

Women Development Cell
In collaboration with NGO Sewa Bharti

COUNSELLING REPORT

On

‘BEATING THE STRESS’

The Women Development Cell of Shyam Lal College, in collaboration with NGO Sewa Bharti, organized a one-day counselling session on ‘Beating the stress’ on 10th November, 2017. The Counsellor for the day was Dr. Aradhana Sharma who guided around 47 students towards stress management.

In today’s fast-paced world, one’s own mental wellbeing (besides the physical wellbeing) take a backseat, in favour of constant “grinding” and “hustling” to achieve material success, no matter what the cost. We have seen a boom in the self-care industry, which reduces something as essential as caring for oneself to skincare routines and therapies, in order to profit off of people’s burnout and increasing sense of alienation.

The session has commenced by conveying how mental health includes our emotional, psychological and social well-being. The way we act, think and feel all are affected by our mental well-being. We have been told even though mental pain is less dramatic than the physical pain but it seems to be more common and harder to bear. The sorry state of the problem is so severe that recognising it as an issue is not an acceptable notion in the society. A frequent attempt to conceal mental pain inherently increases its burden.

The session continued explaining how one can identify that he/she is suffering from mental illness. Reduced concentration and memory, difficulty making decisions, become irritable and angry, avoid certain situations and all day

lethargy are some signs for mental illness. Constant feeling of being disappointed, anxious, guilty, Self-criticism, annoyed, helpless and hopeless is a sign for depression.

The Counsellor carried on with how mental health counselling is focussed on people who have issues that are impeding their quality of life. It was further explained that counselling is not about necessarily about being happy but it's about getting people to a place where they are content with who they are and what they want to do with their lives. Trying to get the most out of our life, to be the best person that we can be, to feel good about ourselves, is what counselling does.

She discussed the various challenges faced by the young adults in today's urban modern India. The youth being the most productive and energetic generation, seem to be under a lot of stress and pressure as they deal with the daily stresses of life. She further explained how the youth is experiencing a deep vacuum in their social life, this whole scramble of the fear of missing out, they have created a scenario where they feel themselves to be secluded. Work, academics related concerns, interpersonal challenges , relationship problems often trigger the clinical signs of depression.

She further explained that perpetual levels of depression and anxiety are foundation of mental illness and needs to be addressed and treated accordingly. We have been told by taking care of our basic needs like sleeping and eating habits, being mentally and physically engaged, staying connected, developing a strong social support, communicating to a trusted adult, avoiding negative thoughts can help us take care of our mental health.

For severe depression problems, counsellors may guide by either providing medications or one on one sessions to overcome the mental distress. Group therapy can also help focussing on anything from addiction to traumatic

disorders to a grievance from a loss of a loved one. The session ended with applause and vote of thanks.

 

**SLC (University of Delhi)
Shyam Lal College**

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Organises

**Counselling session on
Beating the stress!**

**10 November, 2017
3:00 PM**

Counsellor
Dr. Aradhana Sharma

DR. ALKA SHARMA
CO- ORDINATOR IQAC & WDC

PROF. RABI NARAYAN KAR
PRINCIPAL