

**Report on Psychological Impact of the Lockdown-  
 Causes and Effects Held on 02.05.2020**

<b>Date of Event</b>	02.05.2020
<b>Name and Type of Event</b>	Report on Psychological Impact of the Lockdown-Causes and Effects-Non-Academic
<b>Conducted by</b>	SOCM (B.Com) Ms.Priya Raman
<b>No. Of Participant</b>	94

Mental Health has gained a momentum in the past few years and people have understood the reasons to focus on the same. Lockdown has been one of the major reasons for building frustrations, attitudinal changes.

Looking at the Lockdown and impact the same had on the mental health of the employees and students, MHRD instructed all the educational institutes to conduct workshop to spread awareness about keeping and maintain mental health .

Under the guidance issued by MHRD,ARKA JAIN UNIVERSITY invited Dr Harshita Biwas ,of TATA MAIN HOSPITAL to conduct a session of psychological impact of the lockdown causes & effects. She had shed light on how and why is there a attitudinal change during the lockdown.

She also emphasized the need of being physically active and importance of doing meditation and yoga to curb mental depression.

The session was attended by the students and faculty members of the university. Along with the VICE Chancellor- Dr SS Razi, Registrar-Mr Jasbir Dhanjal, Director-Mr Amit Srivastav, Dean School of Commerce & Management- Dr Angad Tiwary, Programme Coordinators-MBA-Dr Charu Wadhwa ,BBA-Dr Pompidas Sengupta,B.Com H -Ms Priya Raman.

