

REPORT ON WEBINAR

ROLE OF TEACHERS IN ENSURING MENTAL HEALTH OF STUDENTS

DURING THE LOCKDOWN

2nd May, 2020

The Internal Quality Assurance Cell (IQAC) of Sri Guru Nanak Dev Khalsa College organised a webinar on the topic **Role of Teachers in Ensuring Mental Health of Students during the Lockdown on 2nd May, 2020**.

The webinar was conducted by **Dr. Renu Kishore**, a well-known psychologist who recently retired as Associate Professor from the Department of Psychology, Daulat Ram College, University of Delhi. It was a great success with a huge participation from colleges across the country.

The webinar began with a welcome note by Dr. Neeta Dhingra, following which Dr. Renu Kishore began her presentation on the role of teachers in the psychological well-being of students.

Dr. Renu highlighted that in the present unprecedented scenario, with complete disruption of routines, every individual is impacted in a different way. The lockdown has led to psycho-social upheavals, stress, frustration and mental health concerns.

Major concerns of students during the lockdown are uncertainty about the future, mood swings, lack of motivation to study, lack of privacy at home, peer relationship issues, lack of exercise and excessive screen usage. Students away from home face multiple challenges.

Dr. Kishore advised teachers to avoid preaching, moralizing or criticizing and listen to students with empathy and a non-judgemental attitude. Teachers should guide students to follow a daily schedule which include adequate time for studies, housework, exercise, entertainment and bonding with family. Students should prepare short term and long term targets.

She later discussed a few real life examples which were relatable for many. The program concluded with an interactive session where the audience raised their queries.

The programme ended with vote of thanks by Dr. Neeta Dhingra.