



GOKHALE MEMORIAL GIRLS' COLLEGE

Best Practice II

Title: Psycho-Social Support and Counselling

Objective:

Extension of psycho-social counselling to address diverse psychological problems that students may have which may include problems arising out of medical needs and stresses connected with sickness and bereavements as during the Covid-19 pandemic or otherwise. Addressing the physical and mental health issues of students is essential for preventing future impairments.

Context:

In modern times, young minds often develop psychological stress points arising from personal medical conditions, familial medical and financial conditions, peer pressures, community issues and academic stresses. The College is a second home and refuge to the students. The faculty observes the students closely and is able to identify the stress points. The institution steps in to facilitate, initially through counselling sessions, lectures, awareness programmes, mentoring etc. and then by appointing a duly qualified counsellor to counsel the students on a regular basis.

Practice:

Psycho-social Support and Counselling has been undertaken through various programmes as listed below:

- A three-hour session conducted on by Dr Mitul Sengupta, Director, Rhythmosaic Dance and Movement Therapy Institute on "Skill enhancement through the practice of movement" on 13.07 2019. The session focused on the creative potential of students. The speaker/therapist engaged in an empathetic creative process using body movement and dance to explain the means of integrating emotional, cognitive, physical, social and spiritual aspects of self.
- Anti-Ragging Cell of the College organised a seminar for the students on 'Adolescence and its problems' held on **9th September 2019**. **Dr. Muktipada Sinha**, Professor of Education, Jadavpur University held a one-to-one interactive discussion on how to cope with changing perceptions and aspirations during the adolescent period crucial in the life of a girl student.
- Online counselling in five sessions for all 3rd Year Students waiting to appear for their final examinations and entitled, "Meaning Making in the Times of Corona" via Zoom App from 11.05.2020 to 15.05.2020 by Counsellor: Dr. Shatabhisha Chatterjee,

Clinical Psychologist. Mental Health Foundation, Kolkata. Dr. Chatterjee focused on ways to deal with the sudden stress related to uncertainty in careers caused by the pandemic. The main focus was on Recovery Oriented Cognitive Therapy (CT-R) and ideas to promote togetherness, helpfulness and a sense of control to continue progress in a long period of social isolation.

- Two-day lecture series on “Perception of Confinement: Psychological Connotations across Generations” Dr. Nilanjana Sanyal, Retd. Professor, Department of Psychology, University of Calcutta and Dr. Rajlaxmi Guha, Assistant Professor, Centre for Educational Technology, Joint Faculty of the Centre for Happiness, IIT Kharagpur and Dr. Pritha Mukherjee, Professor, Dept of Psychology, University of Calcutta on 17.06.2020 and 18.06.2020.
- Online Hope Workshop on Mental Health and Suicide Prevention conducted by Techfest IIT Bombay on 27.09.2020. Professional counsellors spoke to the participating students of the College and explained the key aspects of recognizing mental health issues, and how to live a stress-free and fulfilling lifestyle during the lockdown. Aayushi Bhattacharya, student of Economics coordinated the event and received a medal of recognition as College Ambassador. Participants were provided signed e-certificates as a token of their solidarity with the initiative.
- In May 2021, the GMGC Covid Helpline was launched. The Department of Psychology, NSS Unit-1 and MGNCRE SES REC collaborated to provide inclusive online psychological counselling to all students in separate batches in a well-set schedule. External experts spoke to grieving students who had lost their near and dear ones. Teacher and student volunteers counselled patients and their families. These Psycho-Social Support initiatives were an integral part of the Beat Covid Campaign ‘Each One Reach One’ and were recognized by the MGNCRE. Certificates of participation were provided to the Covid volunteers.
- In February 2022, College engaged the services of long-term student counsellor Yashabanti Sreemany of “Crystal Minds” to conduct weekly sessions of counselling for all students and also conducts special sessions to address specific personal problems.

Outcome

Psycho-social counselling has over time helped students cope with several different problems. The college counsellor builds one-to one relationship with the student and counsels the student’s family too if need be, to ensure that such problems do not impair the student’s future development. Post-covid, the student-run Covid Helpline continues to help a wider community till in cases of illnesses such as dengue, malaria, etc.

Constraints

Students are initially shy and wary of opening themselves up to the counsellor. They became more conversant with the counsellor after a few sessions. Mentorship too helped

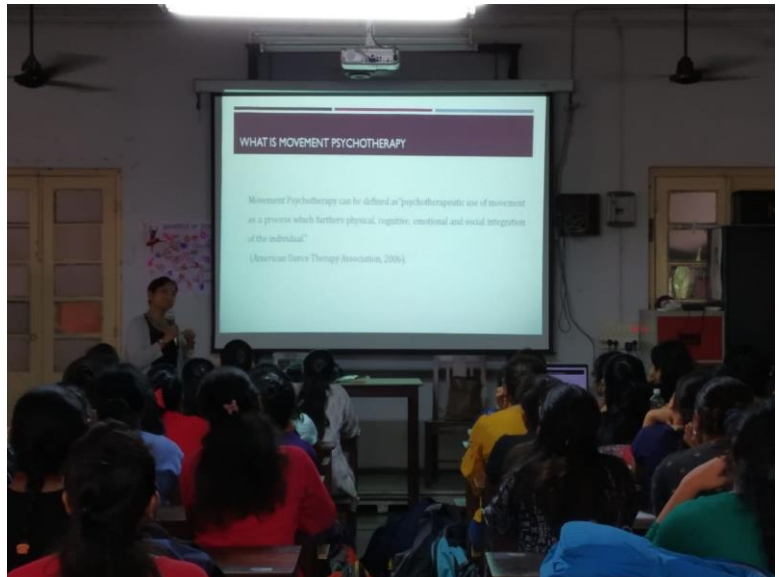
as mentors were able to convince that providing responses was vital to successful psycho-social counselling sessions. Time management is a crucial factor as counselling sessions need to be accommodated for all students within the time-table.

Additional Note

During the Covid-19 lock down period, students were facing psychological stress confined at home and having to attend classes online. Illness and bereavements were taking a huge toll on their morale. Hence, psycho-social counselling was necessary to prevent future impairments.

Gallery

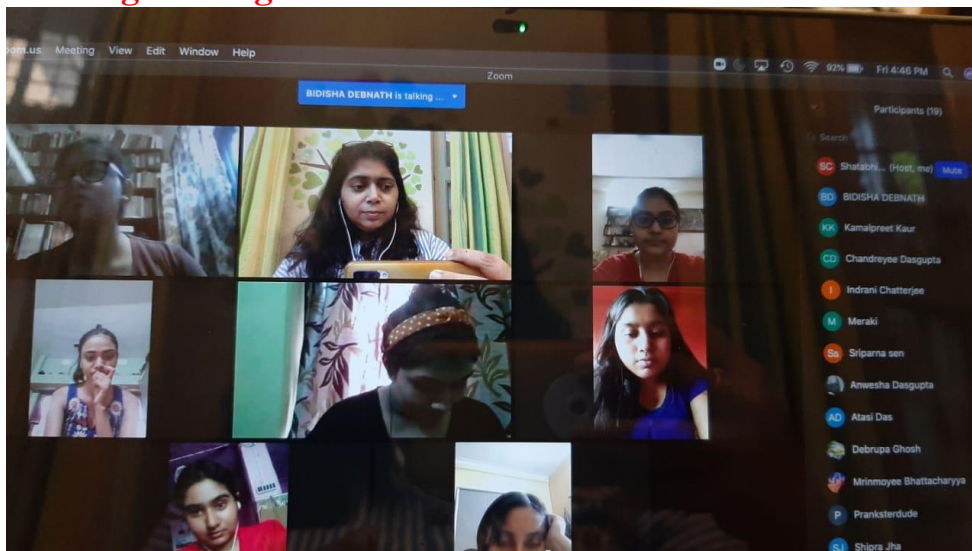
Dance and Movement Therapy 13.07.2019



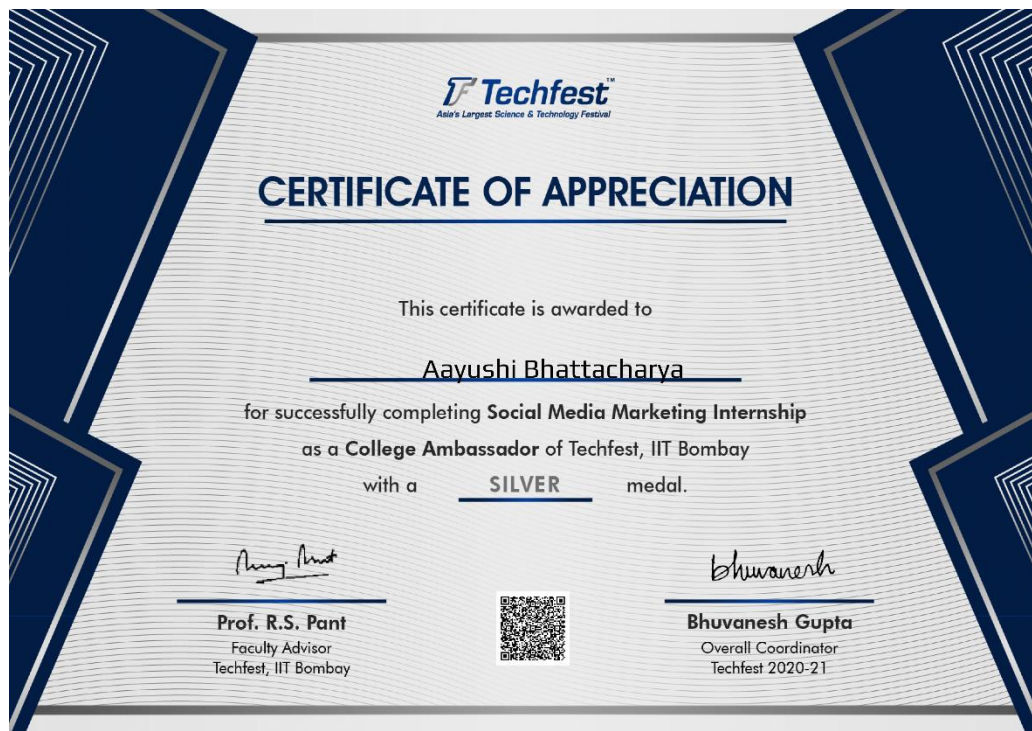
Adolescence and its Problems 09.09.2019



➤ Meaning Making in times of Corona



➤ Mental Health and Suicide Prevention



➤ **The Covid Helpline, May 2021 and Psycho-Social Support**

<https://www.gokhalecollegekolkata.edu.in/NSS/activities/2021/05-05-2021-Covid-Helpline.pdf>

<https://www.gokhalecollegekolkata.edu.in/NSS/activities/2021/31-05-2021-Psycho-Social-Activity.pdf>

➤ **Counselling Session - Counsellor Smt. Yashabanti Sreemany**

