



DR. D.Y. PATIL VIDYAPEETH, PUNE

REPORT

AWARENESS ON MENTAL HEALTH DURING COVID-19

Date: 13.5.2020

Under the initiative of *Ek Bharat Shreshtha Bharat*, an Online counselling session was conducted for students especially from the pairing state Odisha during Covid-19 pandemic. More than 230 students attended the online counselling sessions conducted by respective mentors of management institute. The coronavirus outbreak has left many feeling frightened and worried. As the COVID-19 pandemic spreads, it could trigger trauma for students impacted by the news surrounding the pandemic. Students must know that mentors see them and are there for them.

This online counselling session was carried out with utmost care keeping in view the need for being humane and empathetic. All the students from the pairing state Odisha from all the years participated in the online counselling session. Amidst the tension of not being able to return to their home states, students discussed their concerns for lack of focus and uncertainty. This was addressed appropriately by mentors who are proving to be the support system for the students and encourage them to prioritize their health above all: especially in testing times such as these.

Mentoring Date	13-May-2020
Mentoring Time	11:00 am
Mentors (No.)	20
Students attended (No.)	286

Dr. Akansha Mehta was appointed as Counsellor for students to reach out in case of any further guidance and assistance along with helpline no.

The session received an overwhelming feedback from the students.