



ANNUAL REPORT

Counselling Center



Academic Year 2020 - 2021

SAINT CLARET COLLEGE, ZIRO



Counselling Cell

The academic year 2020 – 2021 began online mode as per UGC guidelines. Being aware of the mental health hazards surrounding the pandemic situation, the SCCZ Counselling Centre (SCCZ, CC) undertook various ways of reaching out to students within the available parameters.

Web page:

The college webpage has a built-in dedicated page for Counselling Cell under “For Students” section <https://sccz.edu.in/index.php/advisories/>. Advisories on mental health concerns in the form of videos and posters were posted in this section and the link was shared with student groups through LMS and student WhatsApp groups. Events such as “Suicide Prevention” and “World Mental Health Awareness” were made into a week-long awareness campaign.

- ***Suicide Prevention Week 2020: 10th to 18th September 2020***

In line with World Suicide Awareness day, the SCCZ, CC undertook a weeklong web campaign through the College web portal with a title ***Suicide Prevention week 2020 @ SCCZ in line with World Suicide Awareness Day***. Videos and posters were posted with information, testimonies, and suggestions on the prevention of suicide. (see Annex 1 for details of posted materials).

- ***Mental Health Awareness Week 2020 @ SCCZ 12th to 17th October 2020***

SCCZ, CC dedicated an one-week campaign of Mental Health Awareness with online resources that explains various mental health concerns, suggestions, and ideas to manage them and live a healthy life. In order to break the stigma on persons with mental health problems, testimonials were included, which express how persons with mental health problems struggled with their conditions, coped with them and now lead a healthy life. (see Annex 2 for materials posted).

Student Wellbeing Assessment

Given the context of COVID-19 pandemic, students are confined to their homes and spent most of their time engaging in digital platforms for online classes and for social communications. Within these constraints mental health and wellbeing of students is a concern for both families and academic institutions. In order to assess the wellbeing of students *Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS 2006)* was administered to students through the google forms under the title of ***Student Wellbeing Self-assessment 2020***. This served as a point of reference and awareness of wellbeing for students (Detailed report is available upon request).

Findings from this survey gave way to design well-being measures for students to support them with coping strategies for their daily challenges. Short seminar modules and psycho-education campaign through the LMS platform was designed for an improved student well-being.



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Learning Management System:

Most part of the academic year, students' interactions were through LMS, in order to take care of the mental health and well-being of students and faculty, the SCCZ, CC introduced two courses on well-being; **A Dose of Wellbeing** for students and **Well-being @ Work** for faculty.

- **A Dose of Wellbeing** explored topics appropriate for students, academic and developmental related wellbeing, stressors, and how to deal with them. The videos and other materials were posted with questions for self-evaluation and self-reflection. (see Annex 3 for topics).
- **Well-being @ Work** focused on topics related to the working environment and workplace stressors and life-work balance of faculty members, to help them cope with everyday stressors. (see Annex 4 for topics).

Office Based Counselling Sessions

Office based counselling sessions resumed with the onset of regular offline classes. From the month of March to April, there were 16 counselling sessions with students, some of them availed multiple sessions to deal with personal and developmental related issues. Some the issues dealt with were anxiety, socialization concerns, medical conditions (seizure), exam and future related anxieties, childhood problems and issues, career guidance, etc. There were few clinical cases such as alcoholic addiction, gender identification, and identity confusion.

Emotional Health Check

In an effort to create emotional awareness among students, sheets of papers with various topics were posted on the hallways on strategic places under the title *Emotional Health Check (EHC)*. Phrases and questions were posted, and students were invited to write their answers, comments, and reactions. Each EHC were displayed for a week or until the page were filled up. Topics covered and detailed reports were presented (see Annex 5)

Inter-Departmental Collaboration

The SCCZ college counsellor (SCCZ cc) participated in the following inter-departmental activity:

The Department of Education held their Education Week in the month of November. On November 11, 2020, the SCCZ cc, collaborated with the Department of Education for their online Forum and presented a lecture on the topic of ***“Educators Shaping a Resilient Future: Building Resilience through Flow & Self Care”***. This topic highlighted the important role of mental health and promotion of well-being for educators.

The Department of Commerce held their annual presentations of Seminars on March 31, 2021. The SCCZ, cc chaired the Seminar Conference and presented a Keynote address on the topic ***“Human Resource Management in Organizations: Emerging Trends in Changing Times”*** which highlighted on the success stories of organizations and persons during periods of crisis, where challenges were turned into opportunities for growth.



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Extension and Community outreach

The Counselling Cell collaborated in promoting awareness on issues pertinent to the community and personnel of other organizations. Following were undertaken in this academic session:

Participation and collaboration with SCCZ, Lokapriya Gobinath Bordoloi Regional Institute of Mental Health, Tezpur and the Arunachal Pradesh Police, Lower Subansiri District on “**Sensitization Program on Mental Health and Addiction**” on 13th March 2021. The participants were from varied background such as faculty and staff, police personnel, youth leaders, student leaders and members from women organizations.

The SCCZ and Arunachal Pradesh Police, Lower Subansiri Dt. jointly organized and conducted awareness program on the International Day Against Drug Abuse and Addiction on 26th June 2021. The college counsellor participated and delivered a lecture on “**The Psychological Effects of Drug Abuse**”. Participants were from various sectors such as law enforcement, legal, academe, civic. Student, youth, women, and community organizations.

Consultation & Extension Service: COVID-19 pandemic has wreaked havoc on the mental health and well-being of persons in all walks of life, much more for those in front line work such as the Police personnel. In an effort to mitigate and enhance psychological well-being and to improve the quality of life the Superintendent of Police, Subansiri District approached the Principal with a request to establish a counselling help line for the police personnel. Accordingly, a consultation meeting was set up. A detailed report with recommendations for optimal well-being and improved quality of life of Police Personnel was presented to the Superintendent of Police (Report is available upon request).

Following are the recommendations:

1. **A counselling helpline** will be made available for the police personnel. The personnel may drop a WhatsApp message to the given number expressing their request and the counsellor will call them back. Initially it will be managed by the SCCZ, CC counsellor, in case of increase in number of requests a pool of trained persons will be made available to cater to the need.
2. **Training of officers to be peer counsellors:** Given the vastness of area of coverage under the jurisdiction of the present SP, it is advisable to train officers/personnel to equip them with basic skills and techniques necessary for their line of duty.
 - a. **Requirements:** officers/personnel who are friendly, approachable, those to whom others gravitate to seek advice.
 - b. **Training programs:**
 - a. Peer Counsellors Training Module (3 phases)
 - b. Psychological First Aid
 - c. Stress Management
3. **Office based interventions:** To impart information, suggestions, and practices of Well-being



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- a. Posters on well-being topics could be placed in the offices and corridors.
 - b. Video clips: with topics of well-being to be posted to the personnel through social media group on a daily or weekly basis as necessary. This could be used as a discussion forum or viewers may express their comments, response and reactions to the group.
 - c. Emotional Health Check: As a means of awareness of one's emotional wellbeing short surveys and questionnaires could be posted in the officers that could encourage the personnel to take an actively participate in the awareness and maintaining of their well-being for optimal functioning.
 - d. Instruments, Scales, and assessment materials which are freely available on the Internet for public use could be utilized as a means to enhance, develop, understand, and utilize skills and techniques for coping and positive outlook in life. Following are some of the suggested scales, others could be added as necessary:
 - i. Burn out inventory scale
 - ii. Compassion fatigue scale
 - iii. Inventory of coping strategies
 - iv. The PERMA profiler
4. *Peer support programs, activities, and projects*: the personnel could be encouraged to engage in activities that are relaxing and those which enhance interpersonal relationships and camaraderie such as games, arts, dance, music, etc. Engaging in common projects of charity or outreach to families of fallen personnel or a needy sector of the society, taking up voluntary works as a team/group would also add meaning and purpose to life. Area wise sports, cultural activities, picnics, and family days could also be explored. Celebrating meaningful days and festivities would add fanfare and excitement to the mundane activities of the daily grind.

Some of the recommendations such as counselling help line and posters on counselling awareness have been put into practice. Other recommendations will be initiated in the course of time.

It was an enriching year of experience that challenged me to venture beyond the limitations to address the concerns with creativity and innovation. Grateful for the challenges, encouragement, and support from the administration. Looking forward to the future with hope.

Signed


Sr. Mary Vanaja, MCJ, MA Psych.



Suicide Prevention week 2020 @ SCCZ in line with World Suicide Awareness Day

10-09-2020	Video: Your Life Matters https://youtu.be/cByFZhQE7Xk
11-09-2020	Infographic: Spotting the signs of suicide
13-09-2020	Video: Suicide Prevention Treatment https://youtu.be/fTlrHMuwHcQ
15-09-2020	Motivational video on When all hope is lost https://youtu.be/bqVxBT-Z4yE
16-09-2020	Poster: WAIT suicide prevention advise
17-09-2020	Video Suicide Prevention https://youtu.be/Nm1ra75dXbg
18-09-2020	Video: Eight Stories of Hope https://youtu.be/pehnlpiEb4



1. **What is Mental Health?** <https://www.youtube.com/watch?v=DxIDKZHW3-E>

2. **What are mental health problems?**

<https://www.youtube.com/watch?v=AUWhdmKyOE8>

3. **Deepika is #NotAshamed on depression and mental health stigma**

Deepika describes her experience of going through depression, it is not a cause for shame, but a need for seeking help. <https://www.youtube.com/watch?v=slWuyvucTrE>

4. **Wellness tips for improving mental health**

<https://www.youtube.com/watch?v=NQcYZplTXnQ>

5. **Using mindfulness to stay health**

<https://www.youtube.com/watch?v=w6T02g5hnT4>

6. **Why you should take a break: Prioritizing mental health in schools | Hailey Hardcastle | TEDxSalem** https://www.youtube.com/watch?v=vD0w_gOEbUI

7. **Mental health: In our own words**

Becoming aware of when you have a mental health problem and helps to cope with it

8. https://www.youtube.com/watch?v=_y97VF5UJcc



A Dose of Wellbeing

<https://sccz.talentlms.com/trainer/course/id:284>

1. Wellbeing
 - a. The five ways to well-being
 - b. Happy brain chemicals
 - c. The Eight Dimensions of Wellness
 - d. Emotional Student Wellbeing
 - e. 5 ways to wellbeing practice
2. Self-care and self-compassion
 - a. What is self-compassion?
 - b. Self-care exercise Melting – Flow
 - c. Self- compassion
 - d. Be kind to yourself
 - e. Short exercise on Self-compassion
 - f. Alfred and Shadow: overcoming self-criticism
 - g. You are not your thoughts
 - h. 6 ways to exercise Self-Compassion
3. Mindfulness
 - a. What is mindfulness? - in the worlds of children.
 - b. Everyday mindfulness
 - c. A moment of peace
 - d. Stress relief exercise
 - e. Helpful practices
4. Exam time
 - a. Exam stress releasing tips
 - b. Study LESS, study SMART
 - c. 13 study tips: The Science of Better Learning
 - d. Study Music
 - e. Mind tricks to learn faster



Well-Being @ Work

<https://sccz.talentlms.com/trainer/course/id:285>

1. Workplace well-being
 - a. Five ways to wellbeing
 - b. Elements of mental health at workplace
 - c. Ways to improve Work efficiency and productivity
 - d. 10 Tips To Improve Your Well-Being At Work
 - e. Wellbeing at work
2. Self-care
 - a. What is Self-Care?
 - b. Practice self-care
 - c. Myths about self-care
 - d. The Choice
 - e. A short story about Self-Criticism
 - f. You are not your thoughts
 - g. Self-compassion from the Author
 - h. Why do we need self-compassion?
 - i. Being kinder to yourself
3. Stressors at workplace
 - a. Causes of teacher stress
 - b. Symptoms of stress on your body
 - c. Strategies to manage workplace stress
 - d. Workplace stress solutions
 - e. Stress relief tips
 - f. Stress relief tips – 7 ways to lower your stress
4. Mindfulness
 - a. What is mindfulness? from the experts
 - b. Everyday mindfulness
 - c. Mindfulness exercise
 - d. How mindfulness empowers
5. Coping skills
 - a. Coping for everyone
 - b. 25 coping skills
 - c. A- Z of coping strategies
 - d. Coping with death
 - e. How to deal with exam stress (for teachers)



Emotional Health Check Results

1. How do you feel today?

Number of responses within a week March 10 – 17, 2021

							Total
40	29	22	43	16	29	39	218

2. What makes you happy today?

Responses from March 18 – 26, 2021

- | | |
|---|---|
| 1. Food | 20. Anime Yaoi |
| 2. <i>Ladoo</i> | 21. The weather |
| 3. <i>Myoko</i> treats | 22. Music |
| 4. Crush!! | 23. When teachers teach with a smile |
| 5. Juice world forever | 24. When class ended early |
| 6. Food food food | 25. When teacher says “there is no class” |
| 7. Money & food | 26. When I can see the world without my <i>chasma</i> |
| 8. Puppy and food | 27. I got to play basketball |
| 9. Friends | 28. Justice league snyder’s cut |
| 10. Meow | 29. This too shall pass |
| 11. Mom and phone | 30. Not happy but I am at peace today. |
| 12. Friends | 31. For not giving up. |
| 13. Pura Arya | 32. Nothing makes me happy; I just want to die. |
| 14. Love | 33. Nothing is good |
| 15. Anky makes me happy | 34. <i>Kuch bhi nahi</i> what happy Hopeless college and that sukla |
| 16. I got to see -----friend’s name | 35. <i>Woh</i> English maam useless teacher |
| 17. I got to see ----- friend’s name | |
| 18. Punyo Rinyo show his crush | |
| 19. Family, friends, food and high-speed internet | |

3. Who is the most significant woman in your life?

March 27- April 3, 2021

Mother	Sister	Grand mother	Teacher	Friend	Aunt	Other	Total
71	24	16	14	22	12	25	184

4. When I am happy I _____

April 21 -29, 2021

- I want to listen to Mahabaratha
- I want to die
- I want to sleep
- I eat a lot of junk food
- I think of many positive thought
- I think about the moment
- I stay silent and think
- I want to poo
- Nobody cares
- Feel afraid, because happiness doesn't last
- I am happy because there was no class today
- I stay happy and enjoy the moment
- I want to eat lots of food
- I want to come to college
- I play songs
- I sing aloud
- Same cake happy or sad

References

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