



## Jesus and Mary College

IQAC in collaboration with the Department of Commerce

### Webinar Report

**Topic: “COVID-19 Outbreak: Psycho-social Support to the Youth”**

#### **Speakers**

- **Dr. Alok Mathur** (Additional Deputy Director General in the Directorate General of Health Services, Ministry of Health and Family Welfare, Government of India and focal point for National Mental Health Program and National Program for Palliative Care in the Directorate)
- **Dr. Deepak Kumar** (Head, Department of Psychiatry and Deputy Medical Superintendent, IHBAS, Delhi)
- **Dr. Mina Chandra** (Associate Professor, Department of Psychiatry, ABVIMS)
- **Dr. Vibha Sharma** (Associate Professor, Department of Clinical Psychology, IHBAS)
- **Dr. Y. P. S. Balhara** (Additional Professor of Psychiatry, NDDTC, and Department of Psychiatry, AIIMS, Delhi)
- **Dr. Atreyi Ganguli** (National Professional Officer, WHO country office, India)

**Date:** 10 May 2020

**Time:** 3:00 - 4:30 pm

**Webinar platform used:** Google Meet

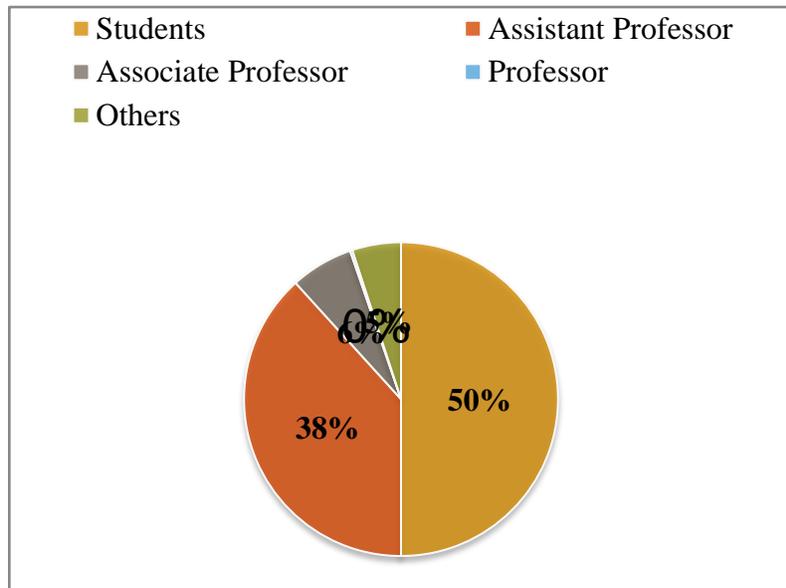
[Click here](#) for YouTube video.

**Registrations:** 429 (of which only 116 were from JMC)

Number of Registered Students: 209

Number of Registered Faculty: 193 (Assistant Professor:160 Associate Professor: 27, Professor: 1,

Others (researchers, lab assistants, schools teachers and other professionals): 28



**Number of participants on Google Meet: 214**

**Number of participants on YouTube: 777 views on YouTube & counting**

### **Organizing Team**

Sr. (Dr.) Rosily T.L. r.j.m. (Patron)  
 Dr. Sunita Kaistha (TIC, Commerce)  
 Dr. Alka Marwaha (Convener, IQAC)  
 Dr. Vibha Mathur (Convener, Webinar)  
 Dr. Rekha Dayal (Co-moderator)  
 Dr. Ameeta Motwani (Co-ordinator)  
 Ms. Monica Soin Chhabra (Member)  
 Ms. Charu Sarin Arora (Member)  
 Ms. Saloni Arora (Member)

### **Webinar Summary**

The webinar “COVID-19 Outbreak: Psycho-Social Support to the Youth” was organized by IQAC in collaboration with the Department of Commerce of Jesus and Mary College on May 10, 2020 at 3:00 pm. The session commenced with the welcome address by Dr. Alka Marwaha, convener IQAC, followed by the introduction of the panelists by Dr. Sunita Kaistha, TIC, Department of Commerce, Jesus and Mary College. The Principal Sr. (Dr.) Rosily addressed the audience and invoked blessings of the Lord. The panel included renowned doctors from various hospitals and institutions

Dr. Alok Mathur, the moderator for the session, and Dr. Rekha Dayal, (Associate Professor, Jesus and Mary College), the co-moderator, were able to evoke a good discussion from the panel by posing pertinent questions eliciting great response from them.

Dr. Mathur initiated the discussion of the webinar by stating that there is no health without mental well-being and that in these testing times, people, especially the youth require a lot of psycho-social aid and psychological interventions. He even advised everyone to stay positive while using creativity as a medium to spread knowledge regarding coronavirus.

Dr. Deepak Kumar lucidly explained the concept of psycho-social support linking the mind to the environment in which we live. According to him emotional wellbeing builds resources internally as well as externally to fight with the conditions prevailing today. He stressed on the curative and preventive aspect of Covid-19. It was discussed how communication is one of the most important needs of human beings, and psycho-social support in the face of adversity is a necessity for one's emotional well-being. Under Dr. Kumar's leadership, his institute IHBAS provides such support to 11 districts in Delhi. Highlighting the importance of tele-counseling services and shelter homes amidst the prevalence of mental health issues, Dr. Kumar said that these were emerging concepts conducive to providing psycho-social support.

Dr. Mina Chandra elaborated on the psychological and social issues and challenges faced during Covid-19. She focused on the problems faced by the youth regarding lost opportunities, uncertainties and anxieties etc. She was of the opinion that acceptance of the global crisis is the key to coping up with it, the youth are resilient and should utilize their time productively & positively. Dr. Chandra also stressed on controlling anxiety & not to become despondent. They are the most important resource and could help in “dissemination of information & charity” to society by volunteering to help the elderly population.

Dr. Vibha Sharma cautioned the young population to not fall in the “why me syndrome”. She asked the youth to accept the anxiety that is there and not to deny or suppress such feelings. It is important to accept that this pandemic is global and so we are not alone in this battle. She brought to the forefront the problem of addiction and felt everyone must restrain oneself from such ills. She stressed on the three L's - Look, Listen & Link, in understanding how we can gauge if someone needs help or intervention.

Dr. Y.P.S Balhara explained how this lock down period where all non-essential services were discontinued led to people having withdrawal symptoms which in cases of alcohol could become life threatening. He admitted that these products like alcohol and tobacco could still be illegally procured from the grey market which was a grave issue. Dr. Mathur added here that almost 22% of the population was addicted to them & therefore the behavioral aspect of addiction became important for study. Dr. Balhara also mentioned that we have to accept that addiction could also be for gaming, internet etc. our indulgence in them shall be contained and a balance worked out.

Dr. Atreyi Ganguli assured the participants that WHO- India was collaborating with the government in fighting Covid-19. She stated that teaching institutions will also have to rub shoulders with the government agencies in this pandemic, according to her psycho social support is important and like a first aid must be administered to people needing it. One should not shy away from reaching out to doctors for the mental health. Since the battle is going to be a long drawn one, she felt, a program for a concerted effort should be chalked out. Dr. Ganguli also stressed on the point that one must listen to the reliable sources of information only.

Dr. Mathur and Dr. Rekha Dayal conducted the question answer session where more than hundred questions were received but due to paucity of time only a few could be raised in the webinar. The issues ranged from anxiety pangs, placement problems, co-existing with Covid-19, the help the youth could give, dealing with the problems of elderly, role of institutions, impact of the new order on youth- to name a few and these were well covered by our panelists and also by Dr. Alok Mathur.

The webinar came to an end with Dr. Vibha Mathur giving a vote of thanks to all the panelists, teachers, students, and participants working behind the making of such webinars during lockdown period and for sparing their valuable time to grace the platform with their presence. E- certificates of participation were given to 101 students and 214 to faculty & other professionals.

**Feedback Summary:** We received feedback from 96 participants of which more than 65% were those not affiliated to Jesus and Mary College. It was encouraging to receive such active participation from all over the country. The feedback was positive. There was appreciation for the choice of topic and line up of speakers. The organizing team was appreciated for its effort and smooth efficiency. The panel discussion was deemed informative, useful and interactive and lively. And several encouraged the team to continue organizing such webinars.



**JESUS AND MARY COLLEGE**  
UNIVERSITY OF DELHI

**Internal Quality Assurance Cell (IQAC)**

in collaboration with  
**Department of Commerce**



Organizes a Webinar on

***Covid-19 outbreak: Psycho-Social support to the Youth***

on

***Sunday, May 10th, 2020 at 3:00-4:30 P.M.***

### Panelists



**Dr. Alok Mathur**  
(Moderator)  
Addl. DDC, Ministry of Health  
and Family Welfare,  
Govt. of India



**Dr. Deepak Kumar**  
Head, Deptt. of Psychiatry and  
Deputy Medical Superintendent,  
IHRAS, Delhi



**Dr. Y.P.S. Balhara**  
Addl. Professor, Deptt. of  
Psychiatry, NIMH and  
AIIMS, New Delhi



**Dr. Mina Chandra**  
Associate Professor, Deptt.  
of Psychiatry, ARVMS and  
Dr. BML Hospital, New Delhi



**Dr. Atreyi Ganguli**  
National Professional  
Officer, WHO India



**Dr. Vibha Sharma**  
Associate Professor, Deptt.  
of Clinical Psychology,  
IHRAS, Delhi



**Dr. Rekha Dayal**  
(Co-Moderator)  
Associate Professor,  
Department of Commerce,  
Jesus and Mary College

**Webinar Platform: Google Meet**  
**Live streaming: YouTube** **and Facebook**

**Principal**  
Dr. (Dr.) Rosily T.L. Iyer

**Head of the Department**  
Dr. Kusia Katiha

**IQAC Co-convener**  
Dr. Rika Sarwaha

**Webinar Co-convener**  
Dr. Vibha Harbur

**REGISTER AT : <https://forms.gle/Qt29FAootvcYLwoeA>**

**Organising Team**

**Faculty**

Dr. Rekha Dayal (Co-Moderator)  
Dr. Ameeta Motwani (Co-ordinator)  
Ms. Monica Soin Chhabra (Member)  
Ms. Charu Sarin Arora (Member)  
Ms. Saloni Arora (Member)

**Students Team**

Ms. Arpita Chawla (President)  
Ms. Shubhangi Aggarwal (Organising Head)  
Ms. Hiral Chawla (Vice President)  
Ms. Fizza Rizvi (Treasurer)

**Technical Support**

Mr. Subhash Pokhriyal  
Mr. Gaurav Varma

**E-Certificates will be given to all participants.**



Some of the comments received on YouTube live streaming have been attached below:

 sakshi yadav Thank You for such a knowledgeable session

 Ruchika Malhotra Thank you for sharing an inspiring learning experience.

 Fairina Qureshi thanks for giving us such a useful knowledge.

 Sameer Maliks Many students who were selected for job positions are now worried that they may won't be getting those positions coz of layoffs and recession. How much do the panelists think this would get possible?

 dimple goyal Do you really think that this covid -19 will have some good impact ?

 Binny Singh thank you for giving such knowledge

 Binny Singh very informative session

 Rao's Rao's very informative webinar

 Priya Paul We have getting some motivation points thanks

 dimple goyal Great to be a part of this session.

 Bhavika Raghuvanshi I am Bhavika raghuvanshi a student of IGDTUW (college) ,thank you so much for such an informative webinar

 PRIYA Yadav Very interactive and informative session and well organized. Thank you so much for providing this opportunity.

 Meena Sawariya Very informative session. Thank you



Sanya Rawat A very knowledgeable session



guptavk2k Thank you for this informative and enlightened session. Khyati Gupta from ramanujan college,DU



komal choudhary Thank you for such a great session.



jstin GUPTA earth is rebooting



Priti Yadav thank you for this informative session



Khushbu Mittal It is suggested that make the best of this time. But many students find themselves unproductive which adds to the anxious behaviour. How do you suggest we remain motivated during such uncertain times?



Fairina Qureshi I'm feeling glad hearing Rekha mam after so many days 😊



Sanya Rawat A very knowledgeable session



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-  Sanya Rawat Very useful info
-  Navya Tandon very useful info
-  Sonali Sharma very useful information respected sir and ma'am.
-  Stefiya Thomas very useful ma'am
-  Akshay Kapoor How can we get certificate
-  Jasmine Sharma very useful information
-  Fairina Qureshi how can I manage my sleep routine as before mam?
-  Rao's Rao's nice information
-  sneha mathew Thank You for such an informative session.
-  raj kumar very right ma'am
-  Vanshika Jain very informative

-  Parthi Suri Thank You for this amazing and informative session
-  Sanya Rawat Thank you for the informative session
-  Jatin Gupta everyone views are supereb
-  Gurneet Kaur thanks for the session
-  Binny Singh views are superb
-  Binny Singh thank you everyone
-  Charu Bajaj thanks for the session
-  Priti Yadav thank you for the session
-  Sanya Rawat thank you for the webinar
-  Sonali Sharma thanku for the webinar .

