

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

COUNSELLING SESSION REPORT

On

“Looking after our mental health during Covid-19”

“If you think you are your worst critic or you feel suppressed or invalidated, mental health suffering is probably knocking your door”. The first step of resolving the mental health issues is being vocal about it. WDC and IQAC, Shyam Lal College in collaboration with Maa Ratni hosted a Counselling Session on mental health during Covid on 24th September, 2021. The online session was taken up by Counsellor Dr. Neelima Nagpal. In the session, the students related problems were discussed with a special reference to Pandemic times. A handful of concerns have grabbed the attention during these tough times. It has been a challenging time for those who are pursuing their academic degrees but have been disturbed owing to the closure of Colleges, someone around them falling sick, a threat of resources scarcity, lockdown without any social activities and constant gaze at the screens for virtual presence. Many more issues have been confronted by people during COVID-19 pandemic. When it was asked from the audience that according to them what has been the most disturbing aspect during COVID-19. The most common answer by the students was not contracting Covid-19 but the mental health during COVID-19. Everyone shared their experiences of augmented levels of distress and anxiety. The conclusion has been drawn that bereavement, social Isolation, loss of income, financial problems, work related problems, study and lack of concentration problems, relationships problems, unavailability of resources and fear triggered mental health conditions exponentially. Further, all the impact of

quarantine and its effect on people's daily routine activities or livelihood has been introduced. The sudden death of friends, family members or loved ones due to COVID-19 has ruined conditions in so many families. As a result, there is fall in emotional quotient and a sense of suicidal tendency has also gone up in parallel.

In this grim situation, some self-care strategies have been mentioned explicitly to deal with mental health crises. It has been constantly advocated that everyone should take care of their mind and body. One of the students from the audience asked on how to take care of our body and mind on daily basis. It was recommended to keep our mind and body healthy. Health is not just what we eat healthy, or get enough sleep, or limit screen time, or practice some exercises, relax or rejuvenate ourselves or to meditate. However, it also includes what we read, what we breathe, what we perceive, whom we accompany.

The discussion extended to mention some remedies on how to reduce stress when the situations trigger. It's been suggested to everyone to follow their regular routine, limit exposure to negative news media, involve yourself in creative activities, focus on positive thoughts and make connections stronger with family members. We should avoid talking about the virus with people who tend to be negative or who reinforce and ramp up your fears. Turn to the people in your life who are thoughtful, level-headed, and good listeners. After the session was over everyone felt strong feelings to fight with mental health crises. Everyone is ready to cope up with life ongoing challenges with all suggested self-care strategies. The session saw the participation of 19 students who came forward to discuss their issues and concerns.



SLC (University of Delhi) Shyam Lal College

Women Development Cell
in collaboration with IQAC & MaaRatni

ORGANIZES

A COUNSELLING SESSION ON
“Looking after our mental health
during COVID-19”

ON 24 SEPTEMBER, 2021

AT 2:00 PM

COUNSELLOR
DR. NEELIMA NAGPAL

PROF. KUSHA TIWARI
CO-ORDINATOR IQAC & WDC

PROF. RABI NARAYAN KAR
PRINCIPAL