

# Self-Development Centre

**Faculty in-charge:** Mrs. Kavita Jajoo

The COVID-19 pandemic scenario across the country brought in new challenges and a range of issues during the lockdown period for the college as well as the self-development cell. Hence, as per the instructions of the authorities at the R.A. Podar College of Commerce and Economics (Autonomous), the provision of Counseling and Developmental sessions was provided via telephonic, Whatsapp video calling as well as online video conferencing platform starting from August 2020.

Mrs. Sukhada Kelkar engaged in the sessions every Thursday between 10.30 am to 2.30 pm from August till December 2020. However, it was observed that the number of inquiries seeking Counseling Services had significantly increased from September 2020 onwards. Hence the days allocated to the Self Development Cell were increased from once a week to twice a week since January 2021.

- Psychological Support Literature & Contribution:

Under the guidance of respected Prof. Kavita Jajoo, the counselor penned down an article 'Stress Management in Quarantined Times'. The article has been published on the college's official website under the page of the Self Development Cell in April 2020. This was written as an effort to reach out to students and their significant others in the novel and challenging times of the pandemic situation. The article aimed at raising awareness & to address the diverse and peculiar physical, social, emotional as well as personal needs of the students during the pandemic. Further, the article provided a variety of hands-on coping strategies for students and their families to raise resilience and adaptability during the lockdown months.

- Video Talk on Essential Self-Care Toolkit:

The counselor addressed some frequently faced mental & emotional health concerns and self-care management practices in face of the ongoing pandemic times through a video talk and it was uploaded on the college website on 10th November 2020.

## **Individual Career Sessions:**

The Self-Development Cell conducted a total of 87 career counseling sessions between the academic year April 2020 till March 2021. Individual career counseling sessions were held for 22 students from all streams in Junior and Degree College. Due to the pandemic scenario students also reported higher levels of anxiety and confusion in career decision making. Recommendations, enrichment study course suggestions, and skill development-based coaching was also duly given for the same. Students were strongly encouraged, supported, and guided to develop thorough market research and an observational approach while planning future prospects.

Various queries from students were answered about courses, their eligibility, entrance exams, and top-ranking institutes. Information was also given about general options after HSC, B.Com, and Graduation. Information was also given regarding requirements for Postgraduate options

after completing Commerce stream and other related careers, Banking exam, Chartered Accountancy, Finance related fields, Computer-related fields, Mass Media, Civil

Services, Hotel Management, travel & tourism, Designing related programs, Business, Law, Economics, Foreign Languages, Defence and so on.

### **Individual Personal Sessions:**

A total of approximately 500-507 counseling sessions were conducted within Individual Personal counseling sessions for students from all streams in Junior and Degree College.

Various issues were handled by the counselor this year as well. Their concerns ranged from conflicts within families due to Covid-19 lockdown, Covid-19 related fears and phobias, suicidal ideations and family intervention, peer pressure & handling bullying via social media, anxiety and stress-related concerns, psychosomatic issues, personality development, study planning difficulties, exam stress, time management difficulties and study-related issues. Some salient points are as follows:

#### Brief summary of Counseling & Guidance sessions conducted:

- Duration: minimum 30 mins up to a maximum of 1.15 minutes per student
- Counseling Themes: Counseling & Psychotherapy, as well as Career Guidance, was conducted depending on the presenting concerns.
- No. of sessions: A total of 500-507 sessions were conducted from November to January by Mrs. Sukhada.
  - During the pandemic scenario, the students were informed to seek a counseling appointment by writing an email inquiry via the counselor's email id. Accordingly, the students were allocated a session slot on the Wednesdays and Thursdays between 10.30 am to 2.30 pm.
  - Individual Counseling was provided within sessions.
  - Parental reach sessions, family therapy & Joint Therapy sessions were engaged between students and their family members depending on the nature of the concerns identified.
  - Some group sessions were also conducted to address certain reported incidents of Social Media bullying amongst students.
  - 5 counseling sessions were also conducted for some members of the non-teaching staff for stress management and personal difficulties.

#### The psychotherapy and guidance sessions were directed at handling various issues like detailed below:

- Handling health-related anxiety, panic attacks, depressive symptoms presentations due to the stressors of the pandemic times

- Suicidal intervention & crisis management sessions for students reported by teachers and sometimes parents
- Handling student's mental-emotional concerns & lifestyle rehabilitation after a diagnosis of COVID-19.