



Don Bosco Institute of Technology, Mumbai-400070

Report on Session

Motivation, Stress and Impact of Online Teaching on Teachers mental health during COVID-19

Event heading: Mentoring Session for Faculties

Topic: Motivation, Stress and Impact of Online Teaching on Teachers mental health during COVID-19

Date: 28th September 2021

Time: 4 p.m To 5:30 p.m

Venue:

Online (Zoom Link)

Meeting ID: 847 4915 4843

Passcode: 026902

<https://us02web.zoom.us/j/kcRE4Oi6LN>

Section: Workshop

No. of Participants: 10

Ms. Sana Shaikh

Dr. Phiroz Shaikh

Mr. Imran Ali Mirza

Ms. Dipti Jadhav

Ms. Sejal Chopra

Ms. Kalpita Wagaskar

Ms. Priya Kaul

Ms. Shainila Mulla

Ms. Deepali Kayande

Ms. Ditty Varghese

Faculty In Charge – Ms. Dipti Jadhav

Resource Person: Ms. Linda Dhakul

Ms. Linda Dhakul is assistant professor at St. Xavier's college, marine line, Mumbai; teaching psychology for over 20 years. she is associated with Prafula "a Don Bosco initiative" and is a counselling psychologist in the organization for over 15 years. She is trained yoga teacher. She has taken training from the well-known "Patanjali Institute" in santacruz. She also conducts Teacher development workshops on regular basis.

Organizing Department/Committee/Authority : Department of Computer Engineering, Mumbai.**Objectives:**

1. Maintaining a healthy work-life balance
2. Coping with the situation
3. Managing Time and Resources
4. Managing Emotions

Ms.Dhakul covered topics like Lockdown, Personal, Professional life. She discussed how to maintaining a healthy work-life balance and also how to cope up with current situation with interesting examples. She also covered topics like Managing time, resources as well as emotions. She suggested few physical exercises which everyone can do at workplace. She had covered importance of Self-care and how we can do it during Lockdown Period.

After presentation Ms. Dhakul had conducted interactive session with faculties. Faculties shared their experiences during lockdown related to online teaching and time management. Faculties also asked questions like how to be self motivated when working from home? What all things can be done to reduce stress due to screen time, time management and family expectations? , etc. Ms. Dhakul shared few tips and techniques to adress these questions like trying new ways to complete particular task, learing new things, talking with peers, using technology for self motivation. Ms. Dhakul also taught few helpful yoga exercises to reduce physical stress.

Snapshot of online workshop

The screenshot shows a Zoom meeting window with a PowerPoint presentation. The slide is titled "AVERAGE TEEN CIRCADIAN CYCLE" and features a circular diagram of the circadian rhythm. The diagram is divided into four quadrants with corresponding text:

- Getting sleepy:** Melatonin, the sleep hormone, rises about an hour later in teens than adults. The blue light from electronic devices can suppress melatonin, disrupting your sleep. (Time: 11 PM)
- The big dip:** Your energy is at its lowest. Depending on your internal clock, you might not feel fully awake until 9 a.m. or even 10 a.m. (Time: 12:00)
- Energy up:** Your body temperature rises throughout the morning, so your alertness and sharpness increase. (Time: 10 AM TO 1 PM)
- Afternoon slump:** You feel blah and you might crave a snack. In your adult years, you'll see this energy dip earlier, from 1 to 3 p.m. (Time: 1 PM TO 3 PM)

The slide also includes a section for "3 Effects" on the left side. The Zoom interface shows the participant list on the right, including Linda Dhakul, DBIT COMP, Ditty Varghese, priya kaul, Sejal Chopra, and Sana Shaikh. The bottom of the window shows the Windows taskbar with the time 17:08 on 28-09-2021.

This screenshot shows a Zoom meeting grid with seven participants. The participants are arranged in a 2x3 grid, with the bottom-right cell empty. The participants are:

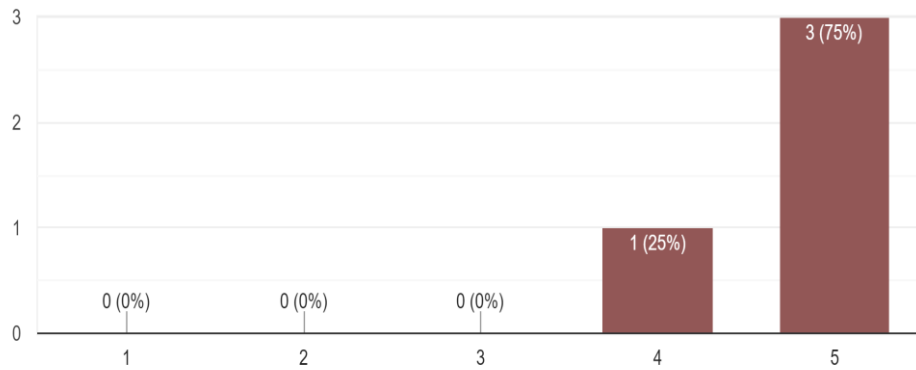
- Linda Dhakul (top-left)
- DBIT COMP (top-middle)
- Sana Shaikh (top-right)
- Deepali K (middle-left)
- Ditty Varghese (middle-middle)
- Sejal Chopra (middle-right)
- Imran Mirza (bottom-left)
- Feroz Sheikh (bottom-middle)
- Kalpita Ajinkya Wagaskar (bottom-right)

The Zoom interface at the bottom shows the meeting controls, including Mute, Stop Video, Security, Participants, Polls, Chat, Share Screen, Record, Breakout Rooms, Reactions, Apps, and More. The time is 17:38 on 28-09-2021.

Session Feedback:

Do you believe that session was well structured?

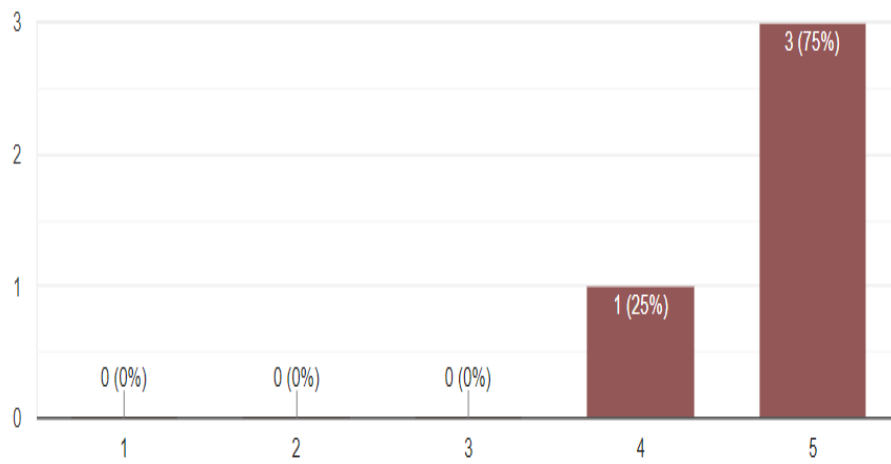
4 responses



Do you believe speaker was effective?

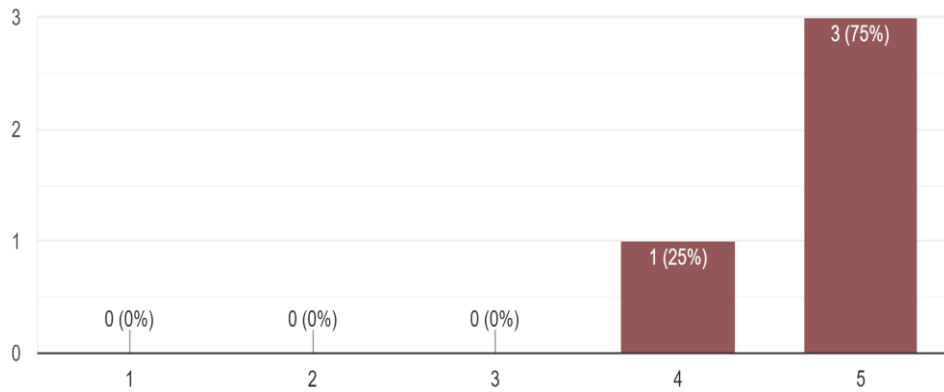


4 responses



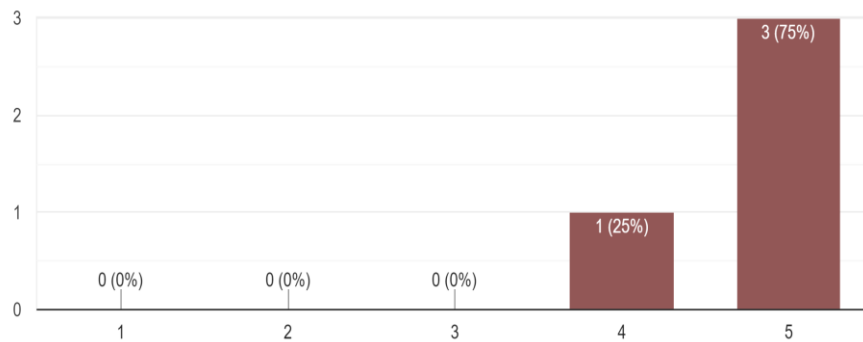
Do you believe that you got concrete information related to topic?

4 responses



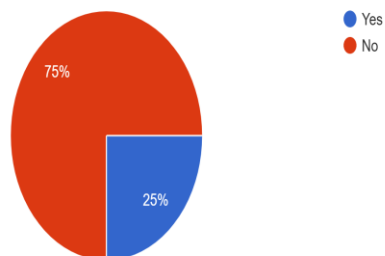
Do you believe the speaker was able to answer all questions satisfactorily?

4 responses



Do you require one to one mentoring session

4 responses



Report Prepared by

Dipti Jadhav

Approved by

Sana Shaikh,

(HOD, Computer)