



3/4/2020

Counseling Support during CORONA VIRUS Lockdown

- Since the CORONA virus situation and the associated lockdown can be quite stressful for students, parents and staff members of NHEI, all the counselors working under NHEI will be available for one-on-one online/distance counseling during the lockdown period.
- Any student, parent, staff member or employee of any New Horizon Institution can avail the counseling services.
- Counseling services can be availed through **ZOOM, WhatsApp or Mobile Phone**.
- **ZOOM:** Counselors will be available on ZOOM for one-on-one counseling sessions from 9 am to 5 pm on all working days.
 - These one-on-one sessions are walk-ins and are on a first-come first-served basis **on ZOOM**
 - Waiting (**in ZOOM**) may be involved depending on the number of active counselling sessions.
 - Online one-on-one ZOOM Sessions can be joined by providing the **ZOOM ID** of each counselor **listed above**.
- **WhatsApp:** If counselling support is required outside 9 am to 5 pm, the counselors can be contacted through WhatsApp and an appointment can be sought to meet through WhatsApp/Zoom.
- **Mobile Phone:** **For all emergencies**, counselors can be directly contacted through their Mobile Phones at any time.
- **Any counselor** may be contacted for counseling services, regardless of the institution affiliation

LIST OF COUNSELORS

Name	Institution	Mobile	Zoom ID
Dr Reena Jain	NHCE	9886312254	724-770-5238
Ms Deepa	NHCE	9886146520	989-560-8177
Ms Arghyasri Sen Sharma	NHCE	9632095139	801-547-9780
Ms Rosina Jacob	NHCE	9207590623	550-373-8433
Ms Shanthala Rao	NHCE	9742391096	772-023-2583
Ms Sahana	NHCE	7795452652	652-459-2148
Ms Malini	NHCK	9986110604	674-406-9440
Ms Ankita	NHCK	8105674048	464-711-8511
Ms Devi Anand	NHPS	9880705166	898-577-3459
Ms.Neha Agarwal	NHG	9163975566	613-765-6027
Ms.Muskaan Jain	NHG	9643116930	739-536-6118
Ms. Sanjana Nair	NHG	9886595228	306-188-7323
Please Note: Any student, parent, staff member or employee is welcome to contact any of the counselors, regardless of the institute affiliation.			

LIST OF STRESS-BUSTER SESSIONS

Name	Topic	Date	Time	Zoom Meeting ID
Dr Reena Jain	"Stress Management during COVID19 Lockdown"	6/4/2020	11am to 12:30 pm	724-770-5238
Ms Deepa	"Psychological Well-Being during COVID19 Lockdown"	7/4/2020	11am to 12:30 pm	989-560-8177
Ms Arghyasri Sen Sharma	"Covid19- Coping Strategies"	8/4/2020	11am to 12:30 pm	801-547-9780
Ms Rosina Jacob	"Overall Mental ell-being during COVID19"	9/4/2020	11am to 12:30 pm	550-373-8433
Ms Shanthala Rao	"Management of Emotions during the COVID19 Pandemic"	11/4/2020	11am to 12:30 pm	772-023-2583
Ms Sahana	"Self-Management Skills"	12/4/2020	11am to 12:30 pm	652-459-2148

Dr. Reena Jain

Chief Counselor

Dr. Prashanth CSR

Dean-Academics

NEW HORIZON COLLEGE OF ENGINEERING
DEPARTMENT OF COUNSELLING
ONLINE COUNSELLING REPORT DURING LOCKDOWN PERIOD

Department of counseling was providing online counseling during lockdown period to all the department of college. Department was well connected with all the mentors and collected information about the mental set of students during this lockdown period. Mentors, HOD and teachers referred students to counsellors through CONTINEO, messages and phone calls based on their academic, emotional, behavioral and personal issues. Students were also referred based on the CIE1&2 for counseling. Department also received self -approaching students for counselling through different mode of communication like what's up, zoom, messages, call on phone. Online counselling facility for the institution was also announced on college website with the contact information of the counsellors.

Total 1012 students, parents and staff were counseled by the department on different issues. Department also provided 80 online sessions for students, staff and parents on different topics like Stress Management, Psychological Well Being, Positivity etc. during COVID19. Before the online examination students were also given a session on Psychological Preparation for Online Examinations.

Some of the issues like worried about disease, boredom, stress, depression etc. were seen in students and parents. Each and every case was dealt based on the case requirements. Students were assured that they are not alone. Counsellors are always there, whenever they feel low or uncomfortable can contact them freely. Students were encouraged to talk about their concerns, their concerns will be confidential and they will get insight to resolve their issues. During individual counselling sessions they were also encouraged to involve themselves in house/family work, develop new healthy hobbies, communicate with family members. They were re-assured that this is a temporary situation and it will pass soon. Counsellors helped them in finding some active ways to stay at home happily. After talking to the counsellor students, staff and parents felt relieved and some continued themselves in follow-up sessions.

Report prepared by:



Dr Reena Jain

Chief Counsellor

Manage Participants New Share

ID: 652 459 2148

Management PERIOD?

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What is emotion management

Emotion management is the ability to be d constructively handle both positive an allenging emotions.

WELL BEING