

The GMGC Covid Helpline and Psycho-Social Support "Beat Covid Each One Reach One" A Joint Initiative of NSS Unit-1, SES REC (MGNCRE) & Department of Psychology

### Introduction

The GMGC Covid Helpline was launched in May 2021 during the devastating second wave of Covid-19 Pandemic, initially by the NSS Unit-1 to help the Covid affected people in a 24x7 schedule using social media as a medium. However subsequently it was enthusiastically joined by Non-NSS students, Ex-students, the Faculty and the Non-teaching staff. By July 2021 there were 100 active members. Members planned to reach out to all the Covid-affected people and their families in West Bengal and a poster was circulated in every possible medium with contact numbers of the front desk members. This helpline has facilitated the distressed since its inception on 5<sup>th</sup> May 2021. Even after the subsidence of the Corona virus disease, the helpline goes on working and comes to the aid of people needing urgent medical aid for other types of illnesses substantiating its dedication towards society's welfare.

### **Action Plan**

This helpline was organized and divided into front desk members and back end verifiers. The front desk members would contact the patient family directly before handling any case and the back end verifiers would continuously verify contacts before providing any lead to the patient family. The main group had segregation and for each segregation, different WhatsApp group was created. The four groups were:

- 1. Hospital Group
- 2. Oxygen Group
- 3. Blood and Plasma Group
- 4. Food Group

Each group had 2 front desk members assigned to them, 2 of them were further segregated into morning shift and night shift workers (12.00 am-12pm and vice versa) to take calls accordingly. There would be Front Desk workers in all the groups to stand in place of someone who had currently become inactive. Each of these groups also contained a set of Back-End Verifiers different for each group. Different excel sheets were created for each group where records of the contact and data were kept. Remarks about the response from hospitals or oxygen dealers or any source was also maintained to make the work easier in future. The back end verifiers would keep verifying these contacts as and when any patient family reach contacted the helpline. Thus giving a list of numbers containing inoperative numbers to a distressed family could be avoided and time saved. Strict protocol would be maintained. Leads would not be provided without patient family as much as possible extending psychological support too. The sole motive would be to help people by creating an effective network. In this regard, the organization and maintenance of information would be the key priorities of GMGC Helpline.

### Implementation

To manage time efficiently, helpers organized themselves into front desk members and back-end verifiers in four groups – Hospital, Oxygen, Blood and Plasma, Food, each with 2 Front-Desk Helpers to connect with the patient family directly and assigned 12-hour morning shift and night shift to receive calls and stand in place of an inactive member or to relieve another. Back-end Verifiers maintained data on patient family's experiences on the responses of hospitals or oxygen dealers. As a strict rule, members verified with hospitals and medicine/oxygen suppliers and the patient information beforehand to avoid delay or misuse of information. Empathy and strict adherence to government notifications were the two most important premises of this extension activity. The helpline also facilitated stranded individuals to return home during the Covid period. A data sheet of patients who were facilitated was also maintained. The helpline also facilitated people stranded in other regions to return home to the state midst the Covid pandemic lockdown.

Faculty of the Department of Psychology in association with the NSS Unit-1 members and the members of the SES REC Cell conducted virtual counselling sessions for all the students of the college in batches. Psychological counselling and support was extended by invited experts. Special sessions were undertaken for those students who were going through extremely difficult situations owing to the loss of a near and dear one.

### Appreciation

The report of the Psycho-Social Support activity was sent to the MGNCRE, Ministry of Education, Govt. of India. The efforts of the faculty and student members of the helpline under MGNCRE's "Beat Covid Campaign" were duly recognized and E-Certificates of Appreciation were provided.

BEAT COVID EACH ONE REACH ONE

## GOKHALE MEMORIAL GIRLS' COLLEGE, KOLKATA

## THE NSS-UNIT & THE DEPARTMENT OF PSYCHOLOGY

## ORGANIZES PSYCHOSOCIAL SUPPORT ACTIVITIES

# **GMGC COVID HELPLINE**

The NSS Unit-1 of Gokhale Memorial Girl's College took the initiative of helping people out by using social media as a medium. A group named GMGC HELPLINE was created in Whatsapp on 5th May 2021 and currently that group contains NSS and non NSS students from various departments, ex-Gokhalites, teaching and non teaching staff, summing up to around 100 active members.

# **GMGC COVID HELPLINE**

A poster has been circulated in every possible medium with contact numbers of the front desk members of GMGC HELPLINE, which operates all over West Bengal. This Helpline started with the initiative of NSS unit but it has been operational with the effort of the entire college.



This helpline has been organized and divided into front desk members and back end verifiers. The front desk members contact the patient family directly before handling any case and the backend verifiers continuously verify contacts before providing any lead to the patient family.



The main group has segregation and for each segregation, different Whatsapp groups have been created. The four groups are:

- 1. Hospital Group
- 2. Oxygen Group
- 3. Blood and Plasma Group
- 4. Food Group



Now, each group has 2 front desk members assigned to them, 2 of them are further divided into morning shift and night shift( 12am-12pm and vice versa) and they get calls accordingly. But the front desk members are there in all the groups so that they can work in place of someone who is currently inactive.



Each of these groups also contain a set of back end verifiers which is different for each group.

• Different excel sheets have been created for each group where records of the contacts and data are kept. Remarks about the response from hospitals or oxygen dealers or any source is also maintained to make the work easier in future.



The back end verifiers keep verifying these contacts as and when any patient family reach us out. So, by doing this, giving a list of numbers, from which half of them doesn't work to a distressed family, can be avoided.



# PROTOCOLS

Any sort of leads is not provided without patient verification so that there is no misuse of information. Front desk members try to communicate with the patient family as much as possible and try to be there for them and be empathetic in our approach.



# PROTOCOLS

Everything that is done, strictly falls under government circular and anything that is beyond, is prohibited in this helpline. The sole motive is to help people out in this dire

situation by creating a network. The organization and maintenance of information are the key priorities of GMGC HELPLINE.



# OUR ACHIEVEMENTS.....

Since May 5, 2021 to till date (July 22, 2021), GMGC Helpline has stayed open 24/7. More than 200 cases have been solved by the Helpline team till today.



## **Purpose of Group Interactive Counselling Sessions:**

 To deal with the mental health issues of the students by certified professionals.

 To discuss the skills to handle the impact of current pandemic situation on mental health.

• Emphasizing on Grief counselling session.

• To identify students going through complicated grief reactions.

## Sessions conducted: in the month of May-June

Date	Day	Time	Speaker	Faculty
31.05.2021	Monday	5:30 – 6:30pm	Sm. Aparajita Chakraborty	Dr. Nabomita Chakraborty
07.06.2021	Monday	5:30 – 6:30pm	Sm. Ushri Sengupta	Sm. Arunima Mitra
14.06.2021	Monday	9:30 – 10:30am	Sm. Sudarshana Dasgupta	Sm. Nida Qasim
26.06.2021	Saturday	6:00 – 7:00pm	Sm. Ayoleena Roy	Sm. Suvoshree Bhattacharya
28.06.2021	Monday	5:30 – 6:30pm	Sm. Shymali Sarkar	Dr. Moon Moon Dutta



## Couphing Pandemic

- Anxiety, Having Low mood
- Uncertainty about exams, future career prospects
- Feeling hopeless or demoralized due to the stagnant situation
- · Feeling suffocated being stuck at home
- · Missing friends and family members staying afar
- Excessive Use of Social Media, Procrastination
- Feelings of grief or loss due to loss of loved one in family or among friends
- Not being able to compare the second se



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You



## Sessions conducted: in the month of July

Date	Day	Time	Speaker	Faculty
05/7/2021	Monday	11:30 – 12:30pm	Sm. Debarati Das	Dr. Moon Moon Dutta
06/7/2021	Tuesday	2:30 – 3:30pm	Dr. Deepa Shah	Sm. Suvoshree Bhattacharya
07/7/2021	Wednesday	9:30 – 10:30am	Sm. Pallavi Mukhopadhyay	Dr. Nabomita Chakraborty
09/7/2021	Friday	12:00 – 1:00pm	Sm. Priyanka Bhattacharya	Dr. Leena Nair Sengupta
13/7/2021	Tuesday	5:00 – 6:00pm	Sm. Jayita Saha	Sm. Arunima Mitra

Date	Торіс	Speaker
21/07/2021	"Sharing experiences and finding ways to deal with grief"	Sm. Ankita Ghosh
	(Only for those students who have lost their beloved ones during the pandemic)	









# Faculty associated with....

## **COVID HELPLINE:**

- Dr. Sarthak Roychowdhury
- Prasanta Kumar Pal
- Dr.Krishnakali Roy
- \* Mr. Sudipta Mandal
- Dr. Kuldip Kaur
- Mr. Rajkumar Barman
- Dr. Palashi Biswas
- Dr. Goutam Mahata
- Dr. Sarama Das
- Mr. Subham Dutta
- Ms. Monami Ghosh
- Mrs. Sneha Pan
- Dr. Sanchita Sen
- Mrs. Pratyasha Agarwal

## **PSYCHOLOGICAL COUNSELLING:**

- DR. MOON MOON DUTTA
- DR. LEENA NAIR SENGUPTA
- DR. NABOMITA CHAKRABORTY
- ✤ SM. SUVOSREE BHATTACHARYA
- SM. NIDA QASIM
- SM. ARUNIMA MITRA

## Students associated with 'GMGC COVID HELPLINE'

**Riya Karmakar** Swarnali Ghosh Meghali Ganguly Suchetana Sengupta **Payal Thakur** Aratrika Ghosh Sayantika Malakar Devika Das Sanga Basu Anushka Banerjee Priti Purkait

Manali Mazumdar Kamalika Bhattacharyya Sneha Mondal Sulagna Dutta Samadrita Dutta Pratyusha Paul Aindrila Jana Shutrishna Ghosh **Poulomi Poddar** Sannita Datta Sreeja Ghosh

**Oishika Sinha Debungshie Biswas** Anushree Mukherjee Ankita Pandey Animita Hazra Arunika Dasgupta Adrika Biswas Manaswini Lahiri Subhangi Roy Sreya Das Srinjini Nandan

Mohar Majumdar Raunak Nasim Shreya Mandal Tanisha Basu Sudakshina Das **Sneha Dutta** Sayani Banerjee Shrestha Paul Adrija Kundu Ishani Deb Indrakshi Seal

## Students associated with 'GMGC COVID HELPLINE'

Anjana Sanyal Diptasri De Sweta Chowdhury **Britika Bhowmick** Rahi Roy Sudipta Ghosh **Rusi Ahmed** Anindita Bhattacharjee Aditi Das Darsana Mukherjee Mubhaswara Ahamed

Priti Sarkar Fatma Firdaus Viddhi Pandey Subhasree Pal Ayaantika banerjee Kankana Sarkar NK Trishika **Devika** Das Karnali Halder **Disha Banerjee** 

Samayeeta Roy Debasmita Mallick Debjani Sarkar Srijita Shee Adrita Karmakar Azra Khan Puja Das Sudeshna Roy Nabanita Das Amrita Ganguly

Sangita Sahoo **Atreyee Pal** Anuska Bhattacharya Sreemoyee Sarkar Anwesha Banerjee Tanisha Chatterjee Silpi Bhaumik **Biyash Das** Arti Kumari Prachi Verma



**Certificate of Recognition** 



there is Universal Prosperity

#### MoE/Beat Covid Campaign/June 2021/29

This is to certify that **Dr. Palashi Biswas** 

#### **Gokhale Memorial Girls' College**

Coordinated the formation and functioning of five student volunteer teams in the areas of Hospital Management, Non-Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members as a part of **Beat Covid Campaign** initiative of Mahatma Gandhi National Council of Rural Education, Hyderabad.



MGNCRE Programme Coordinator (Tuti Sandhya)

Mahatma Gandhi National Council of Rural Education Department of Higher Education, Ministry of Education Government of India





MoE/Beat Covid Campaign/July/29

This is to certify that Payal Thakur Gokhale Memorial Girl's College GMGC Helpline

rendered his/her valuable services in team as a part of **Beat Covid Campaign** initiated by Mahatma Gandhi National Council of Rural Education, Hyderabad During **JUNE 2021** this campaign, the student has provided PSHYCOSOCIAL support to covid affected patients and their families.



Programme Coordinator (Tuti Sandhya)

Mahatma Gandhi National Council of Rural Education Department of Higher Education, Ministry of Education Government of India





MoE/Beat Covid Campaign/July/29

#### This is to certify that ADRIJA KUNDU GOKHALE MEMORIAL GIRLS' COLLEGE GMGC HELPLINE

rendered his/her valuable services in team as a part of **Beat Covid Campaign** initiated by Mahatma Gandhi National Council of Rural Education, Hyderabad During **JUNE 2021** this campaign, the student has provided PSHYCOSOCIAL support to covid affected patients and their families.



Programme Coordinator (Tuti Sandhya)

Mahatma Gandhi National Council of Rural Education Department of Higher Education, Ministry of Education Government of India





MoE/Beat Covid Campaign/July/29

This is to certify that Debungshie Biswas Gokhale Memorial Girl's College Front Desk

rendered his/her valuable services in team as a part of **Beat Covid Campaign** initiated by Mahatma Gandhi National Council of Rural Education, Hyderabad During **JUNE 2021** this campaign, the student has provided PSHYCOSOCIAL support to covid affected patients and their families.



Programme Coordinator (Tuti Sandhya)

Mahatma Gandhi National Council of Rural Education Department of Higher Education, Ministry of Education Government of India





MoE/Beat Covid Campaign/July/29

This is to certify that N.K. Trishika Gokhale Memorial Girls' College Blood Group GMGC

rendered his/her valuable services in team as a part of **Beat Covid Campaign** initiated by Mahatma Gandhi National Council of Rural Education, Hyderabad During **JUNE 2021** this campaign, the student has provided PSHYCOSOCIAL support to covid affected patients and their families.



Programme Coordinator (Tuti Sandhya)

Mahatma Gandhi National Council of Rural Education Department of Higher Education, Ministry of Education Government of India





MoE/Beat Covid Campaign/July/29

This is to certify that Sayantika malakar Gokhale memorial girl's college GMGC help line

rendered his/her valuable services in team as a part of **Beat Covid Campaign** initiated by Mahatma Gandhi National Council of Rural Education, Hyderabad During **JUNE 2021** this campaign, the student has provided PSHYCOSOCIAL support to covid affected patients and their families.



Programme Coordinator (Tuti Sandhya)

Mahatma Gandhi National Council of Rural Education Department of Higher Education, Ministry of Education Government of India





MoE/Beat Covid Campaign/July/29

### This is to certify that Atreyee Pal Gokhale Memorial Girls' College HOSPITAL GROUP GMGC

rendered his/her valuable services in team as a part of **Beat Covid Campaign** initiated by Mahatma Gandhi National Council of Rural Education, Hyderabad During **JUNE 2021** this campaign, the student has provided PSHYCOSOCIAL support to covid affected patients and their families.



Programme Coordinator (Tuti Sandhya)

Mahatma Gandhi National Council of Rural Education Department of Higher Education, Ministry of Education Government of India





MoE/Beat Covid Campaign/July/29

#### This is to certify that SRIJITA SHEE Gokhale Memorial Girls College Oxygen

rendered his/her valuable services in team as a part of **Beat Covid Campaign** initiated by Mahatma Gandhi National Council of Rural Education, Hyderabad During **JUNE 2021** this campaign, the student has provided PSHYCOSOCIAL support to covid affected patients and their families.



Programme Coordinator (Tuti Sandhya)

Mahatma Gandhi National Council of Rural Education Department of Higher Education, Ministry of Education Government of India





MoE/Beat Covid Campaign/July/29

This is to certify that Disha Banerjee Gokhale Memorial Girl's College GMGC Helpline

rendered his/her valuable services in team as a part of **Beat Covid Campaign** initiated by Mahatma Gandhi National Council of Rural Education, Hyderabad During **JUNE 2021** this campaign, the student has provided PSHYCOSOCIAL support to covid affected patients and their families.



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MoE/Beat Covid Campaign/July/29

This is to certify that Samadrita Dutta Gokhale Memorial Girls' College GMGC HELPLINE

rendered his/her valuable services in team as a part of **Beat Covid Campaign** initiated by Mahatma Gandhi National Council of Rural Education, Hyderabad During **JUNE 2021** this campaign, the student has provided PSHYCOSOCIAL support to covid affected patients and their families.



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MoE/Beat Covid Campaign/July/29

This is to certify that Shutrishna Ghosh Gokhale Memorial Girls College Gmgc covid helpline

rendered his/her valuable services in team as a part of **Beat Covid Campaign** initiated by Mahatma Gandhi National Council of Rural Education, Hyderabad During **JUNE 2021** this campaign, the student has provided PSHYCOSOCIAL support to covid affected patients and their families.



Programme Coordinator (Tuti Sandhya)

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MoE/Beat Covid Campaign/July/29

This is to certify that Sulagna Dutta Gokhale Memorial Girls' College GMGC Covid Help line

rendered his/her valuable services in team as a part of **Beat Covid Campaign** initiated by Mahatma Gandhi National Council of Rural Education, Hyderabad During **JUNE 2021** this campaign, the student has provided PSHYCOSOCIAL support to covid affected patients and their families.



Programme Coordinator (Tuti Sandhya)

Mahatma Gandhi National Council of Rural Education Department of Higher Education, Ministry of Education Government of India