

WOMEN DEVELOPMENT CELL (WDC), Shyam Lal College
In collaboration with IQAC, Shyam Lal College and Maa Ratni (Reg)

COUNSELLING SESSION REPORT

On

“Covid-19-New Situations and Challenges”

The WDC collaborated with IQAC, Shyam Lal College and Maa Ratni (Reg) to organize a Counselling Session on “Covid-19-New situations and Challenges”, amidst the challenging time of pandemic to help students to cope up with Mental health issues caused due to sudden change in lifestyle. The Counselling session was conducted on 20th August, 2020 by Counsellor, Dr. Neelima Nagpal, where around 20 students discussed their issues with her in person.

During the session, the speaker discussed about the various mental health issues caused due to the pandemic and ways to cope with it highlighting ways to utilize this time. The encounters brought about by Covid-19 around the globe have been unparalleled in nature and caused an enormous level of loneliness, anxiety, depression stemming from fear of isolation and uncertainty for so many people, especially students-youth of India. One of the largest factors involved in amplifying these emotions were false and repeated negative news broadcasting everywhere, media channels, newspapers and social media. Everyone was worried for their loved ones, livelihood and their health. No recreational/fitness/physical activities were involved during the lockdown as people were mandated to stay and study/work from home. This has resulted in Lockdown fatigue, distress due to increased screen time as complete education system and work culture shifted to its virtual existence. Further, a poor concentration, disrupted sleep/insomnia and unfit

eating patterns, increased social isolation and loosing interest in academic knowledge. Since it was quite difficult for most students to balance online studies with distractions offered in the same hardware. Also, there were economically weak students who were not even able to afford the gadgets for online studies leading to more distress and digital divide.

The speaker also mentioned many ways to deal with the earlier stated mental health challenges. It was advised that one should understand that they are not the only ones feeling this and there are healthy and practical ways to do away with the pessimistic emotions. There are various things that are out of one's control but by categorising them and focusing on the things that can be controlled, we can refuel ourselves and become more grounded and focused towards what we can control. One of the most crucial things that he mentioned was to prioritize self-care. Eating a healthy and plant-based diet, exercising at least 20-30minutes daily, keeping a regular sleep routine by decreasing screen time before sleep and incorporating some form of mindfulness and relaxation in schedule and taking time to meditate has been indeed important now more than ever before. Being gentle on yourself and not comparing your life to others on social media is also very important. He also restricted the audience from believing or spreading false news that was not authorised by the government as it played a major role in heightening emotions such as anxiety and fear. To face the ups and downs and difficult days it's better to use social support. There is absolutely no shame in sharing what you're going through with your family or friends and also it's important to listen to others too, to help them with the process.



SLC (University of Delhi) Shyam Lal College

Women Development Cell
in collaboration with Sewa Bharti

ORGANIZES

**A COUNSELLING SESSION ON
"NEW SITUATIONS AND
CHALLENGES"**

ON 20 AUGUST, 2020

AT 2:00 PM

**COUNSELLOR
DR. NEELIMA NAGPAL**

DR. KUSHA TIWARI
CO-ORDINATOR IQAC & WDC

PROF. RABI NARAYAN KAR
PRINCIPAL