

Indraprastha College for Women

University of Delhi

Community Outreach Program

Report on Webinar Series:

Post Covid Care - Physical Health and Mental Health

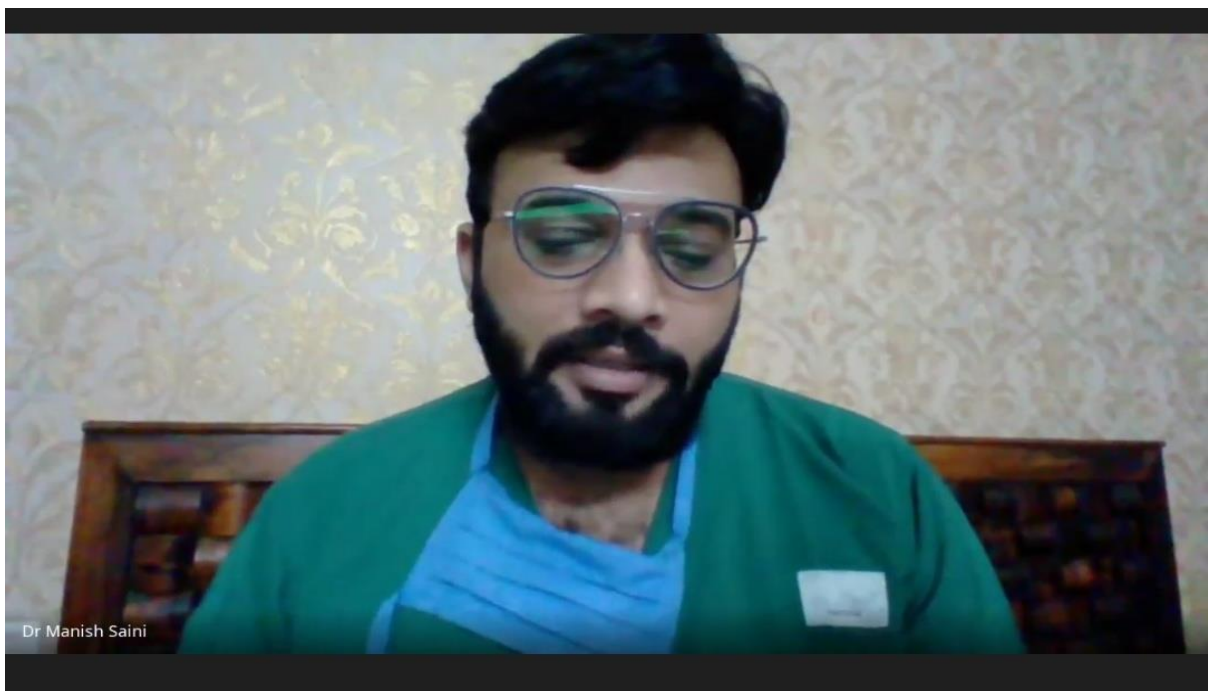
Session-1

Title- COVID: Stay Fit at Home

The Community Outreach Program of Indraprastha College for Women conducted a webinar series on the theme “**Post Covid Care - Physical Health and Mental Health.**” The first session was conducted online on 19.06.2021 on Google Meet platform at 3pm. Considering the fact that the COVID-19 pandemic has substantially reduced our mobility and changed our lifestyle, it has adversely impacted our physical health. The session was organised as a part of special initiative for the teaching faculty and supporting staff of the college who have all been working tirelessly despite such difficult times.

The session commenced with a brief talk on the ways to maintain physical health by Dr. Manish Kumar Saini, Senior Orthopaedic surgeon at Shalby Hospital. This was followed by an interactive Q/A session with the speaker, discussing a wide range of physical health related issues as well as the precautionary measures that one can take to avoid them in the first place. Not only did the speaker responded to the questions but he also offered consultancy to some of the participants towards the end of the session. In addition to this Dr. Saini also offered to provide free consultancy to the staff of Indraprastha College for Women in the future.

Below: Dr. Manish Kumar Saini during the online session.



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Session-2

Title- Bereavement in Stigma Times: Hurdles in Healing and Degrieving

The Second session of the aforementioned webinar series, organized by the Community Outreach Program, Indraprastha College for Women was conducted online on Google Meet platform on 26.06.2021 at 3pm. The pandemic has adversely affected not just the physical but mental health as well. Especially given the state of uncertainty that surrounds the pandemic and the void that the second wave has left in the lives of many, mental health is an important area to be addressed. The second session aimed at seeking expert guidance on this subject.

The session began with a talk by Dr Seema Sharma, a Clinical Psychologist with over two decades of work experience. This was followed by an interactive Q/A session focusing on questions about psychosomatic effects of COVID on patients as well as mental health of caretakers, patients, students and the likes. The session witnessed keen participation by both teachers and students.

Below: Dr Seema Sharma during the online session.



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Session -3

Title- Relationship with Self:

The concluding session of the webinar series, organized by the Community Outreach Program, Indraprastha College for Women was conducted online on Google Meet Platform on 10.07.2021 at 3 pm which was widely attended by students and teachers of the college. Considering the fact that the pandemic has impacted our thoughts with negativity and pessimism, it is important to understand the role of 'self' to help us maintain mental stability during these times.

The third and final session focussed upon the importance of relationship with self first over others in order to stay happy and in tune with self, especially during the pandemic times. In the process the elements of positive psychology such as resilience, happiness, self -worth etc., were also addressed along with their theoretical underpinnings. It was addressed by Dr. Surabhika Maheshwari, Assistant Professor, Department of Psychology, Indraprastha College for Women. She holds expertise in subjects like Positive Psychology, Counselling & Clinical Psychology. This was followed by an interactive Q/A session where students expressed their wish to conduct more such sessions where they could gain an insight into topics like these as they expressed the desire to explore this topic further.

Below: Dr. Surabhika Maheshwari during the online session

