

Prasanta Chandra Mahalanobis Mahavidyalaya



(Accredited by NAAC)

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An International- Level online seminar

On

“Managing Mental Health & Emotional Wellbeing during COVID 19”

Organized By IQAC,

Prasanta Chandra Mahalanobis Mahavidyalaya

in collaboration with

Living Mind, Mental Health Practice,

based in London, United Kingdom.

Date: 18.06.2020

Time: 3.00 p.m.

Venue: Zoom Meeting

Number of Participants: 57 (Including Teachers, Students, All Faculties)

Name and Designation of Resource Person(s): Dr. Arghya Sarkhel, MB BS, FRCPsych, DPM, MSc Neuroscience, Consultant Psychiatrist, special interest in TMS, Founder Director of Living Mind, Mental Health Practice.

Organizing Committee: IQAC, Prasanta Chandra Mahalanobis Mahavidyalaya in collaboration with Living Mind, Mental Health Practice, based in London, United Kingdom.

Brief Report: The Internal Quality Assurance Cell (IQAC), Prasanta Chandra Mahalanobis Mahavidyalaya in association with the Office of the Controller General of Patents, Designs & Trade Marks Department for Promotion of Industry and Internal Trade Ministry of Commerce and Industry, GoI organized an international-level online seminar titled “Managing Mental Health & Emotional Wellbeing during COVID 19” on 18th June 2020 via Zoom, 3:00 pm onwards.

The webinar began with a welcome address by Dr Shyamal Karmakar, Former Principal of Prasanta Chandra Mahalanobis Mahavidyalaya. Dr Alpana Ray, head of the IQAC welcomed all with a short note.

Dr Arghya Sarkhel, MB BS, FRCPsych, DPM, MSc Neuroscience, Consultant Psychiatrist, special interest in TMS, Founder Director of Living Mind, Mental Health Practice, emphasised the heightened importance of mental health during the pandemic. He highlighted the WHO's definition of health, which includes complete physical, mental, and social wellbeing. Dr Sarkhel explained that mental health is as crucial as physical health, impacting our emotions, thoughts, and behaviours, and is essential for our functioning.

Dr Sarkhel discussed the causes and symptoms of mental health issues, particularly focusing on managing anxiety and the fear of uncertainty during the Covid-19 period. He recommended a mix of self-help techniques and professional assistance, including rTMS treatment, a drug-free option. He also shared positive lifestyle changes to maintain good mental health. The session concluded with an engaging Q&A round with advice for people during such a challenging period.

The webinar was well attended by faculty, scholars, and students from various institutions. 57 people attended the webinar. The webinar ended with a vote of thanks by Dr. Alpana Roy, IQAC coordinator of the college. Faculties of the computer science department were present throughout for technical support.

The benefits of the seminar are as follows:

- **Increased Awareness of Mental Health:** The seminar underscored the critical importance of mental health, particularly during the pandemic, and highlighted its equal significance to physical health.
- **Practical Strategies for Managing Anxiety:** Attendees gained valuable insights into managing anxiety and fear of uncertainty through a mix of self-help techniques and professional treatments, including drug-free options like rTMS.
- **Engaging and Interactive Learning:** The lively Q&A session allowed participants to engage directly with Dr Sarkhel, clarifying doubts and gaining deeper understanding through interactive discussion.



The banner features a dark blue background with a stylized green and yellow flower on the left. At the top left is a circular logo of the university. The text is centered and reads: 'An International Webinar on : **Managing Mental Health & Emotional Well-being during COVID 19** Is being organised by : **IQAC, PRASANTA CHANDRA MAHALANOBIS MAHAVIDYALAYA** III/3 B.T ROAD BON-HOOGLY KOLKATA- 700108 (AFFILIATED TO WEST BENGAL STATE UNIVERSITY) DATE : 18TH JUNE 2020 TIME : 3 TO 4 PM (IST) NO REGISTRATION FEE IS REQUIRED E-CERTIFICATES WILL BE GIVEN (PLEASE REGISTER 15 MINS BEFORE) Our Guest Speaker of the Day : Dr.Arghya Sarkhel, Consultant Psychiatrist and Founder Director of Living Mind, London,UK (www.livingmind.co.uk) For any query contact us at

Banner of the Seminar



Dr Shyama Karmakar, Principal