

DR. BABASAHEB AMBEDKAR TECHNOLOGICAL UNIVERSITY

WORKSHOP ON MENTAL HEALTH DURING COVID-19



Jointly with



JD COLLEGE OF ENGINEERING & MANAGEMENT, Nagpur

ON

'Maintaining Mental Health During Turbulence'

(From : 06th May to 10th May 2020)

DBATU jointly with JDCEM have designed and planned a workshop on mental health care of students and society in general. The experts for the workshop are from the National Institute of repute and in-house faculties. The workshop will be followed by the interaction with teachers and question answer session.

- **Abstract:** World Health Organization (WHO) stated that there is a high risk of COVID-19 spreading to other countries around the world. In March 2020, WHO made the assessment that COVID-19 can be characterized as a pandemic. WHO also suggested supporting mental and psychosocial well-being in different target groups during the outbreak. It's been largely observed that people are developing various mental health disorders due to this unannounced calamity. There comes a need to create mental health awareness among our teachers, who are at the center of educational eco-system. With increased mental health awareness comes more support and care for our students to tackle this turbulence.

Effective emergency response suggested by WHO

WHO endorsed interagency mental health and psychosocial support guidelines for an effective response to emergencies recommend services at a number of levels – from basic services to clinical care. Clinical care for mental health should be provided by or under the supervision of mental health specialists such as psychologists or psychiatrists.

- ✓ **Community self-help and social support** should be strengthened, for example by creating or re-establishing community groups in which members solve problems collaboratively and engage in activities such as emergency relief or learning new skills, while ensuring the involvement of people who are vulnerable and marginalized, including people with mental disorders.
- ✓ **Psychological first aid** offers first-line emotional and practical support to people experiencing acute distress due to a recent event and should be made available by field workers, including health staff, teachers or trained volunteers.
- ✓ **Basic clinical mental health care** covering priority conditions (e.g. depression, psychotic disorders, epilepsy, alcohol and substance abuse) should be provided at every health-care facility by trained and supervised general health staff.

- ✓ **Psychological interventions** (e.g. problem-solving interventions, group interpersonal therapy, interventions based on the principles of cognitive-behavioral therapy) for people impaired by prolonged distress should be offered by specialists or by trained and supervised community workers in the health and social sector.
- ✓ **Protecting and promoting the rights** of people with severe mental health conditions and psychosocial disabilities is especially critical in humanitarian emergencies. This includes visiting, monitoring and supporting people at psychiatric facilities and residential homes.
- ✓ **Links and referral mechanisms** need to be established between mental health specialists, general health-care providers, community-based support and other services (e.g. colleges, social services and emergency relief services such as those providing food, water and housing/shelter).

- **Target Group:** University Teachers.
- **Proposed Speakers :**

S N	Name	Designation/Qualification
1	Dr. Shraddha Dhiwal	Asst. Professor (Psychology) NCERT, New Delhi
2	Dr. Shalini Dixit	Asst. Professor (Psychology) NIAS, IISC, Bangalore
3	Dr. Aparna Kapoor	IIT, Kanpur. Psychologist: Waldorf kindergarten teacher, Mumbai
4	Prof. Vivek Tripathi	Asst. Professor (Psychology) Indian Military Academy, Dehradun
5	Dr. Tulika Pandey	Asst. Professor (Psychology) Psychotherapist

- **Action plan:**

One and Half hour online webinar each, followed by Question answer session by experts.

Time : 03 pm to 4.30 pm

Date	Name	Topic
6 th May	Dr. Shalini Dixit	Trust in social behavior during and after Pandemic
7 th May	Dr. Shraddha Dhiwal	Managing Career aspirations and wellbeing
8 th May	Dr. Tulika Pandey	Handling emotions through cognitive techniques
9 th May	Dr. Aparna Kapoor	Finding gifts in these chaotic times: creating a holistic being
10 th May	Prof. Vivek Tripathi	Stress Management

- **Expected Outcome:**

1. The target audience will get the awareness of mental health issues and concerns.
2. The teachers would be able to understand the problematic behavior patterns of students and would be able to offer first-line emotional and practical support to them.
3. They will be able to enhance their own wellbeing.