

Report of Webinar on “Coping with Anxiety with, Depression and Grief”

The Counselling Committee of JDMC in association with IQAC, organised a webinar on “Coping with Anxiety with, Depression and Grief”. The webinar was held on **21st May 2021** from 3pm onwards. **Dr. Mamta Sood**, Professor, Department of Psychiatry All India Institute of Medical Sciences, New Delhi, was the speaker.

Prof Mamta Sood, spoke on the importance of mental health and mental well -being of individuals and why mental well being occupies an important place in the lives of individuals. She said mental well-being, helps us to realise our own abilities. She also spoke about the symptoms of ill health and mental disorders.

The next half of the lecture was devoted to issues concerning Anxiety, depression and Grief and how to cope / manage them. Students, and faculty members thoroughly enjoyed

listening to Prof Mamta Sood and raised lots of questions.



Janki Devi Memorial College
(University of Delhi)
Sir Ganga Ram Hospital Marg, New Delhi-110060

IQAC and Counselling Committee
invite Students and Staff to
"Community Outreach Program"

Interactive Session
on
**"Coping with Anxiety,
Depression and Grief"**

Resource Person:
Dr. Mamta Sood
Professor, Department of Psychiatry,
AIIMS, Delhi

Date: 21st May, 2021 (Friday)
Time: 3p.m.-4:30 p.m.
Login Time: 2.45 p.m.

Prof. Swati Pal
Principal