



Constitution of Psychosocial Support Service Cell (PSSC)

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)

Activity: Formation of MCM Pyschosocial Support Service Cell (PSSC) under the aegis of with MGNCRE, Ministry of Education, Govt of India.

Organized by: Pyschosocial Support Service Cell (PSSC), Mehr Chand Mahajan DAV College for Women, U.T, Chandigarh in association with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Govt of India.

Date : 18 May 2021

Convenor and Principal : Dr. Nisha Bhargava

MGNCRE: Dr W G Prasanna Kumar (Chairman, MGNCRE) and Mr. Samarth Sharma, Consultant, MGNCRE, Ministry of Education, Government of India

Coordinators: Dr. Suman Mahajan and Dr. Vandana Sharma

Context: With the primary objective of empowering mental health and providing psychosocial support to COVID-19 stricken students and people, the college constituted a “Psychosocial Support Service Cell” on 18 May 2021. The primary focus of this cell includes:

- Providing information and psychosocial support for the COVID-19 affected people
- To enable the creation of different teams and structured groups of students with specific roles to achieve outcomes related to COVID help (Hospital and non-hospital), sharing authentic information through networking and other support and awareness.
- To empower the students and faculty with skills on how to react in different situation and be empathetic in the grief-stricken situation. to help distressed people in these pandemic times

Under this cell, student volunteers structured teams were made under the guidance of faculty coordinators. The teams were involved with different roles and responsibilities that included providing authentic information and sharing it related to availability of hospital beds, oxygen supplies, essentials, food supply, medicine etc. and also, teams who are doing on ground help for COVID affected families. Along with this the team, the students were equipped with skills to provide psychosocial support to the COVID-19 affected people.

The following activities were conducted under the Psychosocial Support Service Cell initiative.

Activity-1:

Title: Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MGNCRE, Ministry of Education, Government of India organized a workshop on “Guidance for Psychosocial Counselling and COVID Helper Skills”.

Date: 25 May 2021

Venue : Online mode

No. of participants: Benefitted over 570 students(Through You tube and Google meet)

Resource person: Mr. Samarth Sharma (MGNCRE official).

Brief Practice : Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MGNCRE, Ministry of Education, Government of India organized a workshop on “Guidance for Psychosocial Counselling and COVID Helper Skills”. The workshop was envisioned to equip the student’s community with helper skills focusing the COVID-19 affected population and families. This workshop was organized with the primary objective to enhance these behavioral and psychological support skills essential in today’s pandemic times to be imparted in the correct way. Inaugurating the workshop, our worthy Principal Dr. Nisha Bhargava also highlighted on the importance and need of string psychosocial support system during such unprecedented times. The trainer and resource person : Mr. Samarth Sharma from MGNCRE conducted the workshop and engaged the students in different activities and giving them different examples and situations which enabled them to learn how to react in different situation and be empathetic in the grief

stricken situation. He stressed that emotions like anxiety, uncertainty, and stress is adding to people's woes and it is imperative to have dedicated teams working in providing mental health to such people for a better living.

Mehr Chand Mahajan DAV College For Women
Sector 36-A, Chandigarh (U.T.)
in collaboration with
Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education, Ministry of Education, Govt. of India
organizes
“WORKSHOP ON PSYCHOSOCIAL SUPPORT FOR COVID PANDEMIC CONDITION”
(Covid Helper's Skills for student community)

Join through  <https://meet.google.com/mrt-jagq-aoq>  You Tube Link: <https://bit.ly/3eTYCwp>  **May 25, 2021**  **4.00 P.M - 5.30 P.M.**

Speaker : Mr. Samarth Sharma, MGNCRE, GOI
Coordinators: Dr Pallvi Rani, Dr Purnima Bhandari, Dr Sandeep Kaur
Co-Conveners: Ms Suman Mahajan, Dr. Vandana Sharma
Dr. Nisha Bhargava (Convener & Principal)

“Let's Join the Fight Against COVID-19”



MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN CHANDIGARH

Workshop on 'Psychosocial Support During COVID Pandemic Situation' in
collaboration with MGNCRE, Department of Higher Education, Ministry of Education,
Government of India



Dr. Nisha Bhargava
Principal

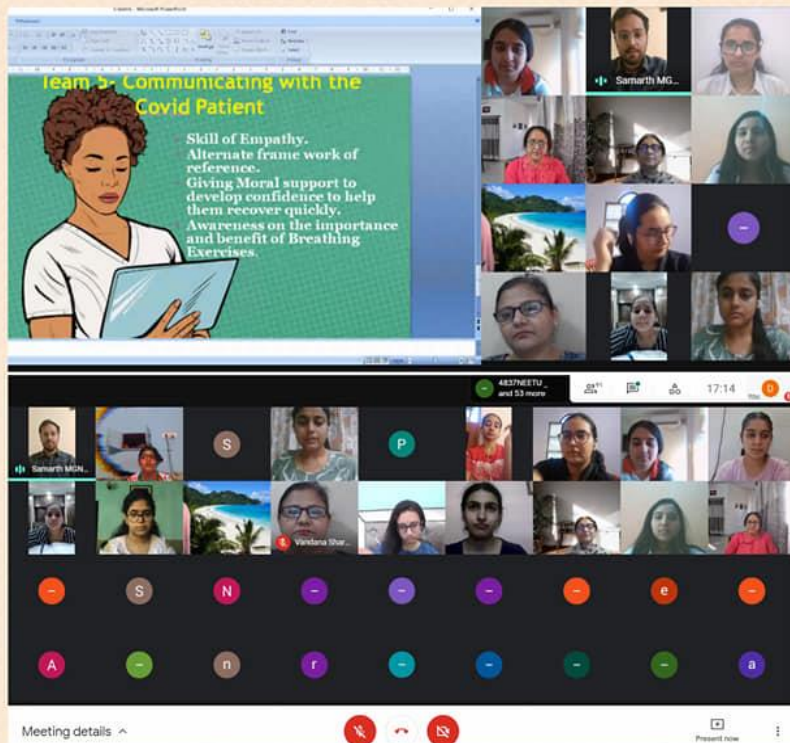


Resource Person
Mr. Samarth Sharma
MGNCRE



MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN CHANDIGARH

Workshop on
'Psychosocial Support
During COVID Pandemic
Situation' in
collaboration with
MGNCRE, Department of
Higher Education,
Ministry of Education,
Government of India



एमसीएम में महामारी के दौरान मनोसामाजिक सहयोग पर कार्यशाला का आयोजन

चण्डीगढ़ (बिदम आचार्य / हिमप्रभा)। मेहर चंद महाजन डीएवी कॉलेज फॉर वूमिन ने महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद (एमजीएनसीआरई), उच्च शिक्षा विभाग, शिक्षा मंत्रालय, भारत सरकार के सहयोग से कोविड महामारी की स्थिति के दौरान मनोसामाजिक समर्थन विषय पर कार्यशाला का आयोजन किया। इस अत्याधिक प्रसंगिक कार्यशाला का उद्देश्य छात्र समुदाय को कोविड हेल्थस के कोशल से लेम करना या ताकि महामारी के खिलाफ लड़ने में छात्र समूह अपना योगदान दे सके और अपने बहुमूल्य ऊर्जा को सही दिशा में प्रयोग करें। एमजीएनसीआरई के श्री समर्थ



शर्मा ने इस कार्यशाला का संचालन किया जिसमें 570 से अधिक छात्र लाभान्वित हुए। कार्यशाला का उद्घाटन करते हुए प्रध्वनाचार्य डॉ. निशा भार्गवा ने ऐसे समय के दौरान एक मजबूत मनोसामाजिक समर्थन प्रणाली के महत्व पर प्रकाश डाला। उन्होंने बताया कि अपनी सामाजिक जिम्मेदारी के प्रति जागरूक रहते हुए, कॉलेज महामारी के खिलाफ लड़ने में हर संभव सहायता प्रदान करने में सक्रिय रूप से शामिल रहा है, जिसमें मास्क का वितरण,

पीजीआईएमईआर, चण्डीगढ़ को दान, एन एन एन एन स्वयंसेवकों और एनसीसी कैडेटों द्वारा जागरूकता बूटों का निर्माण, और सहायक वॉलंटियर्स आदि शामिल हैं। कॉलेज की गैरलाभकारी कार्यालय हेल्पलाइन द्वारा जनसमुदाय को धोखे और कपड़े, की सहायता के साथ साथ छात्रों के लिए ऑनलाइन परामर्श सहायता भी लगातार उपलब्ध करवाई जा रही है। श्री शर्मा ने जोर देकर कहा कि विश्वास, तनाव, अनिश्चितता और धम जैसे भावनाओं के अनुभव के साथ कोविड रोगियों को परिश्रमी कह रही है, यह जरूरी है कि उन्हें अपनी

स्थिति को प्रभावों से प्रभावित करने के लिए पर्याप्त मनोवैज्ञानिक और सामाजिक समर्थन मिले। सहानुभूति और संवेदना में अंतर स्पष्ट करते हुए, उन्होंने दिखाया कि कैसे कोविड सहायक कोविड रोगियों के प्रति संवेदना व्यक्त करते हैं जिससे

उनकी मनोवैज्ञानिक स्थिति में सुधार होता है और वह ठीक होने लगते हैं। यह कार्यशाला अत्याधिक संवादात्मक थी जिसमें छात्रों ने अपने नए विचारों और कोविड रोगियों को सहायता प्रदान करने के प्रयासों को ब्याज दिया।

MCM holds workshop on psychosocial support during pandemic

CHANDIGARH: Mehr Chand Mahajan DAV College for Women, in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education, Ministry of Education, Government of India, organised a workshop titled 'Psychosocial Support during COVID Pandemic Situation'. The highly contextual workshop envisioned to equip the student community with COVID Helpers' skills that will be instrumental in channelising their energies towards contributing in the fight against the pandemic. Mr. Samarth Sharma from MGNCRE conducted this workshop that benefitted over 570 students. Inaugurating the workshop, Principal Dr. Nisha Bhargava highlighted the importance of a strong psychosocial support system during such unprecedented times. She informed that conscious of its social responsibility, the college has been proactively involved in providing all possible support in the fight against the pandemic including distribution of masks, donation to PGIMER, Chandigarh, creation of awareness videos by NSS volunteers and NCC cadets, distribution of food and clothes to the needy, online counselling support for students by Geetanjali Counselling Helpline of the college and so on. Mr. Sharma stressed that with the experience of emotions like anxiety, stress, uncertainty and fear adding to the woes of the COVID patients, it is imperative that they get adequate psychological and social support in order to effectively manage their condition.



Workshop on Psychosocial Support for COVID...

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