

Manas Mental Wellbeing Advocacy Cell CVS

Manas Mental Wellbeing Advocacy Cell CVS is a support group consisting of students representing the various courses of the College under the supervision of the College Counselling Cell. It is initiated to provide psychological support to the students of the College of Vocational Studies. In these times of Covid 19 the students face multiple challenges related with studies, career choices, adjustment problems, relationship concerns, body image and self-esteem. It aims to support the peer group by addressing their academic and non-academic problems and difficulties.

The Cell plans to hold various awareness initiatives on procrastination, time management, stress management, adjustment concerns, internet addiction, loneliness and self-image/esteem issues. The Manas Cell has an initiative, “**Ek Dost**” an open forum which provides a platform to share experiences and difficulties with the Cell members and faculty coordinators. Manas would provide immediate attention to a student presenting symptoms of panic, distress, substance abuse, low confidence and nervousness by helping / referring to trained and qualified mental health professionals (psychiatrists/clinical psychologists affiliated to the College). Help Sessions will be available to students on prior appointment during College working days and working hours (10 am to 4 pm).

The Cell will be working under the supervision of the Counselling Cell of College of Vocational Studies consisting of the following members -:

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S/d
Prof. Inder Jeet
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