

**Women Development Cell**  
**In collaboration with NGO Maa Ratni**

**COUNSELLING SESSION REPORT**

**ON**

**‘STIGMATIZATION OF GENDER’**

A Counselling session on mental health awareness was held at SLC in cognizance of not just the stigmatization of mental health issues at large in our country, but also to combat quick-fix approaches to deteriorating mental health. The session focussed on mental health problems like anxiety, burnout, depression, impostor syndrome, etc., in favour of the recognition of how these problems arise from the material and cultural specificities of today’s globalized and pandemic-stricken late-capitalist world that we live and work in. The session that was organised by the Women Development Cell of SLC in collaboration with Maa Ratni on 9<sup>th</sup> August,2018 under the supervision of Counsellor Dr. Aradhana Sharma and was attended by 41 students.

The students of SLC posed an interesting array of questions. The most central question that was asked involving the strategies to minimize anxieties related to the future, given the way that the routine life has derailed everyone’s lives and careers in ways that have unforeseeable consequences. Another issue that many of the students admitted to facing was the difficulty of maintaining a work-life balance and the options for socializing have become limited to our virtual social media. Other students asked how to deal with peer-related issues such as comparing oneself to one’s peers and impostor syndrome, i.e. feeling like one is not worthy of one’s achievements, and therefore doesn’t “belong” in their professional field.

The counsellor responded to these questions with concern and care for the students and the issues they were facing. To questions regarding the uncertainty of the future, the counsellor comforted the students by advising them to focus on making the most of their current engagements, i.e. their college studies, and also to focus on building up their skillset and professional repertoire as thoroughly as possible, so that they would be prepared for whatever the future would bring to them. The students were reminded that our daily lives have affected everyone's lives, to varying degrees, and so they should hold empathy for everyone around them, and help each other out. In response to questions asking about work-life balance, the counsellor recommended that people set aside a designated time of the day when they aren't peering into screens, and to enrich their days with other activities, such as chores around the house, or hobbies that don't involve media consumption, like cooking, gardening, singing, or sewing. The counsellor also asked students to make a work schedule and stick to it, so that they would get time to unwind and be with family and friends, after studying and working. When it comes to comparison, the counsellor said, it must be combated with self-love and a willingness to see our peers not as our competition, but as potential collaborators, especially in an academic sense. Instead of wasting our time on envious thoughts, we should use that time to improve our own skills and work on our own projects, because our voice is our own, and hence it has value regardless of how it fares in relation to other people's voices. The counsellor explained, also, that impostor syndrome was something that most early-career professionals and people from marginalized backgrounds suffered from in their field, and that the answer was to not only have faith in the importance of your own contributions, but also to build community with those who were in the same boat as you, so that you may encourage and reassure each other through professional ups and downs. In this way, the importance of taking care of one's mental health was sufficiently emphasized during the session.

All in all, the session was a resounding success. The students left with their questions answered, and also thanked the counsellor for leaving them with a good deal of food for thought.



The poster features a light yellow background with a faint illustration of four people in the center. On the left is a man in a white lab coat and blue tie. In the middle are two women, one in blue scrubs and one in a white lab coat. On the right is a woman in a blue lab coat. The text is centered and uses various colors and bold fonts for emphasis.

 

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

**Women Development Cell**  
in collaboration with **NGO MaaRatni**

**ORGANIZES**

## **A COUNSELLING SESSION ON “Stigmatization of Gender”**

**ON 9 AUGUST, 2018**  
**AT 2:00 PM**

**COUNSELLOR**  
**Dr. Aradhana Sharma**

**DR. KUSHA TIWARI**  
CO-ORDINATOR WDC

**PROF. RABI NARAYAN KAR**  
PRINCIPAL