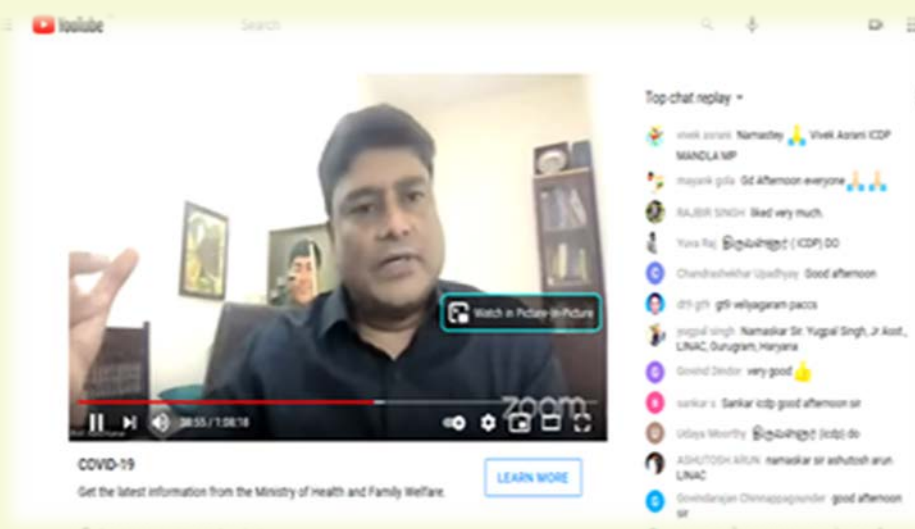
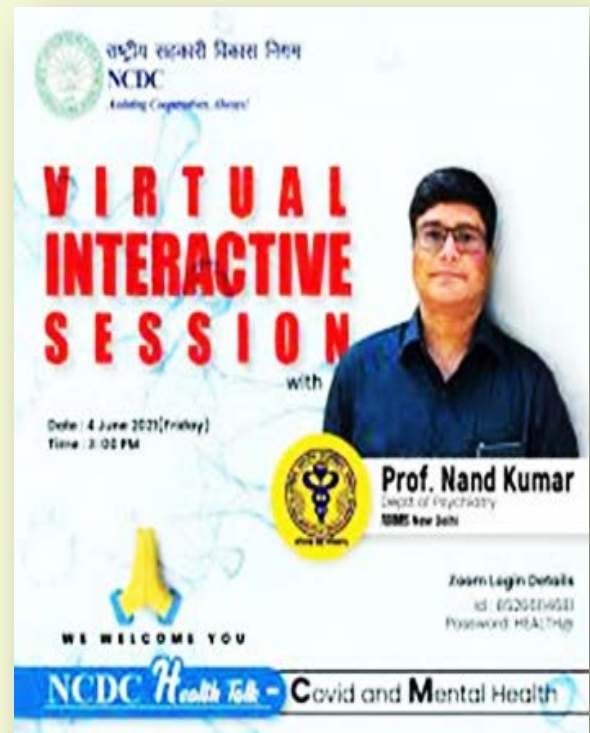


**NCDC Health Talk- Virtual Interactive Session on Mental Health during COVID Pandemic -By Prof. Nand Kumar, Department of Psychiatry, AIIMS, New Delhi.**

As a part of the *NCDC Health Talk series*, **Prof. Nand Kumar, Department of Psychiatry, AIIMS, New Delhi delivered a talk on “COVID and Mental Health”** on 4<sup>th</sup> June 2021 at 3.00 P.M through video mode. Dr. K.T. Channeshappa, Executive Director, NCDC welcomed Prof. Nand Kumar and the programme was anchored by Ms. Pretiben Patel, Co-operator, Gujarat.

2. Dr. Nand Kumar is Professor in-charge ICMR CARE in Neuromodulation for Mental Health at the Department of Psychiatry, AIIMS, New Delhi. The talk was informative and delved on how to cope with the covid pandemic, post covid physiological problems and mechanism to address stress. The main highlight of the session was the interactive “Question & Answer session” through Youtube chat box which were immediately answered by Dr. Nand Kumar. The talk was well received and benefited NCDC employees and co-operators by clearing their doubts, queries and myths related to management of covid, post-covid side effects, concerns about families and children and the benefits of vaccination.

3. The session was streamed live on [SahakarCooptube- NCDC Youtube channel](#) and [NCDC India- NCDC Facebook page](#) which has registered more than 1000 views on Youtube and Facebook.



Snapshot showing Dr.Nand Kumar’s interactive session with comments of the attendees in the Youtube chat box