

## 2020-2021

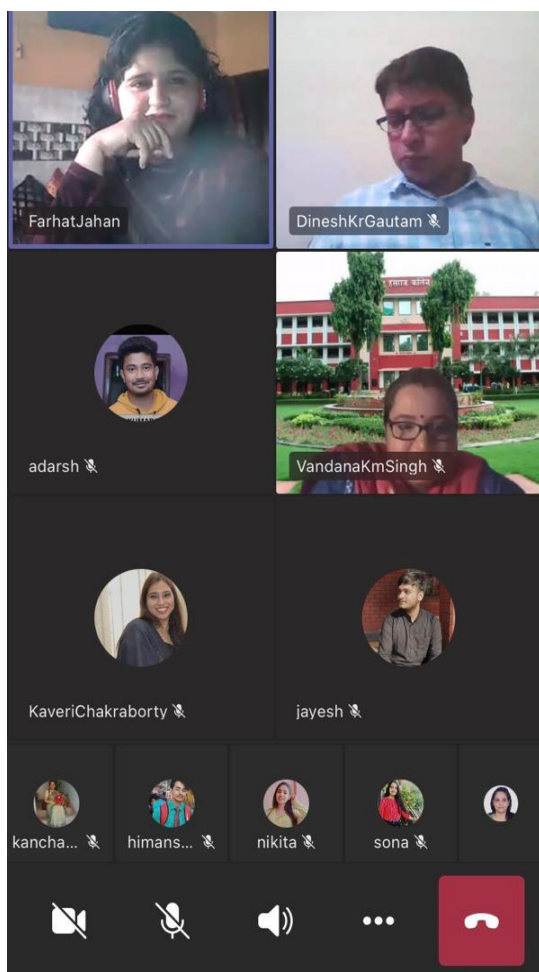
**Name of the Department/Society:** **Shristi Chetna**

**Name of the Event 6:** COVID-19; Living through the pandemic' –International webinar

**Date of the Event:** 29<sup>th</sup> July, 2020

Under the umbrella of International webinar series entitled “Science can lead us out of the Pandemic”, the opening webinar on ‘COVID-19; Living through the pandemic’ by Dr. Libin Abraham, Senior Scientist, Department of Microbiology and Immunology, University of British Columbia, Vancouver, Canada was held on 29<sup>th</sup> July 2020. Looking the conditions and the environment of Covid-19 that was prevailing around we organized a webinar, where the speaker discussed on the topic that how pandemic has changed the way we used of work , learn and interact.

Different precautions and methods which we as an individual can follow and spread the same to the ignorant people through different methods were also discussed. A special concern and focus was on the unsurprisingly prevalent issues of mental health and staying healthy during the pandemic.





**हंसराज कॉलेज**  
— दिल्ली विश्वविद्यालय —

**HANSRAJ COLLEGE**  
**University Of Delhi**  
**NAAC Grade A+ with CGPA 3.62**

Some of the self-care strategies which can help us fight against such challenges were also explained which included taking care of the body by getting enough sleep, regular participation in physical activities, healthy eating, limiting the screen time and taking care of our mind by keeping a regular routine, limiting exposure to news media, focusing on positive thoughts, keeping ourselves busy and by using our moral compass or spiritual life for support were discussed.

There was a question and answer round where students asked their queries from the speaker and had a discussion on the same. The webinar was conducted on Google Meet and attracted more than 120+ participants. The webinar ended by giving a vote of thanks to our esteemed speaker by our faculty member. The webinar was overall very informative and engrossing.