

## **Minutes of the Webinar**

Sankalp Sahodaya South West Chapter organized a Webinar on the topic, “**Dialogue on Mental Health for Holistic Wellness during the Pandemic**’ held on May 19,2021. The Speaker for the webinar was Dr. Rachna K. Singh, Director of Mind Body Studio, HOD Holistic Medicine & Wellness @ Artemis Hospital. Gurgaon. The webinar was on Zoom platform and was live on facebook. This informative webinar was attended by the school Principals, teachers, students and parents.

With a help of informative slide share Dr. Rachna guided and motivated the audience.

- ❖ The Speaker reminded everyone that the 1<sup>st</sup> wave of the Pandemic was not that bad and it took only 48 hours to adopt and adapt the situation. Please rather labeled that time as the family time and everyone unleashed their creative persona.
- ❖ People fought with the 1<sup>st</sup> wave with great positivity. They started meeting with their family members on zoom calls and were well connected with each other.
- ❖ She said the 2<sup>nd</sup> wave of the Pandemic is more depressing and grimmer. Now people are sad and they are convinced that this tough time is not going to be over soon. Now people are

depressed and are in constant feeling of fear anxiety and gloominess.

- ❖ Everyone is in grief and there are man-made factors which add to our agony. Our Modern Life Style, leads us to stress, obesity, and many more illnesses. Multi-tasking, negative attitude and constant hopelessness and fear of losing our loved ones put us in the vicious circle.
- ❖ She further reiterated that now the dimension of wellness has been changed. Earlier it used to deal with Mind, Body and Soul but now it deals with spiritual, emotional social, environmental, physical and intellectual areas.
- ❖ An overview of common responses to Stress was discussed in detail that how Behavioural Symptoms, Somatic Symptoms, Cognitive Symptoms look like.
- ❖ She advised to approach **ABS Strategy – Awareness, Balance Control to** combat the stress.
- ❖ Many tips were given to maintain a positive mental health in today's time:
  - Fix your routine

- Declutter your space and thoughts
- Indulge in physical exercise
- Indulge in positive activities
- Build a strong support structure.
- Keeping saying and believing positive affirmations.
- ❖ At the end the Speaker encouraged all the attendees to try and keep their cup full with positivity, and by voicing out gratitude and counting your blessings.
- ❖ She further shared about the Mind and Wellness App. Which contains very beneficial information and everyone can take benefits from this App.

The vote of thanks was proposed by Ms. Sudha Sadangi, Head of School, ShreeRam World School.