

Proceedings

Event: International webinar on “Mental Health and Well Being during Pandemic and Post Covid-19”

Organizer: IQAC Cell, G.H.G Khalsa College of Education, Gurusar Sadhar

Date: July 7-8, 2020

Organizing Committee:

Patron: Dr. Pargat Singh Garcha (Principal)

Members of organizing Committee:

- **Dr. Manu Chadha (Associate prof.)**
- **Dr. Jasbir Kaur (Asst. Prof.)**
- **Dr. Ramandeep Kaur Sidhu (Asst. Prof.)**
- **Mr. Gurpartap Singh Gill (Asst. Prof.)**

Resource Persons for the Webinar:

- **Dr. Shruti Shourie, Associate Prof., Dept. of Psychology, D.A.V College, Chandigarh**
- **Ms. Chetanpreet Kaur, Asst. Prof. Dept. of Public Administration, D.A.V College, Chandigarh**
- **Ms. Jasleen Kaur, Clinical Dietitian, South Africa**
- **Dr. Manu Chadha ,Associate prof., G.H.G Khalsa College of Education, Gurusar Sadhar**

Day 1

The day one of the webinar began with a brief introduction of the webinar and the resource persons of the day by Dr. Manu Chadha. This was followed by seeking heavenly blessings in the form of College Shabad. Dr. Pargat Singh Garcha formally welcomed the resource persons of the day and reflected on the theme of the webinar.

Dr. Shruti Shourie started her presentation on a positive note by saying that “Don’t cancel the year that woke you up.” While elaborating on the theme of the webinar, she shared that 80% of our sufferings are internal in the form of anxiety, fear and depression and only 20% are external.

Ma’am, very beautifully described the acronym of “PERMA” which stands for positive emotions, engagement, relationships, meaning and accomplishments. Dr. Shruti gave very useful tips to avoid negative emotions in life. The tips she gave include 6-3-9 sequence of breathing, focusing on the best things in life and changing negative emotions into positive emotions. While taking about E of PERMA, which stands for engagement, she said that “To remain engaged is really mandatory for sound mental health.” We can keep ourselves engaged by doing exercise, singing, playing instrument and listening deeply to others in order to connect with them.

Dr. Shruti talked at length about the characteristics of good relationships, which includes empathy, compassion, forgiveness, kindness etc.

Ma’am discussed about the importance of strong relationships by saying that strong relationships by saying that strong relationships could change our thought process, impact our choices and motives and above all change the way our brain respond to pain and fear.

Ma’am elaborated upon the meaning which is M of the acronym PARMA and said that one must always try to add meaning to its life and we all should think about things which really have some meaning for us. For adding meaning to one’s life one must explore the purpose of his/ her life and for this one could follow Personal Improvement Plan.

While focusing on A of PERMA which stands for Accomplishment, Dr. Shruti said that “A sense of accomplishment is an essential aspect of positive living, flourishing and happiness. We must acknowledge ourselves for every little accomplishment that we do in our life.

Dr. Shourie suggested that one should not bottle up his/her emotions and if he or she needs help in this regard, they must seek help of others as **SEEKING HELP IS A SIGN OF STRENGTH**”.

Dr. Shruti ended her presentation by suggesting that “one must always take a daily dose of PERMA to ensure good physical and mental health.”

Session 2

The second session of the day one of the webinar was equally energetic. Ms. Chetanpreet Kaur Nilon, Asst. Prof. Dept. of Public Administration, D.A.V College, Chandigarh was the resource person for the second session of the webinar. She deliberated on the theme “Well- being during Pandemic and Post Pandemic –Physical Health and Life Style.

Ms. Chetanpreet Kaur started her presentation by saying that the uncertainty due to the pandemic of Covid-19 has given rise to panic among people and this panic is impacting the mental and physical health of people an adverse manner. Further she elaborated upon the various adverse effects of Covid-19 on our lifestyle, where she described that it has altered our daily routine. It has also altered the sleep and dietary patterns of the people. It has given rise to the sedentary life style among the people which is characterized by low energy levels, restricted growth and locomotor function.

On the other hand she also described the Covid-19 as a good pause in everybody'd life from the hectic daily schedule. Ms. Chetanpreet Kaur also threw light on some coping strategies to remain healthy in this period of Covid-19, where she discussed the importance of laughter therapy, meditation and the golden rule of Relax, Breathe and stretch. She ended her presentation on a suggestive note by saying that the best way to make this pandemic productive is to unlearn and then learn.

Day 2

In the first session of the day two of the webinar, Ms. Jasleen Kaur, Clinical Dietitian, South Africa, presented her views on “Emotional Well Being and Mindful Eating”. She started her presentation by emphasizing that we should keep our focus on Mindful eating. She further said that mental health and nutrition are linked with each other. What we eat determines what we feel, act and behave.

She further elaborated that Mindful eating is an approach to food that focuses on individual's sensory awareness of the food and their experience of the food. While giving a comparative view of the Mindless and Mindful eating, Ms. Jasleen said that while eating we should focus on meal and avoid distractions. One should enjoy ever food but in moderation. By eating in a mindful

manner, one becomes more aware of what he or she eats and eats more healthy and balanced meal. She also suggested that before buying any food item one should decode the food label on it and look for the various ingredients that are contained in the particular food item. In the end Ms. Jasleen gave some useful tips on Mindful Eating like one should always prefer seasonal food and keep a stock of dry food items. One must look for the various ways to cook food in an interesting manner and use leftover food in preparing various nutritive cuisines.

In the second session Dr. Manu Chadha (Associate Prof.) from the host college gave an insightful presentation on the topic “Well Being at workplace”. She, in her presentation discussed the various causes of stress at workplace which include long working hours with no break, unrealistic expectations, lone working, poor internal communication, job insecurity and poorly managed changes at workplace etc. She further expounded on why we need to generate or improve employee health behavior and said that “wellbeing will help people adopt and maintain healthy behaviors. It will reduce health care costs and decrease absenteeism.

In her presentation she also discussed about the role of Principals and HOD’s in promoting wellbeing among employees. For this she said that they should get senior leaders on board and raise awareness of mental health and wellbeing among its employees. They should involve their staff members in dialogues and decision making. For appreciating the efforts of employees, the Principals and HOD’s could give them a handwritten thank you note or an employee of month award could be conferred upon them. They should create a positive emotional environment that supports wellbeing among the employees and must encourage and support a culture of teamwork, collaboration and information sharing. In the end she said that “We must remember that we are children of God and He will never let us drown. What He only asks is to keep our thoughts positive.”

