

Report on one day Webinar, “Quarantine Blues and Stigma”

On 2nd of June, a one day Webinar on the theme, “**Quarantine blues and Stigma**” was organized by the institute. The expert on the occasion was **Dr. Abdul Majid, Associate Professor, Psychiatry, SKIMS, Bemina**. 82 students and faculty members of the institute attended the webinar. At the outset Dr. malik Roshan Ara, faculty (IASE), welcomed the resource person and the participants of the webinar. The resource person, impressed upon the participants of the program the importance of positive mental health during COVID times. He informed the participants that it is extremely important for all of us to engage in some kind of creative work, in order to keep ourselves away from negativity and over thinking. We all need to stay away from sources of misinformation pertaining to COVID-19. Listening to news and continuously following the number of fatalities and increasing number of COVID cases would also have a negative impact on our mental health. The speaker also orientated the participants about the need to strengthen our social structure and treat the individual suffering from COVID with love and care rather than treating them as untouchables. There is a dire need to educate people about personal hygiene and sanitation. In the end the Principal of the institute, prof. Dr. Ruhi Kanth formally thanked the resource person.

Dr. Malik Roshan Ara

Coordinator Counseling Cell