

BIJOY KRISHNA GIRLS' COLLEGE

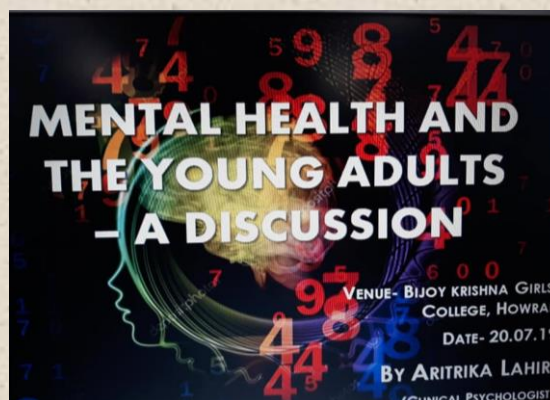
A REPORT ON ACTIVITY AT THE COUNSELING CELL 'AALO'

PERIOD OF ACTIVITY- JULY 2019-MARCH 2020

Background

Aalo the counseling cell was established on.... As part of IQAC activity of the college. Since then the cell is active to provide assistance to student on a referral basis. Time to time awareness program was also organized to discuss mental health issues for the general students.

The counseling cell is situated within college premise making it easier for the students to access. A quiet room and basic stationeries necessary for such sessions were allocated by the college. It was made sure that confidentiality and comfort of the students being maintained. The counseling cell used to happen twice per month till 2020 March. Since pandemic situation emerged it went into online mode. Proper record keeping and necessary steps taking were done at every step.



Activities at the counseling cell

In July 2019 the cell was reintroduced through a two-day awareness programme on mental health, stress and youth. The programme also aimed at letting students know about the counseling cell and how to seek appointment. Appointment was taken through e mail directly addressed to the counselor.

So far thirteen (13) students in total took appointment. Among them almost 70 % of the

students attended sessions and did regular follow up. It was often an issue to attend their classes or examinations and to keep this appointment but most of the students used to manage and visit the cell in regular interval. It was a challenge during Covid-19 pandemic to hold on to this space. However the college promptly took the decision to operate from a virtual mode and hence the activities continued



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through video calls, in case poor network even with audio calls.

The college houses students from all strata of society. The counseling cell also saw students from various socio-economic background and diverse issues. Many of them presented with issues related to difficulty in academics, poor academic performance and distress arising from that. Some of them are academically fine but having trouble at home, difficulty in adjustment with parents and other family members. There are also issues around contemporary relationships.

Procedure followed at the counseling cell

Students attended session individually on a pre-decided time. Case history and mental status examination was recorded. Detail record of difficulty was elicited. Therefore discussion around probable alternatives took place. In few cases certain practices like, meditation, yoga, certain self care techniques were also suggested. Follow up dates were decided at the end of session.

During Pandemic situation sessions were conducted through video calls. Students were informed about the change in procedure. They followed accordingly. When a session was not possible they kept in touch through mail. At that period few of them reported about increase intensity of crisis, however they managed to cope with the situation.

Future Plan

- **Awareness programme about mental health at regular interval.**
- **Discussion around removal of stigma around mental health.**
- **Consulting family when needed.**
- **Exploring student's narrative around mental health.**
- **Participation of students in mental health care plan.**