 due to Covid-19 in India, everything went online including school and college classes, work, dealings etc. People have not socially interacted in the last six months. Due to these restrictions on physical mobility, people both young, old and children have been facing mental health issues. So, it becomes all the more important there should be open discussions about this. Thus, the significance of the present webinar. After these introductory remarks, Prof. Rabi Narayan Kar welcomed the speaker and emphasized that SLC has been offering free counselling to its students for a long time now and with Covid-19 pandemic, the college is offering free online counselling services through a professional counsellor. He urged the students to avail maximum benefit from this facility.

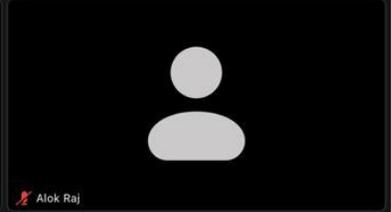
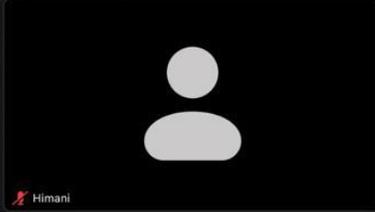
After this, the resource person Dr. Neelima started with talking about mental health issues in the present Covid-19 pandemic and how it is impacting different people differently. Covid-19 pandemic and related social distancing norms have reduced social interactions between people. Dr. Nagpal stated that these restrictions are having negative impact on the physical and mental health of people. She also

emphasized on how mental health should not be ignored and people must be vigilant around these concerns. She further added that social distancing does not mean social isolation. People, who are feeling depressed or isolated, must reach out for professional help. Dr. Nagpal evaluated the pandemic situation and stated that the fear of contracting the virus has brought in significant changes to our daily lives. Many people are affected by the new normal phenomenon of working from home, being unemployed, home-schooling of children, lack of physical contact with friends and family. Thus, it becomes all the more important that people are alert to the early signs of mental discomfort, feeling of isolation leading to depression. Dr. Neelima urged the students to evaluate their own mental health and seek help if required. She talked about issues that might be plaguing young people or students like uncertainty of future, loosing out on friends and college life, loss of loved one due to Covid-19 infection, financial issues at home etc. She concluded by emphasizing how professional counselling ensures mental well-being of people with personal or professional problems.

The students responded positively to the webinar theme and understood the importance of taking care of mental health and well-being. A lot of students in the audience wanted to know how to reach out and when to reach out the counsellors engaged by the college. To this, WDC convenor replied that all the details about the counselling facility are uploaded on the college website for the benefit of the students.

The Webinar ended with concluding remarks from the WDC convenor and vote of thanks to the chair.

Recording... >



Parmanand ...

Poster:



SLC (University of Delhi)
Shyam Lal College

WDC & IQAC
organizes
A Webinar on
Mental Health & Well-Being in Present Times
(Virtual Mode)
On 26th September, 2020 at 11:00 AM
by
Mrs. Neelima Nagpal
Professional Clinical Psychologist

Click to register: <https://forms.gle/XyguPLhdx9A7np8a6>

Dr. Kusha Tiwari
Convenor, WDC, SLC

Prof. Rabi Narayan Kar
Principal, SLC