

MANODARPAN ACTIVITIES- JUNE 2020 onwards..

- Higher Education Department in Collaboration with GCW, Parade, Jammu Organized Webinar on Holistic Mental and Emotional Well-being on 30.07.2020



Higher Education Department in collaboration with Govt. College for Women, Parade Ground, Jammu organized a webinar on the theme, “Holistic Mental and Emotional Well Being” at the launch of Psychological cum Career Counseling Cells in Colleges of Jammu and Kashmir. The Chief Patron of the Cell, Jenab. Talat Parvez Rohella, Commissioner/ Secretary, Department of Higher Education, UT of Jammu and Kashmir presided over the webinar as the Chairperson. Director Colleges Dr Yaseen Ahmed Shah; Dr S.P. Sarswat, Principal, Govt. College for Women, Parade Ground, Jammu and Patron-Psychological, Career Counseling & Placement Cell, Jammu; Dr. Sheikh Ajaz Bashir, Principal, Islamia College, Srinagar, and Patron-Psychological, Career Counseling & Placement Cell, Kashmir; Mr. Vikas Dhar Bhagati, Deputy Secretary Higher Education Department; Dr Kumar Sourabh, Member, Coordination Cell, Higher Education Department, Principals and faculty of Degree Colleges from across the UT, attended the webinar. Dr Jitendra Nagpal, Sr. Psychiatrist, Institute of Mental Health and Life Skill Promotion Moolchand Medicity, New Delhi shared the screen as the resource person. He spoke on the constituents of holistic mental and emotional well being amidst the crisis faced by the youth in the current scenario and ways to overcome it. He also spoke about the roles that schools, colleges and the youth must undertake to ensure mental and emotional well being in such times. He also appreciated the fact that The UT of J & K is the first in the country to initiate this program at such a large scale. The Chairperson, Janab. Talat Parvez Rohella in

his address, talked about the mental health scenario in the UT of J & K. Under his dynamic leadership, a process has been initiated by the Department of Higher Education to train teachers, facilitate them to work in teams as counselors and provide psychological counseling to the youth. The webinar received an overwhelming response as over 500 participants joined the event and was streamed live in Youtube. Several questions came up from the participants which were well responded to. Liaison Officers from various fields, who have consented to be part of this venture, also appreciated the initiative. The Webinar was organized by the IQAC team, GCW Parade Ground, Jammu. Prof. S.K. Dhar, Convenor, IQAC and all members of IQAC actively participated in the event and the Commissioner /Secretary lauded their efforts towards conduct of the webinar. Active support was received from the Department of Psychology and all faculty members of GCW, Parade Ground. Vote of thanks was extended by Prof. Nisar Ahmed Wani, Nodal Officer, Psychological cum Career Counseling and Placement Cell, Kashmir Division and the program was moderated by Dr Piyali Arora, Nodal Officer, Psychological cum Career Counseling and Placement cell, Jammu and Dr Preeti Dubey for technical support and coordination.

- **GCW, Parade, Jammu and Islamia College Kashmir in collaboration with Higher Education Department , J&K organized Webinar to observe World Mental Health Day10.10.2020**



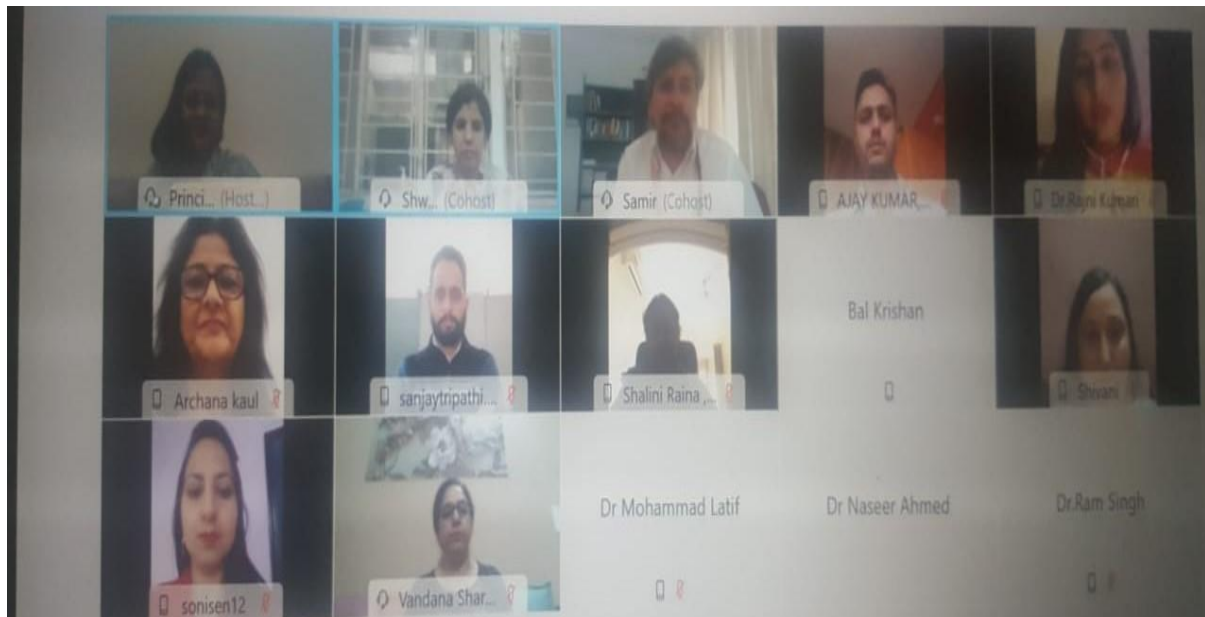
On Oct 10th , 2020, GCW, Parade, Jammu and Islamia College Kashmir in collaboration with Higher Education Department , J&K organized Webinar to observe World Mental Health Day, 2020 . The theme of the webinar was Drug abuse-better awareness, better care. The resource persons on the occasion were Sri Shridhar Patil, SSP Jammu, J &K Police, Dr Manu Arora, Psychiatrist Govt. Medical College Jammu, and Dr Rudrani Chatterjee, Clinical Psychologist, Institute of Psychiatry, Kolkata. The technical coordination was provided by Prof. (Dr) Parveen Kumar Sharma, Kurukshetra University & founder of Uniskills, School of

Skill Development. Prof. (Dr) S.P. Sarswat, Principal, Govt. College for Women, Parade Ground, Jammu who is also the Patron-Psychological, Career Counselling & Placement Cell, Jammu presided over the webinar as the Chairperson. The Chief Patron of the Cell, Jenab. Talat Parvez Rohella, Commissioner/ Secretary, Department of Higher Education, UT of Jammu and Kashmir expressed keen interest in organizing the webinar as the adolescents and the young adults are falling prey to the menace of drug abuse. Sri Sridhar Patil elaborately deliberated upon the idea of drug abuse from the point of view of public-police cooperation, he also made society aware of all those dark facts regarding drug peddling, and way to prevent young generation from falling in the trap. Dr Manu Arora explained medical model of substance dependence and the medical treatment measures and rehabilitation of the substance dependent patients. Dr Rudrani elaborately discussed on Psychology of addiction, psycho dynamic aspects and how to prevent relapse once treatment is started. Director Colleges Prof(Dr) M.Y. Peerzada,; Dr. Sheikh Ajaz Bashir, Principal, Islamia College, Srinagar, and Patron-Psychological, Career Counseling & Placement Cell, Kashmir; Mr. Vikas Dhar Bhagati, Deputy Secretary Higher Education Department; Dr Kumar Sourabh, Member, Coordination Cell, Higher Education Department, Principals and faculty of Degree Colleges from across the UT, attended the webinar. The webinar received an overwhelming response as over 1000 participants joined the event which was streamed live on Youtube. Several questions came up from the participants which were well responded to by the resource persons. The Webinar was organized by the Central Coordination Committee members, Executive committee members and District level counselors who actively participated in the event and the Commissioner /Secretary lauded their efforts towards successful conduct of the event. Active support was received from all the faculty members of different district colleges of Jammu and Kashmir province. At the end vote of thanks was extended by Prof. Nisar Ahmed Wani, Nodal Officer, Psychological cum Career Counseling and Placement Cell, Kashmir Division and the program was moderated by Dr Piyali Arora, Nodal Officer, Psychological cum Career Counseling and Placement cell, Jammu.

- **Training programme on mental health first aid concludes**

JAMMU, Oct, 31,2020: Five-day long training programme for faculty members on Mental Health First Aid concluded today. The event was organized by Govt College for Women, Parade Ground, Jammu in collaboration with Higher Education Department, Govt. of J&K. The resource persons for the event were from Manipal Academy of Higher Education (MAHE), Karnataka, Dr Samir Kumar Praharaj, Professor and Head, Department of Psychiatry, Kasturba Medical College, MAHE, Manipal, and Dr Shweta Rai, Associate Professor, Clinical Psychology, Manipal College of Health Profession, MAHE, Manipal, Karnataka. Prof (Dr) S.P. Sarswat, Principal, Govt. College for Women, Parade Ground, Jammu who is also the Patron-Psychological, Career Counselling & Placement Cell, Jammu Province presided over the training program as the Chairperson. Principal, Prof (Dr) S.P. Saraswat while addressing the gathering said that mental health awareness to students and timely help to them is the need of the hour. Students most of the time face mental health crisis and due to stigma related to mental health they avoid seeking help from professionals. Thus major thrust should be on how they can be provided information on different mental health problems and whom they may

approach for professional help. Faculty members of Degree Colleges from across different districts of Jammu Province participated in the training program. Topics that were covered during the training program were-role of mental health first aid providers, understanding of depression, anxiety, suicidal behaviours, substance use disorders, psychosis, eating disorder etc. which the adolescents and the young adults usually experience. The training programme received an overwhelming response from the participants.



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NEW DETAILS

GCW Parade organises online Intra-college Quiz competition

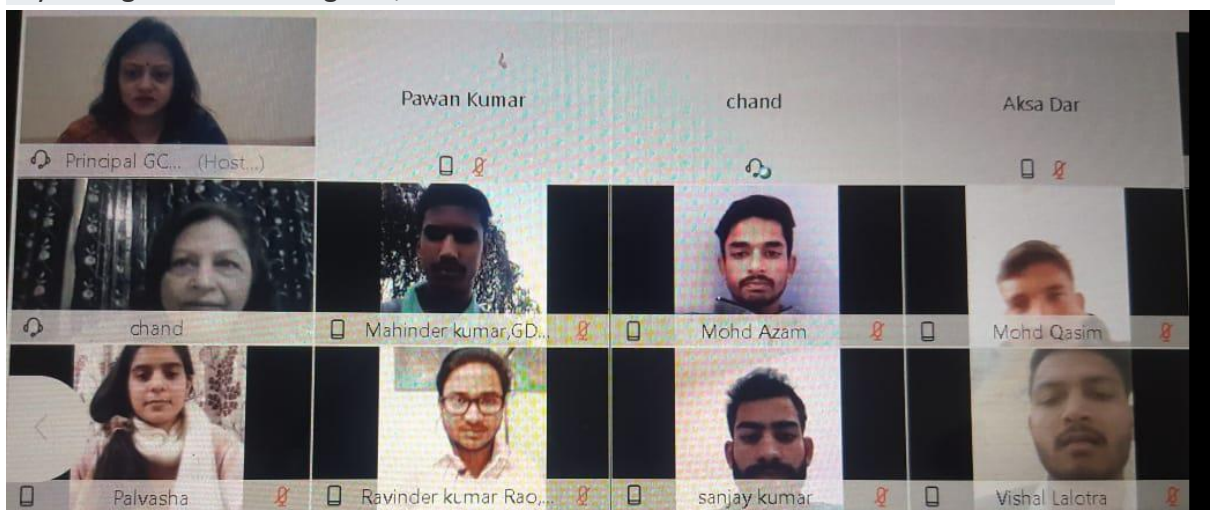
Early Times Report

Jammu, Nov 30: Govt. College for Women Parade Ground organized an online Intra-college Quiz competition on the theme 'Stress Awareness' among students of the college under flagship of Madodarpan initiative, Govt. of India. The Quiz was organized keeping in view of the possible stressors that might be affecting the mental wellbeing of the students during COVID-19 pandemic situation. More than 1000 student of the college enthusiastically participated in the event. The whole event was conducted under the supervision of the Principal of the college Prof. (Dr) S.P. Sarswat and the organizing committee of Psychological Counselling Cum Career Counselling & Placement Cell of the college. Principal of the college in his message lauded the efforts of the organising committee and shared his concern on the ill-effects of stress on physical and mental wellbeing of students in particular and others in general. Times as such, replete with uncertainty unleashed by COVID-19 pandemic has caused an element of fear permeate into the lives of people. Consequently, lifestyles of people have changed drastically with restricted movement paving way for working from home, online education, etc. And, the student community has largely been affected. He further emphasized upon enhancement of awareness pertaining to Stress especially during COVID-19 so that they are able to face the situation adopting effective ways. He concluded by congratulating all the students for their participation. E-certificate was awarded to all the participants.

- **3 day student orientation program on mental health concludes at GCW Parade**

DEC 05, 2020 JAMMU:

The 3 day student orientation program, on mental health organised by Government College for Women, Parade, in collaboration with Higher Education Department under the flagship Manodarpan initiative of Govt. of India, concluded here today. Students from various colleges of Jammu Province participated in the event which focused on generating awareness about the mental health challenges faced by the adolescents and young adults and the importance of emotional and mental wellbeing of the students during COVID-19 pandemic situation and beyond. The event was conducted under the supervision of the Principal of the college Prof. (Dr) S.P. Sarswat and the organizing committee of Psychological Counseling Cum Career Counselling & Placement Cell of the college respectively. Dr Chand Terehan, eminent Clinical Psychologist and Director Care North, Jammu & Chandigarh, shared the screen as the resource person. She spoke on the 'Life Skill -in everyday life' and specified its importance and the ways students can implement it in their lifestyle and guide others to develop it. Dr. Terehan also deliberated on the theme 'Basics of Counseling' in which she highlighted the principles of counseling and gave the students tips for building the skills involved in counseling. She also explained elaborately on 'Body language and behavior modifications where she specified the importance of understanding nonverbal gestures in behavior and ways to improve it. The webinar received an overwhelming response from participants. Several questions came up from the participants which were well responded by the resource person. The Principal of the college lauded the efforts of the organising committee and congratulated all students for their participation. Dr Piyali Arora, nodal officer, Psychological Counselling Cell, Jammu Province extended the formal vote of thanks.



8th February,2021 world Epilepsy day



- National webinar on Managing studies and combatting Examination stress, 25th March, 2021

Under the Manodarpan initiative and in consonance with the Atma Nirbhar Bharat Abhiyan, Ministry of Education, Govt. of India, Biotechnology Department of GCW, Parade Ground, Jammu organized a national webinar on Managing Studies and combating Examination Stress. On the occasion eminent speakers Dr. Rachna Devi, Assistant Professor of Psychology, GDC, Kathua, and Neeraj Anand, Deputy CPO GAZ headquarter Bilashpur, SECR shared the screen as the resource persons. They deliberated on the theme in a lucid manner wherein they explained different types of stress, myths, and misconceptions related to the examination which students

have in their minds. They concluded by discussing the stress management strategies for students and how they can inculcate them in their daily academic routine. Several questions came up from the participants which were well responded by the resource persons. Chief Patron and Principal of the College, Professor (Dr) S.P Sarswat, appreciated the speakers for generating awareness about the theme among the listeners, and also congratulated the organizers for successfully carrying out the program. Convener IQAC, Prof S.K. Dhar, in his address, emphasized the significance of co-curricular activities along with academics. The Principal of the college also appreciated the efforts of Dr. Mehek, HoD, and the faculty of the Biotechnology department, Dr. Piyali Arora, convener Manodarpan Psychological counseling cell, and Internal Quality Assurance Cell of the college for organizing the event. The event received an overwhelming response from one and all.

- **GCW, Parade Ground Jammu organized webinar on 'Mental Health Care in Second COVID Wave & Beyond' 27.04.2021**

Under Manodarpan, Ministry of Education, Govt. of India, initiative, **Psychological Counselling Cell, Anti-Drug & Rehabilitation Cell and Internal Quality Assurance Cell (IQAC) of Govt. College for Women, Parade Ground, Jammu** organized webinar on the theme '**Mental Health Care in Second COVID Wave & Beyond**'. On the occasion eminent speaker Dr Manu Arora, Head of Department, Psychiatry, Govt. Medical College Jammu shared the screen as the resource person. Through his lucid deliberation on the theme he explained biological facts related to COVID, its implications, myths, misconceptions, psychological impact, effect of COVID on different age group, differences between the first and the second wave of COVID pandemic and, psychological management in this hour of crisis. Earlier, convener IQAC, Prof S.K. Dhar in his key note address emphasized on importance of vaccination which is a necessity at present, sudden vaccine hesitancy in some section of the population and how to deal with it, advantages of vaccine, and need for research in similar lines for community benefit . Several questions came up from the participants which were well responded to by the resource person. Faculty and students from both Jammu and Kashmir Division joined the event. Chief Patron and Principal of the college Professor (Dr) S.P Sarswat, appreciated the speakers for generating awareness about the theme among the listeners, and also congratulated the organizers for successfully carrying out the program. Furthermore, Principal of the college appreciated the efforts of the organizing committee for organizing the event on a very relevant theme and need of the hour. Dr Piyali Arora, convener Psychological Counselling Cell & Anti-drug & rehabilitation cell, moderated the event. The program was also live streamed on Youtube and received overwhelming response from one and all.

- **Webinar organized on Article 21 of the Constitution of India, 27.05.2021**

Manodarpan-Psychological Counselling Cell, Anti Drug & Rehabilitation Cell under the aegis of Internal Quality Assurance Cell, GCW Parade Ground Jammu organized a Webinar for the faculty and students of the college on the topic - **Expanding and Ever**

Evolving Scope of Article 21 of the Constitution of India. on 27th May,2021 at Cisco Webex platform. The key speaker for the day was Ms Aarti Swaroop Bahl, Practicing Advocate in the J & K High Court (Jammu). She is also a Counseling Psychologist. She is BA LLB Gold Medalist from University of Jammu and has done her Masters in Counseling Psychology. She has provided her services as Counselor at SAKHI ONE STOP CENTER for Women in Distress. She is Coordinator and Founder of Young Broadcasters Club, a Division of DISHA that promotes Legal and Social Awareness. Principal of the College Dr (Prof) SP Sarswat appreciated the organizers for organizing the programme on an apt theme, awareness of which will be of high benefit for students and faculty. The whole program was conducted under the guidance and supervision of Dr. Piyali Arora, coordinator Psychological Counseling cell, Manodarpan (Jammu Division). The program was coordinated by Jyoti Bahl, Assistant Professor, GCW Parade Ground Jammu. Ms Aarti Swaroop Bahl addressed the students on various new rights that have been inducted under the ambit of Article 21 gradually over the years that include Right to Education, Right to Privacy, Right to die with dignity, Right against Sexual Harassment, Right to Clean Environment and various other rights. It was a highly interactive event wherein queries were well responded too. The program ended successfully with the support and cooperation of all the members. The vote of thanks was presented by Ms. Jyoti Bahl.

- **GCW , Parade ground, Jammu Organized Webinar on Resilience and Coping for students, 11.06.2021**



Psychological Counselling Cell, Anti Drug & Rehabilitation Cell under the aegis of Internal Quality Assurance Cell(IQAC) of GCW Parade Ground Jammu organized a Webinar for the faculty and students of college on the topic *Resilience and coping strategies for the youth* on 11th June,2021 at Cisco Webex platform which was live streamed on YouTube. The key speaker for the day was **Mr V K Singh, IPS, Director General of Police-cum-Commandant General, Home Guards/Civil Defence/ SDRF, J&K-Jammu/Srinagar.** The purpose of the program was to make students understand ways to combat stressful situations and build resilience. He highlighted the numerous benefits of resilient life which include- decreased depressive symptoms & increased emotional well-being, improved working memory, better sleep, strong immune system functioning, improved relationships, and effective coping, and also suggested tips to build resilience like- self-discovery, self-care, keeping hope, nurture positive view of self and focus on gratitude. Convener IQAC, Prof. S.K.Dhar in his welcome address greeted the speaker with words of gratitude and praised him for his dedicated service in this challenging time. He also expressed gratitude to Principal of the college Prof.(Dr) S.P. Sarswat for giving opportunities for presenting academic feast from time to time. In his key

note address Prof. Dhar mentioned that resilience is an inborn trait that helps all biological entities, the animal kingdom in specific, to come out from stressful unfavorable or unwanted conditions and help to adjust in the environment. Thereafter, Prof. (Dr) S. P. Sarswat, Principal of the college in his key note address highlighted how COVID-19 pandemic has upended normal existence for everyone and that the youth community being our biggest strength, the courage and confidence that we can imbibe in them today will help them become resilient for tomorrow and not succumb to turbulent odds. He also appreciated the organizers for successfully organizing the programme for the benefit of students and faculty. The program was highly interactive wherein queries were well responded to. The program ended successfully with the support and cooperation of all the members of members of IQAC team, NNS unit, technical support team of Computer Science Department and students of the college. Dr. Piyali Arora, Convenor, Psychological Counseling cell, and Antidrug and Rehabilitation cell coordinated the program and the organizing committee included Dr Palak Malhotra, Dr Gurpreet Kour, Prof. Jyoti Bahl, Prof. Meenakshi Jamwal, Prof. Silony Chirag, Dr Rakesh Kumar Pandit, Dr Pervaiz Ahmed and Dr Ramesh. The vote of thanks was presented by Dr Gurpreet Kour.

Biotechnology Department in collaboration with Psychological Counselling Cell of GCW, Parade Ground Jammu organized a Webinar on “Role of Diet in the Management of PCOD” on 01.09.2021

National Nutritional Week” celebrations began at GCW, Parade through webinar being organized on “Role of Diet in the management of PCOD” by Department of Biotechnology. On the occasion the key note speaker Dt. Anu Pandita (Certified Food Nutritionist) and EX. Lecturer Nutrition, BEE ENN College of Nursing (J&K) deliberated upon polycystic ovarian disease, its causes and symptom’s. She emphasized the role of diet in PCOD. Healthy diet and increased physical activity help in weight management and control the occurrence of this disease. The treatment of PCOD includes the incorporation of Low Glycemic Index Diet, Anti-inflammatory and omega 3 fatty acids rich diet and dash diet. She also emphasized on the importance of Dietary guidelines for PCOD/diabetes/overweight. Several questions came up from the participants which were well responded by the resource persons. Chief Patron and Principal of the college (Dr.) S. P. Sarswat, appreciated the speaker for generating the awareness about the theme among the listeners and also congratulated the organizers for successfully carrying out the program. Dr. Piyali Arora, Convenor Manodarpan Psychological counseling cell and IQAC Member also congratulated Dr. Mahak Tufchi (HOD Biotechnology), Dr. Ruchika Sharma and Prof. Tishu Balotra the organizing committee members for their exuberance in conducting the Webinar.