

# MBS SCHOOL OF PLANNING AND ARCHITECTURE

SECTOR-9, DWARKA, NEW DELHI

GGSIU University

## REPORT ON WEBINAR

### “Unlocking the minds during the Lockdown”

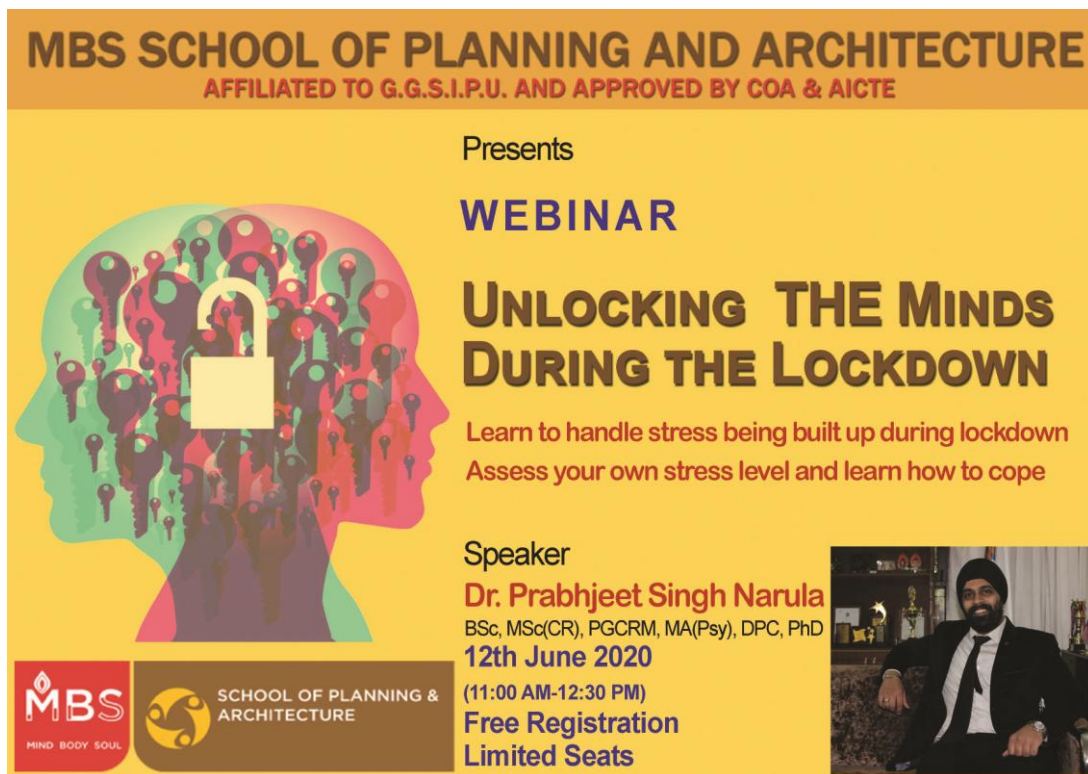
**Date:**12<sup>th</sup> June 2020

**Presenter:** Dr. Prabhjeet Singh Narula  
B.Sc, M.Sc (CR), PGCRM, MA (Psy), DPC, PhD.  
Founder/ Psychologist at Psy Signs

**Time:**11:00 AM – 12:30 PM

**Venue:** Online Webinar

An online Webinar on “**Unlocking the minds during the lockdown**” had been organized for Architecture Students of all years, from first year till fifth year and faculty members of MBS School of Planning and Architecture on Friday, 12<sup>th</sup> June 2020 from 11:00 am to 12:30 pm. The guest speaker was Dr. Prabhjeet Singh Narula an expert in mental health wellbeing.



**MBS SCHOOL OF PLANNING AND ARCHITECTURE**  
AFFILIATED TO G.G.S.I.P.U. AND APPROVED BY COA & AICTE

Presents


## WEBINAR

# UNLOCKING THE MINDS DURING THE LOCKDOWN

Learn to handle stress being built up during lockdown  
Assess your own stress level and learn how to cope

Speaker  
**Dr. Prabhjeet Singh Narula**  
BSc, MSc(CR), PGCRM, MA(Psy), DPC, PhD  
**12th June 2020**  
(11:00 AM-12:30 PM)  
**Free Registration**  
**Limited Seats**

**MBS** MIND BODY SOUL  
**SCHOOL OF PLANNING & ARCHITECTURE**



DrPrabhjeet Singh Narula specializes in Psychometric Testing, Psychotherapy & Counselling and is the founder/ Psychologist at Psy Signs - Psychological Health Center and also the Advisor of Peaceful Mind Foundation.

He is an accredited member of The British Council for Complementary Therapies and Indian Board of Alternative Medicine. He aims to accelerate the pace of scientific progress by contributing to research that will have the greatest public health impact and continue to fuel the transformation of mental health care.

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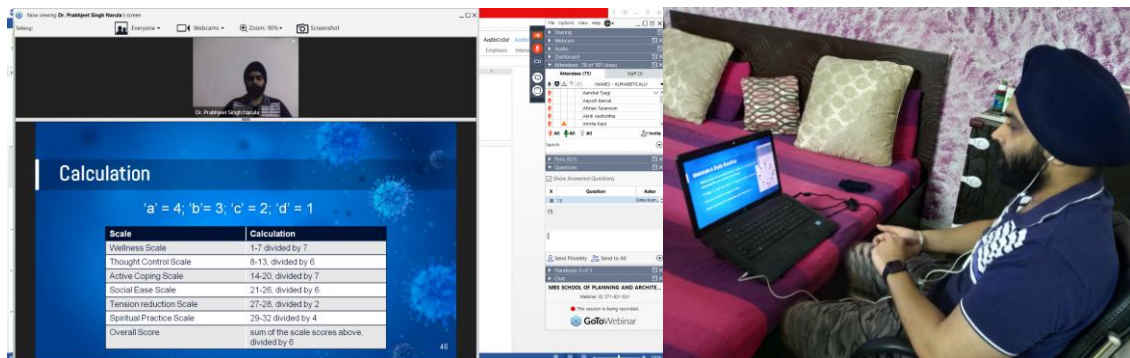
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The webinar was focused on the repercussions of the pandemic on our mental health during this lockdown and how to cope with it. A much needed discussion as we all are dealing with stress at different levels and we cannot go out for a break. Dr. Narula stated that it was quite common to feel stressed and anxious in such conditions but learning how to cope with it is what matters.

Dr. Narula started with a **self-assessment of 'percieved stress'** exercise to calculate amount of stress that we are dealing with. There few basic questions with options to answer. Each answer had a number which was revealed later and based on all the answers one's final stress level was calculated. It was a personal exercise without sharing the answers with anyone.

Based on the above result one can analyze how much one needs to work on themselves. He further shared few guidelines on dealing with stress during the lockdown. The following were the main points:

1. Maintaining daily routine
2. Staying connected with people (virtually)
3. Share your worries
4. Look after your body



*Dr. PrabhjeetNarula presenting a Webinar*

Dr. Narula further probed the attendees to have another self-assessment exercise to **calculate their 'level of coping with stress'**. The other exercise was also answering the questions and calculating the result based on the numbers given to the answers. These two exercises made the session quite interactive and also personal at the same time.

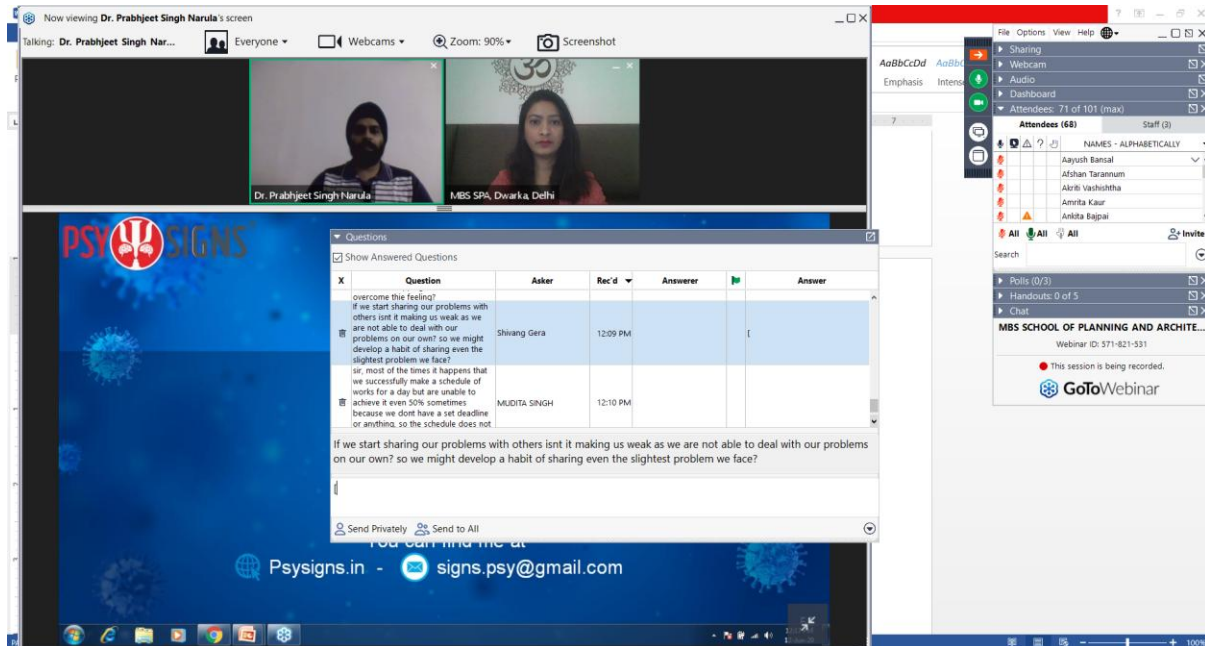
Dr. Narula motivated the students to follow some healthy tips to cope with anxiety. He suggested them to utilize this time to learn or develop something new which can help them with their career as they might not get this time once the *normal* routine starts again. To deal with anxiety he suggested to maintain a journal to write and identify what exactly bothers them. He also suggested to challenge our anxious thoughts and shift our focus to something positive and constructive. To find an activity that best relaxes oneself and practice it.

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Dr. Narula concluded his presentation with a positive note showing the latest numbers of the Covid-19 pandemic in India. He said even though the numbers are rapidly increasing still the recovery rate is quite high and there is hope to have vaccine in coming October as per few news sources. He focused that not everything is under control the best thing in such situation is to utilize the time to its best.



*Interactive Question answer session with Dr. Narula.*

The Webinar ended with a question answer session. The attendees asked their questions regarding stress, anxiety, concentration issues etc. and Dr. Narula patiently answered each question motivating and inspiring the attendees.

MBS School of Planning and Architecture thanked Dr. Narula for taking out time and giving the students such a beneficial webinar on mental wellbeing.

Report Prepared by: *Ar.Manisha Singh Taneja*, Assistant Professor, MBS School of Planning and Architecture, Dwarka, New Delhi.