

# Shyama Prasad Mukherji College For Women



UNIVERSITY OF DELHI

## COUNSELLING HELPDESK



**Dr Sadhna Sharma**  
Principal

*As we know that the COVID-19 pandemic has engulfed the whole world. This is indeed an unprecedented time for all of us, especially for students who face an enormous disruption to their studies. We are taking best care of our students with the support of faculty members of the college, who are providing e-notes, online classes and assistance to them. In this period of distress, students may experience worry, anxiety and stress. Owing to this, their studies may get affected due to mental health issues arising out of the current situation. Taking care of these concerns, a help desk has been set up under which the department of Applied Psychology will be providing counselling services to enhance the morale and productivity of the students so as they can perform well in their studies at optimum level. I wish this facility will be very helpful to the students. I request to all the Colleagues to send such messages to the students which can boost their mental and intellectual abilities. We can create a platform where students, teachers and non-teaching staff also can share their views if they want to interact with each other. This is the time to understand the importance of human relationships in our life. Thanks and take very good care of your health.*



**Dr. Virendra Pratap Yadav**  
Assistant Professor  
Department of Applied Psychology

*Due to the unprecedented situation of the global pandemic, this period of crisis is generating stress among all. It is natural to feel stressed due to lockdown and uncertainty. Students have been largely affected as their studies and interaction with the academic and the external environment are interrupted. The constant stream of news related to the COVID-19 is adding to their anxieties. I feel that students suffering from distress deserve the attention, compassion, and support from their teachers. I believe that assisting students will help them to cope up with the challenges. Feeling stressful under such circumstances can be normal. But, it shouldn't mean that we feel helpless and weak. In these hard times, we need to take better care of our physical as well as mental health. We have to find opportunities to amplify positivity and hope among the student's community. Through this help desk, the SPM College will facilitate and provide psychological support to the students to deal effectively with the situation. We are hopeful and confident that our endeavour will bring positive outcomes.*

FOLLOWING FACULTY MEMBERS WILL BE AVAILABLE FOR THE SUPPORT:

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