

A
REPORT OF WEBINAR
ON
“MENTAL HEALTH AND STABILITY OF STUDENTS
DURING COVID: CHALLENGES AND WAYS TO COPE UP”
DESIGN YOUR LIFE WEBINAR SERIES

DATE

31/07/2021

SUBMITTED BY

Ayush Singhal

(Assistant Professor, Department of CSE)

SUBMITTED TO

Director, MIT

**LIVE
SESSION**

DESIGN YOUR LIFE - PART 2

MEEERUT
INSTITUTE OF
TECHNOLOGY

**MENTAL HEALTH AND STABILITY OF STUDENTS DURING COVID:
CHALLENGES AND WAYS TO COPE UP**

31 JULY 2021, 11:00 AM

Speaker



Ms. Soumya Kaushik

Mental Health Sociologist,
Medical Psychiatric Social Worker
(St. Joseph College, Bangalore University)
India Book of Records Holder
and Founder of NGO
"THE SMILE LOVE CARE FOUNDATION"

Coordinator



Ayush Singhal

Assistant Professor
Training & Placements Coordinator
Department of CSE

Registration Link:- <https://forms.gle/ni4Du6RmmxFjv7SK8>

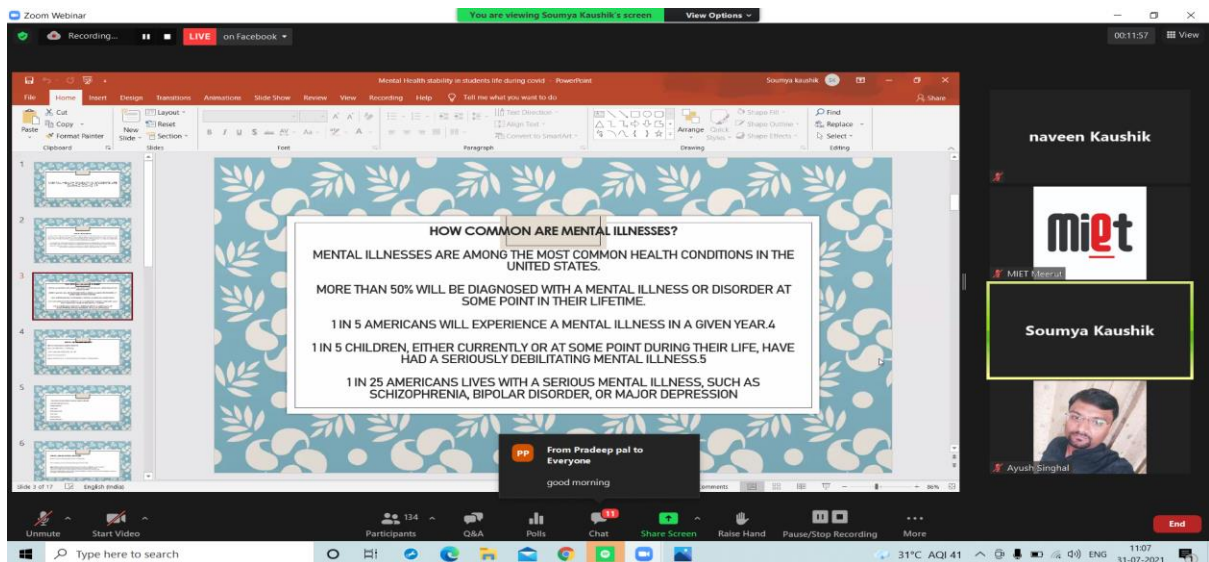
Joining Link:- <https://us06web.zoom.us/j/86809230991>

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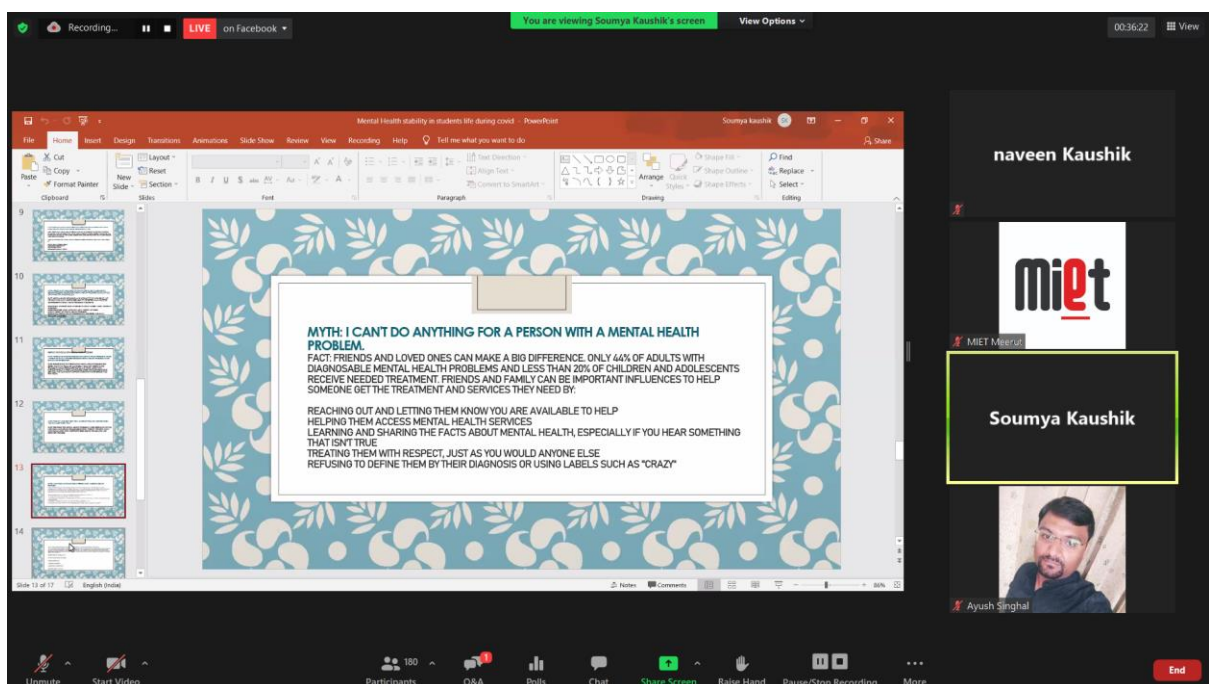
**Webinar on “MENTAL HEALTH AND STABILITY OF STUDENTS DURING
COVID: CHALLENGES AND WAYS TO COPE UP”**

A Webinar was organized on “**MENTAL HEALTH AND STABILITY OF STUDENTS DURING COVID: CHALLENGES AND WAYS TO COPE UP**” on July 31, 2021 (SATURDAY). Ms. Soumya Kaushik (Mental Health Sociologist, Medical Psychiatric Social Worker (St. Joseph College, Bangalore University), India Book of Records Holder and Founder of NGO “THE SMILE LOVE CARE FOUNDATION”) has delivered her talk on the aforementioned topic.

The link of the event was shared with all the student and faculty members of MIT, Meerut and as well as with other institutions and universities across India. 527 people had registered for the webinar and 113 participants attended the webinar which includes faculty members, research scholars and students. The e-flyer was shared on LinkedIn, Instagram and Facebook. The event was live on the official Facebook page @mit2007 of Meerut Institute of Technology, Meerut.



The YouTube link for the same is <https://youtu.be/wP3Rehr10SM>. The recording of the same has also been uploaded on the official YouTube channel @MITMeerut of Meerut Institute of Technology, Meerut. The feedback link was shared with the participants. The feedback given was analysed and the report is attached.



Mr. Ayush Singhal, Programme Coordinator at MIT, Meerut extends his gratitude to all the attendees and participants. Prof. (Dr.) Alok Chauhan (Director, MIT, Meerut) has appreciated the speaker for giving an excellent session on mental health and stability of students as this has made a huge impact due to COVID-19. The life style has changed fully and one needs to cope up positively with the upcoming changes and requirements with respect to today's era.

Ayush Singhal
Programme Coordinator
(Department of CSE, MIT, Meerut)