

"The greatest wealth is mental health." - Dalai Lama

Role of the Counselling Cell in Promoting Mental Health in Vivekananda College Campus

The global COVID-19 pandemic brought profound and unexpected challenges; altering and affecting physical and mental health of the entire community. In the face of the lockdown and grave medical implications young adults emerged as the most vulnerable group. The years spanning 2020 to 2022 proved especially demanding, as the rapid onset of COVID-19 necessitated swift adjustments to our daily routines, work dynamics, and social engagements. Consequently, pervasive sentiments of fear, anxiety, and depression permeated both student and wider community spheres.

The transition from traditional offline teaching methods to online platforms further compounded stress and strain, impacting students and educators alike. Vivekananda College organized an online webinar titled "Coping Emotionally with COVID-19: A Mentoring Session for Students, Parents, and Teachers" on Aug 30th, 2020 to address the mental health challenges faced by the community during the pandemic.

Responding to changing needs, Vivekananda College has proactively inaugurated a "Counselling Cell" which became effective from 20.6.2022, aimed at catering to the needs of stakeholders in the post-COVID landscape. This initiative prioritizes mental health support for students, faculty, and non-teaching staff members, recognizing its critical importance in the aftermath of the pandemic.

Aims:

- Provide individual counselling sessions tailored to students' specific needs.
- Boost the self-esteem of weaker, slower learners, and physically challenged students.
- Assist students in managing examination stress, anxiety, and phobias.
- Communicate with parents regarding psychological issues observed in students.
- Aid students in educational and vocational planning.
- Guide students in understanding their interests, abilities, aptitudes, and opportunities.
- Create awareness, motivation, and strategies for overcoming life challenges and achieving success.
- Foster mutual understanding between students and teachers.
- Organize training programs on counselling skills for faculty and staff.

Objectives:

- To provide psycho-social support and counselling to students, faculties and staff, promoting mental health and well-being.
- To ensure strict confidentiality in both individual and group counselling sessions.
- To create awareness about mental health issues and motivate students to achieve their goals.
- To support students in solving personal, educational, social, and psychological problems.
- To raise awareness about mental health and related issues among the student, teacher and non-teaching communities.
- To offer support in navigating academic, work and social pressures.

Roles and responsibilities

The Counselling Cell plays a pivotal role in addressing the mental health needs of students, faculty, and non-teaching staff within our college. Here's an overview of its key responsibilities:

Assessment and Diagnosis: Conduct comprehensive assessments to understand individual mental health concerns, utilising psychological tests, interviews, and other methods to formulate accurate diagnoses.

Counselling: Offer confidential one-on-one counselling sessions tailored to address a wide range of mental health issues, including anxiety, depression, stress, grief, trauma, and relationship problems.

Crisis Intervention: Provide immediate support and intervention during mental health crises, such as suicidal ideation or severe anxiety attacks, implementing crisis management strategies and facilitating access to emergency services as needed.

Psychoeducation: Educate students, faculty, and non-teaching staff about mental health issues, coping mechanisms, and self-care practices through workshops, seminars, and training sessions aimed at reducing stigma and promoting awareness.

Referral and Coordination: Collaborate with external mental health professionals to facilitate referrals for specialised services like psychiatric evaluation or intensive therapy, ensuring continuity of care and support.

Consultation and Collaboration: Consult with faculty and administrators regarding mental health concerns impacting academic performance and collaborate with interdisciplinary teams to develop comprehensive intervention plans.

Accessibility and Inclusivity: Ensure mental health services are accessible and inclusive for individuals from diverse backgrounds, addressing barriers to access and providing culturally sensitive care.

Confidentiality and Ethics: Uphold ethical standards of confidentiality and privacy while respecting clients' autonomy and confidentiality rights, maintaining appropriate boundaries in counselling interactions.

Self-Care and Professional Development: Prioritise self-care practices to prevent burnout and maintain personal well-being, while engaging in ongoing professional development to enhance counselling skills and stay abreast of emerging trends in mental health care.

Through these responsibilities, the Counselling Cell plays a vital role in promoting mental health, fostering a supportive environment, and contributing to the holistic development and success of the educational community.

Counsellor

Ms Prajna Dutta (Consultant Psychologist)

Conveners

Dr. Gunjan Dhar

Prof. Akash Shaw

Members

Dr. Rajarshi Mitra

Dr. Abhishek Das

Prof. Pragya Bhattacharjee


Prof. Subhayan Biswas

Prof. Priyanka Mazumder

Prof. Alolika Mangal

Prof. Sumi Karmakar

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 **VIVEKANANDA COLLEGE**
(GOVT. SPONSORED) (NAAC ACCREDITED GRADE 'A')

Ref. No..... Date.....

NOTICE

A Counselling Cell has been formed w.e.f. 20.6.22. The members of the committee are as follows:

Conveners:

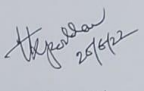
- Dr. Gunjan Dhar
- Prof. Akash Shaw

Members:

- Dr. Rajarshi Mitra
- Dr. Abhishek Das
- Prof. Pragya Bhattacharjee
- Prof. Subhayan Biswas
- Prof. Priyanka Mazumder
- Prof. Alolika Mangal
- Prof. Sumi Karmakar

Consultant Psychologist:
Ms. Prajna Dutta

Ms. Prajna Dutta will be available for one-on-one or group counselling sessions every Saturday. The Counselling Cell aims to provide a supportive and confidential environment for students, faculty and staff to discuss their concerns and seek guidance. For appointments or more information, please contact the conveners.


Principal
Vivekananda College, Thakurpukur

**Principal
Vivekananda College
Thakurpukur, Kol-73**

269, DIAMOND HARBOUR ROAD, THAKURPUKUR, KOLKATA-700 063
Website : www.vckolkata63.org • email : vivekanandacollege63@gmail.com

The Counselling Cell collaborates closely with the NSS unit to provide comprehensive support to students. Operating every Saturday from 10 am onwards, the cell offers confidential counselling services in a dedicated room within the college premises. Upholding strict confidentiality, all information shared by students during counselling sessions remains private and secure.

In addition to individual counselling sessions, the cell conducts informative group sessions accompanied by PowerPoint presentations. These sessions take place in a separate room within the college, facilitating both group discussions and one-on-one interactions.

The Cell serves as a trusted resource for students facing various challenges, including academic, personal, emotional, family, and peer-related concerns. Through meaningful interactions, the Cell endeavours to provide holistic support services tailored to each student's needs. The Counselling Process involves referrals from various sources including self-referral, teachers, peers, the Principal, and staff.





Group sessions conducted by the counsellor

Psychological Counselling Helpline of the College :

For Call/SMS/WhatsApp:7980835955

For Email ID: counsellingcell.vckolkata63@gmail.com

Registration link for psychological counselling session:

<https://forms.gle/fzyvR9NXpx7WCAoF8>

National Toll-free Helpline - 8448440632 for a country wide outreach to students from school, universities and colleges.

MHRD Govt. of India Manodarpan Weblink:

<https://manodarpan.education.gov.in/>

Report on Psychological Support Webinar During COVID-19 Pandemic held during 2020-2021 session

Introduction:

The COVID-19 pandemic has swept across the globe, affecting nearly every aspect of life. Educational institutions faced closures, students shifted to remote learning, and the usual interactions among peers and teachers came to a halt. This sudden upheaval has had profound effects on mental health, causing stress, uncertainty, and anxiety among students, parents, and educators. Recognizing the need to support these stakeholders, Vivekananda College Thakurpukur, Kolkata, through its Internal Quality Assurance Cell (IQAC), initiated a webinar to address psychological challenges during the pandemic.

Objectives:

- Educate parents and teachers on stress-related behaviours among students.
- Enable effective coping strategies for students, parents, and teachers.
- Sensitize participants to life skills for addressing psychosocial issues.
- Strengthen counselling and mentoring skills to enhance student well-being.

Webinar Title: Coping Emotionally with COVID-19: A Mentoring Session for Students, Parents, and Teachers

Resource Persons:

Dr. Saumitra Basu- Professor, Dept of Philosophy, JU Coordinator Counselling Cell Jadavpur University

Dr. Samar Kumar Mondal-Professor, Dept of Philosophy, JU Counselling Cell, Jadavpur University,

Dr. Ushri Banerjee- Assistant Professor Department of Applied Psychology, University of Calcutta, Kolkata

Organizing Committee:

- Chairman: Dr. Tapan Kumar Poddar, Principal, Vivekananda College, Thakurpukur
- Patrons: Dr. Siddhartha Guha Roy, Prof. Nabakishore Chanda, Dr. Arvind Pan, Dr. Debasis Mukherjee, Dr. Atanu Thakur, Dr. Manindranath Pandit, Dr. Amal Kumar Patra
- Jt. Conveners: Dr. Jayanta Sinha, Dr. Gunjan Dhar
- Jt. Organizing Secretaries: Dr. Senjuti Roy Mukherjee, Dr. Meenakshi Mukherjee

- Technical Secretary: Dr. Rajashri Mitra
- Co-Moderators: Prof. Sukanya Sanyal, Dr. Senjuti Roy Mukherjee
- Members: Dr. Shaoli Majumder, Prof. Ranu Chakravarty, Prof. Alolika Mongal
- Technical Support: Mr. Shibshankar Dutta

Date: August 30, 2020

Time: 2-5 p.m.

Platform: Google Meet

Report:

The webinar titled "Coping Emotionally with COVID-19" aimed to provide essential support to students, parents, and teachers amidst the pandemic. Expert psychologists shed light on stress-related behaviours, coping mechanisms, and the importance of life skills in addressing psychosocial issues.

Dr. Saumitra Basu emphasized the need for recognizing stress factors and implementing effective coping strategies. Dr. Samar Kumar Mondal highlighted the role of counselling and mentoring in enhancing student well-being. Dr. Ushri Banerjee emphasized the importance of life skills and stress management practices.

The organizing committee, led by Dr. Tapan Kumar Poddar, ensured smooth coordination and technical support. Participants actively engaged in discussions, sharing their concerns and seeking guidance. The webinar concluded with a renewed sense of awareness and commitment to supporting each other through these challenging times.

Overall, the webinar served as a valuable platform for fostering resilience and promoting mental well-being within the educational community. It underscored the importance of collective efforts in navigating the psychological challenges posed by the COVID-19 pandemic.


Internal Quality Assurance Cell
VIVEKANANDA COLLEGE
 Thakurpukur, Kolkata- 700063
 (NAAC Accredited 'A')
Webinar on
Coping emotionally with COVID-19 : A mentoring session for students, parents and teachers

Speakers

 **Dr. Soumitra Basu,**
Professor, Department of Philosophy, Jadavpur University, Founder Member and Former Coordinator, Centre for Counselling Services and Studies in Self-Development, J.U.

 **Dr. Samar Kumar Mondal,**
Professor, Department of Philosophy, & Jt. Coordinator of the Centre for Counselling Services and Studies in Self-development (CCSSS), J.U.

 **Dr. Ushri Banerjee,**
Assistant Professor, Department of Applied Psychology, University of Calcutta, Kolkata.

 Faculty QR code for Registration
 Students and Parents QR code for Registration

30th August, 2020
2-5 p.m

Webinar Platform:
 

Introduction:
 The last few months have been an absolute whirlwind for everyone, as the COVID-19 (coronavirus) pandemic hit almost every country in the world. The Global pandemic of COVID-19 and the corresponding lockdown has impacted education sector in many ways. Since late March schools, colleges and other Higher Educational Institutes has remained closed to stop the spread of Covid-19 amongst the students and they have had to suddenly leave campus, take classes remotely and abandon their usual interactions with friends and teachers. Students had to study through virtual platforms, examinations got disrupted and a total uncertainty prevailed. In remote areas students did not even get the chance to study online due to unavailability of internet connectivity. Along with this unemployment surged and social distancing became the norm. A worrisome side effect of these disruptions has been the impact on student's mental health. It has created not only significant stress and uncertainty among students and youth but also for those charged with caring for these students at home, in schools, colleges and institutions. The unpredictable and uncontrollable nature of this crisis created anxiety, depression and a sense of helplessness not only amongst the students but also among their caregivers.

At this critical juncture, the Internal Quality Assurance Cell of Vivekananda College Thakurpukur, Kolkata has taken up an initiative to address the need of three important stakeholders of education- students, parents and the teachers so that they can handle anxiety and stress in a better way during this pandemic. Being an educational institute, we felt that it is our moral responsibility to motivate teachers and parents to become mentorees from the stress management strategies to handle the students in a better way by organizing a webinar where expert psychologists will address the problems and advise them.

We appeal to teachers, students and their parents to join hands with us so that we can work together in partnership and manage to cope with the high levels of stress and frustration in this moment. Our goal is to continue teaching and learning in an uninterrupted manner and remember awareness, balance, and connection can only help.

Objectives of the Webinar:

- To educate parents and teachers on various stress related behaviours among students during the COVID-19 pandemic.
- To enable the students, their parents and teachers to face the psychological challenges effectively during the COVID-19 pandemic and the lockdown period.
- To sensitize the participants in life skills to use it as a tool to address the psychosocial and mental health issues.
- To strengthen the counselling and mentoring skills of the teachers and parents so as to guide the students effectively and enhance their mental health and well-being and to equip them to cope with such stress through various stress management practices

Limited Registration (Registration Link opens till 28th August 2020),
 Google Meet and YouTube links will be shared in the WhatsApp group provided in the Registration Form. Please join the group after filling up the Registration Form.

Contact:
 Phone – 9433866829/9434253083/9875339590/9874555390
 Email – vcwebinar20@gmail.com

Organising Committee:

Chairman:

 **Dr. Tapan Kumar Poddar**
Principal, Vivekananda College, Thakurpukur

Patrons:

 **Dr. Siddhartha Guha Roy**
Associate Professor and IQAC Member, Vivekananda College, Thakurpukur

 **Dr. Jayanta Sinha**
Associate Professor, Vivekananda College, Thakurpukur

 **Dr. Nabakishore Chanda**
Associate Professor and IQAC Member, Vivekananda College, Thakurpukur

 **Dr. Arvind Pan**
Associate Professor and IQAC Coordinator, Vivekananda College, Thakurpukur

 **Dr. Debasis Mukherjee**
Associate Professor and IQAC Member, Vivekananda College, Thakurpukur

 **Dr. Anura Thakur**
Associate Professor and IQAC Member, Vivekananda College, Thakurpukur

 **Dr. Manish Ranath Paul**
Associate Professor and IQAC Member, Vivekananda College, Thakurpukur

 **Dr. Amal Kumar Patra**
Associate Professor and Teachers' Council Secretary, Vivekananda College, Thakurpukur

Jt. Convener:

 **Dr. Ganjan Dhar**
Associate Professor, Vivekananda College, Thakurpukur

Jt. Organizing Secretaries:

 **Dr. Senjuti Roy Mukherjee,**
Associate Professor, Vivekananda College, Thakurpukur

 **Prof. Meenakshi Mukherjee**
Associate Professor, Vivekananda College, Thakurpukur

Technical Secretary:

 **Dr. Rajashri Mitra**
Associate Professor, Vivekananda College, Thakurpukur

Members:

 **Prof. Sakanya Samal,**
Associate Professor, Vivekananda College, Thakurpukur

 **Dr. Senjuti Roy Mukherjee**
Associate Professor, Vivekananda College, Thakurpukur

 **Dr. Shashi Majumder,**
ASCT, Vivekananda College

Technical Support:

 **Prof. Rina Chakravarty,**
ASCT, Vivekananda College

 **Mr. Shih Sankar Datta**
Technical Staff, Vivekananda College

Registration Limited on first-come-first serve basis.
 Registration Link:
<https://forms.gle/027h9j527FM6G6LA> (Students & Parents)
<https://forms.gle/4d55a0c820E10992> (Faculty)
 E-Certificate will be provided after successful submission of feedback form by Registered Participants. Certificates will be sent within 15 days.


Internal Quality Assurance Cell
VIVEKANANDA COLLEGE
 Thakurpukur, Kolkata- 700063
 (NAAC Accredited 'A')
Webinar on
Coping emotionally with COVID-19 : A mentoring session for students, parents and teachers

30th August 2020
Tentative Schedule of the Programme

Time	Programme
2:00-2:03 p.m	Introduction and Concept note by Dr. Senjuti Roy Mukherjee, Org. Secretary
2:03-2:06 p.m	A short video presentation by the students
2.06-2.08 p.m.	Dr. Roy Mukherjee introducing the Jt. Convener Dr. Jayanta Sinha
2:08-2:11 p.m.	Welcome address by Dr. Sinha, Jt. Convener. Dr. Sinha introduces the Principal
2:11-2:14 p.m.	Inaugural Speech by the Principal Dr. Tapan Kumar Poddar
2:14-2:16 p.m.	Dr. Roy Mukherjee welcomes Dr. Arvind Pan, Coordinator, IQAC. Speech by the IQAC Coordinator
2:16-2:18	Dr. Roy Mukherjee welcomes Dr. Amal Patra,

p.m.	TCS. Speech by Dr. Amal Kumar Patra
2:18:2:50 p.m.	Dr.Roy Mukherjee introduces the first speaker -Dr. Ushri Banerjee Speech by the first speaker. Title:"Staying well during a pandemic : strategies and challenges"
2:50-2:52 p.m.	Thanksgiving by Dr. Roy Mukherjee
2:52-3:00 p.m.	Discussion session to be handled by students
3:02-3:04 p.m.	Introduction of Prof. Dr.Samar Kumar Mondal by Prof. Meenakshi Mukherjee, Org. Secretary
3:04-3:35 p.m.	Speech by Prof. Mondal Title: "Stress related issues and life skill development for students"
3:35-3:37 p.m.	Introduction of Prof. Dr. Soumitra Basu by Prof. Sukanya Sanyal
3:37-4:07p.m.	Speech by Prof. Basu Title:"An address to parents and teachers for combating pandemic related stress"
4:07:4:45 p.m.	Discussion and Question-answer session to be handled by students,Dr. Gunjan Dhar, Jt. Convener and Dr. Shaoli Majumdar, Member, Org. Committee.

4:45-5:00 p.m.	Summarizing the outcome of the webinar and Thanksgiving by Prof.Sanyal
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All participants are requested to comment or ask questions in the Google Meet and YouTube live Chat box only.

Those who participate through YouTube please write your email Id and name in the chat box

Certificates will be generated after successful submission of feedback form at the end.

Feedback Link will be provided during the end of the Webinar.



Internal Quality Assurance Cell

VIVEKANANDA COLLEGE

(NAAC ACCREDITED 'A')

Thakurpukur, Kolkata – 700 063

Certificate of Participation

In the Webinar

Coping emotionally with COVID-19 : A mentoring session for students, parents and teachers

held on 30 August 2020

Presented to

Dr. Jayanta Sinha

of

**Vivekananda College
Thakurpukur, Kolkata**

Himabati Gunjan Dhar

Jt. Conveners
Webinar Organizing Committee
Vivekananda College Thakurpukur

Anind Pan

Convener, IQAC
Vivekananda College Thakurpukur

Harpreet

Principal
Vivekananda College Thakurpukur

Registration record of participants:

https://docs.google.com/spreadsheets/d/1a-73oswSTGejxbyZ_Yv7vkYNZo7XrdVo3Pkdb_eSZRk/edit?usp=sharing

Event feedback response from attendees:

<https://docs.google.com/spreadsheets/d/1WIARmB-1aJMVChG5N84VhBTHcVadmXf8VseL-31xykQ/edit?usp=sharing>

YouTube Video link

<https://www.youtube.com/live/0CBTLtObTBQ?si=tx88oqu7hONAFyqx>