

Department of Psychology, Gargi College

Wellness Series- Webinars on Mental Health Care During COVID 19

The March of 2020 caught us all off-guard as we started grappling with our new reality. COVID-19 brought in a lot of uncertainty and fear for all of us as we didn't know what to do or how long the situation would last. Despite the challenges, we at the *Department* felt it was our responsibility to create a platform that would help in deciphering the notion of wellness, and acquiring relevant skills to navigate the difficulties posed by the pandemic. In alignment with the WHO (2020) objective towards better mental health care during COVID-19, the idea of the wellness series was initiated by our *Department*.

The objective of the wellness series was to provide some concrete answers to the uncertainty and mental health issues that COVID-19 had brought forth in our lives with the help of well-known subject matter experts in the field. **The series was started in May 2020 and continued till July 2021 to help and support the community.**

Invited Experts:

<i>Date</i>	<i>Topic</i>	<i>Invited Experts</i>
15 th May 2020	<i>Being connected in the times of COVID 19</i>	Dr. Amit Sen (Psychiatrist, New Delhi).
18 th May 2022	<i>Coping strategies for dealing with anxiety & uncertainty during the pandemic</i>	Ms. Rajita Ramachandran (Rational Emotive Behaviour Therapist, Mumbai).
20 th May 2020	<i>Helping People Matter: Strategies for improving wellbeing in the COVID 19 era</i>	Prof. Issac Prilleltensky (University of Miami, USA)
07 th June, 2021	<i>Managing stress and anxiety during COVID</i>	<i>Prof. M.Manjula & Dr. Sharad Philip, NIMHANS, Bengaluru, Karnataka</i>

14 th June, 2021	<i>Dealing with grief and loss</i>	<i>Prof.M.Manjula & Dr.Sharad Philip, NIMHANS, Bengaluru, Karnataka</i>
22 nd June, 2021	<i>Grace under pressure: Exploring fear & courage with Non- violent Communication (NVC)</i>	<i>Ms. Manasi Saxena, en Compassion, New Delhi</i>
28 th June, 2021	<i>Self-transformation through spiritual growth</i>	<i>Dr. Sanjay Mahalingam,Sri Sathya Sai Institute of Higher Learning, Puttaparthi, Andhra Pradesh</i>
5 th July, 2021	<i>Strengthening intergenerational relations in the present and in a post-coronial world</i>	<i>Dr. Nandita Chaudhary, Consultant psychologist and ex-Associate Professor, Lady Irwin College, University of Delhi, New Delhi</i>
12 th July, 2021	<i>Mental health considerations among young adults during the COVID-19 pandemic</i>	<i>Dr. Avantika Bhatia, Ashoka University, Sonipat, Haryana</i>

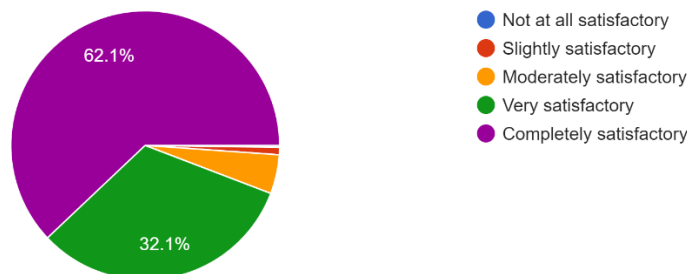
Participants- The wellness series was in all attended by 2000 participants from all over India in the year 2020. The 2021 cycle also saw a lot of enthusiastic participation from all the departments.

Feedback- All the talks and interactions were extremely beneficial as reflected in the structured feedback that was sought from the participants post the workshop. In addition, we also received several emails besides the feedback that helped us plan more in the series for the next year.

Feedback for the Wellness Series (2020)

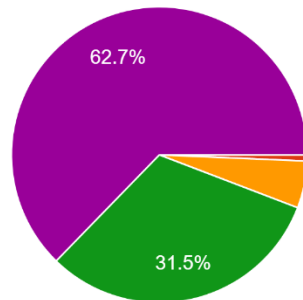
Did you find the registration and joining process easy enough?

448 responses



Did you find the topic relevant to the times?

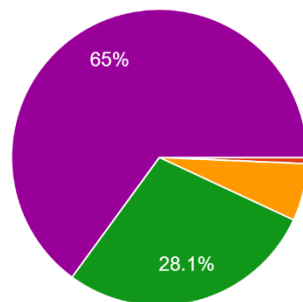
448 responses



- Not at all satisfactory
- Slightly satisfactory
- Moderately satisfactory
- Very satisfactory
- Completely satisfactory

Did you find the speaker knowledgeable and clear in communication?

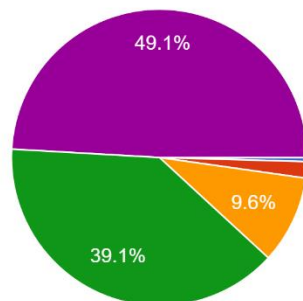
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Were your questions answered satisfactorily, given the time constraints?

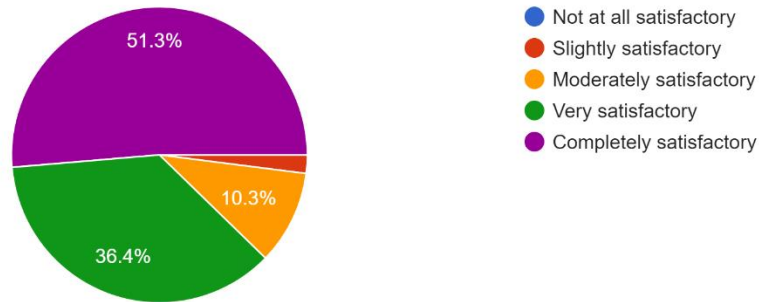
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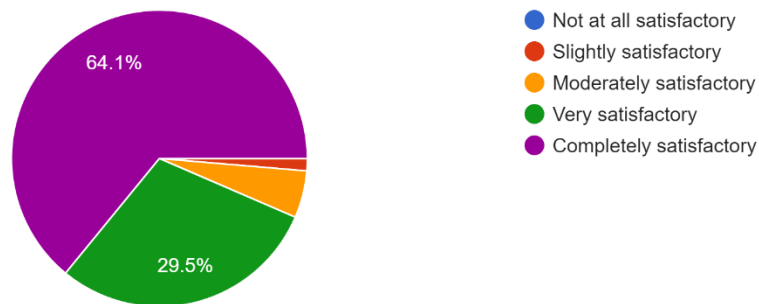
Will this session help you in the longer run to deal with COVID-19?

448 responses



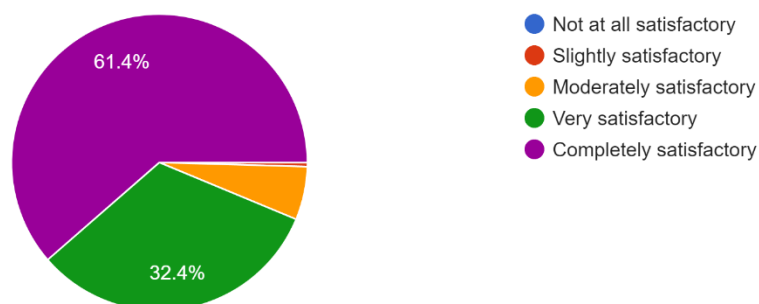
Are you likely to recommend similar events to others in the future?

448 responses



How much would you rate your overall experience?

448 responses



Any other suggestions/remarks /comments

No
Excellent

None

Excellent

Very informative session

Wonderful session

I would really appreciate if there could be more webinars organized during this tough time. I am thankful to Team Gargi for organizing such great webinars. Thank you so much and keep up the good work.

NA

Excellent session. Being a participant I am thankful to the webinar of Gargi college and suggest for such valuable session in future.

Very Informative session

It was a great experience, these series of webinars. Looking forward to more such informative sessions.

Thanks

Highly informative session. Looking forward for more webinars like this one in future.

Will be looking forward for more such events I would like to suggest a topic.... Covid19 and depression anxiety

Wonderful sessions thank you for arranging it. do arrange more in future

Thank you all :)

Fantasy series! Kudos. You've set the bar highest, of all psychology webinars these days.

The third talk in the webinar series was the most appropriate and enlightening. He imparted specific knowledge and strategies. Appreciate the effort he put into the ppt as well

Well organized

Really good session and speaker. Very much to the point. I thoroughly enjoyed the session.

Everything was Excellent.

Worth attending it

Am v thankful to the speaker....v well articulated, tightly packed ideas and well developed humane, relevant concepts

A very well organized and nicely articulated Webinar with good speakers and extremely relevant information. Thank you so much for this enriching experience

Very informative it make us understand overall well-being and physical well-being presentation was wonderful

It was Overall Wonderful, Knowledgeable and so Informative Series (all 3 Parts/Sessions), now waiting for further more webinars in future.. Thank You! :HIMANSHU VERMA Counselling

Psychologist Uttrakhand (India) hellohimanshu111@gmail.com

Good

Sir Issac is very good speaker, he has depth of knowledge, indeed. Thank you gargi college for conducting 3 back to back webinars.

It was a privilege being a part of this series. I am very grateful to Gargi College and the faculty for organizing the series and imparting awareness and knowledge to cope up with the ongoing crisis.

After attending the whole series, I feel much informed and enlightened regarding the enhancement of psychological well-being of one's own self as well as the people around. Thankyou :)

Give new dimensions to understand

These were wonderful sessions, giving a new definition to the life during this pandemic. My heartfelt regards to team Gargi and best wishes for good and healthy well being. Thank you.

He mentioned Indian cases too and formulate all psychological issues in personal level

Please give information about next webinar

Speaker was very knowledgeable in the field and very patient. Attending the session was a very rewarding experience

A very enlightening experience! Lucid explanations without compromising on the relevancy of the content! Wonderful resource person, a wonderful initiative by your department = A very happy and glad learner of the community.

Covid related conference of research study presentation

Amazing webinar , really knowledgeable

It was a very enriching and informative session. The psychology department of Gargi has always conducted such mesmerizing sessions and I really miss the department and thank all the professors for organizing such valuable webinars. Looking forward to more such sessions. Regards,

Yashaushwani

Very informative webinar

Request the department for organizing a few more of such lectures. Some of the ideas that the professor shared appeared so useful for practical life. I hope that in non covid times we can arrange to have the entire webinar broadcasted for all the students. Currently the IA and the practical exam is a major source of stress for all the students

Very well managed n organised in a well thought out manner. The resource person spoke in very easy n relatable manner which must have been very interesting for all other listeners as well. I congratulate the whole team of teachers n students who come up with such a relevant series. Thank you

Very enriching sessions. Many congratulations to the whole team. My special greetings and regards to Rizvi Ma'am. Was a pleasure to meet and hear her at NAOP, Pondicherry. Knew that she would definitely bring the best sessions for us. Looking forward to many more such sessions. conduct of this webinar is very good.

Very interesting and informative

Very nice webinar

The speaker's way to taught was very good and easy to understand. The topics covered were very useful and helpful especially the value one.

Amazing session thanks for allowing outsiders to share this please do keep me on the mailing list would love to attend such sessions kudos to your entire team at Gargi...somehow missed the first session would an upload be there somewhere? Regards Antara antara.dave@gmail.com