

Faculty members provide aid, counselling and assistance to freshers. In addition, there is a Psychological Counselling Cell which helps students develop their basic skills to manage emotions & Conflicts.

The Psychological Counselling services at the Barasat Government College began in 2015 and are a part of Student Support Services. The Counselling Centre has been providing services like individual counselling and developmental group activities for College students. It is open one day a week and its hours are adapted to student's needs. The Mental Health Professional helps the students in their day-to-day concerns and also enhances their overall functioning. Workshops on topics relevant to increasing the capacities of the students are regularly.

The outbreak of the global pandemic COVID -19 understandably presents a challenging time for everyone around the world. Not only is this pandemic a serious medical concern, but it also brings mixed emotions and psycho-social stressors for all. There are emerging mental health's concerns with specific focus on young adult. This year can be considered as difficult times for all of us as COVID-19 has brought rapid changes in the way we live, work and interact in a society. This has provoked the feeling of fear, anxiety and depression among students.

Here is a brief report of the activities of Psychological Counselling Cell done during this academic year 2020-21

- Encouraging student to return to everyday and routine activities is helpful as it gives a sense of normality and creates a feeling of security and certainty.
- Discuss facts about COVID-19 gathered from authentic sources including health authorities. Sharing of facts will help in reducing fear and distinguishing them from myths and rumours.
- Find opportunities to relate positive and hopeful stories and images of people who have experienced COVID-19.
- With an objective of providing psychological first-aid and emotional support to student during COVID-19 Pandemic, is providing Tele-Counselling. Approximate, more than 30 calls attended, counselled & guided by the Mental Health Professional of the Cell. (Confidentiality is a respected part of psychology's code of ethics.)
- Stress management workshops specially designed to address students' needs are organized by Counselling Cell .The students who are identified as needing special care are then sent for individual counselling session. The workshops also serve as a medium through which the student interacts with the therapist and makes them comfortable to approach the Cell. The various methodologies used are discussions, role-plays, audio-visuals and lectures.

**Our Vision is to provide & ensure mental Well-Being for All student through Positive Fantasy. Positive psychotherapy is one such therapeutic model that has aimed to reorient the therapeutic approach to be more focused on supporting student to use their inner resources to overcome challenges, understand and recognize areas of growth, and focus instead on working toward resilience and a greater sense of wellbeing.**

