



# Counseling Cell

An independent unit of  
Ranchi University, Ranchi

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website: [www.ranchiuniversity.ac.in](http://www.ranchiuniversity.ac.in)

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Date : .....

## Work Done during lock Down for covid-19 (29.04.2021-08.05.2021)

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 are creating a new mile stone every day during fight with it. We as a researcher belong to a big organization of Research, our role is so important that we must be sensitive and responsible because we have to teach people to fight with this pandemic and to find out the ideas & medicine to defeat COVID-19 through **research and inventions**. The COVID-19 pandemic has had a large impact on the **mental health** of human beings with many feelings of unsafety leading to a rise in anxiety and stress.

To alleviate these mental health concerns especially in students, Ranchi University, Ranchi launched again **Help line numbers** on **April 29<sup>th</sup>, 2021**. Here is a **brief Report of Counseling Cell** of work done during **April 29<sup>th</sup>, 2021 to May 8<sup>th</sup>, 2021**.

Nos. of Calls and their details	<ul style="list-style-type: none"><li>• More than 130 calls attended and counselled &amp; guided by the Psychologist, Young Trained Counsellor and Expert of the Cell in this duration.</li></ul>
	<ul style="list-style-type: none"><li>• Most of the students' calls were related to Examinations, study materials and stress regarding session delay</li></ul>
	<ul style="list-style-type: none"><li>• Many research scholars were worried about their submission Ph.D. thesis due to completion of their tenure.</li></ul>
	<ul style="list-style-type: none"><li>• Some Police Officers also shared their adjustment problems between Job and Family.</li></ul>
	<ul style="list-style-type: none"><li>• Sleep disturbance</li></ul>
	<ul style="list-style-type: none"><li>• Psychosomatic disorders symptoms</li></ul>
	<ul style="list-style-type: none"><li>• Panic about Corona</li></ul>
	<ul style="list-style-type: none"><li>• Corona +ve relate stress</li></ul>
	<ul style="list-style-type: none"><li>• Smoke addiction</li></ul>
	<ul style="list-style-type: none"><li>• Some calls were also received from Remand Home, Govt. of Jharkhand. The administration was worried about Emotional Imbalance, Suicidal Ideation etc</li></ul>
	<ul style="list-style-type: none"><li>• Relationship breakup</li></ul>
	<ul style="list-style-type: none"><li>• Examinations related</li></ul>
	<ul style="list-style-type: none"><li>• Stress due to loss parents in this pandemic and too much worried about itself.</li></ul>
<ul style="list-style-type: none"><li>• Common peoples and students also shared the feelings about fear, loneliness, stress, cleanliness, Obsession &amp; Compulsion, Delusion, suicidal ideation, helplessness worried about their carrier and future etc</li></ul>	

• Emotional Unstable
• Panic Attack
• Common Symptoms of COVID-19 and precautions
• Worried about Ph.D. Registration.
• Homesickness
• Regarding Online Classes
• Worried about husband's cruelty
• Suicidal Ideation
• Worried about Physical Health because he was suffering from Blood Pressure, Blood Sugar, Hypertension etc several diseases.

In this regard, we all are ready to manage all the things and working 24x7 with our expert team members. Now we are happy to inform you that **Thirteen (13) more Young Trained Counsellors** has given their consent to serve the society, both earlier and additional list of counsellors can be seen at Ranchi University, Ranchi website [www.ranchiuniversity.ac.in](http://www.ranchiuniversity.ac.in) .

The details additional Counsellors are as follows:

**List of Taskforce Members for Stress Management during  
COVID-19 Pandemic  
Counseling Cell, Ranchi University Ranchi**

Sl. No.	Name of the Experts	Mobile No.	Time
01	Sana Firdous	8789284256	05:00 pm - 08:00 pm
01	Shoiba Perween	7280935959	
02	Mahjabin Naaz	6207126066	
03	Naseem Akhtar	8789903632	
04	Pammi Kumari	7541076760	
05	Kavita Kumari	9698481525	
06	Punam Kachhap	6200786398	
07	Sujata Kumari	8789596874	
08	Laxmin Kumari	9142019070	
09	Arpha Fatima	6299454858	
10	Sabita Kumari Swansi	7004760739	
11	Menam Bage	6299290718	
12	Neelam Toppo	6200736694	
13	Rekha Anuradha Oraon	7739526112	

**(Dr. Rajesh Kumar)**  
Co-ordinator, PGDGC

**(Dr. M. Perwaiz Hassan)**  
Director, PGDGC cum  
Co-ordinator, Counseling Cell,  
Ranchi University, Ranchi