

**Online Out-reach Activities conducted by Dept of Clinical Psychology & Youth Wellness HUB, LGBRIMH during Lock-down Period**

Sl No.	Date	Name of the Activity/ Program & Brief description	Nature of online program	Participation
1	21st March	<p><b><u>Virtual TOGETHERnesS Meeting</u></b></p> <ul style="list-style-type: none"> <li>In the backdrop of COVID-19, virtual hub adda was arranged for all the trainees, staffs and faculties of the Department to strengthen the 'WE' feeling. Free flowing adda, regarding, how the participants are spending their days amidst uncertainty was quite stress relieving.</li> </ul>	Video-conference through Zoom	All Students and Staff of Dept. of Clinical Psychology (24 participants)
2	28 <sup>th</sup> March	<p><b><u>WESoulated : An adda Online</u></b></p> <ul style="list-style-type: none"> <li>The meeting was organised mostly to have a check on others in the difficult time in our institute. The intention behind was to reflect on that we are not isolated, rather we are together on the same boat to sail through the crisis. The focus of gathering was to talk about small and big things participants are doing to keep themselves well.</li> </ul>	Video-conference through Zoom	All Students and Staff of Dept. of Clinical Psychology (24 participants)
3	5 <sup>th</sup> May till 9 <sup>th</sup> June	<p><b><u>QUARANTimes: A mental health support e-poster campaign for youth</u></b></p> <ul style="list-style-type: none"> <li>The initiative was taken to reach out to the youth (<i>EVERY BUDDY</i>) in the period of lockdown on a virtual platform. HUB wished to know two things from the buddies, <ol style="list-style-type: none"> <li>What all big/tiny things they are doing to keep themselves well?</li> <li>How all those activities are helping them to support them in their wellness?</li> </ol> </li> </ul>	Social Media platforms of HUB	6 e-posters created wherein 6 youth shared their wellness activities.  Posts reached to 425 people on social media on average
4	9 <sup>th</sup> May till 25 <sup>th</sup>	<p><b><u>QuarantQuotes: A mental health support mini-documentary campaign</u></b></p>	Social Media platforms of HUB	3 mini-documentaries created wherein 3 youth

	May	<p><b><u>for youth</u></b></p> <ul style="list-style-type: none"> <li>To know whether there is any, quote from books, movies or series that have made a lot of sense to them in the lockdown period and if yes, why they feel so connected with the same? They were also encouraged to share a quote / message of their own to others of their age</li> </ul>		<p>shared their wellness messages through 'quotes'.</p> <p>Posts reached to 780 people on social media on average</p>
5	30 <sup>th</sup> May	<p><b><u>Online Book Club Day-1</u></b></p> <ul style="list-style-type: none"> <li>The key idea was to explore safe spaces through books and getting engaged in fun yet meaningful activities on a virtual platform using books. Book read and reflected upon: <b>How to be a lion</b> by Ed Vere</li> </ul>	<p>-Social Media platforms of HUB for publicity through e-poster&amp; free/open registration</p> <p>-Conducting the program through Video-conference (Zoom)</p>	<p>22 people registered;13participants actively participated in the session</p>
6	13 <sup>th</sup> June	<p><b><u>Online Book Club Day-2</u></b></p> <ul style="list-style-type: none"> <li>In continuation of the fortnightly venture of the book club the second event in this series welcomed anyone who is young at heart and has a love for books. Book read and reflected upon: <b>Perfectly Norman</b> by Tom Percival and <b>The heart and the bottle</b> by Oliver Jeffers</li> </ul>	<p>-Same as above-</p>	<p>e-Poster reached to 74 people,18 people registered, 13 participants actively participated in the session</p>
7	27 <sup>th</sup> June	<p><b><u>Online Book Club Day-3</u></b></p> <ul style="list-style-type: none"> <li>Book read and reflected upon: <b>Something Else</b> by Kathryn Cave</li> </ul>	<p>-Same as above-</p>	<p>e-Poster reached to 197 people, 18 people registered, 10 participants actively participated in the session</p>
8	25 <sup>th</sup> June	<p><b><u>Tele-Psychotherapy Services for pre-registered clients of LGBRIMH</u></b></p>	<p>Secure video-conferencing</p>	<p>Service just commenced</p>
9	26 <sup>th</sup> June	<p>Awareness talk on causes, effects &amp; prevention of substance use disorder on the occasion of International Day against Drug Abuse &amp; Illicit Trafficking By Mr. Deepshri Phukan</p>	<p>Video</p>	<p>Dissemination by District Legal Services Authority, Sonitpur</p>