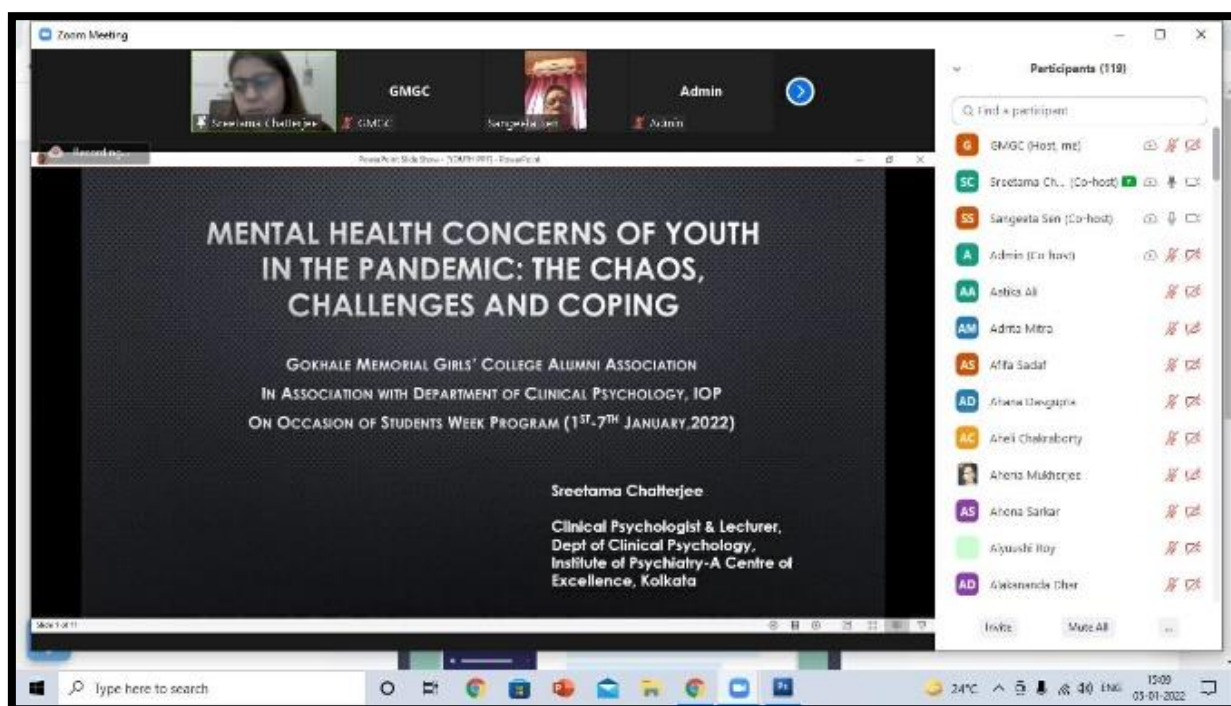
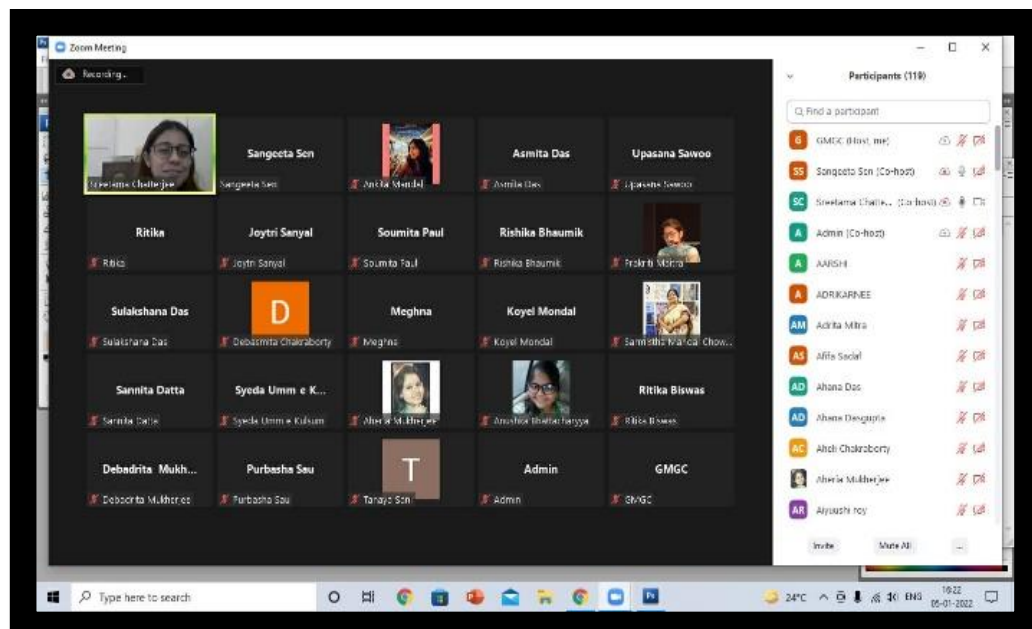
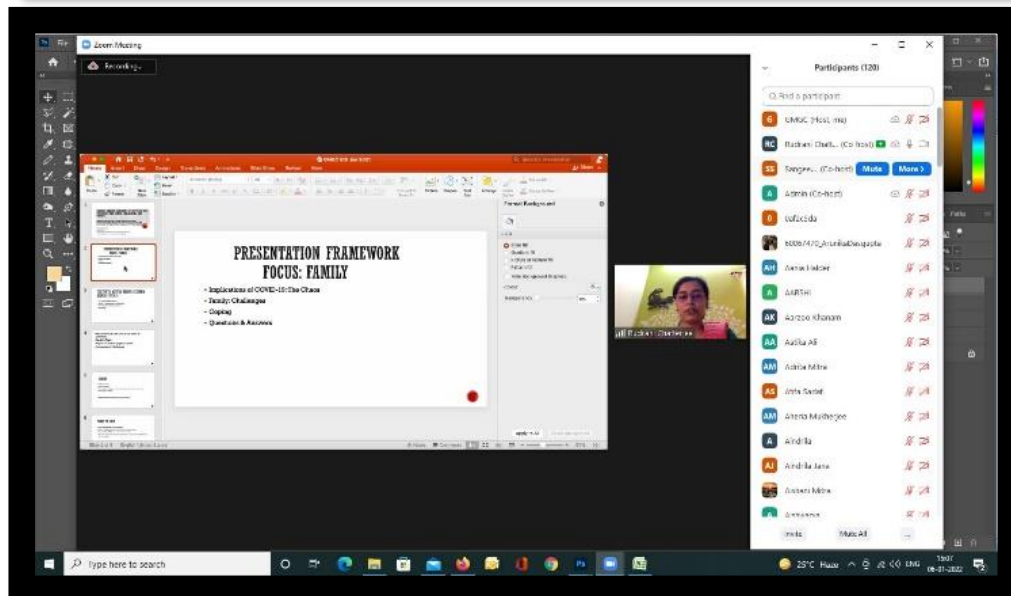




As part of the Students' Week Programme, an initiative of the Government of West Bengal, Gokhale Memorial Girls' College Alumni Association in collaboration with the Students' Welfare Sub-committee, Gokhale Memorial Girls' College organized a two-day online Counselling session for the students of Gokhale Memorial Girls' College titled 'Mental Health Concerns of the Youth in the Pandemic: Chaos, Challenges and Coping' on 5th and 6th January, 2022. Dr. Rudrani Chatterjee and Smt. Sreetama Chatterjee, members of the Alumni Association and Clinical Psychologists associated with the Department of Clinical Psychology, Institute of Psychiatry (Centre of Excellence), Institute of Post-graduate Medical Education and Research (IPGMER), Kolkata counselled the students in the two sessions separately to address the problems of the students and help them overcome the difficulties which impacted their lives in various ways.

The sessions were very informative and inspiring at a time when students were struggling to keep themselves physically and mentally stable. Family's plight and its impact on the youth was discussed in depth which would surely help the students to adapt to the crisis, author responses and control reactions at times of distress. Ways of managing problems, coping with uncertainties and emotions were wonderfully expressed. The counsellors' suggestions and advice to the problems of the students would surely be given cognizance to in order to come out of the crisis.







GOKHALE MEMORIAL GIRLS' COLLEGE