'*Sundowner Sessions*' focusing on mental health during national lockdown-COVID Gyan

The COVID Gyan has planned to bring a series of interactive 'Sundowner Session' with Rukmini Chawla Kumar, Author and Editor at Penguin Books, to create an engaging platform with a community, share challenges that one might be facing during lockdown, and tips on how to spend time in the company of others while maintaining physical distance. Further, the sessions will focus on discussion of topics relevant to the lockdown such as readings books/poems and friendly conversations with 'humane' touch.

The first session was held on April 16, 2020 focused on 'Living Alone during the lockdown' with guest, Isha Lohumi a mental health researcher. Such discussion was of immense importance to those who are living alone and are facing complete physical isolation. During one hour session, participants expressed their trauma, shared their personal stories and coping mechanisms during this lockdown, while the panelists addressed some of the concerns and suggested some tips to deal with this ordeal. This session was one of its kinds, because it made most of them feel that 'everyone is in this pandemic is together'. Such community sessions would be helpful for common man, in general.

During the COVID-19 outbreak and lockdown, one's well-being is emerging as one of the top priorities from a mental health perspective. With physical distancing as one of the key tools

to flatten the curve, one can feel boycotted and isolated, mentally and emotionally drained. Global survey suggests that lockdown has affected the general well-being of individuals and results in several mental health issues including increase in suicide rates and trauma for many. Concerted team efforts with the COVID-Gyan website through a consortium of institutions is not just to create awareness about COVID-19 for the general public through info-graphics, posters, research articles, podcasts/videos etc., but also to develop a holistic approach of support during this crisis time.

The 'Well-Being Section' on COVID-Gyan is an initiative taken by the Tata Institute of Fundamental Research (TIFR), Indian Institute of Science (IISc), and Tata Memorial Centre (TMC). Several other prominent partners have joined this noble effort including Vigyan Prasar, India Bioscience, and the Bangalore Life Science Cluster (BLiSc), which includes Institute for Stem Cell Science and Regenerative Medicine (InStem), Centre for Cellular & Molecular Platforms (C-CAMP), and National Centre for Biological Sciences (NCBS)

The brand new 'well-being' section of COVID-Gyan went live recently. Dedicated to several resources on well-being including ways to deal with isolation, how to keep busy during this trying time, and more. This page of the website is going to bring in 'all round' approach in dealing with this pandemic.

Visit: http://covid-gyan.in/well-being for interesting articles and infographics