

WOMEN DEVELOPMENT CELL (WDC), Shyam Lal College

In collaboration with IQAC, Shyam Lal College and Maa Ratni (Reg)

COUNSELLING SESSION REPORT

On

“Making your mental and physical health in Covid-19”

The WDC and IQAC, Shyam Lal College in collaboration with Maa Ratni organised a Counselling session on “ Making your mental and physical health in Covid-19” on 23rd October, 2020. Dr. Neelima Nagpal was the counsellor for the day. The theme drew the attention of many and around 25 students came forward to discuss their issues with the Counsellor in person. As we know, during these Covid-19 days, when we remained still and inactive, most of us fell for unbalanced negative thoughts which has made our minds more stressed.

Students did raise their issues on how they can get out of those overthinking traps. They were also worried of the fear spreading around these Pandemic times, mainly of misinformation that they hear from the people affecting their mental status. Most of the students also wanted to help their grandparents to cope their anxiety about the Covid-19 situations. With the increasing coronavirus, many people were asked to self-quarantine themselves, if falling prey to the Covid-19 symptoms. This has depressed the students on how to reduce the anxiety for people who are on quarantine.

Considering the various problems raised by the attendees, the speaker highlighted about the measures which can be taken to keep themselves safe. The session mainly elaborated the ways in which we can break the negative thoughts

and fear mongering. One way is to judge them and consider the hard facts. It was advised by the organizing committee not to try to get out of a thinking trap by just telling ourselves to stop thinking that way because when we try upsetting thoughts away, they are more likely to keep popping back into our mind. So, they suggested all the attendees to involve their minds in some extra-curricular activities of their choices. Talking about the fear of coronavirus, the counsellor had put his reviews saying that fear is a response to perceive the actual danger and is closely linked to anxiety which can come about when things are uncertain to us. It is important to bear in mind that fear and anxiety is a part of the normal response to this new situation and we must consider the facts, published by the trusted scientific sources. He pointed out that many things can cause fear and one of those things is misinformation and rumors. This is something that can exacerbate the people's fear and that's why, it is important that we rely only on the facts, obtained from the trusted and credible sources (like WHO). The counsellors had made us realize the importance of true knowledge about the virus and encouraged us to find the facts and get our answers relating to Covid-19 from the trustworthy sites to keep us safe. Further shared a handful of anecdotes on the social communication and self-quarantine. Being in isolation is a challenging experience for the mental well-being. They expected to keep maintaining our social contacts, accessing to our digital methods of communication which can be a really good way for social talks. They also extended to continue to maintain our routines as it includes self-care strategies. The students were also suggested to make sure that they get enough rest and sleep and try to be physically fit as well, by performing yoga. What was more important amidst the Covid-19 is to ensure that the older adults have facts and information, presented in a clear way to minimize the fear. Also, we must make sure that the information they are receiving to protect themselves are really valid. All the advices regarding healthy diet, sleeping and exercises for ourselves can go with the older adults too as well. The counsellors had showed

the concern towards the Health Care Workers too, who were responding in health facilities at that moment. They motivated the students towards the Covid-Workers who were working under pressure, experiencing longer working hours and higher demands on them. It was told that it's our responsibility to do whatever we can, for the Covid workers and victims, especially, who were dealing with the mental stress at that time.



SLC (University of Delhi) Shyam Lal College

Women Development Cell
in collaboration with IQAC & MaaRatni

ORGANIZES

A COUNSELLING SESSION ON
"Making your mental and physical
health in COVID-19"

ON 23 OCTOBER, 2020

AT 2:00 PM

Distinguished Speaker
DR. NEELIMA NAGPAL

DR. KUSHA TIWARI
CO-ORDINATOR IQAC & WDC

PROF. RABI NARAYAN KAR
PRINCIPAL