



## How to Cope up with the psychosocial challenges of COVID 19?

<b>TITLE</b>	How to Cope up with the psychosocial challenges of COVID 19?
<b>Date</b>	Aug 14, 2020 - Aug 14, 2020
<b>Summary</b>	<p>The widespread application of social isolation initiatives has raised concerns towards mental health consequences and psychosocial impacts that may arise in the setting of Covid-19 pandemic. The session on “ How to cope up with the psychosocial challenges of Covid 19” was organized to suggest some measure to overcome the potential mental health and psychological challenges. This webinar was conducted through Google Meet Platform and was live streamed to BBA and MBA students.</p> <p>Speaker for the session, Dr. Bhardwaj, shared the process of behavioral changes in a distressed situation and its effects on mental health of an individual. She further mentioned that the positive mind can help balancing the situation and an individual can become happy despite the prevailing conditions. Further Dr. Tanuja discussed how to make oneself busy on daily basis so that one will not affect by the negative thoughts or at least would not modify his/her behavior.</p> <p>The most important thing is to spend time with family members and not just settling in one room for your entire day. Everyone appreciated the kind words that rejuvenated the minds of the students and the event organizer, Mr. Somendra Kumar, thanked the speaker for her valuable time and insights.</p>