Report on In-house webinar: Minding the mind

Date- 12th Sept. 2020
Day- Saturday
Time- 2pm to 3:30pm
Platform- Zoom link

The Department of Hospital and Healthcare Management, Symbiosis Institute of Health Sciences (SIHS, MBA-HHM) organized an in-house webinar on emotional wellness and mindfulness. The webinar was conducted by Dr. Girija Mahale and the SCEW team in virtual mode on Zoom, which was for both senior batch MBA-HHM (2019-20) and the junior batch MBA-HHM (2020-22). The webinar was started with an introductory speech by Dr. Roopashree, Academic Committee In-charge.

About the speakers-

Dr. Girija Mahale  
Consultant Psychiatrist with specialisation in youth mental health and Head, Symbiosis Centre for Emotional Wellbeing

- After pursuing her MD in Psychiatry from KEM, Mumbai, she migrated to Australia where she did her fellowship in Psychiatry.
- She has varied experience but her expertise lies in the field of youth mental health.
- Her passion for creating an emotionally resilient community has lead her to work in the areas of prevention and early intervention for the last couple of years.
- She’s also a loving mother of two, and enjoys music, dance and travelling.
Ms. Tanmayee Khambete  
*Psychological Counsellor*

- She is the psychological counsellor for the SB road, Model colony and Khadki campuses.
- She is a clinical psychologist who has completed her:  
  Bachelor's degree from Fergusson College, Pune,  
  Post Graduate Diploma in Counselling Psychology from DES,  
  M.A. in Clinical Psychology from Fergusson College, Pune  
  M.S. in Clinical Mental Health Counselling from Long Island University, NY.
- She has had extensive experience in working with young adults and adults with IDD
- Mainly focuses in vocational training, resume and skill building
- She also conducts self-improvement workshops and psycho educational classes.

**Topics Covered:**

1. Mindfulness and its benefits
2. Intrinsic vs. Extrinsic Motivation
3. Major Components of Motivation
4. Resilience
5. Adolescent Problems
6. Social Media And Abuse
7. Self Care During a Crisis

**Points Discussed:**

- Mindfulness is a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings and thoughts without any judgement.
- A desire fuelled by passion and emotional energy will bring about the greatest results in life.
- One should live their life without worrying about other people’s thoughts and opinion, to generate self-awareness and to live their life to the fullest potential.
- Mindfulness/ Colour Breathing activity should be done for 5mins every day to relax our mind and to fill ourselves with positivity.
- Benefits of Mindfulness - it reduces stress and anxiety, improves sleep, improves physical health and wellbeing, relationship benefits, improves focus and enhances emotional awareness.
- Self-regulation techniques of behaviour focus on Cognitive Strategies as they play a critical role in guiding goal-directed behaviour.
- Behavioural Therapy helps us to understand about our emotional thoughts, and how to channelize our emotions.
- Intrinsic Motivation refers to behaviour that is driven by internal rewards. We do it because it’s enjoyable and interesting to us, rather than because of an outside incentive or pressure to do it, such as a reward or deadline.
- Extrinsic Motivation is when we are motivated to perform a behaviour or engage in an activity because we want to earn a reward such as money, grades or to avoid something unpleasant.
- Major components of motivation are
  - Activation- involves the decision to initiate a behaviour
  - Persistence- it is the continued effort towards a goal, even though obstacles may exist
  - Intensity- concentration and vigour that goes into pursuing a goal
- Resilience is the process of adapting to adversity and trauma. It is knowing how to cope in spite of setbacks, barriers or limited resources in life.
- Various domains of Resilience are
  - Physical- includes endurance, strength and physical flexibility
  - Emotional- includes positive outlook, self-regulation and emotional flexibility
Mental - includes ability to focus, incorporate multiple points of views and mental flexibility
Spiritual - includes commitment to values, tolerance of others values and beliefs
✔ During a crisis, like the covid-19 pandemic, practicing self-care is important for our well being.
✔ Meditation, connecting with our loved ones, eating well-balanced meals, exercising regularly, avoiding the news and social media for a while are some ways to practice Self-Care during a crisis.

**Conclusion**

The session was quite interactive and very insightful. The points and discussion led us to know about various coping strategies that can be applied in our daily life to get through difficult times.

Session concluded with a wholehearted Vote of thanks by Dr. Roopashree, academic committee in charge.
SYMBIOSIS CENTER FOR EMOTIONAL WELLBEING

Minding the mind
Self check-in:
HOW ARE YOU FEELING?
Invitation for the inhouse Webinar: Minding the mind, From SIHS:
Dr.Roopashree.M.R

2 messages

Dr.Roopashree M.R <drroopashree@sihspune.org> Thu, Sep 10, 2020 at 1:11 PM
To: jr.a@sihspune.org, jr.b@sihspune.org, sr.a@sihspune.org, sr.b@sihspune.org
Cc: Ms Sakshi Sheth <sakshi@sihspune.org>, Rahul Waghmare <rahulw@sihspune.org>, "Dr.Sammita Jadhav" <dr_jadhav@sihspune.org>, RAJU RAUT <itsupport@sihspune.org>, NETWORK ADMINISTRATOR <networkadmin@sihspune.org>, "Ms.Shradhha Karhadkar" <aao@sihspune.org>, "Cc:" <mbafaculty@sihspune.org>, "Ms.Devika Shetty" <devikashetty@sihspune.org>, "Dr.Pramod Mishra" <drpramod@sihspune.org>, "PA to Dean, FOHS" <patodean@sihspune.org>, shruti parakh <placementofficer@sihspune.org>, Priti Kulkarni <priti@sihspune.org>, Parag Rishipathak <director_schs@siu.edu.in>, Dean FOHS <deanfohs@siu.edu.in>

Dear All,

Greetings.

We take this opportunity to cordially invite you to a webinar on the following:
We have Invited the SCEW team for this week's webinar.
The program details are as follows:

- Date: 12/Sept/2020,
- Day: Saturday
- Topic: Minding the Mind
- Time: 2pm and 3.30 pm
- Platform: Zoom link

Speakers:
1. Dr Girija Mahale - Consultant Psychiatrist with specialisation in youth mental health and Head, Symbiosis Centre for Emotional Wellbeing
2. Ms Tanmayee Khambete- Psychological Counsellor.

Kindly find the below zoom details. You are invited to a Zoom meeting.

Register in advance for this meeting:
https://zoom.us/meeting/register/tJIlqdO GhqD8vHNxw2oj6dSWS9Kk3uRc76PVq

After registering, you will receive a confirmation email containing information about joining the meeting.

You can join the zoom session by using the link.

Justification for this knowledge sharing program: We want to invite Dr. Girija Mahale and the SCEW team for this webinar on emotional wellness and mindfulness for our MBA-HHM students (both senior and junior batch students). 1 HOUR session + 30 min Q&A session (1 hr and 30 min event).

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As this is one of the requirements for criteria-7 which states, we have to have a health promotion program and wellness, knowledge sharing events help to motivate students for improving their performances.

As our students want to interact with counselling team and get insights of coping up phenomena during the pandemic period.

As this was suggested by academic committee members too, we are conducting this webinar.

Let us make the session interactive.

Please note the following instructions:

1) Please ensure you join the session by 1.50 am.
2) Use only Your Name (First Name, PRN number) to join the zoom session.
3) You will be on in MUTE mode while the session is ON.
4) While the Q & A session starts and while you get the chance, you can ask your question.
5) Please TURN on your Video STREAM while you ask the question.
6) You will introduce yourself by name, program which you are pursuing and the institute (full form) at which you are studying, then ask your questions.
7) You may also ask the question by using the chat messages option too.
8) Please go on the MUTE mode IMMEDIATELY after completion of your question.
9) We have 30 mins (3.00 noon to 3.30 pm) for Q & A and we will most probably be able to take all questions.
10) The respective academic committee student members will formulate a report and hand it over to their coordinators for record and documentation purposes.

Thank you and hope to meet you online on 12/Sept/2020.

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Thanks and Regards,

Dr. Roopashree.M.R
Assistant Professor,
Healthcare Management,

A Constituent of Symbiosis International (DEEMED) University
M.No. 94497532421/9513363418

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Dear All,

Gentle reminder for today's Inhouse webinar. For the registration, link is provided below. Kindly join by 1:50 pm, As we are starting the academic program of minding the mind at 2.00PM.

Warm regards,

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