

**WOMEN DEVELOPMENT CELL (WDC)  
IN COLLABORATION WITH NGO SEWA BHARTI**

**COUNSELLING SESSION REPORT**

**ON**

**‘MENTAL AND EMOTIONAL WELL BEING DURING COVID-19’**

A counselling session by the Women Development Cell of the College in collaboration with NGO Sewa Bharti, was conducted to provide psychological support to students for mental health and emotional wellbeing during the covid outbreak and beyond. Taking care of our mind is always important, but doing so in the middle of a pandemic can be really tricky. A pandemic like covid-19 can inflict feelings like fear, anxiety and stress in minds of young under graduate students who are already busy contemplating a lot of things. Therefore, the College takes the responsibility to ensure the best state of mind so that they can make the most out of their education. Students are observed to lose focus on learning when dealing with any kind of mental illness or distress and hence they are unable to absorb the information so provided. An important component of fighting the battle against mental health is creating accessible forums to raise awareness and webinars like these are those forums. The Session took place on 16<sup>th</sup> April, 2020 under the supervision of Dr. Neelima Nagpal and was attended by over 30 students.

It is important that the problems and issues of students are listened to and addressed during such a predicament and that was the prime aim of the event. The common problem that the students are facing is the undue pressure created by the news channels. It gets really exhausting to wake up and witness an unpleasant atmosphere around you on the news broadcasting channels hence it is advisable

that the students start their day well. Students are recommended to start their day with a simple mindfulness exercise such as notice three things of nature which can help them check in with how they are feeling and connect with their environment. Mindfulness is well known to make people feel calmer and cope better with stress. Students also face the problem of lockdown fatigue due to the monotonous and tiring schedule they have. It makes them slothful which is why it is suggested that they adapt and create positive new routines which keeps them motivated. Try doing some exercises as an alternative to your daily commutes it helps create a sense of normalcy for the student and is also helpful for a good physical health. Taking time out to connect and socialise with your friends can also prove to be helpful. Keeping informed is important but fear inducing news feed can impact your mental health. Hearing upsetting or anxiety provoking news triggers a stress response in our bodies. Hence, managing your social media and information intake will make a big difference in how you feel. Stay informed and not overloaded. Breathing techniques, meditation and yoga can prove to be helpful in reducing your springing up anxiety during the day. It was observed that Post covid syndrome like difficulty breathing, shortness of breathing, fatigue, memory retention, confusion , poor concentration , insomnia is also common in students which should not be ignored and should be taken care of. It is advised that students engage their parents or teachers in their feelings so they could be properly taken care of. Mental issues are easier to resolve in the primary stages. So, stay connected to your near ones.



# **SLC (University of Delhi) Shyam Lal College**

**Women Development Cell**  
In collaboration with NGO Sewa Bharti

**Organises**

**Counselling session on  
Mental and emotional well being  
during during COVID- 19**

**16 April, 2020**

**1:00 PM**

**Counsellor  
Dr. Neelima Nagpal**

**DR. KUSHA TIWARI**  
**CO- ORDINATOR IQAC & WDC**

**PROF. RABI NARAYAN KAR**  
**PRINCIPAL**

