

Vidyasagar College for Women
39, Sankar Ghosh Lane Kolkata – 700006
Internal Quality Assurance Cell

7.2.1 Best Practice 1 (2020-2021)

1. **Title of the Practice:** Personal Counselling to cater to mental health of students during the COVID 19 pandemic.

2. **Objectives of the Practice:**

The Personal Counselling Cell has taken various initiatives to help students understand themselves and solve myriad problems they have encountered.

3. **The Context:**

The Personal Counselling Cell of our college has made every effort to reach out to students and help them cope with difficult times by organising relevant webinars on mental health.

4. **The Practice:**

The pandemic has deeply affected many of our students. Other than psychological stress, they had to deal with the transforming, online educational system. Personal Counselling Cell of the college has organised webinars on “Mental Health Issues of COVID 19 Survivors and their Family Members” on July 26, 2021; second webinar on “Failure is not the opposite of success, it’s a part of success” on September 28, 2021 and a Special Counselling session on “Social Media and Mental Health” on November 30, 2021.

5. **Evidence of Success:**

Personal Counselling Cell has been successful in its effort to reach out to students as students have not just attended counselling sessions but have taken part in the interactive sessions whole heartedly. Students participated in these webinars and shared their negative thoughts, pains, problems which were sympathetically heard and addressed.

6. **Problems Encountered and Resources Required:**

The outburst of the pandemic disrupted normal face to face counselling sessions. Our Personal Counsellor responded to phone calls to deal with the problems of students, yet it was difficult to reach out to all of them.

7. **Notes (Optional):**

In the coming years, we would like to extend our activities to reach out to more students and help them to cope with depression, rejection, anger and anxiety.

Weblink: https://vcfw.org/pdf/Personal_Counseling_2020_21.pdf

Best Practice 2 (2020-2021)

1. Title of the Practice:

Formation of a Covid Care Team by the IQAC; VCFW Covid Vaccination Programme (October 4, 2021), conducted under the aegis of the Govt. of West Bengal.

2. Objectives of the Practice

OBJECTIVES: With an objective to reopen educational institutions, the Health and Family Welfare Department, Govt. of West Bengal, initiated a vaccination drive. Our institution organized a free vaccination drive on October 4, 2021 to control the spike of COVID cases during the height of pandemic.

Our COVID Care team geared up with adequate information about preventive measures and required healthcare for Covid infected patients and patients suffering from co-morbidities.

3. The Context

To identify those who were infected/suffering from comorbidities and, to induce people to get themselves vaccinated, maintaining safety protocols continually.

4. The Practice

Phone numbers of Covid Care Team members were publicized for the benefit of angst-stricken masses as they could receive classified information regarding pertinent, contextual issues like availability of hospital beds, ambulance, oxygen for Covid-infected patients.

The uniqueness of this prerogative can be deciphered from the inclusion of students as volunteers/Covid care team members, facilitating instillation of the sense of responsibility among the educated youth.

Constraints: Lackadaisical attitude of the masses to reveal their actual state of health and, to use adequate protective measures in public.

5. Evidence of Success

26 students and non-teaching staff had got inoculated at the VCFW Covid vaccination drive.

Although far from satisfactory, the journey towards attaining a Covid-free/Covid-resistant society had been initiated.

6. Problems Encountered and Resources Required

Lackadaisical/non-cooperative attitude of people to adopt adequate preventive measures as a safeguard for self and, also for others.

Increased man-power and funding could have emboldened our outreach, enabling us to reach out to a wider section of those who have been affected, either medically or economically.

Weblink: <https://vcfw.org/notice/VCFW-CovidCareTeam.pdf>

Youtube link: <https://youtu.be/ZsYud90zsGc>