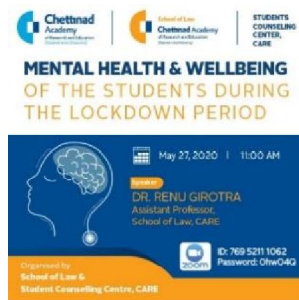




REPORT OF THE EVENT

Mental Health and Wellbeing of the Students during the Lockdown Period

An online session was conducted by School of Law in collaboration with the Student Counselling Centre on 'Mental Health and Wellbeing of the Students during the Lockdown Period' on 27May 2020. Current situation due to spread of COVID19 has brought negativity in people's minds due to fear as well as rumours. The lockdown period has forced people to stay indoors which has led to students being confined to their homes with no outdoor activities. The speaker, Dr. Renu Girotra, updated the students on the concept of mental health and well-being which is a combination of emotional health, psychological as well as social well-being. To stay away from the negative thoughts and to avoid isolation, students were suggested to keep themselves occupied by spending time with the family members including the elderly people at home, helping them with some household chores, revisiting their hobbies that can be done indoors, keeping themselves entertained and keeping a positive thought process during these tough times while also continuing to learn and enhancing their knowledge. They were guided to follow a pattern while being at home, that means sleeping in time, getting up early in morning, exercising, eating well, and keeping themselves hydrated. They were also suggested to connect with the Student counselling centre in case of need without any hesitation.



11:11 124KB/s 4G LTE 4G LTE 18

BBA LLB 2020

Ashvath Neelakandan

Shanmuga Sundaram

Aditi Shanmugam

This screenshot shows a video call interface on a mobile device. The top status bar displays the time as 11:11, a data speed of 124KB/s, and network status as 4G LTE. The call is in progress with a 18% battery level. The main area contains four video thumbnails stacked vertically. The top thumbnail shows a woman with glasses and a red top, with the name 'BBA LLB 2020' below it. The second thumbnail shows a man in a white shirt, named 'Ashvath Neelakandan'. The third thumbnail shows a man with glasses and a blue shirt, named 'Shanmuga Sundaram'. The bottom thumbnail shows a woman in a white shirt, named 'Aditi Shanmugam'. At the bottom of the screen, there are five small white dots, with the first one being larger, indicating the current participant in the call.

11:13 160KB/s 4G LTE 4G LTE 17

Deepak Deepak

Leelavathy Shankar

M.Nirmal Raj

Mohamed Bazith

This screenshot shows another video call interface on a mobile device. The top status bar displays the time as 11:13, a data speed of 160KB/s, and network status as 4G LTE. The call is in progress with a 17% battery level. The main area contains four video thumbnails stacked vertically. The top thumbnail shows a man with a beard and a green shirt, named 'Deepak Deepak'. The second thumbnail shows a woman with a purple background, named 'Leelavathy Shankar'. The third thumbnail shows a grey silhouette icon, named 'M.Nirmal Raj'. The bottom thumbnail shows a man on a motorcycle, named 'Mohamed Bazith'. At the bottom of the screen, there are five small white dots, with the first one being larger, indicating the current participant in the call.