



Counseling Cell

An independent unit of
Ranchi University, Ranchi

Since Sept. 2016

Counseling Cell's Report during lock Down for COVID-19 from April 10th to 2020 to till date

We all know that entire world is suffering from COVID-19 pandemic and we are fighting for the survival. But, it is also true that we Indians are creating a new mile stone everyday.

Being an academician to a big organization organization of Research, our role is of much importance as we have to guide/counsel people to fight with this pandemic and to find out the ideas & remedies to defeat it through researches.

The COVID-19 pandemic has a large impact on the mental health among peoples, the feeling of vulnerability which leads to rise in the level of anxiety and stress. To obliterate these mental health concerns especially in students of Ranchi University, Ranchi launched four Help line numbers on April 10th, 2020.

Here is a brief Report of Counseling Cell of work done during April 10th, 2020 to May 10th, 2020.

Nos. of calls and their details	<ul style="list-style-type: none">• Approx more than 350 calls attended, counselled & guided by the Experts of the Cell in these duration.
	<ul style="list-style-type: none">• Most of the students' call were related to Examinations, study materials and stress regarding session delay.
	<ul style="list-style-type: none">• Many research scholars were worried about their submission of Ph.D. thesis due to completion of their tenure.
	<ul style="list-style-type: none">• Most frequently common peoples and students also shared the feelings about fear, loneliness, stress, cleanliness, Obsession-Compulsion, Delusion, helplessness and worried about their carrier.
	<ul style="list-style-type: none">• Some calls were also received from Remand Home, Govt. of Jharkhand. The administration was worried about Emotional Imbalance among children. Most of the children were also worried about their parents in this crisis.
	<ul style="list-style-type: none">• Some Police Officers also shared their adjustment problems between Job and Family.
	<ul style="list-style-type: none">• Some Police Officer shared with us that they feel emotional disturbance, Depression, anxiety, OCD, Loneliness and they were also worried and emotional about their little children, because they can not touch them for safety reasons.
	<ul style="list-style-type: none">• So many calls of general peoples were received for food and other necessary materials for survival.

OTHER ACTIVITIES

- The some members of the Cell are also associated with ”**Indian Academy of Health Psychology (IAHP)**” and also working as **TASKFORCE MEMBER** of **IAHP** during COVID-19 disaster. **IAHP** is associated with **Ministry of Health, Central Government, New Delhi** and also providing their services to entire India in this crisis.
- The members of the Cell are also sharing very frequently their valuable ideas and informations to fight with COVID-19 by article like on **De Addiction** and **Stress Relief** etc. It can be seen at website www.ranchiuniversity.ac.in of the University. It is most valuable for **Students, Parents** and **other common citizen** to make adjustment in this crisis.
- The **Counseling Cell** of the University is working **24X7**, we are very fortunate that we have got this opportunity to serve the peoples in this crisis. I am happy to inform you that the experts of the Cell are most sincere and technically sound.
- This is also notable that almost all the complaints are satisfied with our experts.
- The members of the cell also help the people to provide Food and other necessary requirments.

I hope that we will defeat this crisis very soon together.

With regards,

(M. P. Hassan)

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