

## **E-Guest lecture:**

### **Living with the time: Managing mental health during COVID-19**

#### **Welcome address**

The COVID-19 pandemic has had a major effect on our lives.

COVID-APPROPRITATE BEHAVIOUR is the key to control this pandemic. Public health actions, such as social distancing, are necessary, but then can make us feel isolated and lonely.

Covid-19, however, is an “invisible enemy”. Covid’s deadly second wave has sparked off a new sub-pandemic- the ‘fearodemic’. People are afraid of dying, of losing their loved ones, of being alone, of losing their jobs—anxieties that add a new dimension of mental-health issues to the ongoing crisis.

There has been a rise in people inflicted with helplessness, acute anxiety, panic, grief and guilt, and post-traumatic stress disorders (PTSD) as they struggle to come to terms with the disaster. These mental health issues also go unidentified due to one’s inability to express emotional stress.

Even in my university and outside, be it a student, a teacher, a staff or even a house-keeping person or a driver, COVID- Stress is common to all. Countering this hidden pandemic this requires collective efforts by all- including health professionals, community health workers, persons affected by mental illness, family members, school teachers, workplace managers, police, civil society organizations, community heads, and policymakers.

With the aim of learning to cope with this COVID-Stress and fear, we have today webinar on “Living with the times: managing mental health during COVID 19.” I am sure that today’s webinar will not only mitigate the stress but also reduce stigma about seeking assistance.

We have amongst us some renowned faces in Psychiatry , Dr Ashok Kumar Jainer and Squadron Leader Meena Arora, to address all these major agendas related to mental health:

- anxiety & Phobia due to COVID pandemic
- Rising suicide rate and depression during pandemic
- how to enhance coping skills and overcome social isolation.
- how to promote mental health during ongoing corona related negative environment
- learning to cope with fear and stresses



FACULTY OF DENTISTRY  
JAMIA MILLIA ISLAMIA  
Invites you to the  
**E- LECTURE**



**LIVING WITH THE TIMES:  
MANAGING MENTAL HEALTH DURING COVID-19**  
ON WEDNESDAY , 9<sup>TH</sup> JUNE 2021 (3.30 PM- 5.30 PM)



**GUEST SPEAKER**  
**DR ASHOK KUMAR JAINER**  
MBBS, MD (Psychiatry), K.G.M.C, Lucknow,  
India  
MRC Psych, U.K  
FRC Psych, U.K  
Consultant Psychiatrist, NHS, U.K



**CHIEF PATRON**  
**PROF NAJMA AKHTAR**  
HONORABLE VICE CHANCELLOR , JMI



**GUEST SPEAKER**  
**MEENA ARORA**  
Ex Squadron Leader, Indian Air Force  
Author, Clinical Psychologist, Coach,  
NLP Trainer



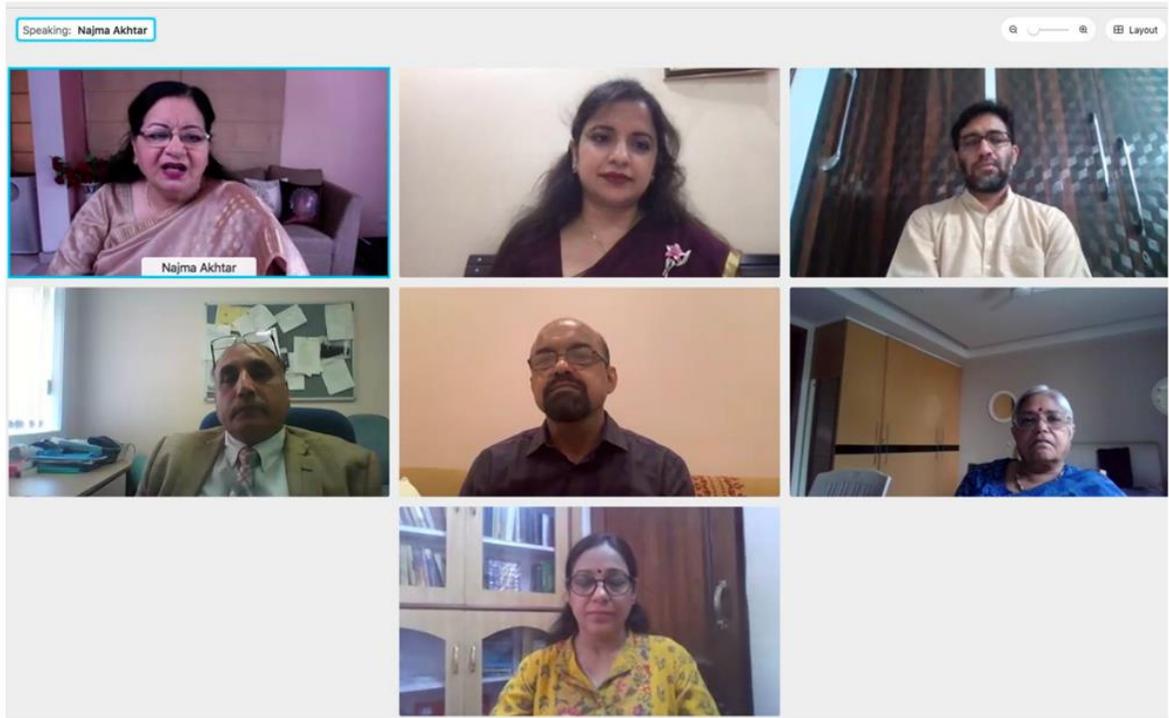
**ORGANIZING CHAIRPERSON**  
**PROF SANJAY SINGH**  
MDS (Maxillofacial Surgery)  
DEAN. F/o DENTISTRY , JMI



**ORGANIZING SECRETARY**  
**PROF NEETA KUMAR**  
Professor Incharge  
Pathology, F/O Dentistry, JMI



**JT. ORGANIZING SECRETARY**  
**DR HARNEET KAUR**  
Associate Professor  
Orthodontics , F/O Dentistry, JMI



## Mental Health & Covid -19

- ▶ Mental health Vs Physical health
- ▶ Stress Vs Personality
- ▶ Extent of problem ....

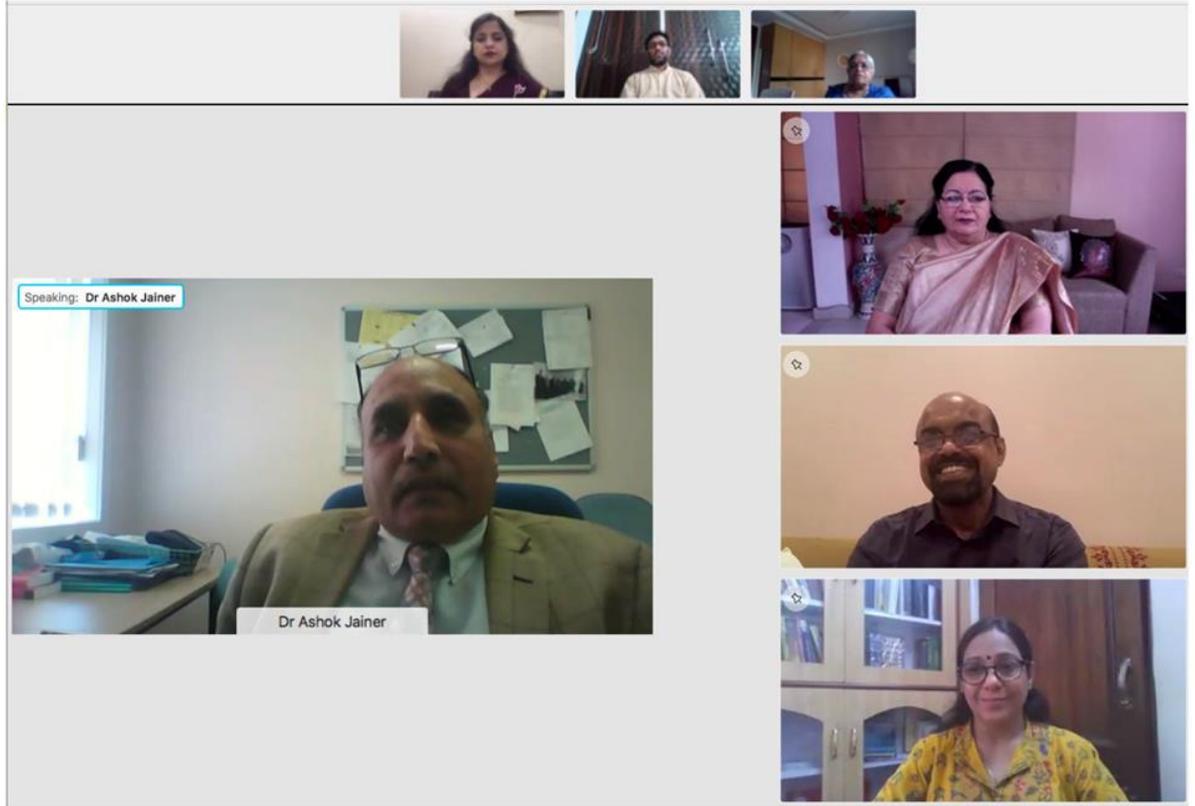
Younger Adults are More Likely to Report Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic

Age Group	Percentage
Adults 18-24	65.2%
Adults 25-49	48.9%
Adults 50-64	38.1%
Adults 65+	28.3%

One in 5 COVID-19 Survivors Will Develop Mental Illness, a New Study Finds—So We Asked an Expert Why

Dr Harneet Kaur  
Me

Dr Ashok Jainer



OUR DISCUSSION TODAY

Promote Mental Health during COVID Scare

How to cope with Ongoing Stress

Meena Arora

Participants (173)

Search

Panelists (8)

- DK Dr Harneet Kaur Me 🗨️ 🔇
- Jamia Millia Islamia - O... Host 🗨️ 🔇
- MA Meena Arora 🗨️ 🟢
- DJ Dr Ashok Jainar 🗨️ 🔇
- MS Mohammad Saleem 🗨️ 🔇
- NA Najma Akhtar 🗨️ 🔇

Chat

from Shamimurriyaz Falahi to All Panelists: 4:35 PM  
hi

To: Everyone

Enter chat message here