



**SRI VENKATESWARA COLLEGE  
(UNIVERSITY OF DELHI)**

**EVENT REPORT**

|  |                               |   |   |
|--|-------------------------------|---|---|
| <b>NAME OF THE EVENT:</b> Webinar on Coping with grief & loss in the aftermath of Covid-19 |                               |   |   |
| <b>DATE</b>  | <b>DEPARTMENT</b>             | <b>COMMITTEE/SOCIETY</b>                                | <b>COORDINATORS NAME</b>  |
| 4 September 2021   |                               | MGNCRE, (Swachhta Action Plan Psychosocial Support) SVC | Dr. Vandana Joshi, Convener<br>Dr. Haokam Vaiphei, Co-Convener<br>Dr. Poonam Sood |
| <b>TIME</b>  | <b>VENUE</b>                  | <b>NUMBER OF PARTICIPANTS</b>                           | <b>NATURE: Outdoor/Indoor; online/offline/hybrid</b>                              |
| 11 AM  | <b>Zoom</b>                   | <b>94</b>   | <b>Online</b>   |
| <b>FINANCIAL SUPPORT/ASSISTANCE (if any):</b>  | NSS, Sri Venkateswara College |   |   |

**BRIEF INFORMATION ABOUT THE ACTIVITY**

|  |   |
|--|---|
| <b>TOPIC/SUBJECT OF THE ACTIVITY</b>                     | Coping with Grief and Loss in the aftermath of Covid-19   |
| <b>OBJECTIVES</b>  | <ul style="list-style-type: none"> <li>To understand the impact of Covid-19 on mental health</li> <li>To understand Grief and its impact</li> <li>Ways to cope Grief</li> </ul> |
| <b>METHODOLOGY</b>                                       | <ul style="list-style-type: none"> <li>Didactic method with PPT</li> <li>Open Discussion with Question &amp; Answers</li> </ul>   |
| <b>INVITED SPEAKERS WITH AFFLIATION DETAILS (IF ANY)</b> | Dr. KIMNEIHAT VAIPHEI<br><i>Assistant Professor</i><br>Department of Psychiatric Social Work &<br><i>Consultant</i><br>NIMHANS, Bengaluru                                       |
| <b>OUTCOMES</b>  | The Webinar generate mental health awareness and urged for integrated mental health and psychosocial interventions.   |

**PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):**

|                           |   |                     |              |                                     |
|---------------------------|---|---------------------|--------------|-------------------------------------|
| 1<br>Notice &<br>Letters✓ | 2<br>Number of Participants &<br>Name of participants ✓ | 3<br>Video<br>clip✓ | 4<br>Photos✓ | 5<br>Feedback<br>Form &<br>analysis |
| 6                         | 7   | 8                   | 9            | 10                                  |

|                        |                                |                   |  |                    |
|------------------------|--------------------------------|-------------------|--|--------------------|
| News clip with details | Sample Copy of the Certificate | Posters/ Invites✓ | Event report Attested by ✓<br>Event Coordinator & IQAC Coordinator | Any other document |
|------------------------|--------------------------------|-------------------|--|--------------------|

|  |                       |
|--|-----------------------|
| IQAC Document No: IQAC/SVC/2021-22/History11 | Criterion No: III     |
| Departmental file no: SVC/2021-22/History11  | IQAC file No: 2021-22 |

| NAME OF TEACHER & SIGNATURE                                | NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE | IQAC COORDINATOR (SEAL & SIGNATURE) |
|--|--|-------------------------------------|
| Dr. Vandana Joshi<br>Dr. Haokam Vaiphei<br>Dr. Poonam Sood | Dr. Vandana Joshi                            |                                     |

### For Reference

|               |  |               |                                       |
|---------------|--|---------------|---------------------------------------|
| Criterion I   | Curricular Aspects (planning & Implementation) | Criterion V   | Student Support & Progression         |
| Criterion II  | Teaching Learning & Evaluation                 | Criterion VI  | Governance                            |
| Criterion III | Research, Innovations & Extension              | Criterion VII | Institutional Values & Best Practices |
| Criterion IV  | Learning Resources and Infrastructure          |               |                                       |

## Notices & Letters

**Vandana Joshi**  
to kir3478, Sheela, ICT, Hrs, Manish ▾ Wed, Sep 1, 5:49 PM (3 days ago) ☆ ↶

Dear Dr. Vaiphei Madam,

Please find enclosed the official invite and link to the program.

Ever since the COVID-19 pandemic has caught the world in its shackles, grappling with negativity, grief and loss has become the order of the day.

MGNCRE, Department of Higher Education in its Swachhita Action Plan strives to combat Covid Pandemic Condition by building Covid Helper Groups in educational institutions to offer Psychosocial support. Sri Venkateswara College, in association with MGNCRE is organising a webinar with Dr. Kinnalhat Vaiphei, Assistant Professor, Department of Psychiatric Social Work, NIMHANS, Bengaluru, on the topic Coping with grief & loss in the aftermath of Covid-19.

Under the patronage of our Hon'ble Principal, Professor C. Sheela Reddy, the Webinar will be convened by Dr. Vandana Joshi and co-convened by Dr. Haskani Vaiphei 🙏

Date - 4th September, 2021  
Time - 11 AM  
Platform - Zoom

Joining Link - <https://us02zoom.us/j/2466754176?pwd=M2p3cU9lYk5oaUJpZWp0eGp0d0hkdz09>  
Webinar ID - 724 0475 4176  
Passcode - 2021

In case of any queries, kindly contact 📧

Manish Rohila - 8178895528  
Prerna Singla - 8872365964

We look forward to a great interactive session with you.

Thank you and kind regards,

Dr. Vandana Joshi  
Convener MGNCRE  
Sri Venkateswara College,  
University of Delhi

Search all conversations 🔍 Active ▾ ⌚ ⌚ ⌚ ⌚ 🏠

← 📄 📄 📄 📄 📄 📄 📄 📄 📄 4 of 128 < >

### Webinar by MGNCRE Team 🗨️ 📄 📄

**Vandana Joshi**  
to Sheela, Diamond, Hrs ▾ Wed, Aug 25, 11:18 AM ☆ ↶

Dear Professor Reddy,

The MGNCRE Psychosocial post COVID Support team would like to organise a Webinar. Kindly find the details below:

Topic: Coping with grief and loss in the aftermath of Covid-19  
Speaker: Dr. Kinnalhat Vaiphei, Assistant Professor, NIMHANS, Bengaluru  
Date: 4th September, 2021  
Time: 11 AM  
Platform: College platform (Zoom or Googlemeet)  
Email address of the Speaker: [kinn1479@nimhans.gov.in](mailto:kinn1479@nimhans.gov.in)  
Contact: 9645710126

1. Please confirm the above plan so we can go ahead with this date and officially invite her for the same.  
2. I had previously suggested that we give all speakers a certificate of appreciation. Has college designed one in the meantime or should we design our own with a jubilee logo to be signed by you?  
3. Will the College provide an honorarium to the Speaker?

The programme will run on 18-15 September and it would be great if we can add this event to our activities. Looking forward to your support and approval.

Regards,  
Vandana Joshi  
Convener, MGNCRE  
and Haskani Vaiphei, Political Science  
Co convener, MGNCRE

**Prof. C. Sheela Reddy Principal**  
to vandana, Sheela, Hrs ▾ Wed, Aug 25, 6:09 PM ☆ ↶

Dear Prof. Vandana Joshi,

Good initiative. You may go ahead. Please include the Diamond Jubilee logo in the flyer/poster.

Prof. C Sheela Reddy

Ever since the COVID-19 pandemic has caught the world in its shackles, grappling with negativity, grief and loss has become the order of the day.

MGNCRE, Department of Higher Education in its Swachhta Action Plan strives to combat Covid Pandemic Condition by building Covid Helper Groups in educational institutions to offer Psychosocial support. Sri Venkateswara College, in association with MGNCRE, is organising a webinar with **Dr Kimneihat Vaiphei**, Assistant Professor, Department of Psychiatric Social Work, NIMHANS, Bengaluru, on the topic **Coping with grief & loss in the aftermath of Covid-19**.

Under the patronage of our Hon'ble Principal, Professor C. Sheela Reddy, the Webinar will be convened by Dr. Vandana Joshi and co-convened by Dr. Haokam Vaiphei. ✨

**Date** :- 4th September, 2021

**Time** :- 11 AM

**Platform** :- Zoom

**Joining Link** :-

[https://us04web.zoom.us/j/72484754176?](https://us04web.zoom.us/j/72484754176?pwd=M2p3cUIUYklvdWgwZ3dRdGhqeG1lQT09)

[pwd=M2p3cUIUYklvdWgwZ3dRdGhqeG1lQT09](https://us04web.zoom.us/j/72484754176?pwd=M2p3cUIUYklvdWgwZ3dRdGhqeG1lQT09)

**Zoom Meeting ID** - 724 8475 4176

**Passcode** - 2021

Contact:8178805528/8872305904

10:04 PM ✓✓

# Photos

This screenshot shows a Zoom meeting in progress. The main grid displays several participants: Tanvi Jaiswal, Anagha, Sonakshi Datta, Himanshi Aneja, Nemting, Kartavya Gupta, Nishant Bansal, Ria, Gamini, and Anushka Mishra. A participant named 'Mishra Chhabra' is speaking, indicated by a blue bar above their video tile. The interface includes a top toolbar with icons for mute, video, chat, and other functions. On the right side, a 'Participants' list shows 80 attendees, with names like Chahank Kumar, Shivani Singh, and Shreya Tuli. The bottom of the screen shows the Windows taskbar with the search bar and system tray.

This screenshot shows another Zoom meeting. The main grid displays participants: Anushka Mathur, Soumya Panwar, Tushar Mudai, Ananya Jain, Anchal Jain, kartik Pramanik, Anjali kumari, Shashank Kumar, Dhanya Choudhary, Saloni, Esha Shah, G Rohit, Anas Sultan Baig, sanjana, Mehak Jain, Yogesh Kumar, and Yash Bhadana. A participant named 'Mishra Chhabra' is speaking, indicated by a blue bar above their video tile. The interface includes a top toolbar with icons for mute, video, chat, and other functions. On the right side, a 'Participants' list shows 80 attendees, with names like Chahank Kumar, Shivani Singh, and Shreya Tuli. The bottom of the screen shows the Windows taskbar with the search bar and system tray.

Zoom Meeting

Recording... [Mute] [Video Off]

|                |               |                   |                |                  |
|----------------|---------------|-------------------|----------------|------------------|
| Reetu          | Khumson       | K                 | Vanshika Gupta | Sakshi Sharma    |
| Paridhi Bhalla | [Avatar]      | [Avatar]          | [Avatar]       | N. Surya Sravani |
| Gourav         | Shivani Singh | Vismaya Viswan... | [Red Box]      | Khushi Gupta     |
| Muskaan Sharma | [Avatar]      | Jai               | S              | Boggula Sandhya  |
| Roshan         | Shambhavi     | Mannat Arora      | Aditya         | Ananya Pal       |

Participants (82)

Search

- Shashank Kumar
- Shwari Singh
- Shreya Jit
- SHREYA GUPTA
- Siya Verma
- Sneha Bhalu
- Sneha Gaba
- Sim and Mani class 202
- Somya Jain
- Somya Patwar
- Tami Chhabra
- Tarun Bansal
- Tarun Khatke
- Tarvita Aggarwal
- Vandit Chhabra
- Vanshika Gupta
- Venu Gopala Krishna Rajam
- Vansaja Viswanath
- Yash Bhadani
- Yogesh Kumar

Zoom Meeting

Recording... [Mute] [Video Off]

Madhu (Madhu is talking...)

|                |              |                |                    |                  |
|----------------|--------------|----------------|--------------------|------------------|
| Saloni         | [Dark Box]   | Esha Shah      | G Rohit            | Anas Sultan Baig |
| sanjana        | [White Box]  | [Avatar]       | [Dark Box]         | Mehak Jain       |
| Yogesh Kumar   | Yash Bhadana | Vandit Chhabra | Sandeep Kumar      | Nitin Kumar      |
| Nandini Sharma | Manan Bajaj  | Muskan         | Venu Gopala Kri... | Pankaj Dogra     |
| [Avatar]       | [Dark Box]   | Kumudjain      | Neha               | Prerna Singla    |

Participants (82)

Search

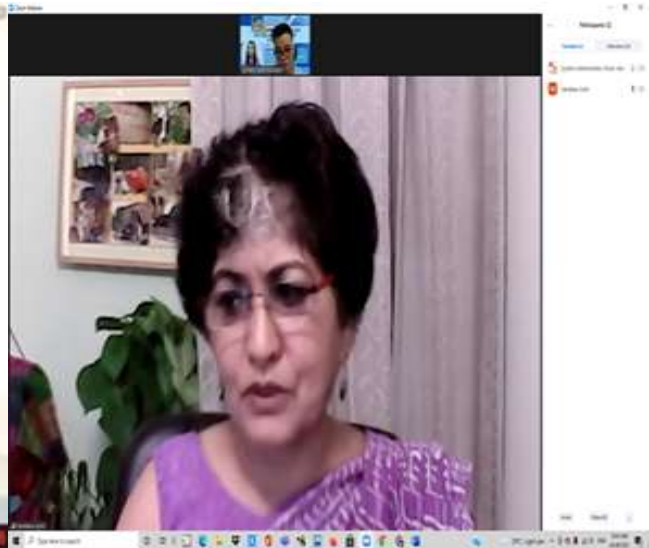
- Shashank Kumar
- Shwari Singh
- Shreya Jit
- SHREYA GUPTA
- Siya Verma
- Sneha Bhalu
- Sneha Gaba
- Sim and Mani class 202
- Somya Jain
- Somya Patwar
- Tami Chhabra
- Tarun Bansal
- Tarun Khatke
- Tarvita Aggarwal
- Vandit Chhabra
- Vanshika Gupta
- Venu Gopala Krishna Rajam
- Vansaja Viswanath
- Yash Bhadani
- Yogesh Kumar

Zoom Meeting

Recording... [Mute] [Video Off]

Windows taskbar: 31°C, Light rain, 11:27 PM, 24/08/2021





Poster



**Covid-19 & Grief:**

- Impacted our lives in many ways
- Grief can happen in response to
  - loss of lives as well as
  - to drastic changes to daily routines and
  - ways of life that usually bring us comfort and a feeling of stability.

A graphic illustration showing two hands, one in blue and one in pink, holding a large, multi-colored virus particle. The background is dark with several smaller, colorful virus icons in green, yellow, and red.

## Coping with loss of loved one



- **Healing Does Not Occur In A Smooth Line or On A Time Table:**  
Healing occurs in *phases* where you move in and out of *different feelings*. Remind yourself that you can get through this.
- **Alternate between “loss” and “restorative” activities**
- **Expect Relapses:**  
There will always be certain things that trigger sadness again. This is normal.
- **Develop new rituals to cope with the loss**
- **Make plans to help you feel more in control**

### Poster

**MGNCRE, Sri Venkateswara College**  
**Psychosocial Post COVID Support**

presents  
**WEBINAR:**

**COPING WITH GRIEF & LOSS  
IN THE AFTERMATH OF  
COVID-19**

**Dr. Kimneiath Vaiphei**  
Assistant Professor, Department of Psychiatric  
Social Work, NIMHANS, Bengaluru

**Date:** 4th September, 2021  
**Time:** 11:00 AM

**Join using:**  
<https://us04web.zoom.us/j/72484754176?pwd=M2p3cUJlUjYkIvdWgwZ3dRdGhqeG1lQT09>

**Patron:** Prof. C. Sheela Reddy, Principal  
**Convener:** Dr. Vandana Joshi  
**Co-Convener:** Dr. Haokam Vaiphei

Contact for queries:  
Manish Rohilla (81788 05528)  
Purna Singla (8872305904)

### Event Report



National Service Scheme unit of Sri Venkateswara College organised a webinar on COPING WITH GRIEF AND LOSS IN AFTERMATH OF COVID- 19 in collaboration with MGNCRE, SVC Psychological post COVID support on 4th September 2021. The aim of this webinar was to spread awareness among people about how to deal with grief and loss.

The speaker of the webinar was Dr Kimneihat Vaiphei, Assistant Professor, Department of Psychiatric Social Work, NIMHANS, Bengaluru. The panelists included Dr. Vandana Joshi and Dr. Haokam Thomas Vipe.

The webinar commenced with Dr. Kimneihat Vaiphei discussing grief, its complexities, and various reactions in relation to COVID 19. She elucidated grief as something which is universal, inevitable and as a natural reaction to loss and any kind of change. " Grief during this time is an intense and traumatic experience as many people lost their loved ones, freedom of movement and feeling of stability." explained Dr. Vaiphei in reference to COVID-19 aftermath. She shedded some light to sensitive aspects of losing someone and how it affects us - physically and psychologically. Furthermore, she covered the next segment stating various stages of grief and the whole process which is subjective according to the person.

Moving on, she stressed on the fact that relieving your feelings is a wonderful mechanism to cope up with the loss instead of bottling up. There were some insightful methods to identify whether someone needs extra support outside of talking about stress and trauma. With this, she also shared some resources for those struggling with emotional loss, including acknowledging emotions, seeking professional help, performing restorative activities, etc. Alongside, self-care, exercising, social media detox are some other ways to balance one's thoughts.

The webinar was quite interactive and enlightening. A lot of questions were answered mindfully by Dr. Kimneihat Vaiphei and got tremendous response from attendees as well. Audiences understood that one should not suppress or avoid our feelings. The essence and key takeaway were to be patient and allow the process to naturally unfold in order to heal from trauma.

NSS SVC was honoured to host the session and we look forward to more such webinars in future.



## SRI VENKATESWARA COLLEGE (University of Delhi)

### Internal Quality Assurance Cell

#### Chairperson

Prof C. Sheela Reddy  
Principal  
Sri Venkateswara College

**IQAC Coordinator**  
Dr. N. Latha  
Department of Biochemistry

**External Members**  
Prof Debi P Sarkar  
Department of Biochemistry  
University of Delhi South  
Campus

Prof Alo Nag  
University of Delhi South  
Campus

Dr. Gitanjali Yadav  
NIPGR, Delhi

**Internal Members**  
Dr. Meenakshi Bharat  
Department of English

Dr. Lalitha Josyula  
Department of Electronics

Dr. Namita Pandey  
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Dr. A. K. Chaudhary  
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Department of Zoology

Dr. Shruti Mathur  
Department of Commerce

Dr. Padma Priyadarshini  
Department of Sociology

Dr. Nimisha Sinha  
Department of Biochemistry

Shri D. Venkat Ramana  
A.O(I/C)

This is to certify that the Activity report (Teacher/Department /Society/Association) has been submitted for documentation to IQAC, Sri Venkateswara College, University of Delhi.

IQAC Coordinator  
Sri Venkateswara College  
**Coordinator, IQAC**  
Sri Venkateswara College  
(University of Delhi)  
Dhaulta Kuan, New Delhi-110021

PRINCIPAL  
Sri Venkateswara College  
**PRINCIPAL**  
Sri Venkateswara College  
(University of Delhi)  
Dhaulta Kuan, New Delhi-110021

Website : [www.svc.ac.in](http://www.svc.ac.in)

E-mail : [iqac@svc.ac.in](mailto:iqac@svc.ac.in)



1961 - 2021  
Tirumala Tirupati Devasthanams  
**Sri Venkateswara College**  
(University of Delhi)

## **CERTIFICATE**

This is to certify that Webinar on Coping with grief & loss in the aftermath of Covid-19 was successfully conducted on 4<sup>th</sup> September 2021 from 11:00 AM by the MGNCRE, (Swachhta Action Plan Psychosocial Support) SVC in the Online mode and its event report has been submitted to IQAC for records.

**IQAC Coordinator**

**Coordinator, IQAC**  
Sri Venkateswara College  
(University of Delhi)  
Dhaura Kuan, New Delhi-110021

**Principal**

**PRINCIPAL**  
Sri Venkateswara College  
(University of Delhi)  
Dhaura Kuan, New Delhi-110021