



2020-2021

Name of the Department/Society: **National Service Scheme**

Name of the Event **64**: Mental health during Covid 19

Date of the Event: 18th May, 2021

The months following the onset of 'Covid-19' have witnessed an increase in the cases of deteriorating mental health. When mental health is affected, naturally, a person's decision making capacity suffers, leading to overthinking and worrying about the future. This is evident by the fact that students have been affected the worst. On 18th May 2021, the NSS DU Helpdesk Counselling and Awareness Team conducted a webinar on 'Mental health during Covid-19', in order to create awareness and sensitivity about the importance of good mental health.

The speaker for the session was Ms Simone Kaul. She enlightened the audience about 'common mental health issues' faced by the people in recent times. Various statistics were presented by the speaker to emphasize the seriousness of the issue at hand. Furthermore, the attendees were educated with defensive tools for combating and preventing an ailing mental health like self-care, seeking outside help and limiting access to social media.

The session came to an end with vote of thanks to the speaker and the audience. It was a fruitful experience with around 100 people benefitting from the provided information.

COMMON ISSUES DURING COVID-19:

1) Fear of Illness	4) Family Stress and Tension
2) Isolation	5) Reactivation of prior trauma related symptoms
3) Financial Stressors	6) Struggles with managing other medical problems

one Kaul's screen