

COVID-19 COUNSELLING CELL (2020-2021)
(2021-2022)

Members :-

- ① Principal (Chairperson)
- ② Ms. Ankusha Mukherjee (Convener)
- ③ Dilu Jayee
- ④ Mr. Dignio Dhodup ~~Bhatia~~ Jigme Dhandup
- ⑤ Ms. Lucky Dolma Sherpa Lucky-D. Sherpa
- ⑥ Ms. Kalasha Sharma Sharma

TOPIC :- Mental Health in the Covid
19 Pandemic :-

DATE :- 15-3-2021 (2.00pm - 4.00pm)

PLATFORM - GOOGLE MEET :-

OBJECTIVE :- To help students ^{to} cope with stress
and fear during Covid 19 pandemic.

The Covid Counseling Cell in collaboration with IQAC, Chung Women's College organized a virtual counselling session on "Mental Health during Covid 19 pandemic situation" to help students to cope up with Mental health issues caused due to changes in regular lifestyle. The counselling session was conducted on 15-03-2021, by senior Research Scholar and Faculty member of Department of Psychology, Sikkim Central University, Mr. Kusal Rai where around 50 students discussed their issues with him ^{via google meet.}

During the session, the speaker discussed about the various mental health issues caused due to pandemic and ways to cope with it highlighting ways to

utilize this time. The speaker also mentioned many ways to deal with mental health challenges. It was advised that one should understand that they are not the only ones feeling this and that there are healthy and practical ways to do away with the pessimistic emotions.

Since the encounters brought about by Covid 19 around the globe have been ^{un}paralleled in nature and caused an enormous level of loneliness, anxiety, depression stemming from fear of isolation especially students & youth of India, the online counselling session proved to be really helpful to the students of the college.

Finally, the session ended with thanksgiving to the speaker by the Convener of the Committee, the session ended at 9pm.

M. Kishor

15/03/21

Principal

Cluny Women's College
Kalimpong, Darjeeling