

**Green Heaven Institute of Management and Research, Nagpur**

**Webinar on  
Mental Health and Well Being during Pandemic COVID-19  
16.05.2020**

The COVID-19 pandemic means that many of us are staying at home and doing less in terms of social interactions and exercise. This can have a negative effect on our physical and mental health. The new realities of working from home, temporary unemployment, attending online classes, and lack of social contact with friends and colleagues brings mental and physical stress among students as well staff. In order to deal with these changes in life style a **Webinar on “Mental Health and Well Being during Pandemic COVID-19”** was conducted on **16.05.2020**. The resource person, **Dr. Kailash Sahare, Founder and President of Institute of Mental Health, Research and Rehabilitation, Nagpur** explained the importance of Purposeful and Rational Thinking to adjust with the changing environment. Speaking about management of anxiety, social isolation, unemployment and fear of getting infected he stressed that one should use their time judiciously in some productive work such as, writing Autobiographies i.e experiential Learning, and upgrading oneself by learning new skills.

Dr. Sahare put forth that it is important for all to take care of their health in this crisis situation. Following a discipline life and acting as per the norms laid down by national and local authorities is a must for all. Citing few live examples Dr. Sahare asked the participants to make a Situational Analysis and understand the things which are under our control and those beyond our control. This would enable one to design coping strategies for the situation.

Answering to students queries Dr. Sahare advised students to use this lock down period for upgrading their skills and register for certification courses. In order to overcome the impact of the virus, Dr. Sahare advised students to lead a healthy life style and be physically and mentally fit and healthy.

