

Jagriti (Healing Point) : An Overview of Counselling Services in College, Kolkata



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Aim :

Modern life is full of stress and strain. We all are aware that prolonged stress and unresolved conflict and trauma hinder the development of our beloved students. At times they may not realize why they feel so stressed and are unable to cope with crisis. These lower their immune system and put them at a greater risk for a wide range of mental sufferings.

Keeping these in view Healing Point offers professional counselling and therapies for reducing conflict and trauma for transforming lives and developing inner potentialities of the students.

Methodology :

Students are invited to visit 'Healing Point' to move towards loving conscious presence and strive to remain in their relationships. Students who visit this centre usually come willingly or are referred by teachers and parents. Initially tracing were done through Mental Status Examinations and pre therapeutic interviews. In a few cases psychological assessments were done through administering tests for identification and confirmation of syndromes.

Results :

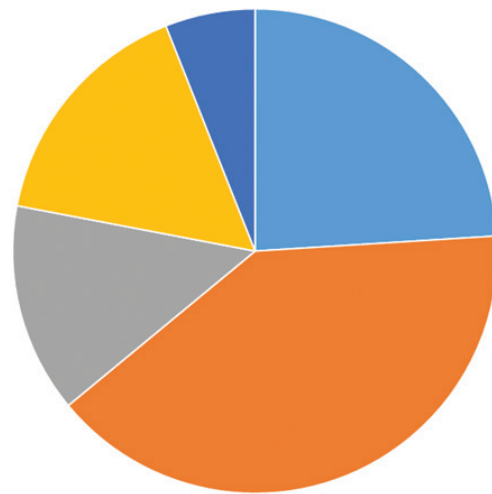
50 intensive counselling sessions were conducted. Five types of psychological problems were identified. Most common are lack of concentration, unmindful, forgetfulness, irritability, aggressive outburst and so on. Career related problems are also pronounced like confusion regarding career choices, strong inclination for certain arena but ability and aptitude are absent. Relationship problems are quite common among beloved students. Our passion and mission are to end suffering and sickness of our students and instill holistic health in their mind, body and spirit. Family problems are difficult to resolve as they are unwilling to visit the educational institution as mental sickness are stigmatized. Therefore we have to take extra care for them because this unresolved trauma could be devastating to their health, their relationships, their security and the life they desire. Apart from these, three cases of mental disease had been identified, explored and counselled and were sent for psychiatric consultation.

One interesting case is shared here. Before final examination, a 20 yrs. old student lost sensation in her left leg, after physical examination as advised by physician, nothing was found. But during mental status examination shallowness in emotion was noticed, and it was seen that she has an excessive anxiety and fear regarding math exam. She had shown positive strokes. She was appreciated, wherever she had done wrong and she was encouraged in each step. Finally she got good marks in Math simultaneously colour therapy was introduced. She was asked to use green and blue colour which are indicative of internal & external sensitivity and signs of ego strength. She was conditioned to these psycho-therapeutic sessions for three months and felt much better.

Another student was diagnosed as suffering from Unipolar Depression and other was suffering from obsessive Compulsive Disorder.

Apart from these three clinical cases other problems are summarized as below :—

	Percentage	Assignment given
Career Problem	24%	Therapeutic Interview on career information & choices
Psychological Problem	40%	Supportive Therapy Colour Therapy
Family Problem	14%	Given emphasis on family dynamics Individual Counselling
Relationship Problem	16%	Family Counselling Supportive Therapy
Psychological Disorder	6%	Colour Therapy Arrangement of Psychiatric Consultant Supportive Therapy



■ Career Problem ■ Psychological Problem ■ Family Problem
 ■ Relationship Problem ■ Psychological Disorder

We all experience trauma. Excessive stress and trauma can cause an array of problems that take a toll on our relationship, mental health and even our physical well-being. We should teach our students to no longer carry this pain. ‘You are ready to figure out how to move forward. At the end I would love to quote ‘You have to resurrect the deep pain within you and give it a place to live that’s not within your body. Let it live in music. Let it be devoured by building brighter connections. Your body is not a coffin for pain to be buried in. Put it somewhere else—‘Ehimeora’. Thus my beloved students could take their thoughts of stress and burn them out and transform them to strength, joy and resilience.