

A Short Report on :

Webinar on “Mental Health in Times of Pandemic: An Interactive Session with Students”

Organised by Internal Quality Assurance Cell (IQAC) of Brahmananda Keshab Chandra College

Date: 3.7.20;

Time : 11 am onwards

Resource Person: Dr Sarmishtha Chakrabarti Consultant Psychiatrist & Founder Director, Insight Medical Centre

Welcome address : Prof. Papia Chakrabarti (Principal, Brahmananda Keshab Chandra College)

Address by IQAC Coordinator : Dr. Aparajita Nag

Host and Anchor : Dr. Manasi Basu (IQAC Member)

Co-Host And Chair of Interactive Session : Dr. Sangita Gangopadhyay (IQAC Member)

Attendee Participants : 35

COVID-19 has caused everyone to adjust to new circumstances but has created even greater challenges for students of all ages. So, the webinar was arranged to address some of the mental health adjustment issues. The Principal, Prof. Papia Chakrabarti, inaugurated the session speaking on how the spread of Covid-19 and subsequent lockdowns have impacted the mental health of the students and the responsibility of the teachers to reach out to them through the online platforms available to them. Dr. Aparajita Nag, IQAC Coordinator, thanked Dr. Nishi Pulugurtha (IQAC Member) for arranging the session with the speaker. She also thanked Dr. Jayanta Kumar Dwivedi for providing technical assistance.

Dr. Sarmishtha Chakrabarti elaborated upon the cases of *mental depression* that engulfs the students due to the uncertainty and economic instability arising due to the lockdown. She stressed on identifying the symptoms of *clinical depression* and insisted on importance of communication and seeking professional help when need arises. She elaborated on techniques to improve mental hygiene. She patiently interacted with the students during the interactive session encouraging them to communicate their mental health issues and seek mental health when required.

Dr. Sangita Gangopadhyay, thanked all participants and the speaker for such a positive deliberation. Dr. Manasi Basu hosted the zoom platform and anchored the session.

A very positive feedback was recorded from the student participants who considered the session to be motivating and inspiring. Further such sessions with clinical psychologist was recommended.

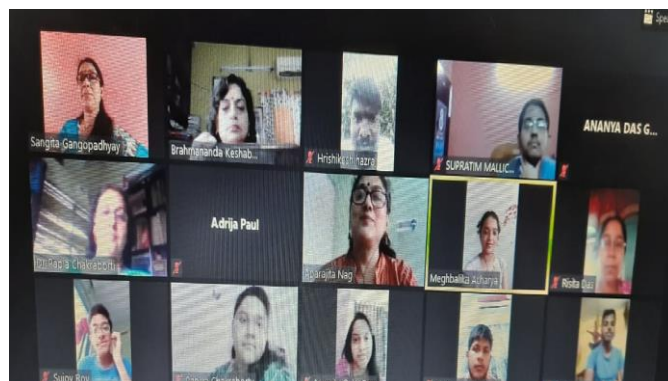
Mental Health in Times of Pandemic: An Interactive Session with Students
organised by
Internal Quality Assurance Cell (IQAC)
Brahmananda Keshab Chandra College
111/2 B.T.Road, Kolkata-108
Date 03.07.20, 11am onwards, Meeting Platform: Zoom

Resource Person:
Dr Sarmishtha Chakrabarti,
Consultant Psychiatrist & Founder Director, Insight Medical Centre

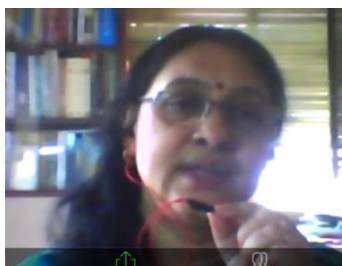
Students are going through an uncertain and tough time due to the present pandemic. In order to address various issues related to mental health, IQAC has taken this initiative where our students can directly interact with the resource person.

Please register in the following link: (registration is open for students of BKC College only) <https://forms.gle/kXB2RfNxbG9zVabE9>

The Banner



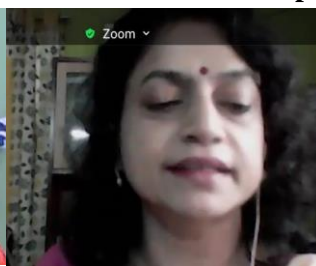
Some participants



Dr Papia Chakraborti
Principal



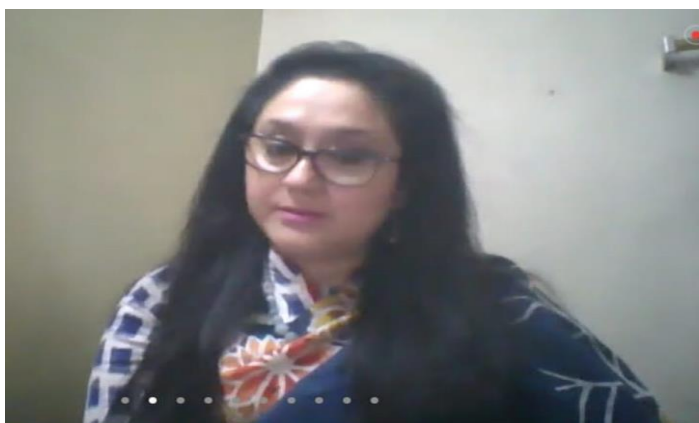
Dr Aparajita Nag
IQAC Coordinator



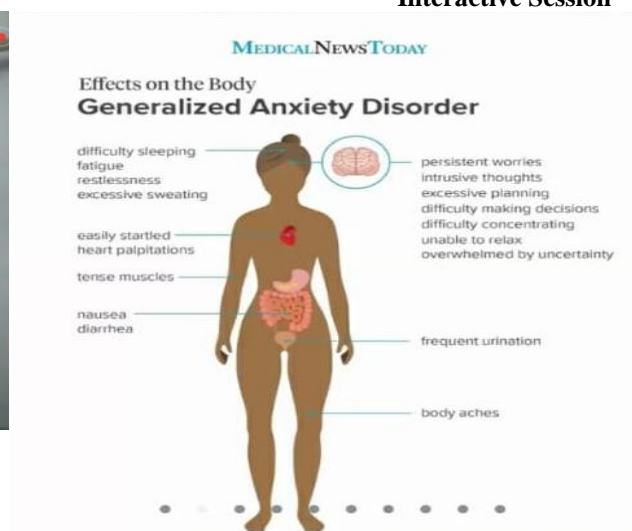
Dr. Manasi Basu
Host and Anchor



Dr. Sangita Gangopadhyay
Co-Host & Chair
Interactive Session



Dr Sarmishtha Chakrabarti
Resource Person



CAUSES OF DEPRESSION

- ❑ GENETIC
- ❑ SOCIOECONOMIC FACTOR
- ❑ LOSS
- ❑ PHYSIOLOGICAL
- ❑ PSYCHOLOGICAL
- ❑ CHEMICAL
- ❑ SUBSTANCES – DRUG AND ALCOHOL

DEPRESSION-IS IT A DISEASE?

- ❑ DEPRESSION IS A DISORDER WHICH CAN BE MILD ,MODERATE AND SEVERE
- ❑ SYMPTOMS
- ❑ LOW MOOD LASTING FOR MORE THAN 1 MONTH
- ❑ ANHEDONIA
- ❑ POOR SLEEP AND APETITE(EXCESSIVE)
- ❑ POOR CONCENTRATION AND ATTENTION
- ❑ HOPELESSNESS AND WORTHLESSNESS
- ❑ SUICIDAL IDEATION AND SELF HARM