

Mental Health Support

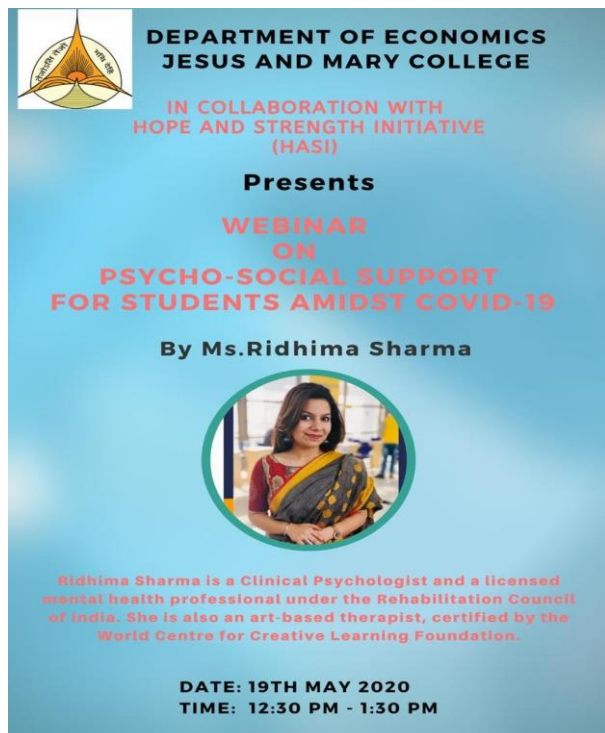
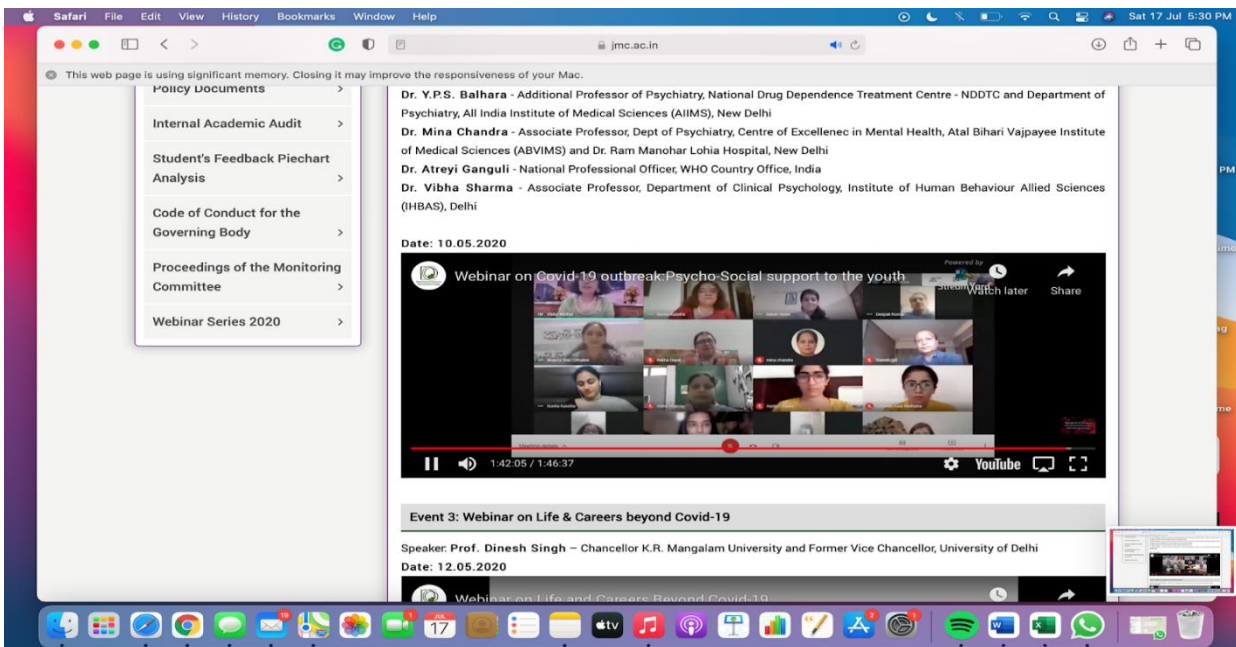
The recent Covid outbreak has led to an unprecedented surge in psychological distress with many people across the demographic spectrum reporting feelings associated with depression and anxiety. The social consequences and the concomitant economic fallout have come to impact mental health in a way that would continue to linger on, even after the pandemic is reined in. Taking cognizance of this rising concern, the college has felt an urgent need to highlight these issues and raise awareness about prioritizing emotional and mental well-being. Social isolation, quarantine, bereavement in the family, and the overall apocalyptic ambience have severely contributed in disrupting the erstwhile interpersonal relationships and support networks that are integral for a balanced life. The hard statistics have made it evident that young people are experiencing higher rates of mental turmoil owing to the uncertainty about future, lack of job opportunities and therefore dealing with mental health damage must be a central part of our recovery plan.

❖ **Psycho-Social Support to Students to deal with the Pandemic**

IQAC JMC in collaboration with the Department of Commerce, JMC conducted an enlightening webinar on the topic: **Covid-19 Outbreak- Psycho- Social Support to Youth**, wherein the panelists talked to the students and addressed all the problems



faced by them during the outbreak of COVID-19. The panelists helped the students to infuse themselves with hope and positivity to get through the tough times of COVID-19.



Recognizing the significance of mental health awareness, the **Economics Department of JMC** organized a **webinar on ‘Psycho-social Support for Students amidst COVID-19’** on May 19, 2020. The event was organized in collaboration with Hope and Strength Initiative (HASI) which is a not-for-profit organization that aims to change the conversation around mental health and ensure that people have access to affordable mental health services. The

webinar was conducted by Ms. Ridhima Sharma, Clinical Psychologist and a licensed mental health professional under the Rehabilitation Council of India.

Equal Opportunity Cell, Jesus and Mary College organized a Webinar on '**Mental Wellness and Social Inclusion**'- a session By Ms. Srishti Asthana, Mental Health Advocate and Psychologist on 20 February 2021.



A Panel Discussion on Mental Health at Workplace was organized by the **Management Interaction Cell** on 24th February '21. The panel included Ms. Simin Askari- Vice President of Corporate Human Resources & Business Excellence at DS Group, Ms. Prachi Kohli - Counseling Psychologist at Kaleidoscope, a mental health wellness center, and Ms. Dipika Trehan - Founder of The Health of Women (H.O.W.) Forum. Ms. Simin Askari commenced the discussion stating how the crisis has brought about a fundamental shift in the quality of human life and suggested

ways to cope up with it. She also shared the importance of communication in an organization, wherein everyone is comfortable in seeking help about their mental as well as physical state. She also pointed out how women at work always strive for perfection, losing themselves in the process and how we, as young women, can deal



with it by embracing and enjoying the environment rather than worrying about being an over achiever at all times. Ms. Deepika Trehan, highlighted how mental health stems out of self-care. She emphasized how one should be grateful each day for being alive, be patient and have faith in oneself, and stop overthinking and worrying about things which are not in our control. Ms. Prachi Kohli, the final speaker, discussed the importance of work-life balance, employee satisfaction, motivation, and fostering a psychologically safe working place. She concluded with the discussion about the importance of human connection and interaction.

To break the stigma and start this uncomfortable yet important conversation, the Management Interaction Cell dedicated a week to 'Mental Health and Well-being at Workplace' to disseminate information about the same.

A webinar titled '**Emotional Well-being in the time of COVID**' was organized by the **Department of Elementary Education** on July 16, 2020. The speaker of the session was Professor Ranganathan, Former Head and Dean of Department of

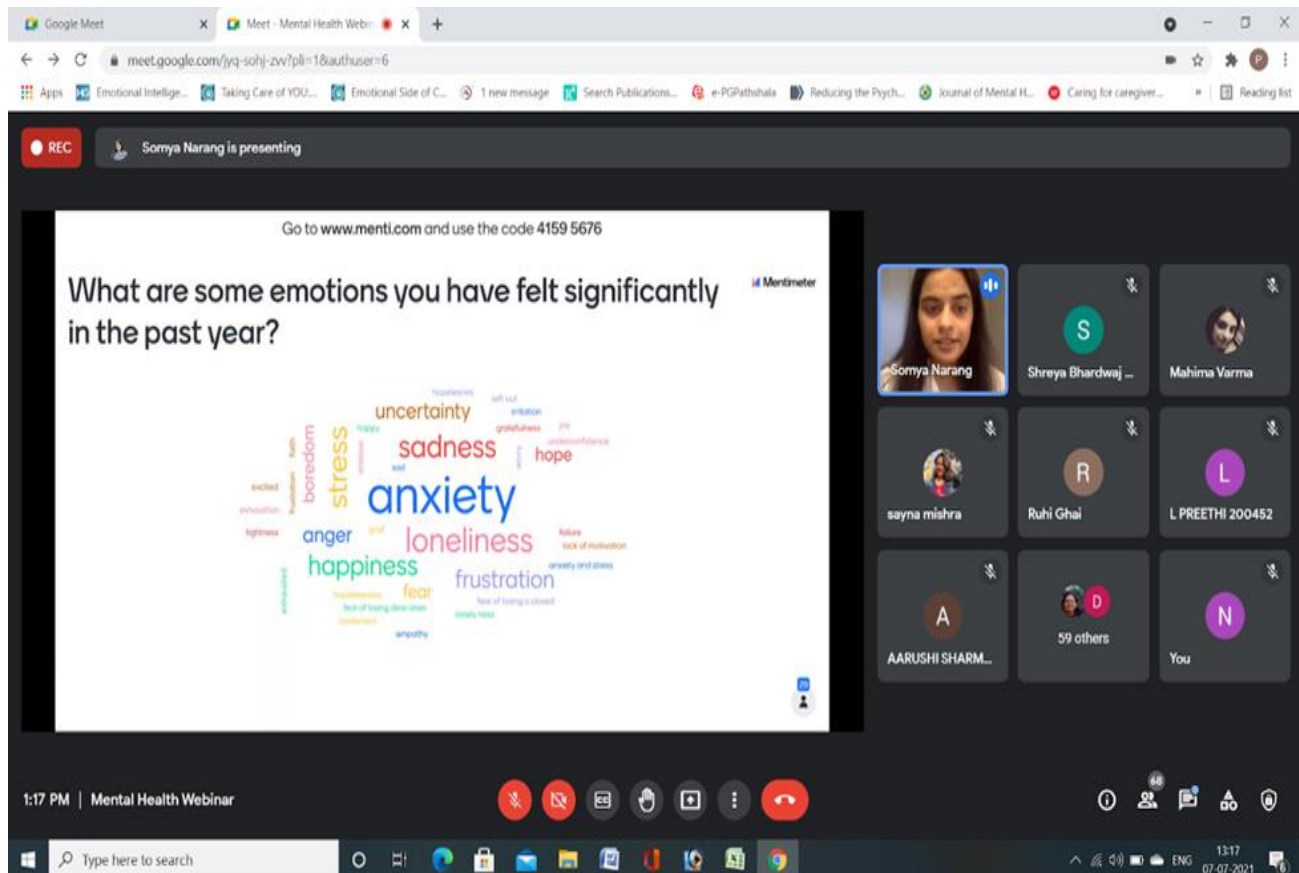
Education, University of Delhi. In her address, Prof. Namita Ranganathan deconstructed COVID-19 and our response to it. She gave a direction to see the situation rationally and placed it in a historic context. She highlighted the importance to understand one's purpose in life especially in the pandemic time. She suggested few strategies that can help address the anxieties that everyone is facing. Some of the strategies included the need to contest fears by analyzing them rationally, the need to set a routine and assign a place for doing work.

A webinar titled '**Stepping into the New Normal: Concerns of Emotional Well-being**' was also organized by the **Department of Elementary Education** on August 14, 2020. The speaker of the session was Ms Esha Mehta. She is a Psychologist working in the mental health care industry and is skilled in individual, relationship and family therapy. Ms. Esha Mehta spoke about the need for self-love, developing positive outlook towards life and what new normal will mean for everyone. She suggested few strategies that students can use to alleviate their anxiety.



The **National Service Scheme, Jesus and Mary College** organized a **Mental Health Webinar** titled '**Diving Deep- A Mental Health Session to Shift Focus Within**' on **July 7, 2021** to equip the volunteers with the skills to manage their mental health. The speaker for the webinar was **Ms. Somya Narang, a counselling psychologist and the founder of Katharsis Counselling and Mind Over Matter.**

The speaker shared various psychological techniques and strategies which can be used to enhance one's emotional well-being and regulate emotions while perceiving them adequately, especially in these times of distress and worry.





❖ Cathartic Outpourings: Sharing Personal Experiences

As the age-old adage goes, happiness shared is doubled and sadness shared is halved, talking about one's experiences is tantamount to feeling mentally unburdened when done in a safe and understanding atmosphere. JMC organized a series of events to provide avenues for initiating conversations on issues faced by students since the pandemic set in.

Through a session on **Sharing Covid Stories and Grief**, the members of the AICUF Society, both professors and students shared their stories and experiences of the pandemic. The session was held on 9th July 2021 on the Google Meet platform.

The session started with an introduction by the MC (Master of ceremonies), Ms. Dona Raju. This was followed by Ms. Reshma Jose (Assistant Professor in the Department of Psychology, Jesus and Mary College) who shared several valuable tips as to how to deal and cope with trauma and grief which most have experienced during the pandemic. She spoke to the audience about the five stages of grief. She was followed

by Dr. Christhu Doss (Assistant Professor in the Department of History, Jesus and Mary College) who spoke on the topic of the historical aspect including human civilization, the pandemic lessons, and how as a society we are facing and dealing with the challenges put forth by the pandemic. He made the students and faculty members take a pledge of not fearing death and to march on like warriors fighting the pandemic. The next speaker was Ms. Megha Jacob (Assistant Professor in the Department of Economics, Jesus and Mary College) who spoke on adopting several coping mechanisms to stay positive. She was followed by Ms. Alisha George (Assistant Professor in the Department of Economics, Jesus and Mary College) who



**SHARING STORIES,
SHARING GRIEF**

UNCAPPING THE INTRICATE TALES

SPEAKERS:
JMC AICUF TEACHERS AND STUDENTS

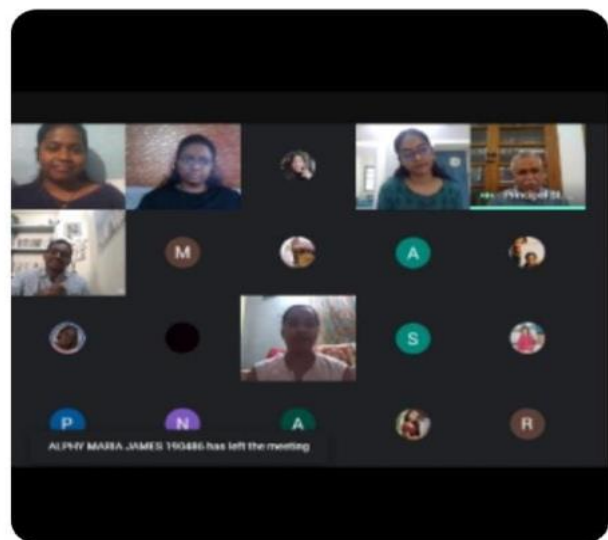
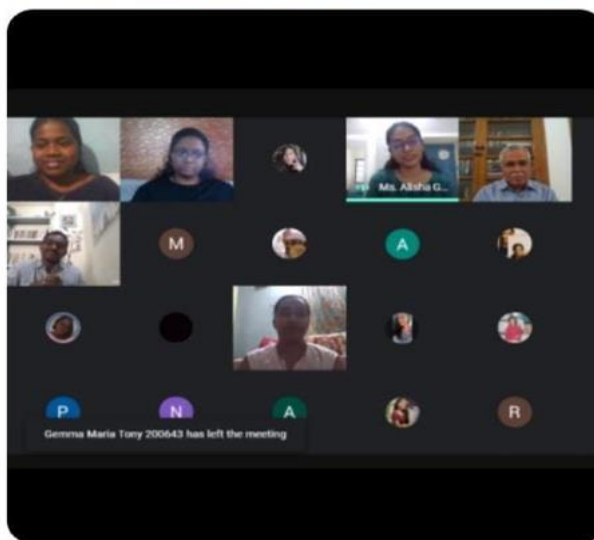
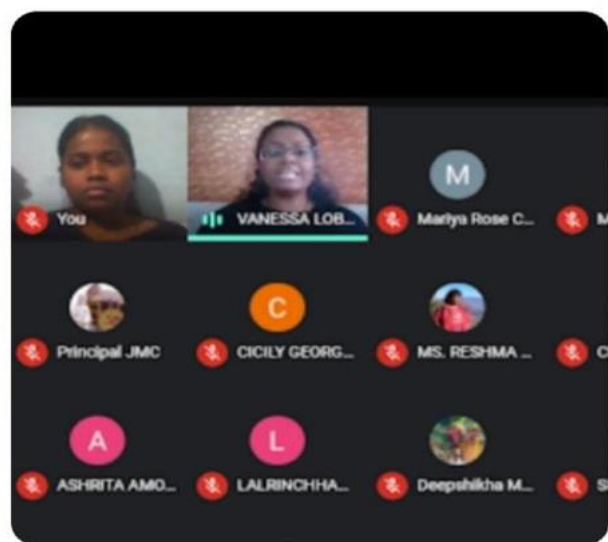
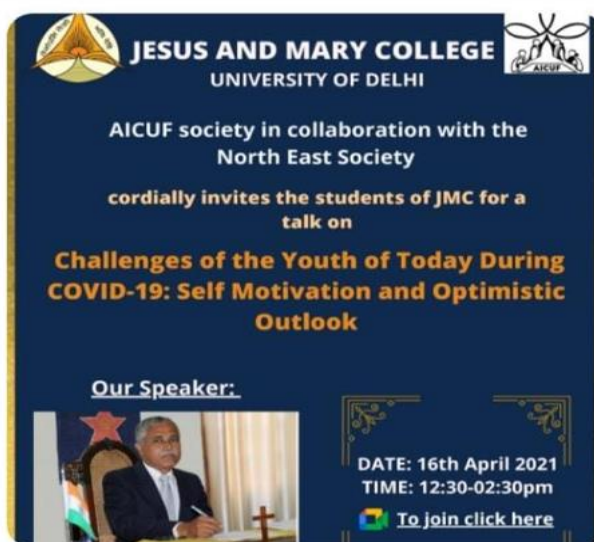
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HOPE TO SEE YOU ALL!

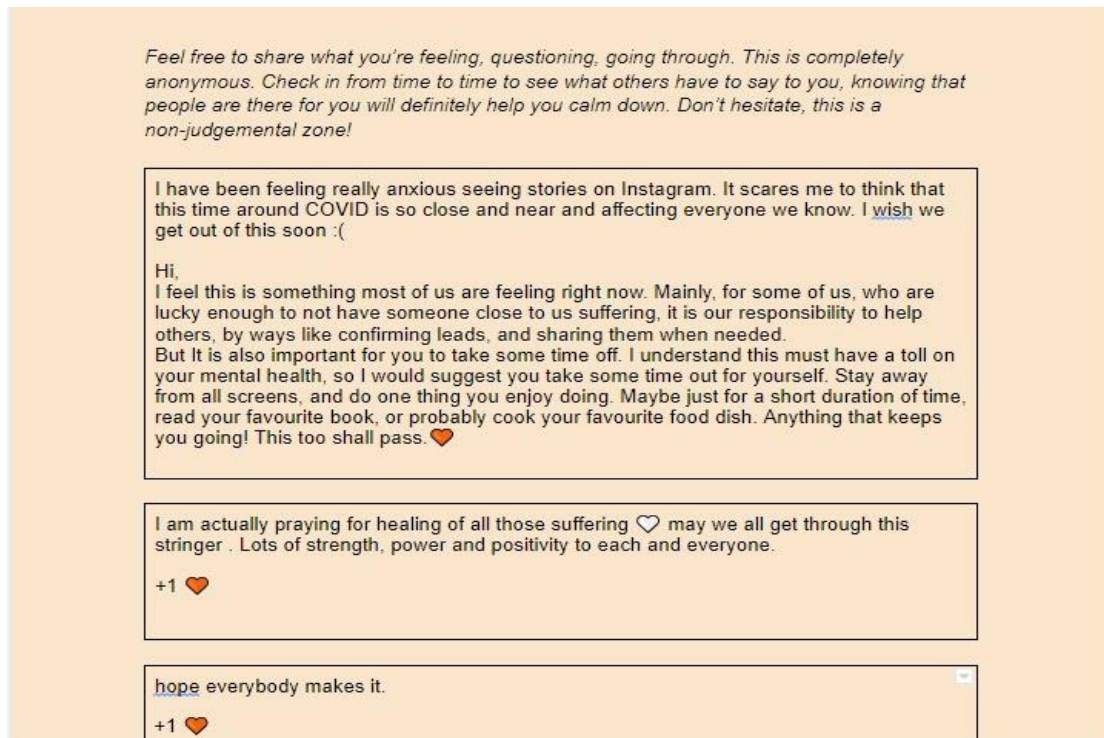
[CLICK HERE TO JOIN THE WEBINAR](#)

TEACHER COORDINATORS DR. M. CHRISTHU DOSS MS. MEGHA JACOB MS. RESHMA JOSE MS. ALISHA GEORGE	PRINCIPAL DR. SANDRA JOSEPH	OFFICE BEARERS RINCY BAPTISH JOANNA MARY SANTHOSH
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shared her experiences with loneliness and how she dealt with it and shared the importance of maintaining a routine, reaching out to family and friends, learning something new – such as resorting to art. Thereafter, AICUF student speaker Ms. Shenelle Maria Quintal shared her story and experience of the pandemic. This was followed by a Question & Answer session, where the professors cleared several doubts and issues that the students faced.

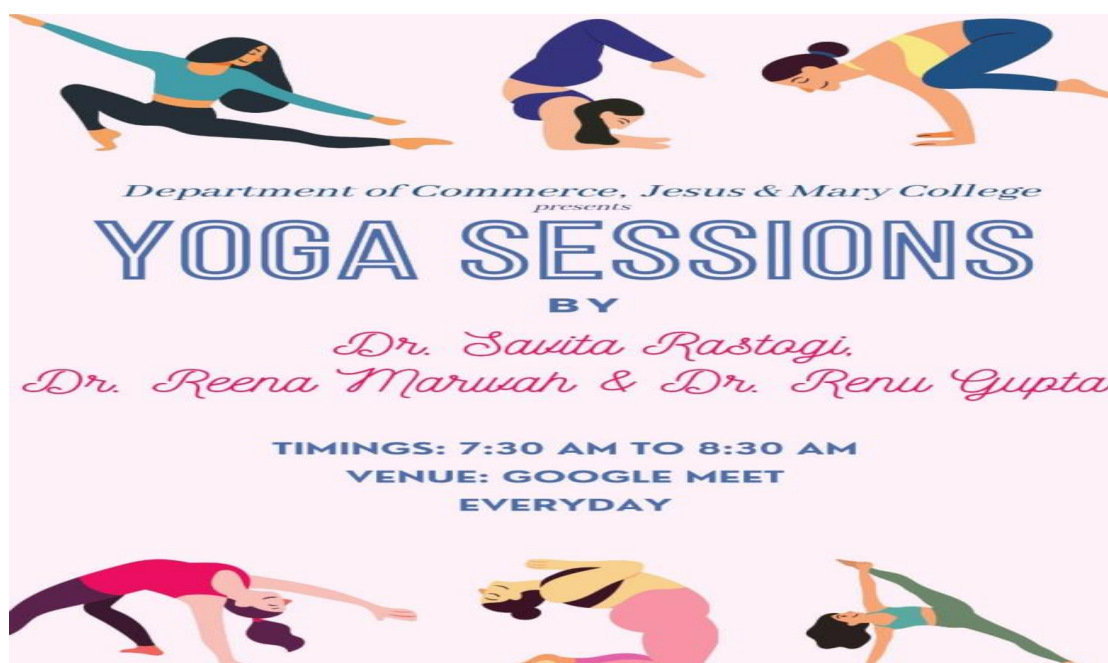
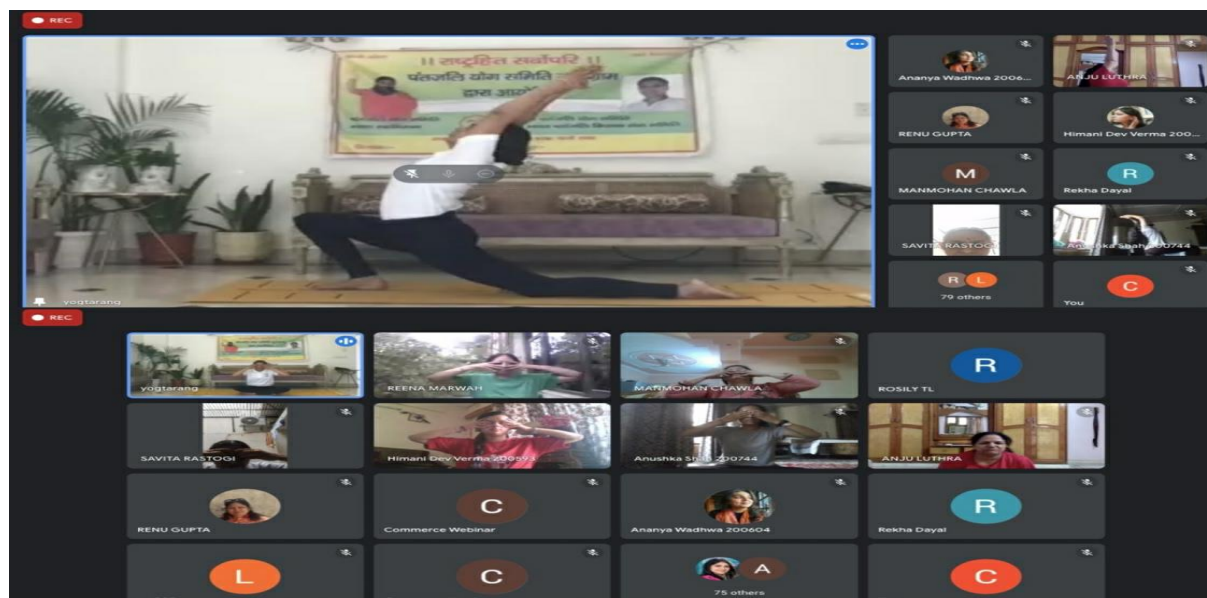


The Mercurian Times created an anonymous space for its members during the second wave of COVID 19 to help them relieve stress and openly speak about their thoughts without the fear of being judged.



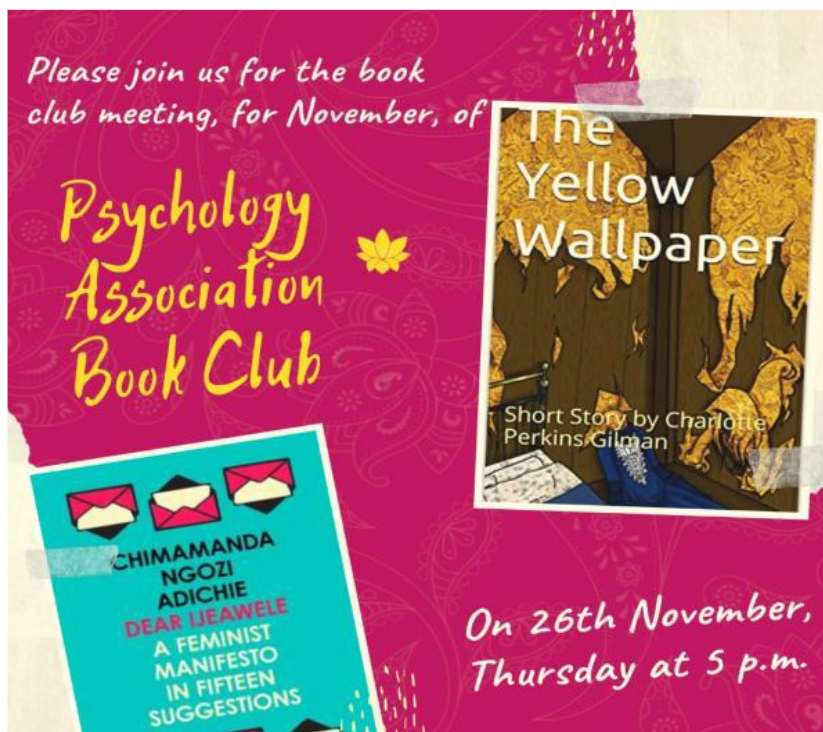
❖ Virtual Activities Organized to Boost Students' Morale

The **Department of Commerce** initiated **Yoga Sessions** with an aim to provide a relaxing and rejuvenating space for students, both physically and mentally in the tough times of COVID-19. These sessions were conducted by Dr. Savita Rastogi, Dr. Reena Marwah and Dr. Renu Gupta.



The Wellness Society of JMC launched several **diverse campaigns** addressing the **struggles of students with their mental health in this pandemic**. The Wellness Society provided them with a list of songs, movies, videos, to uplift their spirits in

these bleak times. All the members of the society actively participated in spreading awareness and clearing out the myths and stigma related to mental health.



This year also saw the vibrant launch of the **Psychology Association Book Club**. During each month, relevant books are selected based on specific themes, followed by a meeting to discuss the same at the end of the month. Some of the themes covered this year included mental

health, the idea of love, the role of caste, how to derive meaning out of life, etc. The club organizes many interesting activities to engage the students and has turned out to be a huge success.

In October 2020, the **Department of Psychology collaborated with Snapshots - the photography society of JMC, on the occasion of World Mental Health Day.** The students from Snapshots created pictures related to the theme of mental health, while the psychology department provided relevant content to supplement the pictures in order to demystify the stigma related to mental health concerns. The photos were shared on the social media accounts of both the collaborators.



Posts were also shared by the Psychology Association on their Instagram page to help spread awareness about mental health issues related to the Covid-19 pandemic.

