

## **Coping with COVID-19**

Two sundown sessions were organised under the auspices of Covidgyan, a multi-institutional, multi-lingual science communication initiative created to bring out the scientific and factual aspects to this pandemic outbreak onto the public domain and to bring in a holistic approach of support during the present time of crisis through discussions.

This initiative is the brainchild of the Tata Institute of Fundamental Research (TIFR), the Indian Institute of Science (IISc), and the Tata Memorial Centre (TMC). Other prominent partners that have joined their hands in this noble effort include VigyanPrasar, IndiaBioscience, and the Bangalore Life Science Cluster (BLiSc), which includes InStem, C-CAMP, and NCBS-TIFR.

These were second and third sessions under the sundown programme. The webinar type sessions on zoom were titled 'Life after the pandemic' and 'My covid story'. The panelists and participants in the 'Life after the pandemic' session spoke about their anticipations and assumptions about the impacts at workspace, work culture, and in general life before and after the lockdown (post-pandemic), while the 'My covid story session had a very personal flavor, with participants describing their coping mechanism during the lockdown and pandemic. A psychiatrist on the panel addressed issues of loneliness, isolation, and boredom during social distancing especially for those who are away from home and their loved ones. These sessions had almost 30-35 participants from not just India but also countries like Argentina, USA, Bangladesh, and Pakistan. Author and Editor at Penguin Books, Rukmini Chawla Kumar, and writer-journalist, TanmoyGoswami, participated.

The key concept behind these Sundowner sessions is to focus on discussion of topics of relevance to the lockdown, readings from books/poems and most importantly some friendly conversations with a 'human' touch, thus creating an engaging platform with a community, sharing challenges that one might be facing, getting some tips on these, and spending some time in the company of others while maintaining physical distancing. During the current COVID-19 outbreak and lockdown, well-being is emerging as one of the top priorities. With physical distancing as one of the key tools to flatten the curve, one can feel boycotted and isolated, mentally and emotionally drained. These discussions are expected to address these problems.

<https://covid-gyan.in/>

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**Bangalore Life Science Cluster (BLISC)** @BLISC\_India · Apr 23

Are you working from home? All #alone, or with family/friends at home? Join the next #CovidGyan #SundownerSession with @rukminikumar & share your #covidstory in an interactive #webinar! Register at [zoom.us/webinar/regist...](https://zoom.us/webinar/regist...)

April 25th, 6pm!

#wellbeing #mentalhealth #community



The image is a promotional graphic for 'Sundowner Sessions'. It features a dark blue background with a sunset or sunrise sky. The text 'Sundowner Sessions' is written in a white, cursive font. Below it, in smaller white capital letters, is 'WITH RUKMINI CHAWLA KUMAR'. At the bottom, in white capital letters, is 'APRIL 25TH | SATURDAY | 6PM'. In the top left corner, there is a logo for 'Covid Gyan' with a stylized virus icon.

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