

Workshop on Psychological Health

A two days online workshop on Psychological Health and Academics during Covid 19 Pandemic was organized by the Student Counselling Cell of the institute on 29th and 30th April 2021. The workshop was inaugurated at the hands of Principal Dr. B. T. Jadhav. In inaugural address Principal Dr. B. T. Jadhav advised all the teachers to find the opportunities in this pandemic and enrich their knowledge and experience by reading or pursuing the hobbies.

In first session the resource person Dr. Vilas Padhye, Head of Psychology Department, Elphinston College, Mumbai delivered his talk on the topic “Effect of Covid 19 Pandemic on Psychology of College Teachers”. He focused on the three realms of mental health - Physical, Emotional and Spritual and also highlighted the change in education pattern from physical to online and teachers adapted to “Teaching from home” concept. The fact that new technology and the virtual world has given rise to many new psychological problems in the teaching fraternity. Dr Padhye advised that we have to accept these changes in the positive spirit and then only we will be able to make our students come to terms with this drastic change in Indian Education Scenario. Dr. Padhye cited examples wherein how we teachers can use the online platform to bring out the hidden skills of the students by engaging the students in assignments which need to be submitted in the video or audio format. His advice to all was that rather than being skeptical about this whole situation we need to focus on the silver lining.

The second session was conducted by Ms. Parnavi Devi, psychological consultant in which she focused on the psychological health of students in the current Pandemic situation. The students have been facing the maximum uncertainty be it in the form of conduction of exams, results or attending the classes. The online teaching has brought new challenges for the students in the form of best network provider, economical net packages and managing their time in the virtual world. She advised all the students to be manage their screen time and content and also enforced the need of physical exercises and relaxation methods for a sound mental health. She highlighted of the importance of sleep, of communication with friends and family for the students in these times. She also focused that students should stay from cognitive distortions or negative emotions which might result in psychological complications in the long run.

The third session was conducted on 30th April by Dr. Hamid Dabholkar, a well-known psychiatrist. He focused his talk on “Mind and Mental Health”. In his talk he focused on the understanding of mind and how it functions in different situations. He also focused on how one can train the mind to stay healthy and not succumb to difficult situations. How one can be mentally strong and not fall into depression and anxiety. He focused on how taking expert advice from counsellors or psychiatrist should not be taken in the wrong spirit. A timely counselling session can prevent many mental health complications in future. A strong mind can find solutions in the toughest situations which is the need of the times.

All the three sessions were very informative and thought provoking. 299 participants were benefitted by the three sessions. The two day workshop was concluded by the encouraging words of Vice- principal Dr. V. Y. Deshpande whose words of praise added to the purpose of the workshop. The workshop was very effectively anchored by Ms. Tejaswi Ulharkar. The entire Counselling Cell under the leadership of Dr. Sanyogita Wadikar successfully conducted the workshop which focused on giving a positive attitude to both faculty and students.

