

STUDENT'S INTERACTIVE SESSION

2021-22

Women's Mental Health During Pandemic

A group discussion was held on October 10 2021 from 5 p.m. on the topic, 'Women's Mental Health during Pandemic', organized by Women Development Centre. 15 participants came together to discuss the deteriorating condition of

Janki Devi Memorial College
WOMEN DEVELOPMENT CENTRE
presents
Discussion Forum
On World Mental Health Day
for JDMC students
on the topic-
Women's mental health during pandemic
DATE: 10 OCTOBER 2021, SUNDAY
TIME: 5PM
PLATFORM: GOOGLE MEET
<https://meet.google.com/wtq-axzm-ywd>
contact for more details
Pearl- 99912 86069
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wdc_jdmc
wdc@jdm.du.ac.in

mental health of especially women and how the condition has shifted from bad to worse due to the pandemic. COVID created mass hysteria of which women were the worst sufferers. They felt they were somehow responsible for keeping the family safe and that pushed them to clean and sanitise during all hours of the day.

Due to the presence of family members at all times, they barely got time to rest. They couldn't even rest physically let alone

mentally. The first wave was somewhat the same in all households but it was the second wave that drove everyone in a state of mind they couldn't really keep their balances.

There were deaths all around. It felt like you were going to die too, as if death was lurking around the corner. Participants also shared their experiences of dealing with death. The discussion ended on an emotional note.