



REPORT ON THE WEBINAR ON THE TOPIC
“Disaster Psycho - Social Care:
People’s Attitude & Mental Health Status in Coping with the Pandemic”

organized by the Disaster Risk Management Committee, Shillong College
Date: 9/11/2021

The Disaster Management Committee, Shillong College organized a webinar on the topic **“Disaster Psycho - Social Care: People’s Attitude & Mental Health Status in Coping with the Pandemic”** on the 9th of November 2021.

The target group of this webinar is mainly the student community of the college to help them in coping up with the ongoing pandemic. The webinar was chaired by Dr. Tiewri Lyngdoh Nonglait, the joint convener of the Disaster Management Committee, Shillong College. Dr. Tiewri in her opening address emphasize that the ongoing Covid-19 pandemic have severely affected people across various age groups where people have been experience problems like fear, acute post-traumatic stress, insomnia and different psychological imbalances. According to the International Federation of Red Cross, the Coronavirus disease (COVID-19) pandemic is described as humanity’s worst crisis since World War II. The measures taken by the Gov to contain the disease also has had an adverse impact not only on the vulnerable populations but also on our young adults where social distancing, lockdowns, quarantine have caused unprecedented mental stress.

The guest speaker of the evening Dr. Didakamiwan Khonglah pointed out that as per WHO, Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. She highlighted the fact that the COVID-19 has impacted differently for three different groups in the population where we have those who are confirmed cases, those with existing mental health problems and the general population. Statistics indicated that 30% of those with confirmed cases of COvid-19 were diagnosed with depression and surprisingly 90% of them have been diagnosed with post-traumatic stress. Many of those with existing mental health problems have reported the recurrence or deterioration of mental disorders. The general population too was affected as many have displayed anxieties, lack of



sleep, fear over studies, uncertainties of work and future due to the Covid-19 pandemic. As far as young adults is concern, we normally have the wrong perception thinking that they are mentally strong and physically fit, however they are also one of the group adversely affected by the pandemic. Many have experiences disruption in the everyday routine, social exclusion, fear of their future, many others also experience family conflicts and abuses from other family members, Cyberchondria (overloaded information from internet), irritability, some of our young adults have difficulty in coping with the pandemic stress and often led to anger and resentment in many forms. There are some who blame themselves as carriers of the virus to their families, some who have tragically loss their love ones could not get over the loss and persist in thinking that they could have done more to help them out. She put emphasis on the importance of having a strong resilience against the mental pressures and adopt measures to improve the mental health conditions like strengthening of social supports, to be kind to oneself, taking time for oneself, maintaining a healthy lifestyle, follow sleep hygiene, avoid taking substances like tobacco, avoid unhealthy foods, alcohols etc. making oneself occupied with things that brings joy such as reading, gardening etc., avoid cyberchondria and paying attention only to news from reliable sources. She also encourage people to seek professional help on proper time, those who are undergoing treatment must stay in touch with their healthcare providers. She finally reminded that not everything is traumatic about the pandemic, people in these tough times have built a strong community that helps each other, the environment has become more greenery and alive and many elderly have defeated the virus. It is important to remember that beyond post-traumatic stress there is a post traumatic growth.

After the talk by Dr. Khonglah there was an interaction with the participants. The webinar ended with a vote of thanks from Mr. D. M. Syiem, convener of the Disaster Management Committee, Shillong College.

Sd/-
Convener
Disaster Risk Management Committee



PHOTOS

