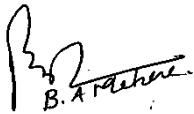# Dr.Ambedkar College,Deekshabhoomi,Nagpur

Notice

Social outreach cell, Dr.Ambedkar College, Deekshabhoomi, Nagpur is conducting a guest lecture through online mode on the topic- **Mental Health issues during COVID- 19 for Women** on 5th June 2021. The guest speaker for the lecture is Dr.Priti Giripunje, Psychiatrist, Owner-Treat Me Hospital, Wardha Road,Nagpur.
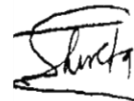
Date-01-06-2021

Mode – online (Google meet)

Link: https://meet.google.com/gcn-jxsf-rok

Time-5.00pm to 6.00pm

Principal of the college   Cell-coordinator

Dr.B.A.Mehere   Mrs.ShwetaParanjape

Webinar

ON

Mental Health issues during Covid 19 for women

Organised by

Social Outreach Cell, Dr. Ambedkar College,Deekshabhoomi, Nagpur

Date: 5ᵗʰ June, 2021

REPORT

Social Outreach Cell has organized a guest lecture on "Mental Health Issues during Covid 19 for Women" from 5:00 pm to 6:00 pm on 5ᵗʰ June, 2021 via Google Meet for all the women.. The speaker was Dr. Priti Giripinje, Psychiatrist, Owner-Treat Me Hospital, Wardha Road, Nagpur.

The year 2020-21 has been more than just a year; it's a feeling. There has been an overload of news around us and it has been nothing but overwhelming just absorbing and accepting it. A profound shock to our societies and economies, the COVID-19 pandemic underscores society's reliance on women both on the front line and at home, while simultaneously exposing structural inequalities across every sphere, from health to the economy, security to social protection. In times of crisis, when resources are strained and institutional capacity is limited, women and girls face disproportionate impacts with far reaching consequences that are only further amplified in contexts of fragility, conflict, and emergencies.
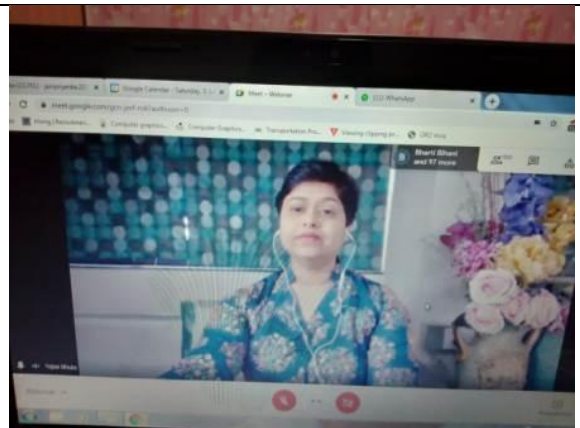
So, to put a focus in all these aspects, the speaker discussed about the measures and remedies to cope up with stress and fear by focusing on things you can control. She also pointed as to how we can keep ourselves both physically and mentally active, eating healthy, healthy parenting and staying home during this period of confinement. This lecture helped the audience understand that responding to the pandemic is not just about rectifying long-standing inequalities, but also about building a resilient world in the interest of everyone with women at the centre of recovery.

The webinar was coordinated and hosted by Mrs. Priyanka Soitkar, under the able guidance of Mrs. Shweta Paranjape, Co-Ordianator, Social Outreach Cell. Total of **150** students were present .The welcome address was given by respected Principle Mam **Dr. Mrs. B.A.Mehere.** Other members of the Cell Mrs. Shama Khan, Mr. Pradip Hirapure, Ms. Swati Chimurkar, Ms. Rohini Meshram also attended the session. Other department faculties, teaching and non teaching also attended the session.
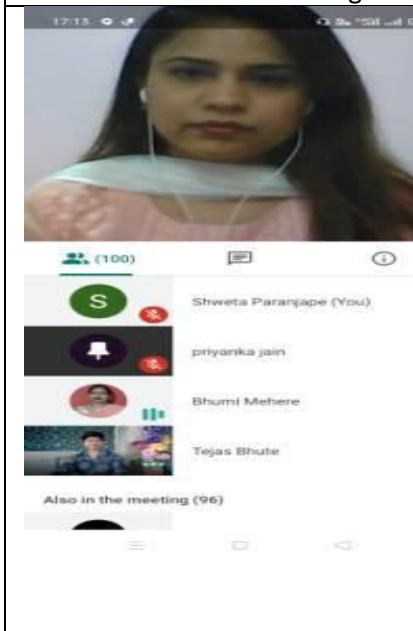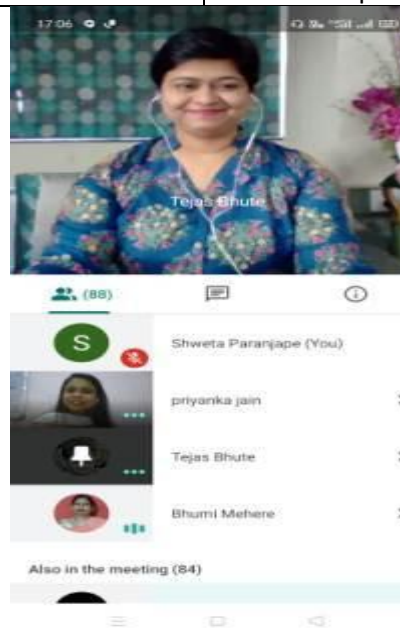
GLIMPSES OF THE WEBINAR
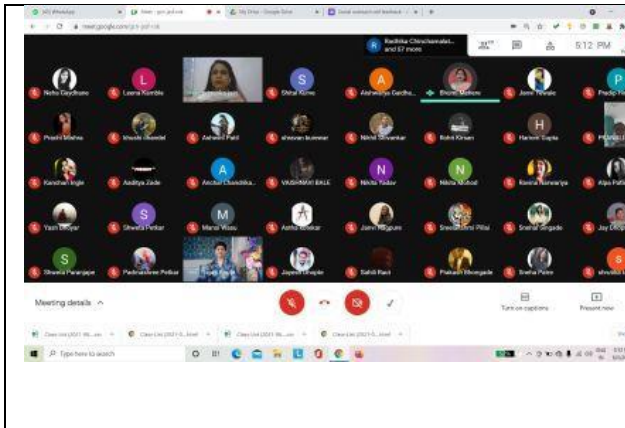
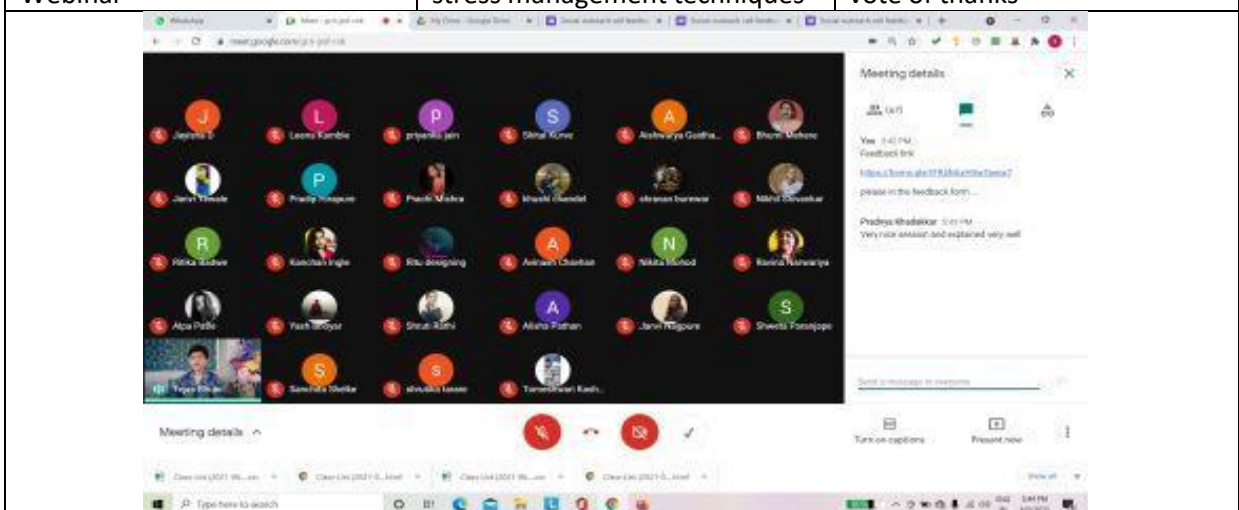|	
Webinar conducted on Google Meet	Dr. Priti Giripunje delivering the webinar

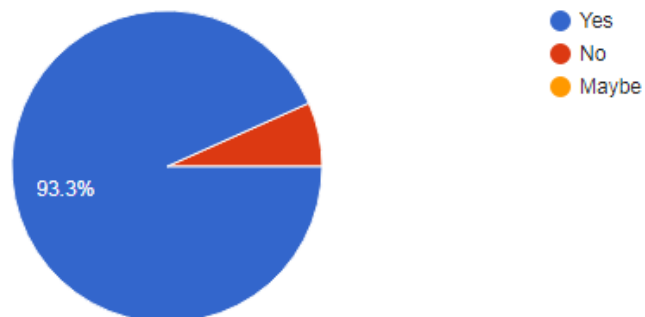|		
Priyanka Soitkar Comparing the Webinar	Mam discussing about various stress management techniques	Swati Chimurkar Mam giving vote of thanks

Feedback link provided to the audience
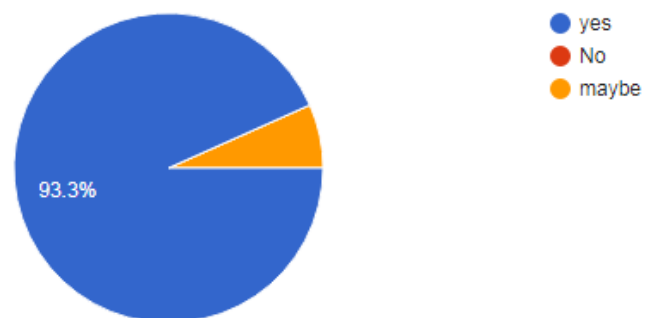
Feedback of the session -summary
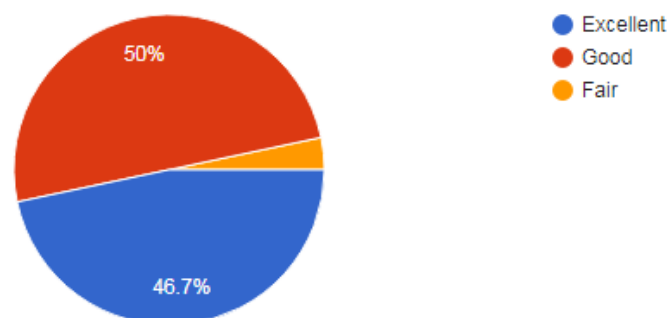
1. Was the Webinar useful ?

30 responses

- Yes
- No
- Maybe

93.3%

2. Was the the content of webinar clear and easy to understand

30 responses

- yes
- No
- maybe

93.3%

3. Rate the webinar based on the content delivered.

30 responses

- Excellent
- Good
- Fair

50%

46.7%

4. What percentage of information was new to you?

30 responses

- 100%
- 75%
- 50%
- 25%

26.7%
10%
43.3%
20%
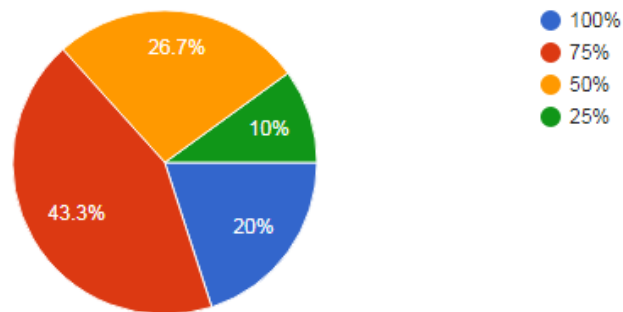
5. How did the session compare to your expectations?

30 responses

- Excellent
- Good
- Fair
- Poor

53.3%
43.3%
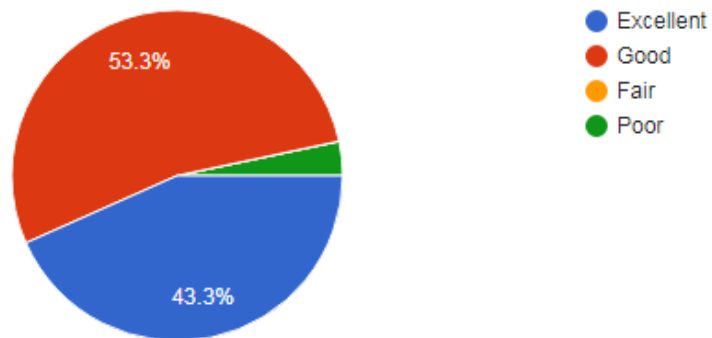
6. Overall session evaluaution

30 responses

- Excellent
- Good
- Fair
- Poor

53.3%

Excellent
13 (43.3%)
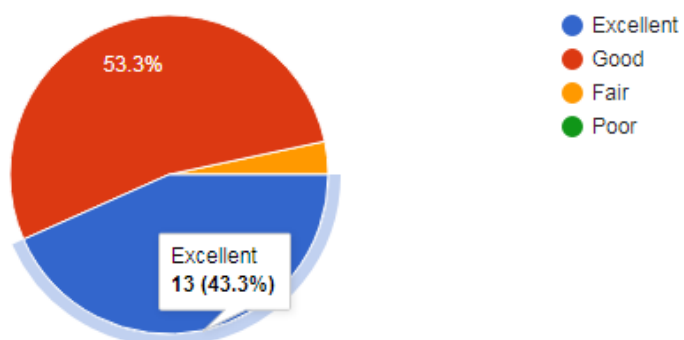
Suggestions given by the attendees about the webinar

4. Any suggestion that you would have liked? If yes, please specify

30 responses

No

No suggestions

No

Nope

Yes that we must not keep negativity with us.

Very well explained by mam

-

Good seminar

Found it useful

No.. everything was perfectly good ..thanks for the session

Kindly add some kind of innotive ideas and activities so that young generation could attract towards more positivity and prevent itself from negetiveness in alone time or hard time.

Information is good

Thanks to preeti mam for refreshing all the doubts nd also for giving a great guidence

all information that was provided

No I don't want to suggest anything
Its very informative session..

Excellent work of spreading awareness in this pandemic situation keep doing it ma'am □

No suggestions. It was a good webinar.

****************************** THANK YOU******************************