



REPORT OF ACTIVITIES

“PSYCHOSOCIAL SUPPORT FOR COVID PANDEMIC CONDITION”

under

Psychosocial Support Service Cell (PSSC)

Organized by

**Mehr Chand Mahajan DAV College for Women,
Chandigarh (U.T.)**

in association with

**Mahatma Gandhi National Council of Rural
Education (MGNCRE), Ministry of Education,
Govt of India.**



Psychosocial Support Service Cell (PSSC)

(Mehr Chand Mahajan DAV College for Women , Chandigarh)

Under the aegis of MGNCRE, GOI

With the primary objective of empowering mental health in the prevailing pandemic situation, the college has constituted a "PSSC" to provide 24x7 support to students on issues related to stress, anxiety, psychosocial aspects so as to reassure that our students remain energetic and in the positive state of mind.



"Its Okay not to be Okay..So let's Talk"

Counselling

Support

Reassure

Empathy



Empowering Mental Health....

Members of PSSC:

Ms.Suman Mahajan -	9417333868
Dr.Vandana Sharma -	9914084438
Dr.Nitasha Khehra -	9872068658
Dr.Neha Pandeya -	9915007660
Dr.Pallavi Rani -	9463082269
Dr.Anju lata -	9779012010
Dr.Manisha Priyamwada -	9872948148
Dr.Seema Kanwar -	9815086456
Dr.Sandeep Kaur -	9878114892

Dr. Nisha Bhargava
Principal

Students can also email us at : mcmdavpssc@gmail.com

For COVID-19 Information : Call Govt. Toll Free Number (24x7) :1075; 011-23978046;
For Chandigarh (9779558292)

REPORT OF ACTIVITIES

Activity 1:

Title: COV-विज्ञय (COVID-19 Vaccine Awareness campaign) under PSSC.

Organised by : Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MGNCRE, Ministry of Education, Government of India

Dates : 15 June 2021 to 28 June 2021

Convenor: Dr. Nisha Bhargava

Faculty : Dr. Vandana Sharma and Dr. Sandeep Kaur along with Mr. Samarth Sharma (MGNCRE official).

Student Team : Liza (president) and Neelakshi (vice-president) along with 15 students volunteer team

No. of beneficiaries- 200 households visited on foot for door-to-door campaigning on vaccine awareness

Village(s): Butrella and Bhadheri

Brief Practice : Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MGNCRE, GOI, launched a campaign on COVID-19 Vaccine awareness (15 June 2021) called "COV-विज्ञय ". Under this initiative, , a team of 15 students two faculty members, Dr. Vandana Sharma and Dr. Sandeep Kaur along with MGNCRE official visited Butrela and Bhadheri village on 28 June and did door-door campaigning covering 200 houses. This door-to-door campaign aimed at providing support and creating awareness among public on issues related to this pandemic which included : a) vaccine awareness b) busting the general myths and raising awareness on the facts related to COVID-19 and c) providing authentic information on Vaccine drives, oxygen support systems available, food and COVID-care centre availability etc.

Video Link of Vaccine Awareness Study:

https://drive.google.com/file/d/11sFmZ23JJ3OlrlTpbFgCCCh_w-A-qllC/view?usp=sharing

Video Link : A short video made by student volunteer (Liza) explaining the easy steps of Vaccine Registration protocol.

https://drive.google.com/file/d/1wH5GBH_OYcwVnqsePwvaKrWFHSBSUxfD/view?usp=sharing





Mehr Chand Mahajan DAV College for Women , Chandigarh
MCM STUDENT'S Unit (PSSC)
 in collaboration with
MGNCRE, GOI
 is launching a campaign on **COVID-19 Vaccine awareness** as

“COV-विजय ”
Together We Can and We Will !....

Link for seeking help through this campaign
https://docs.google.com/forms/d/e/1FAIpQLScBhb3CyHKJCy62za0bgFoBkkB1iA4YI1Kba7Ho4axTmL4suA/viewform?usp=pp_url

Principal & Convenor
 Dr. Nisha Bhargava, Principal

<p>Faculty Advisors Ms.Suman Mahajan (Co-Convenor) Dr. Vandana Sharma (Co-Convenor) Dr. Sandeep Kaur (Coordinator)</p>	<p>Students Team Liza (President), Neelakshi (Vice-president)</p>
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[Contact: 9914084438, 9878114892; mcmdavpssc@gmail.com]

Each One ..Reach One









Activity 2:

Title : Online workshop cum Awareness Programme on “Quality of Sleep Matters” under Psycho Social Support Cell


Name : Dr. Suman Mahajan and Dr. Vandana Sharma, Dr. Meenakshi Rana

Place- Online mode on 12 June 2021


No. of beneficiaries- 500

Brief Practice : To generate awareness on the importance of quality sleep and various measures to improve the sleep patterns during the stressful time of COVID-19 pandemic. To provide a unique platform for direct interaction of young minds with expert regarding issues and solutions related to sleep quality. More than 600 people including faculty, professionals, research scholars participated from all over India and from different parts of world like Estonia Jordan, Philippines, Pakistan, Ghana, Bangladesh to name a few countries

Mehr Chand Mahajan
DAV College for Women
Sector 36-A, Chandigarh (U.T.)




Organizes
Online Workshop cum Awareness Programme on
“Quality of Sleep Matters”
Under the aegis of
Psycho Social Support Cell



Resource Person
Dr. Sandeep Grover
Professor, Department of Psychiatry
PGIMER, Chandigarh (U.T.)

Date: 12th June, 2021
Timings: 4:00 PM to 5:00 PM

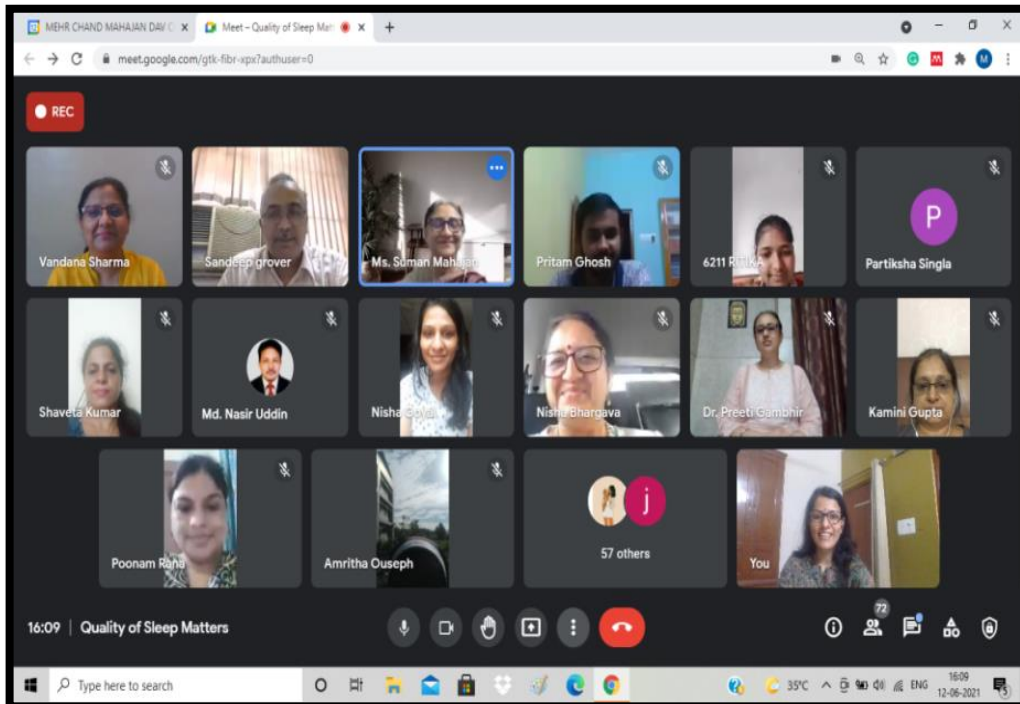
Registration is mandatory. Click below to register yourself before 11 June 2021:



Dr. Minakshi Rana
Event Coordinator

Ms Suman Mahajan
Dr. Vandana Sharma
Co- Convener

Dr. Nisha Bhargava
Convener and Principal



The screenshot shows a Google Meet interface with the following details:

- Browser Tab:** MEHR CHAND MAHAJAN DAV | Meet - Quality of Sleep Matters
- URL:** meet.google.com/gtk-fbri-vpx?authuser=0
- Meeting Title:** Quality of Sleep Matters
- Participants:** Vandana Sharma, Sandeep grover, Ms. Suman Mahajan, Pritam Ghosh, 6211 RITIKA, Partiksha Singla, Shaveta Kumar, Md. Nasir Uddin, Nisha Grover, Nisha Bhargava, Dr. Preeti Gambhir, Kamini Gupta, Poonam Raha, Amritha Ouseph, 57 others, and You.
- Time:** 16:09
- System Tray:** Shows search bar, taskbar icons, temperature (35°C), and date (12-06-2021).

Explanation of event : Arushi Dhiman, BSc.(MFT) student volunteer under PSSC, took an initiative on creating awareness and busting all myths related to vaccination among nearby areas (Areas : Anand Vihar Colony ,Chandigarh Road Garhshankar Market) .Being a microbiology student, she first read literature and research papers regarding the COVID vaccine, its side effects and common misconceptions. She then distributed her pamphlets and shared authentic information to the people living in my neighborhood and to shopkeepers in the market. She explained them about the importance of getting vaccinated and cleared their doubts and misconceptions related to this vaccine”.



Activity 5:

Nature of Services rendered –Raising COVID-19 Appropriate Behavior among masses

Name of student and Faculty : Participation of 15 students of BSc.(MFT)-II year and two faculty members (Dr. Vandana Sharma and Dr. Sandeep Kaur)

Place- offline on foot (door to door) [Aug-Sept 2021]

No. of beneficiaries- 200 households visited and 20 shops

Village(s): Butrella and Bhadheri

Practice:

Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MGNCRE, Ministry of Education, GOI, launched on COVID-19 Vaccine awareness campaigns called "COV-विजय" under community service. Under this, faculty members along with student volunteer's team and MGNCRE official visited Butrella and Bhadheri village. The primary objectives of this community service initiative included: a) Generating COVID appropriate behaviors among masses through showing handmade posters and educating them regarding the need to religiously follow the safety norm such as social distancing, use of masks, regular hand washing and use of sanitizers after touching public places etc. In this respect, Rallies motivating people to religiously follow COVID appropriate behavior were also carried out.

Video links of Rally :



https://drive.google.com/file/d/1x_UTKE4JDQsLRBpRA11O1X_-wEqFbAyF/view?usp=sharing

Activity 6:

Nature of Services rendered – Mask Distribution and Awareness of COVID -19 vaccination in village peoples

Name of Students: Yavantika and Neetu (Student volunteers under PSSC)

Place- Online mode ; 30 May 2021

No. of beneficiaries- 55 people were distributed masks and made aware of its importance

Explanation of event : Yavantika distributed masks to the underprivileged needy persons. In addition, she distributed the books to the children who could not afford due to financial issues. Neetu volunteered in vaccination drive and participated in creating the awareness about the vaccination in the village (Kakkar Majra) peoples. She actively went on foot campaign to create the awareness about the vaccination in the village peoples. About the importance and the benefits of vaccination and also busted the myths associated with vaccination.



Activity 7:

Nature of Services rendered – To create awareness and support to families regarding the need of healthy and nutritious diet during COVID illness and Post-COVID care

Name of student : Kashish, Palak Sharma, Arushi, Noveldeep, Kanika Miglani, Shruti Kansal , student volunteers under PSSC

Place- offline on foot (Door to Door campaigning) [Sep-Oct 2021]

No. of beneficiaries- A total of 36 families and houses were covered by the above student volunteers (6 each) in their locality

Brief Practise : Students of BSc.(MFT)-II year made digital posters from authentic sources under guidance of the faculty on themes i.e “ Importance of healthy and nutritious diet for Post-COVID care and during COVID illness” so as to rebuild our immunity and to fasten the repair process posed by the virus.They then went on foot (door to door) in and around their locality (Kharar, Ropar, Ludhiana, Mohali etc.) covering 36 COVID affected families making them understand the importance of diet and nutrition in these times by showing them the posters and interacting with them while solving their doubts and advising them on healthy diet and diet components essentially to be included in regular meals.





Activity 8:

Nature of Services rendered – Awareness of vaccination and knowledge sharing of variable oxygen supplies under PSSC (May 2021)

Name of students volunteers: Prachi B.Sc. Medical I; Meghana Mangla B.A. II ; Shivika Jain, B.Sc. Non medical II; Garima B.A.II

Brief Practice: Shivika Jain shared as much stuff on her social media platforms regarding NGOs which provide free food to COVID affected families, information regarding beds, ventilators etc. Prachi and Meghana Mangla got themselves vaccinated and motivated their family members for vaccination drive. They also went on foot campaign motivating people to get themselves vaccinated at the earliest and the associated benefits of vaccination. NSS Volunteer Amreen Grewal shared information regarding verified leads for oxygen availability. Garima Manchanda also shared information about places for distributed oxygen cylinders during the COVID crisis.



Shivika's Picture published in Punjab Kesari, Edition 20th May 2021

Activity 9:

Nature of Services rendered – Food distribution to poor and needy people during COVID times

Name of Student- Aditi Uppal of BSc.(MFT) II year

Place- Offline (on foot); May-July 2021

No. of beneficiaries- 30 poor families were supported till date and more in progress

Title: Food distribution to poor and needy people during COVID times

Brief Practice : Aditi Uppal of BSc.(MFT) II year and Liza Kataria of BSc.(MFT)-II year distributed food, raw material to people like balloon seller, roadside utensil vendors, roadside barbers, handicapped basically people who are not able to eat the minimum diet in this covid time. They regularly went for small food distributions like lassi, banana's, biscuits for people begging, in need of food, working in the torrid summer afternoons. Besides this, they also regularly taught poor children free of cost at my place from nearby slum and rural areas.



Activity 10:

Nature of Services rendered – Distribution of food and sanitary services, medicines and clothes to poor and needy families and people

Name of Student- Liza and Nilakshi ; BSc.(MFT)-II year under PSSC

Place- Offline (on foot); June-July 2021

No. of beneficiaries- More than 250 families in Patiala and above 55 families benefitted and helped in Ludhiana and more in process.

Brief Practice: The student initiated the work with a primary objective that “ No one should sleep Hungry”. They as a team provided food and sanitary services, medicines and clothes to the people who were homeless during these times. The food was duly checked by the volunteers, in terms of taste, quality and hygiene.



Activity 11:

Nature of Services rendered – Providing home-cooked nutritious food containing boxes every week to COVID affected families.

Name of Students: Nishtha, B.COM III (Eco-Hons,) & Sanskriti, B.Sc. Non- Medical II , student volunteers under PSSC.

No. of beneficiaries- more than 500 food boxes delivered and more in process (June-July 2021)

Brief Practice: Nishtha and Sanskriti distributed home-cooked nutritious food containing boxes every week to COVID affected families. They distributed more than 500 food boxes. Besides this, they also distributed clothes and free masks to rickshaw pullers, hawkers, street food vendors, etc.



Activity 12:

Nature of Services rendered – Distribution of masks, sanitizers, soaps, gloves and biscuits to the people of rural people (village-Badheri)- Aug 2021

Name of Student- Parishii BSc.(MFT)-III year & Chestha BSc.(MFT)-III year ; student volunteers under PSSC

Place- Offline

No. of beneficiaries- 50 people

Explanation of event : The student volunteers distributed masks, sanitizers, soaps, gloves and biscuits to the people of the village (Bhaderi) and made them aware about the corona virus, the disease it causes, the symptoms, precautions to be taken. They also highlighted the importance of vaccination to the villagers who were still no vaccinated. Further, they again emphasized on the need of proper social distancing norms to be followed religiously.

