

Report for Geetanjali Counselling Helpline (2022-23)



**Mehr Chand Mahajan DAV College for
Women**

Sector-36, Chandigarh

www.mcmdavcwchd.edu.in



Title of the Activity: Workshop On “Suicide Prevention In Youth” To Mark The Dual Celebrations Of World Mental Health Day (WHO) And International Day Of The Girl Child (UNICEF) 2022

Name of the Committee: Geetanjali Counselling Helpline

Activity Co-ordinator & Resource Person: Dr Nitasha Khehra, Assistant Professor, PG Department of Psychology, Mehr Chand Mahajan DAV College for Women, Chandigarh

Date of the Activity: 12th October, 2022

Number of participants: 85

Objectives & Context: World Mental Health Day is observed on October 10, to raise awareness about mental health issues at the global platform and to mobilize efforts in support of mental health. As stated by the Institute of Health Metrics and Evaluation, in 2020, the number of people living with anxiety and depressive disorders rose significantly because of the COVID-19 pandemic. The theme for World Mental Health Day 2022 was “Making Mental Health and Well-Being for All a Global Priority”. Suicide is the leading cause of death among Indian youth and more than one lakh lives are lost every year to suicide in our country. The Geetanjali Counselling Helpline Committee aims to create mental health literacy on such a pertinent topic among our college students encouraging symptom identification, fighting the societal stigma and encourage medical help seeking behaviour in them and their peer group. The committee promoted their mental health initiative of “Swachh Mann Abhiyan” launched in 2019 to celebrate the 150th Birth Anniversary of Mahatma Gandhi.

Practice & Outcome: The Geetanjali Counselling Helpline organized a workshop on the pertinent theme of “Suicide Prevention in Youth” on 12th October, 2022 to mark the dual celebration of the World Mental Health Day (WHO) and International Day of the Girl Child (UNICEF). The resource person was Dr Nitasha Khehra. Assistant Professor, PG Department of Psychology and Co-ordinator, Geetanjali Counselling Helpline Committee at Mehr Chand Mahajan DAV College for Women, Chandigarh. The workshop witnessed enthusiastic participation from 85 students from various streams of the college. Dr Nitasha Khehra discussed the prevalence of suicide globally and in Indian context with latest statistics and the symptoms of various mental disorders such as depression, anxiety, substance abuse, sexual abuse, etc which play a crucial role in suicide. She elucidated upon the specific causes, risk factors in youth, protective factors, societal stigma associated with suicide attempts, recognizing the red flags and early symptom identification among college students. She elaborated on effective techniques of stress management, coping strategies and resilience building practices for young adults. We received brilliant feedback about the enlightening session from all the participants. The resource person addressed all the mental health queries of our students in the interactive session and encouraged reaching out to reliable mental health professionals for treatment.

Title of the Activity: Workshop On “Management of Technology Addiction in Youth” To Mark the Celebration of The United Nations International Day of Happiness 2023

Name of the Committee: Geetanjali Counselling Helpline

Activity Co-ordinator & Resource Person: Dr Nitasha Khehra, Assistant Professor, Department of Psychology, Mehr Chand Mahajan DAV College for Women, Chandigarh

Date of the Activity: 20th March, 2023

Number of participants: 77 students

Objective & Context: The Geetanjali Counselling Helpline Committee promoted their mental health initiative of “Swachh Mann Abhiyan” launched in 2019 and addressed a crucial topic impacting college students. During the pandemic, college students had to rely majorly on technology for their academics. Technology is extremely important in today's age, however, the negative effects on student's mental health run the gamut from increased risk of medical issues to loss of social skills and behavioral problems. The workshop therefore intended to create awareness about the impact of overuse of mobiles and screen time amongst students. The workshop enlightened the participants about its impact on brain, overall physical health as well as various strategies and techniques they can use to reduce the use or dependency on the e-gadgets.

Practice & Outcome: Dr. Nitasha Khehra, Assistant Professor, PG Department of Psychology and Co-ordinator, Geetanjali Counselling Helpline Committee conducted a highly relevant Workshop on the theme of “Management of Technology Addiction in Youth” on 20th March, 2023 which witnessed an enthusiastic participation from 77 students of the college. Dr Khehra discussed the impact of different types of technology addiction and its psychosocial risk factors. Young adults begin to live in a virtual world, ignoring the real world where they are possibly subjected to rejections, failures or in many cases, acute family problems. Various common issues which are faced by youth on the internet such are cyber bullying, cyber stalking, identity theft, profile hacking, online sexual abuse and exploitation. She discussed the severe physical manifestations of compulsive internet use and stated recent surveys have reported a steep decline in academic performance of such victims including incomplete assignments, peer intolerance, indiscipline, reduced focus and absenteeism are some of the signs of academic manifestation of the addiction. Dr Khehra recommended that the major responsibility is to help students out of the ordeal through the three C's- Care, Compassion and Communication. She discussed various cognitive and behavioural techniques to cope with technology addiction. The students found the session highly beneficial and their psychological concerns were resolved effectively by the expert.

Title of the Activity: Poetry Competition on the theme “Catharsis: Express the Repressed” to mark the celebration of to mark the celebration of the United Nations International Day of Happiness and World Poetry Day 2023

Name of the Committee: Geetanjali Counselling Helpline

Activity Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology, Mehr Chand Mahajan DAV College for Women, Chandigarh

Student Coordinators: Kunjalika Tikku, MA I Psychology and Amrteshwar Kaur, MA I Psychology, Mehr Chand Mahajan DAV College for Women, Chandigarh

Date of the Activity: 21st March, 2023

Number of participants: 85 students and Faculty Members

Context and Objective: On the occasion of United Nations International Day of Happiness and World Poetry Day 2023, the Geetanjali Counselling Helpline Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an Online Poetry Competition on the theme “Catharsis: Express the Repressed” on 21st March, 2023. The committee promoted their mental health initiative of “Swachh Mann Abhiyan” launched in 2019 to celebrate the 150th Birth Anniversary of Mahatma Gandhi. The objective of this activity was to apprise students about the significance of understanding and supporting mental health literacy. This activity encouraged our college students to produce their own literary works to express their deep-seated emotions and incorporate cathartic poetry as a form of expressive arts therapy for self-healing, promote well-being and increase self-awareness.

Practice & Outcome: The Geetanjali Counselling Helpline Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh conducted an Online Poetry Competition on 21st March, 2023 under the aegis of the “Swachh Mann Abhiyaan”. The main aim of the event was to elucidate the students of the significance of the recognition, management, and prevention of mental health issues. This activity witnessed an enthusiastic participation from 85 faculty members, UG and PG students who showcased their brilliant creative writing skills, tapped into their unresolved conflicts, express a gamut of their deep-rooted emotions and voiced their sentiment resonating with the imperative need to address self-compassion, unashamed acceptance of our mental health conditions, etc. The judges deeply appreciated the heart touching and poignant poems. The first position (cash prize of Rs 2000) was secured by Vandini Sharma, BA II (Roll No.2512), second position (cash prize of Rs 1500) by Sanya, BA III (Roll No.3503) and third position (cash prize of Rs 1000) by Anchika Sihol, MA I (Roll No.8198).