

CHP Webinar Series

PROMOTING MENTAL WELL-BEING AMID PANDEMIC STRESS



- Redefined workspace at home/outdoors
- Women at home and at work
- College/school at home
- Dealing with chronic diseases and other ailments
- Loss of livelihood
- Displacement
- Frontline workers



#CHPWebinarSeries
#Mentalhealth
#Pandemic
#Spreadawareness
#Ashatwork



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CHP Webinar Series - Webinar I - CONCEPT NOTE

June 3, 2020

9.30-11.00 AM GMT

3.00-4.30 PM IST

Main title: CHP WEBINAR SERIES

TITLE: Promoting mental well-being amid pandemic stress

Concept:

Following the World Health Organization's classification of COVID-19 as pandemic, governments all around the world have started to respond by enforcing measures such as social-distancing, quarantine and isolation. While necessary, these measures can have a significant effect on people's mental health. Fear, anxiety, anger, sadness and grief are compounded by being away from schools, work, peers, adjusting to new ways of learning and working, as well as fear of losing jobs and family income.

For this reason, the Center for Human Progress in partnership with the POP Movement is hosting a series of webinars to address various issues related to health and well-being in the time of COVID-19. The webinars would engage individuals with a range of experience from different parts of the world including young people, health practitioners, researchers, practitioners, and experts, including, vulnerable and marginalized populations.

To begin with, the first few webinars will focus on the subject of mental health with the title "Promoting mental well-being amid pandemic stress". Aside from providing mental health awareness and addressing the demand for integrated mental health and psychosocial interventions, the webinars aim to provide people with a platform for genuine connection amid uncertainty, encouraging them to put their questions forward to mental health and other experts.

Methodology:

The webinar will garner participation using various tools, including mailing lists, social media, professional contacts and so on.

Sub-themes:

These are the sub-themes that are to be covered during the webinar-

1. Redefined workspace at home/outdoors
2. Women at home and at work
3. College/school at home
4. Dealing with chronic diseases and other ailments
5. Loss of livelihood

6. Displacement
7. Frontline workers
8. Stigma and marginalization

Questions from participants will be collected (via email/social media), categorized and finalized two days prior to the event and expert opinions will be shared during the webinar. Additionally, participants would be invited to submit an audio/video message sharing their experience/s dealing with the COVID-19 pandemic. These audio/video messages will be played during the event.

Expected Outcomes:

1. Participants will have the opportunity to present their questions and concerns on relevant issues and have them answered.
2. A platform will be created for participants to share their experience in dealing with lifestyle changes imposed by the pandemic.
3. The webinar will be a means for providing early psychosocial interventions that will help in addressing adverse mental and behavioral impacts due to lockdowns imposed by pandemic

AGENDA**Promoting mental well-being amid pandemic crisis: A webinar****Date: June 3, 2020****Duration: 90 minutes****Target audience: General****Moderator: Ms. Komal Mittal**

<u>TIME</u>	<u>DURATION</u>	<u>SESSION</u>	<u>FACILITATOR/SPEAKER</u>
03.00 PM	10 minutes	Welcome Session	Drishya Pathak
Inviting Ms. Poornima Sharma for the Session			
03.10 PM	10 minutes	How re-defined workspace, loss of livelihood and displacement affect mental health during the pandemic?	Ms. Poornima Sharma
Inviting Ms. Reetika Sharma for the Session			
03.20 PM	10 minutes	Mental Health and Role of women at home and at work and COVID-19 brings school/college at home	Ms. Reetika Sharma
03.30 PM	5 minutes	Share: Play received videos/movies on mental health	Manish Gupta
Inviting Dr.Ash Pachauri for the Session			
03.35 PM	10 minutes	Mental health and People dealing with chronic diseases and other ailments, Frontline workers and Stigma and Marginalization	Dr.Ash Pachauri (<i>tbc</i>)
03.45 PM	10 minutes	POP leader shares experience from Zululand, Africa on COVID and mental health	Mandisa
03.55 PM	15 minutes	Participant inputs/questions	Komal Mittal
04.10 PM	10 minutes	Closing	Philo Magdalene

Note: Participants will be encouraged to drop their questions/inputs in the chat box when listening to the three speakers. This will be noted down in a PPT and addressed once all the speakers are done.