

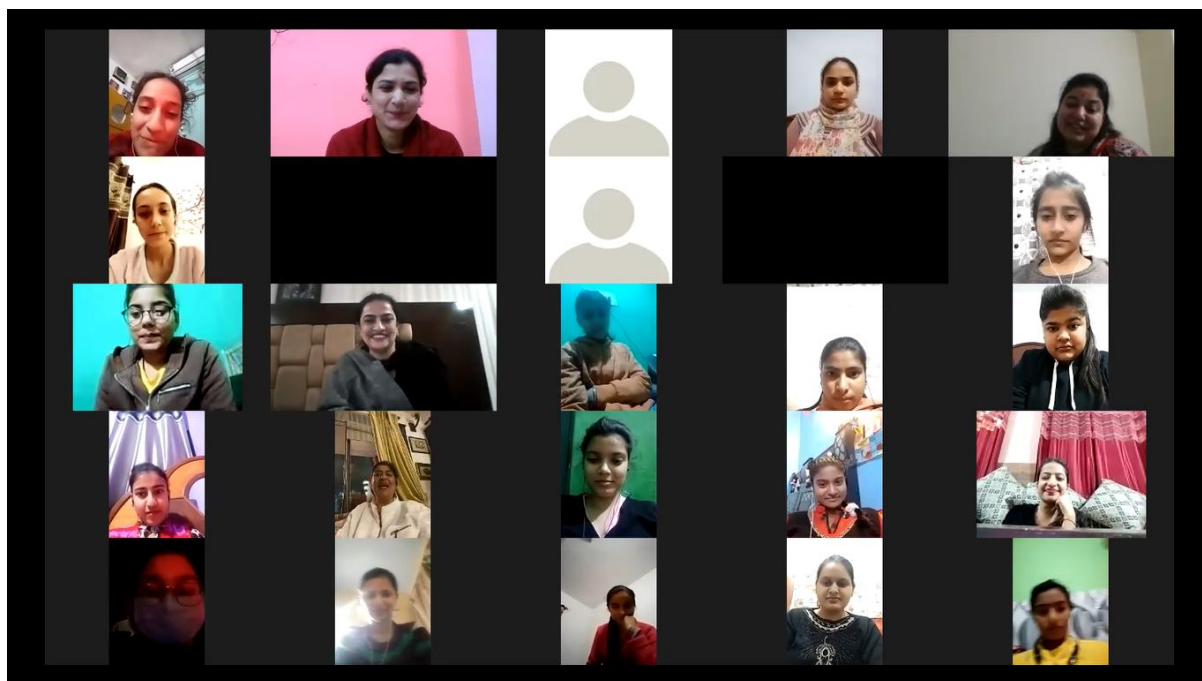
Manodarpan : Psychology Counselling Cell

In the Psychological counseling cell, professional counselor caters to the career, social, personal, emotional & psychological needs of the students. In 2020 under the initiative of Ministry of Education, Govt. of India, under MANODARPAN scheme the Psychological Counselling cell took special awareness drive to cater to stressful condition among students, parents and teachers to deal with the challenges of COVID-19 pandemic and beyond.

- **CONVENOR: Dr. Preeti Salathia, Department of Commerce.**

MANODARPAN ACTIVITIES- JUNE 2020 onwards..

- **Govt. College for Women, Bhagwati Nagar organised a webinar on the theme “STRESS MANAGEMENT” on 2nd December, 2020.**



Govt. College for Women, Bhagwati Nagar organised a webinar on the theme “STRESS MANAGEMENT” under the flagship programme of Manodarpan initiative, Govt. of India. Prof. Minnie Sharma worthy Principal of the college graced the occasion with her welcome address in which she focused upon relevance of the topic that how this webinar can help the students in identifying the stress and how it can be managed. Dr. Sakshi Sharma Assistant Professor Govt. SPMR College of Commerce, Jammu was the key note speaker. The aim of the webinar was to help students to recognize the causes and symptoms of stress and how this stress can be managed. Dr. Sakshi highlighted the causes, signs and symptoms, challenges and management strategies of stress. Around 98 students participated in the said webinar. The programme was followed by question answer round where students raised many queries related to the topic which was well addressed by the key note speaker. Dr. Preeti Salathia, Assistant Professor Department of Commerce was the

coordinator of the programme and vote of thanks was proposed by Dr. Pavanjeet Bali, Assistant Professor department of English.

- **Govt. College for Women, Bhagwati Nagar Jammu organised an intra-college quiz competition on the theme "Stress Management" on December 10, 2020**

Govt. College for Women, Bhagwati Nagar Jammu organised an intra-college quiz competition on the theme "Stress Management" on December 10, 2020 under Manodarpan initiative of Department of Higher Education, J&K. Prof. Minnie Sharma, worthy Principal of the college focussed on conducting such kind of activities and said these events are designed in such a way that students understand stress, its causes & remedial measures while answering the question. Total of 122 students of the college participated in the quiz and later on share their experiences how they could relate the questions with their day-to-day life stress and how to tackle with it. E-certificates were given to students scoring 80% and above. Students are passing through mental stress due to current pandemic situation resulting into mental disorder and disruption whereas these kinds of programmes keep students busy and help them to stay connected and diverted from stress. The programme was organised by Dr. Preeti Salathia, Convenor Psychological Cell.

- **Govt. College for Women, Bhagwati Nagar Jammu in collaboration with Rotary Club Jammu Elite organised a Webinar on the theme "Violence/Abuse against Women" on December 21,2020.**

Govt. College for Women, Bhagwati Nagar Jammu in collaboration with Rotary Club Jammu Elite organised a Webinar on the theme "Violence/Abuse against Women" on December 21", 2020 under Manodarpan initiative of Department of Higher Education, J&K. Prof. Minnie Sharma, worthy Principal of the college welcome Ms. Archana Sharma President of the Rotary Club along with other Rotarians, the resource person and participating students. Speaking on the occasion Prof. Minnie Sharma stressed upon the fact that girls need to be economically self-sufficient and have the identity of their own, this would be a measure factor which provide them a secured future. Dr. Manisha Saroop Kohli (Associate Professor) was the resource person for the webinar who is presently Heading the Department of Psychology, Govt. P.G. College for Women, Gandhi Nagar Jammu. She enlightened the students about various factors that lead to domestic violence, its impact and how to resolves issues related to it. She also narrated many examples of empowered women who faced various kinds of violence and came out as an achiever. Total of 72 students of the college participated in the webinar and later on raised various queries and also shared their experiences on the issue. The programme was organised by Dr. Preeti Salathia, Convenor, Psychological Cell and vote of thanks was given by Dr. Pawaneet Bali.

- **Seminar on "Mental Health" held on 30th january,2021**

A seminar on the topic "Mental Health" under Manodarpan Programme: An initiative of Ministry of Human Resource Development, Govt. of India was organised by Psychological Cell of Govt. College for Women, Bhagwati Nagar Jammu. At the very outset, a welcome address was given by Worthy Principal Prof. Minnie Sharma in which she stressed upon various aspects of mental health, how it is

impacting the people in general & student community in particular and also raised the role of parents in helping their wards in coping up with this kind of problem. The key note speaker of this seminar was Dr. Shiv Mangal Singh Assistant Professor in Psychology, Govt. Degree College Basohli. He highlighted the concept of mental & emotional health which can be helpful for improving self esteem & mental stress and how to cope up with mental illness. He also shared many examples to make students realise if they are under pressure or stress. The session was ended up with filling of a questionnaire in which students assessed their mental health and understood the gravity of the problem. The entire programme was Coordinated by Dr. Preeti Salathia (Convenor, Psychological Cell) and Dr. Pawanjit Bali (Convenor, Placement Cell). Vote of thanks was presented by Prof. Anju Bala.



● **Lecture on Drug Abuse conducted at Gcw Bhagwati Nagar on 24th March, 2021.**

Government College for Women (GCW) ,Bhagwati Nagar in collaboration with Police Drug, Addiction and Rehabilitation Centre organised a seminar on the topic “Drug Abuse among youth : causes ,symptoms and solutions” under the initiative of Government of India held on 24th March , 2021.

Dr Shehnaz Bhat, incharge Drug Addiction and Rehabilitation Centre was the resource person of the event. Dr Shahnaz in her lecture made the students aware about the different types of drug addictions, various reasons behind the use of drugs, how use of drugs become a Lifestyle today, role of social media in propagating the use of drugs. She also highlighted the symptoms and indicators of drug abuse and their possible remedies. The resource person also show the various videos to the students to motivate them to keep themselves away from something. The lecture was concluded with the interactive session where various queries of the students were taken up.

Earlier the event was started with the welcome address by the principal of the College, Prof. Minnie Sharma in which she also highlighted the abuse of drugs among the students and its impact in the form of health hazards, losing hope in life which ,many times, finally ends with losing life.