



SHYAMA PRASAD MUKHERJI COLLEGE FOR WOMEN UNIVERSITY OF DELHI



Department of Applied Psychology

PRESENTS

TELE COUNSELLING HELPLINE



Prof. (Dr.) Sadhna Sharma
Principal

As we all know, the pandemic of the novel corona virus (COVID-19) has affected all of us. After the second wave of COVID –19, students, in particular, were significantly disrupted in their studies at higher education institutions, and got affected both physically and psychologically. As a result of pandemic, students may experience sadness, dread, anxiety, helplessness, uncertainty, lack of interest, and hopelessness. In this period of distress, I feel that students require attention and support of their teachers. This will aid them in dealing with the issues. Looking at the mental health concerns of students, with the help of faculty members we are setting up a telephonic helpline service under which the department of Applied Psychology will be providing support and address mental health issues of students. I hope that this facility would be extremely beneficial to the students. Thanks and take good care of yourself.



Dr. Anamika Rai
Assistant Professor
Dept. of Applied Psychology

We all have witnessed an alarming 'second-wave' of COVID-19. This age of crisis is causing worry among everybody because of the unusual difficulty of the global pandemic. Due to lockdown, place teaching got restricted and especially students got affected as their academics, college environment and interaction with the outside world was disrupted. No doubt, online teaching platform provided a possible path for educational activities. However, due to this technological shift in education, combined with the pandemic scenario is having a tremendous impact on students' mental health, leading to a variety of psychological issues. We must prioritise our physical and psychological well-being in these hard times. We need to figure out how to encourage students to be happy, hopeful, and resilient. The SPM college is taking all necessary steps to assist students in enhancing their educational experience. With this Counselling Helpline initiative, the college will aid and provide psychological assistance to students so that they can deal well with the situation. We are hopeful that our efforts will yield positive outcomes.

Tele Counselling Helpline
Day & Time - Every Wednesday, 11:00 am -1:00 pm

Students wishing to seek guidance can get in touch with the faculty members on contact numbers provided below:

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