



Mahatma Gandhi Shati Smarak Mahavidyalay Garua Maksoodpur, Ghazipur



Webinar on Maintaining mental health and wellbeing during Covid 19

Report

On March 02, 2021, the Department of Psychology organized a Webinar on “Webinar on Maintaining mental health and wellbeing during Covid 19” at Mahatma Gandhi Shati Smarak Mahavidyalaya Garua Maksudpur, Ghazipur. The webinar began with the opening address of the Principal Mr. Sushil Tiwari. Mr. Ramesh Kumar was the key guest speaker. Respective faculty members of the college participated in this seminar through the Zoom platform. The college students also made their active presence on this Zoom platform.

The declaration of the new Coronavirus disease by the WHO as a pandemic has taken the world by storm. The consequential uncertainty and sudden lifestyle changes have created waves of confusion, anxiety and psychological distress across the globe. Besides taking preventive measures for optimum physical health, emphasis on mental well-being is also crucial for building good physical immunity, and resilience and promoting a healthy mind and body functioning. In this consideration, the webinar is organized to address the various mental health issues and challenges one might be facing. The period of lockdown can be considered one of the largest natural psychological experiments on peoples’ mental health, with a great probability of mental health issues being on the rise, during and after the lockdown phase. Therefore, there is a dire need to assess the challenges in the mental health scenario, create awareness and provide help to those in need to better equip one with techniques and tips for building both physical and psychological resilience for the ongoing crisis.

Mr. Nitesh Pandey added that how with practicing yoga one can stay focused. He also stated that yoga helps in combatting anxiety, despair, and a sense of loneliness. At the end webinar was concluded by Mr. Umashankar by passing a vote of thanks.



Mahatma Gandhi Shati Smarak Mahavidyalaya
Garua, Maksoodpur, Ghazipur

Webinar
on
**“Maintaining Mental Health and
Wellbeing during Covid 19”**

Date: 02.03.2021



प्राचार्य
महात्मा गांधी शती स्मारक महाविद्यालय
गरुआ, मकसूदपुर-गाजीपुर