**Report: Webinar on "Mental Health and Stress Management"**

**Date and Time: 24-June-2021 at 6:00 p.m.**

**Platform: Zoom**

**Audience: Faculty from various colleges, medical professionals and students of St. Edmund's College, Shillong**

The Department of Computer Science conducted a webinar entitled "Mental Health and Stress Management" on 24th June, 2021, in collaboration with IQAC, SEC, under DBT Star College Scheme. The keynote speaker for the webinar was Dr. Dida Khonglah, MBBS, MD(Psych), SAN-KER Center for Mental Health and Neurology, Shillong.

The program began with a welcome address from Dr. S. Nagi (HOD, Computer Science), followed by a speech from the Principal, Dr. S. Lamare. Both stressed on the importance of mental health for general well-being, and the Principal noted that there is a stigma associated with people suffering from mental illness, especially by the local population.

The resource person started the discussion with a definition of mental health, stating that it was inclusive of emotional, psychological and social well-being. She shared a study that projects India as a country having a large population with depression. Anxiety and depression disorder affect many people but more often than not, they are unaware of its cause. Although anxiety is an evolutionary trait that helps us tackle difficult situations, the degree to which it manifests should be closely observed. Cyberchondria and suicidal ideation are real threats and in many cases, professional help is required. If the problem persists and escalates, medication maybe required to control and cure patient. The speaker opined that it is unfortunate that depression has been glamourised in movies and tv shows which should not be the case. The pandemic we are currently going through has exacerbated the situation for everyone and with most young adults being socially active, it has greatly affected them due to the restrictions and lockdowns imposed. Modifying one's thought process by turning something negative to that which is positive allows for a person be cope better with the situation at hand. Stress is another dimension that affects mental health and the resource person stated that people can take practical, proactive steps to mitigate this problem by being mindful and practice deep breathing. Quick polls on the participants' view of mental health, common stressors in daily life, willingness to speak to a professional and how they deal with stress were taken to have a real-time feedback for the resource person.

After the talk was completed, the resource person took questions from the participants. A number of questions were asked which made this section of the program very engaging. Questions on anxiety, panic attacks, depression in children, spirituality and mental health, hereditary of mental health were ably answered by the resource person.

Dr. Nagi and Dr. Lamare then gave their concluding remarks and noted that the resource person was successful in engaging the audience with her discussion and the sheer volume of questions received from the participants cemented it. Mrs. P. Thapa, faculty member in the Dept. of Computer Science, delivered the vote of thanks and the webinar was then declared closed by the program's host.

It was attended by faculty from various colleges, medical professionals from the Health Department (Govt. of Meghalaya), MIMHANS, Jowai Civil Hospital, NEIGRIHMS, and students of the college from various

departments and disciplines. A total of 220 people registered for the webinar, 156 people attended it and 114 people filled the feedback form making them eligible for an e-certificate.

**Screenshots of the webinar:**
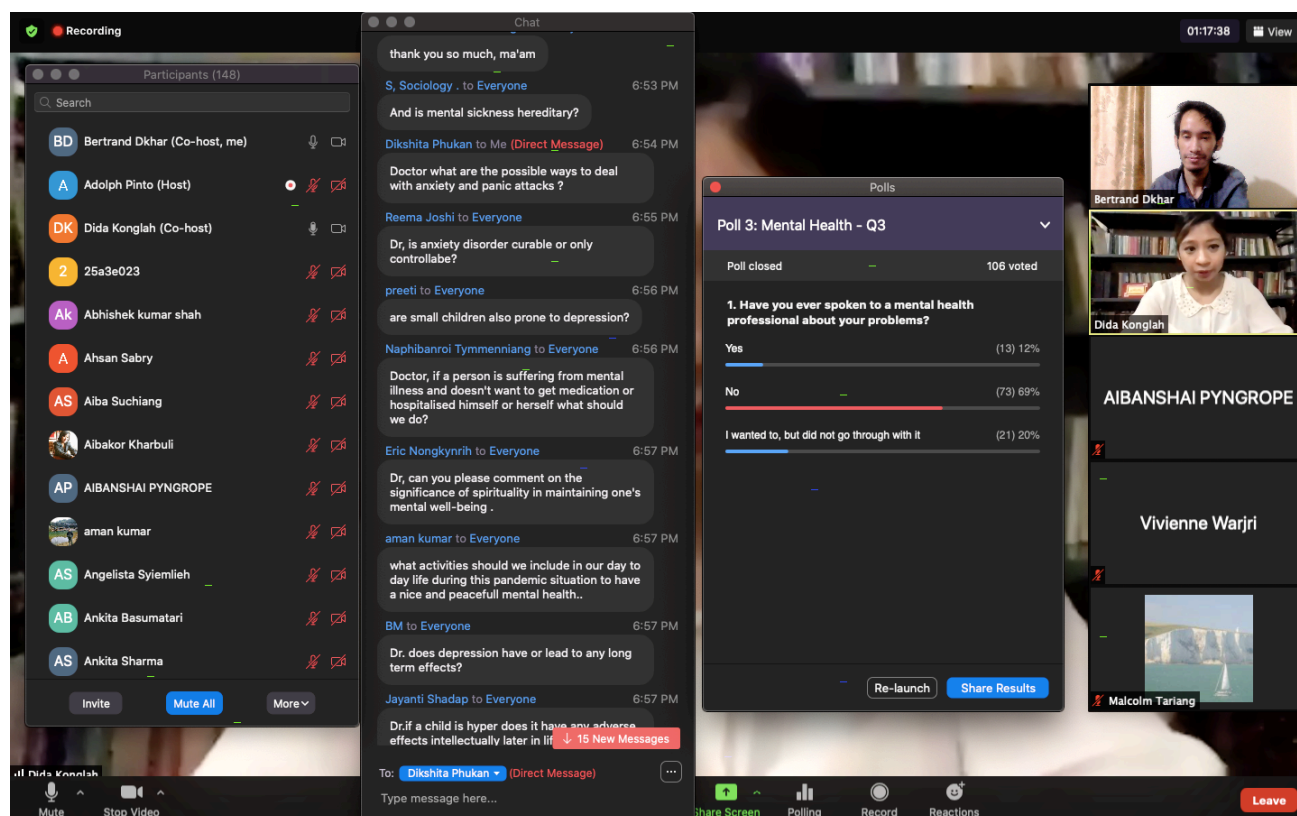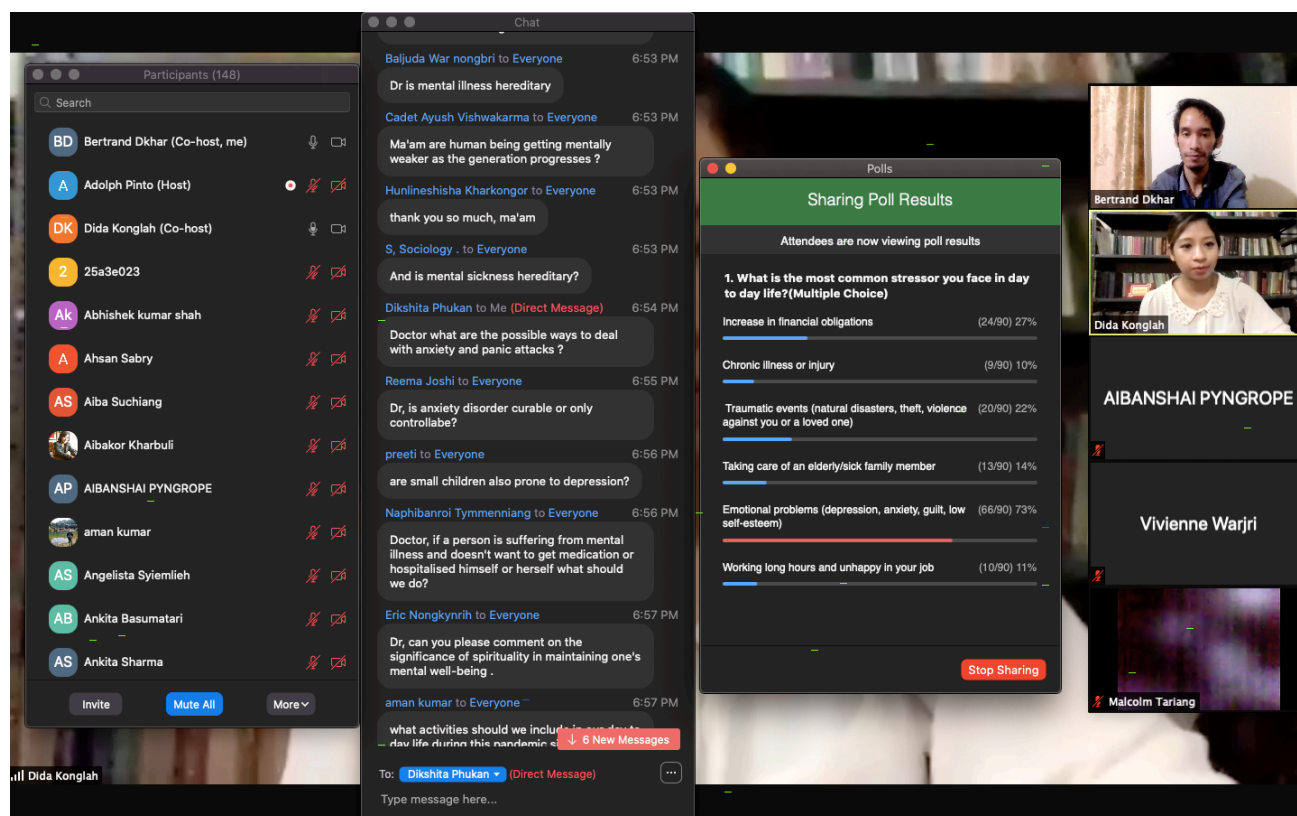
Attendee Feedback from Webinar on "**Mental Health and Stress Management**", organised by Department of Computer Science, St. Edmund's College, in collaboration with IQAC, SEC, under DBT Star College Scheme.
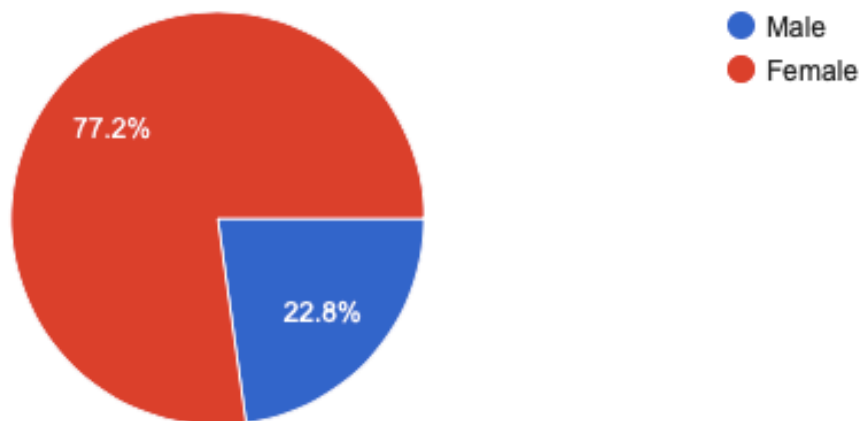
Date: 24th June, 2021
Time: 6:00 p.m.
Platform: Zoom
Resource Person: Dr. Dida Khonglah, MBBS, MD(Psych)
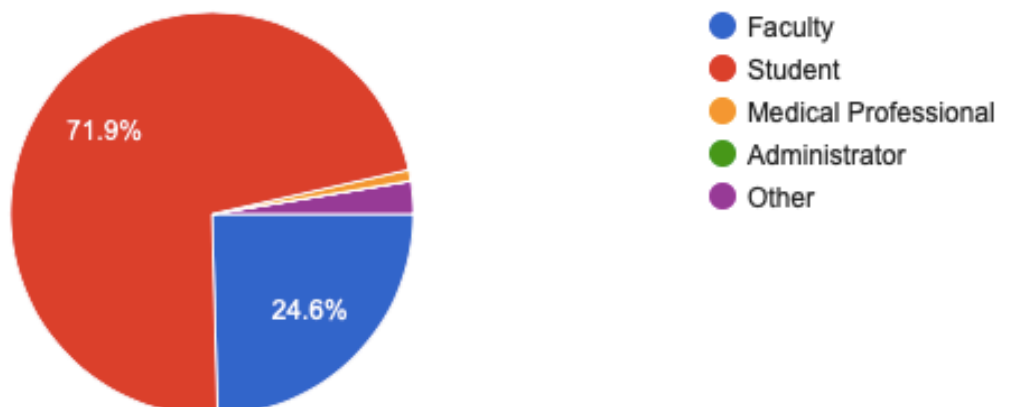
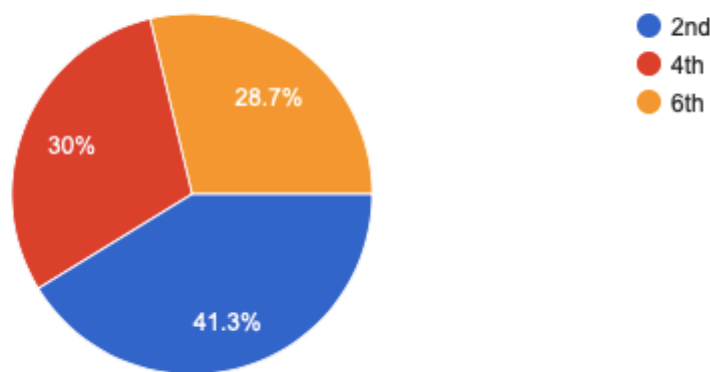## Attendee Information

### Gender

114 responses



- Male
- Female

77.2%

22.8%

### Participant Type

114 responses



- Faculty
- Student
- Medical Professional
- Administrator
- Other

71.9%

24.6%

## Semester (student only)

80 responses



- 2nd
- 4th
- 6th

2nd — 41.3%
4th — 30%
6th — 28.7%

## Was the topic of the awareness program relevant?

114 responses



- 1: 0 (0%)
- 2: 0 (0%)
- 3: 4 (3.5%)
- 4: 11 (9.6%)
- 5: 99 (86.8%)
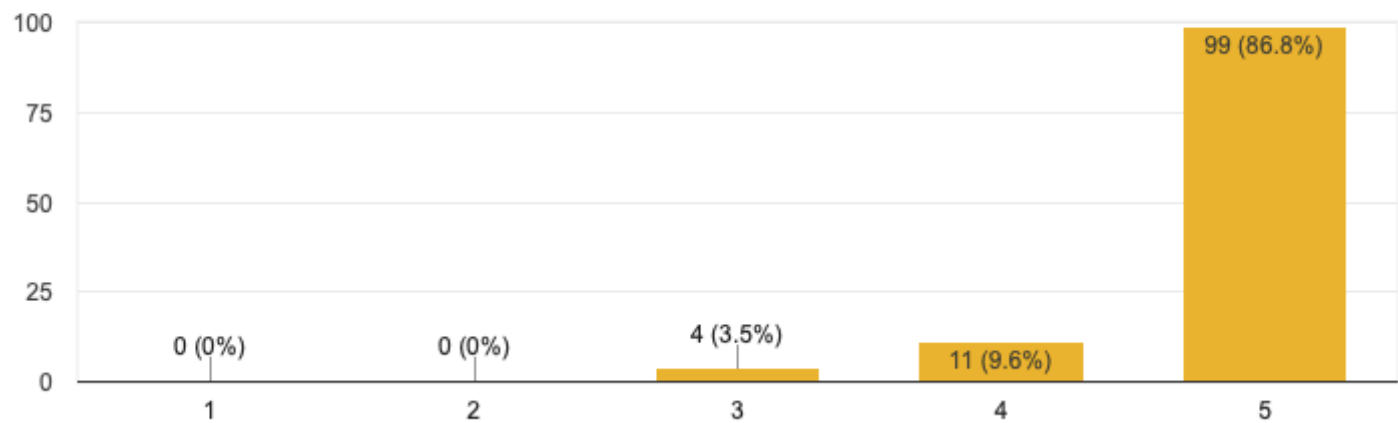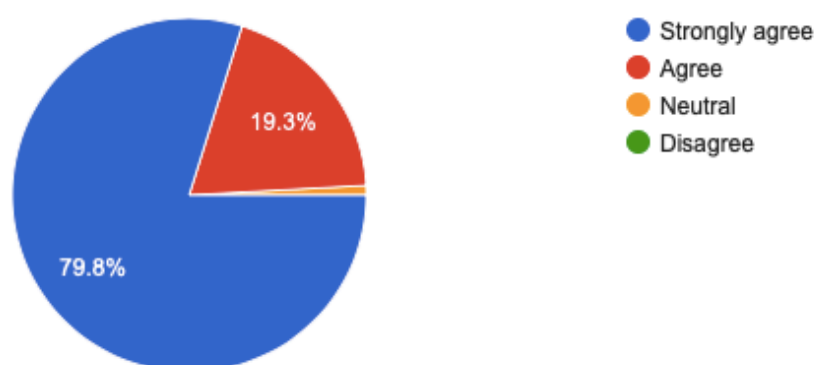
# Were the points of discussion presented by the resource person useful and important for you?

114 responses



- Yes
- No
- Somewhat

99.1%
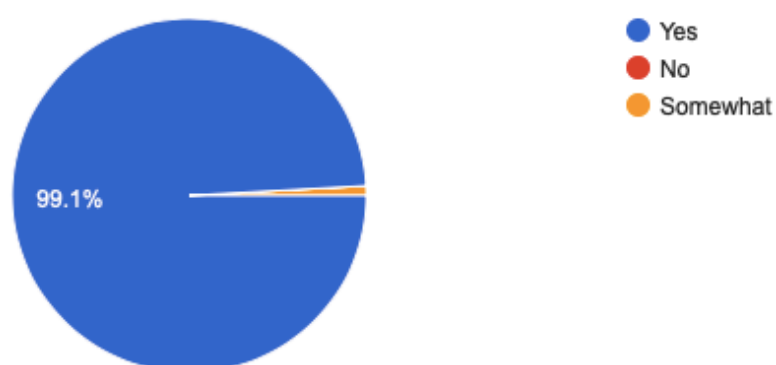
# The resource person was able to convey the subject matter well

114 responses



- Strongly agree
- Agree
- Neutral
- Disagree

19.3%

79.8%

## The resource person was able to satisfactorily answer queries

114 responses



- Yes
- No
- Maybe

95.6%
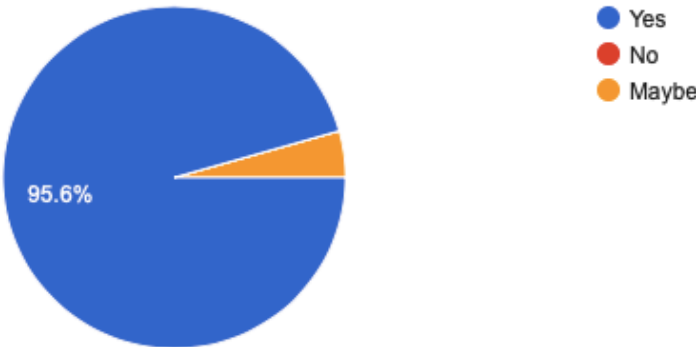
## Did you learn something new from the webinar?

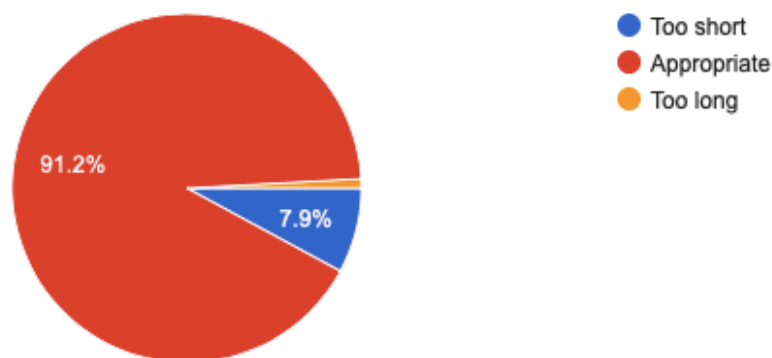114 responses



- Yes
- No
- Maybe

99.1%
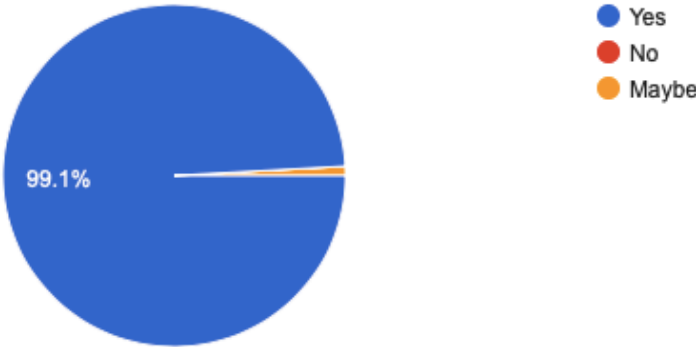
## Do you have any comments/suggestions with respect to the webinar that was conducted?

84 responses

No

Good

Great session and very informal

Extremely delighted

Thank you .. such an information session

No. It was just wonderful.

Good and helpful

No suggestions!

It was a very wonderful evening

## The duration of the webinar was

114 responses



- Too short
- Appropriate
- Too long

91.2%

7.9%

## List 2-3 words that come to your mind when discussing about Mental Health.

114 responses

Stress, Coping mechanisms, relaxation

Mental health is a prior matter of concern for everyone.

Anxiety

It is very new and important to me

A psychological construct. A state of emotional well-being

## Was the programme well organised?

114 responses



| | | | | |
|---|---|---|---|---|
| 0 (0%) | 0 (0%) | 1 (0.9%) | 15 (13.2%) | 98 (86%) |
| 1 | 2 | 3 | 4 | 5 |
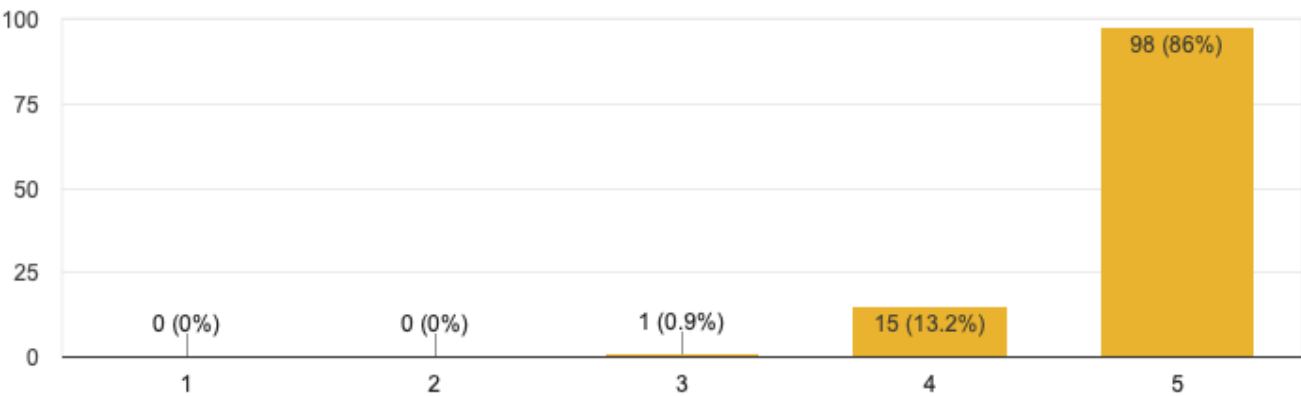
## Do you have any suggestions for programmes the Department of Computer Science can host in the near future?

60 responses

No

Not really

They can come up with more webinars regarding mental health.it will be really helpful

-

Perfect

We would look forward to more sessions like this

No suggestions

Do organise more webinar I

Well done

**What the participants had to say about Mental Health…**