

## **Webinar: Psychological First Aid (Report)**

The counselling cell of Vivekananda College, University of Delhi organized a webinar on 'Psychological First Aid' on 19<sup>th</sup> April, 2021 at 2:30 p.m. on google meet. The speaker of the webinar was Ms. Mala Vohra who is the counsellor of the college as well as a licensed clinical psychologist. Dr. Anita Kant (convenor of the counselling cell), Associate Professor, Department of Applied Psychology, Vivekananda College, began the webinar by welcoming the speaker.

The webinar was mainly organized to help students deal with their mental health problems during COVID-19. On the whole the webinar addressed a wide range of issues related to psychological and emotional health. For instance, the speaker suggested that it is completely normal to have low days and aggressive days, and that nowadays emotional problems are at peak. She also talked about how there are individual differences in dealing with mental health.

Further, the speaker gave a number of suggestions to deal with mood swings, such as painting, walking, cooking, sleeping. She also suggested that individuals should keep searching for activities that makes them happy. She emphasized on speaking to oneself or maintaining a journal to deal with one's emotions.

The speaker also suggested that balance is the key. There should be a balance of emotions, sleep, health, diet, etc. One should focus more on the greys rather than the black and whites. Finally, the speaker emphasized on acceptance. She said that we should accept ourself the way we are, and we should accept that there are things you have control over and things you cannot control.

Meeting grid with 9 participants:

- Mala Vohra khanna
- nandini bharadwaj
- Khushii
- Kanishk Ohri
- Sonam Gill
- Anita Kant
- Shefalli Chauhan
- Shivantika Sharad
- Manisha Kaushal

### Meeting details

People (90)

Chat

- Akshita Biswas
- Anita Bakshi
- Anita Kant
- Anjali Sharma619
- Anju Nagpal
- Anju Sharma
- Anmol Arora
- Anushka Singh
- arohicon ar

Meeting details ^

Turn on captions Present now

Meeting grid with 8 participants:

- Mala Vohra khanna
- Arpane Beniwal
- salma seth
- Kanishk Ohri
- Sonam Gill
- Anita Kant
- Shefalli Chauhan
- Shivantika Sharad
- Manisha Kaushal

### Meeting details

People (86)

Chat

- Akshita Biswas
- Anita Bakshi
- Anita Kant
- Anjali Sharma619
- Anju Nagpal
- Anju Sharma
- Anmol Arora
- Anushka Singh
- arohicon ar

Meeting details ^

Turn on captions Present now

Syllabus Updated (B.A. (H) APPL) x Meet - fro-trk-wdx x

https://meet.google.com/fro-trk-wdx

Mala Vohra khanna is presenting

Meeting details

People (100)

Chat

IN CALL

- Akshita Biswas (You)
- 1753 Sachin Shukla
- 8Bit World
- aakriti bhardwaj
- Aditi Gulati
- aditi trikha 615
- Anita Bakshi

Shivani 643 has left the meeting

Slide 16 of 17 | "Opulent" | English (United States)

Meeting details

People (90)

Chat

IN CALL

- Akshita Biswas
- Anita Bakshi
- Anita Kant
- Anjali Sharma619
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Meeting details

Type here to search

Mala Vohra khanna

nandini bharadwaj

Khushii

Kanishk Ohri

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Anita Kant

Shefali Chauhan

Shivantika Sharad

Manisha Kaushal

Meeting details

Raise hand

Turn on captions

Present now



