

MADHAV INSTITUTE OF TECHNOLOGY & SCIENCE, GWALIOR

(A Govt. Aided UGC Autonomous & NAAC Accredited Institute Affiliated to RGPV, Bhopal)

GIRLS GRIEVANCE CELL

Date: 10.05.2021

Report

The Girls Grievance Cell organized a workshop on “**Stress During Covid and Its Management**”- **Let’s Talk** on 2/05/21 in online mode via Google meet.

Number of registrations: 160

Number of attendees: 75

The workshop commenced with warm greetings of participants by the Gender Warriors. **Dr. Anshu Chaturvedi**, Chairperson, Girls Grievance Cell then welcomed the subject expert **Mr. Nand Kumar Singh**. Mr Nand Kumar Singh is a visionary whose papers have been published in multiple international and national journals, who has successfully conducted multiple seminars and chaired many such sessions. He completed his Ph.D. in psychiatric social works from Ranchi Institute of Neuro psychiatry and applied science, with and experience of 18 years , He is currently working as an **assistant professor at department of psychiatry Gwalior mansik arogyashala**.

Objectives to ensure:

- Understanding the causes of stress in this pandemic
- Getting a wider perspective of pandemic situation
- Understanding psychological impact of lockdown
- Development of solutions to overcome covid stress
- Not Criminalizing covid positive patients and making students understand that even though they are infection carriers they are still humans
- How to Constructively use this time of lockdown
- Educating students about the social impacts like food shortage and unemployment
- To learn the skill of narrowing down the news to important and real news

Outcomes:

After the workshop the participants would be able to

- Acknowledge how to overcome stress and improve mental health

- Appreciate a positive environment, family time, good health and healthy food
- Recognize the negative social aspects and learning how to help the community
- Motivate the students to initialize conversations among peers, friends and family
- Increase awareness about the negative effects of increased screen time

Mr. Nand Kumar Singh started his session by addressing the current situation of covid and emphasized on maintaining a routine and healthy lifestyle. He motivated students and made them understand that this horrific situation will soon come to an end. He pointed out common mental traumas and symptoms of stress like fatigue, mood swings, irritability and pounding of heart due to anxiety. This made students aware of their problems so that they can work on them effectively.

He also briefly talked about the sources of stress in today's time. How we all are under constant pressure of something or the other. How we can not control situations and outcomes of something that we are working on. How, sometimes we can feel overwhelmed by our work and need a change. All of these sources were discussed and solutions were given to the students by Mr. Kumar. He made students understand that some things just can not be controlled and since they are living in a competitive world its okay to feel a little overwhelmed sometimes.

The next part of the workshop was a question and answer session with the speaker. He had direct conversations with students who had queries and helped them counter their issues. Common issue that came up multiple times was about negative news coming from all the directions. He then explained how to filter positive news and how to distinguish between fake and real ones. Some other major issues were disturbed sleep schedule of students and excessive screen time. Mr. Nand kumar emphasized on how this can be solved by socializing online during breaks of college and having a routine which ensures waking up early and exercising. He concluded the session after solving each and every query of students and wishing them good health in this time of crisis.



Dr. Anshu Chaturvedi

Chairperson

Girls Grievance Cell