

## Personal Counselling Cell (2020-2021)

**Name of the Counsellor:** Smt. Chaitaly Majumdar.

Psychologist and Behavioural Modifier

M.A in Psychology, P.G. Diploma in Counselling and Behaviour Management.

Chamber: Doctors and Doctors, New Town.

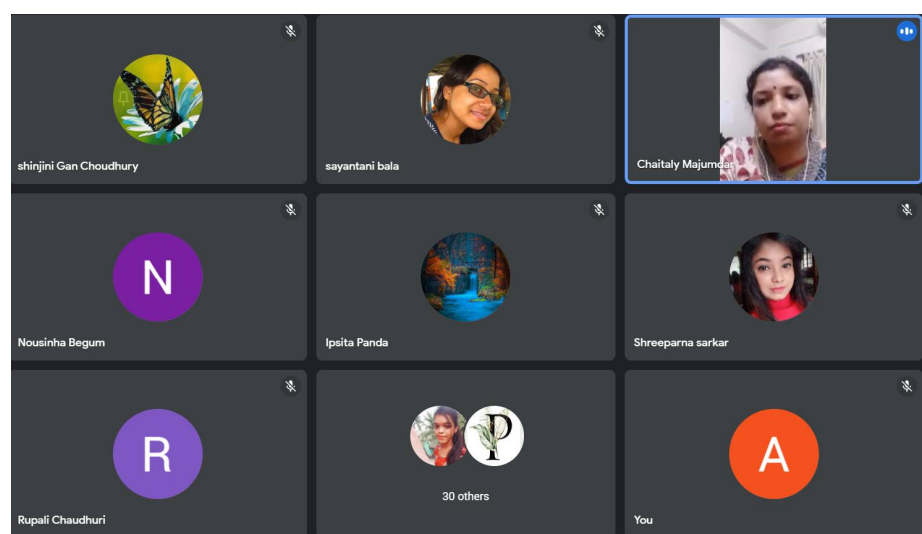
Contact No: 9836883129. Mail ID: chaitimadhu@yahoo.com

Webinars were arranged throughout the year for the students of different Semesters.

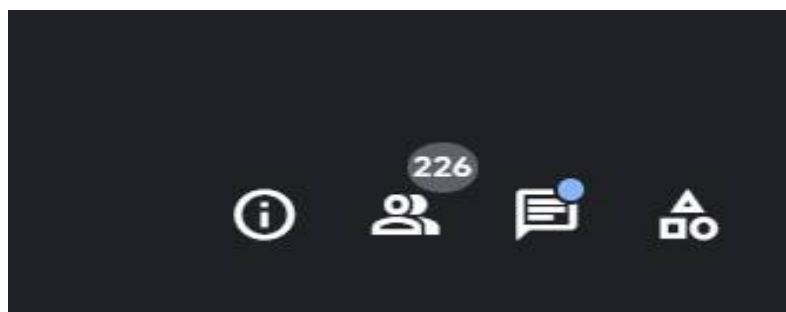
Date	Topic	Time	No. of students attended
26.7.2021	Mental Health issues of Covid 19 survivors and their family members	3-5 pm	39(Sem 4)
28.9.2021	Failure is not the opposite of success- it's a part of success	11-1 pm	226(Sem 3)
30.11.2021	Social Media and Mental Health	3-5 pm	100(Sem 1)

Number of students attended- 365

### Participant List of Webinar on 26.7.2021 arranged by Personal Counseling Cell



### **No. Of participants of Webinar held on 28.9.2021**



### **No. Of participants of Webinar held on 30.11.2021**



The Personal Counselling Cell of Vidyasagar College for Women has taken various initiatives to help the students understand themselves and solving a myriad of problems they face as a student and in their social lives. The issues that trouble them, both in their professional and personal lives, are attended and they are guided thoroughly to resolve the problems. The themes of the webinars were chosen keeping in mind the social requirements of the students at that point of time. On 26<sup>th</sup> July, 2021 the first webinar of the year was organised for Semester 4 students who were deeply impacted by the pandemic and many of them have lost their near and dear ones. The students responded whole heartedly in the one-hour long question-answer round in which the Personal Counsellor, SmtChaitaly Majumder and the members of the Cell interacted with them and tried to give solutions so that they could cope up with the situation. It was a kind of psychological support for the mental wellbeing of the students who have fought the covid battle themselves and had to adjust to a huge turmoil of transforming from offline to online mode of teaching. The second webinar was organised on 28th September,2021 for the Semester 3 students which helped them to have an idea about what success and failures mean in real life. The Counsellor made the students understand the literal meaning of the word failure and its social meaning. Failure gives the opportunity to learn new ideas, to bounce back into life, it imparts the zeal to do new things. So, failure is not an antonym to success, it is a part of success. During the interactive round, the students shared their negative thoughts, their pains and problems with the Cell and were given proper guidelines by the counsellor. The third webinar was held on 30<sup>th</sup> November, 2021 which was arranged for Semester 1 students who were

the freshers and had to attend online classes instead of offline campus. Moreover, this batch of students had to depend on their mobiles and laptops for study materials, examination process and everything related to college life. Addiction to social media was quite prominent among them. The adverse effects were felt in their social, physiological aspects and their mental health. Social media addiction can deeply affect a student's thought process and feelings. The interactive session extended long as the students complained of delayed sleep, increasing anxiety, depression, loneliness, poor academic performance, memory loss and even suicidal thoughts. Even social media made them more unsocial as they stopped interacting with their family members. SmtChaitaly Majumder suggested them several measures to stop being addicted to mobiles. The healthy ways of lifestyle for the teenagers were highlighted by her and she also suggested measures to time management- how much time should be dedicated to studies, social activities and social media.

The pandemic has left deep scars in every aspect of our lives, especially for our students. The Personal Counselling Cell has made every effort to reach out to the students and to help them cope with difficult times.