



“Understanding And Coping With Anxiety And Depression” – A Webinar

Delhi Public School-Bopal organized an open access webinar on the topic of ‘Understanding and Coping with Anxiety and Depression’, on the 23rd of November, 2021 as part of its endeavour to create a society of mentally strong and aware individuals. Dr. Hitesh Patel, a practising consulting psychologist, was invited to shed some light on anxiety and depression which have become commonplace, while bursting common myths related to mental health. This informative webinar was moderated by Ms. Avanti Desai, a counselling psychologist.

The session began by addressing the causality that surrounds the term ‘depression’ to truly understand its nature as a mood disorder. This led to the discussion of manifesting symptoms. Depression is often unidentified as it exists in an invisible form. Often daunted by jargon, participants were relieved to find that Dr. Hitesh Patel used simplistic language to highlight easy- to- spot red flags. Ms. Avanti Desai satiated participants’ curiosity by steering the course of the conversation towards significant issues raised by them. This webinar touched upon areas such as the incidence and triggers of depression and its relation with anxiety. The speakers addressed questions about how simple sadness transforms into a full blown disorder and which individuals are more likely to struggle with it. The urgency of the matter was discovered when surprising statistics revealed that 43% Indians are currently suffering from depression. When it comes to anxiety, prevention always requires proper identification. The differences between anxieties, overthinking, negative thinking, worrying and fear were discussed in some depth. The difference between healthy and unhealthy anxiety was also highlighted, for it is only when one truly understands the exact nature of his experience can he transform it for the better.

While sharing some easy and practical tips to ensure a speedy recovery from depression and anxiety, Dr. Hitesh Patel emphasized the need to undergo a mental health check-up and necessity of finding the right person to conduct it. Majority of the people find it difficult to overcome social stigma or taboo in seeking help with their emotional difficulties. While addressing this taboo, the speakers emphasized an individual’s responsibility towards themselves for their own well-being. The session concluded with warm appreciation from the attendees and a vote of thanks by Ms. Avanti Desai. The contents of the webinar have been made available on the school’s Facebook page for easy access.

With best wishes,
Health & Wellness Department
Delhi Public School-Bopal, Ahmedabad