

Report on activities conducted by Guidance and Counselling Cell Cotton University

The activities carried out by the cell for the students, faculty and non-teaching members of the University are as follows:

22nd June, 2022

An Awareness Program on Drug Abuse




Speaker: Rakesh Chandra Shukla, Zonal Director, NCB, Guwahati


Narcotics Control Bureau, Guwahati Zonal Unit
 in collaboration with
 Department of Psychology, Cotton University & Guidance and Counselling Cell, Cotton University

Presents
An Awareness Program On
Drug Abuse

'Say Yes to Life, No to Drugs' e-Pledge
 नशे से आजादी का संकल्प वर्ष: 2022-23

Venue: MCB 311 | Date & Time: 22.06.22 & 2PM - 3PM

The Narcotics Control Bureau, Guwahati Zonal Unit in collaboration with Department of Psychology, Cotton University and Guidance and Counselling Cell, Cotton University organised 'An Awareness program on Drug Abuse' for the students of Cotton University on 22nd June, 2022 at 2.00 pm in room 311, MCB building. The program was attended by members of different Faculties, students from Higher Secondary, Undergraduate and Postgraduate levels. Nabamallika Neog, Assistant Professor, Department of Psychology, gave a brief introductory talk on drug abuse and the various ways in which it can turn into an addiction. She also highlighted the causal factors responsible for addiction. Rakesh Chandra Shukla, Zonal Director, NCB, Guwahati, spoke at length about the harmful effects of drugs, the misconception around usage of drugs, role of students, teachers and parents as

stakeholders and their collaborative efforts towards the control of this menace. This was followed by a Q&A session that witnessed active participation and discussion from students.

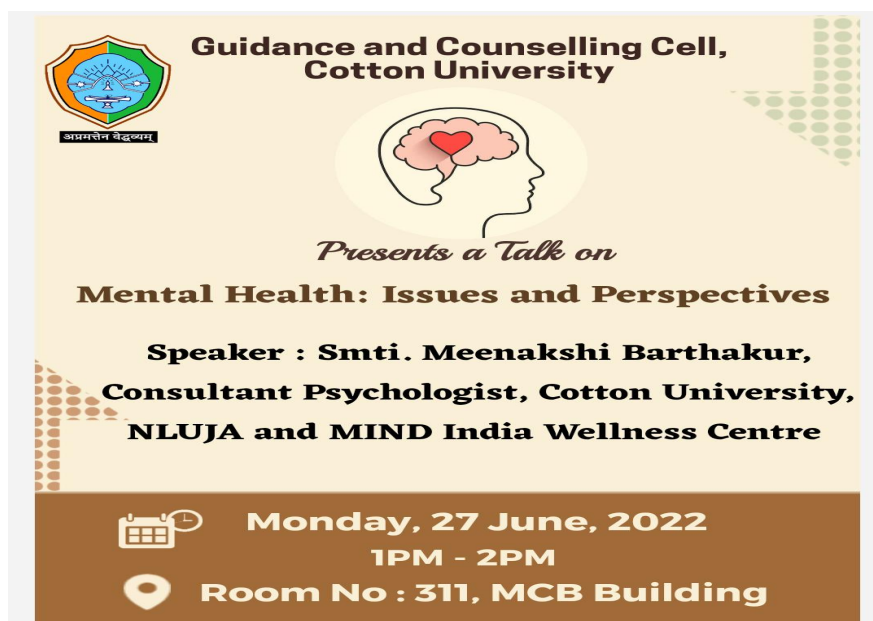
The University practices a zero-tolerant policy against substance abuse and this event was a step towards reaffirming the same. The students pledged to aim towards not only a drug-free campus but also a drug-free life. The administration and the student body assured of collaborative efforts towards achieving this aim.



27th June, 2022

Interactive Session on ‘Mental Health: Issues and Challenges’

Speaker: Smt. Meenakshi Barthakur, Consultant Psychologist, Cotton University, NLUJA and MIND India Wellness Centre



The Guidance and Counselling Cell organised an interactive session on ‘**Mental Health: Issues and Challenges**’ on 27th June, 2022 at 1.00 pm in room No. 311, MCB building. The session was aimed at the student community of Cotton University who were attending regular physical classes almost two years after the pandemic. The pandemic has changed the lives of people for ever and one of the after-effects of the pandemic was the growing sense of isolation and insecurity resulting from severe lack of communication as people were confined to their homes for long periods of time. The lack of physical interaction with friends and family has caused grievous damage to the minds of the young and old alike. The resultant failure of communication has deeply affected the mental health of one and all, and in the post-pandemic scenario it has become important to recognize, acknowledge and address this issue. In an effort to initiate such discussions, the Cell invited Smt. Meenakshi Barthakur, Consultant Psychologist, Cotton University, NLUJA and MIND India Wellness Centre, to address the students regarding the notions of mental health, and the challenges in talking about it. Most people have very wrong notions of mental health and equate it with insanity that is incorrect. Smt. Barthakur discussion was aimed to make the students aware of what is mental health and how does one deal with a disturbed mind. She stressed on the importance of reaching out to friends and family or any person one is comfortable speaking to, and also highlighted the idea that help is always available for those seeking it. Smt. Barthakur

encouraged students to open up about their problems so that they can be guided accordingly. The packed hall was testimony to the relevance of the issue and the urgent need to address it.

The audience, especially students, shared their anxieties with Smt. Barthakur who not only responded to their queries but also encouraged them to avail personal consultation as and when necessary.








29th June, 2022

Talk on ‘Mental Health and LGBTQIA+: Case Studies from Assam’

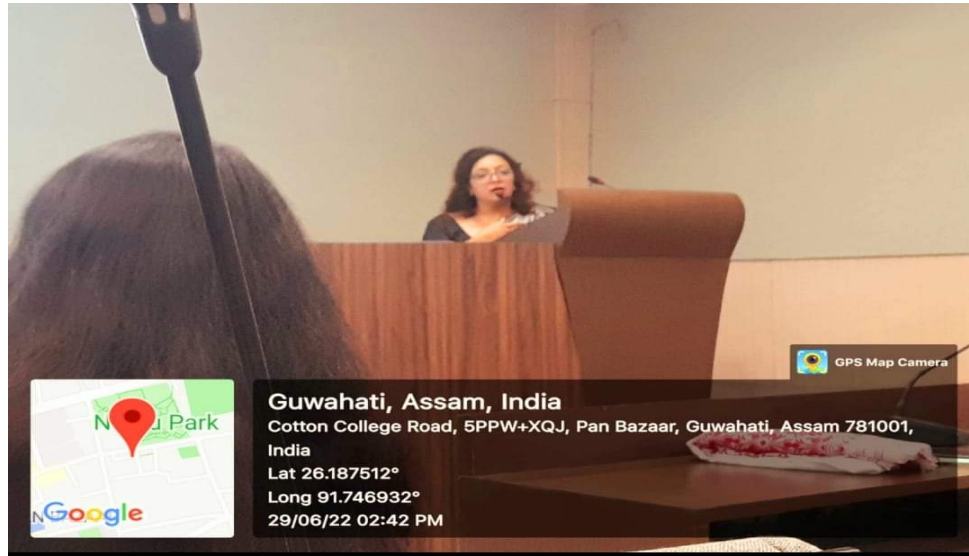
Speaker: Dr. Mythili Hazarika, Associate Professor of Clinical Psychology, Department of Psychiatry, GMCH


 Guidance and Counselling Cell, Cotton University
 in collaboration with
 Department of Psychology, Cotton University
 Presents a talk on
**“Mental Health and
 LGBTQIA+:
 Case Studies From
 Assam”**
 **Dr. Mythili Hazarika**
 ASSOCIATE PROFESSOR,
 CLINICAL PSYCHOLOGY, GMCH, GHY
 29th June, 2022
 1:30 pm onwards
 Room 311, MCB,
 Cotton University


The Guidance and Counselling Cell in collaboration with Department of Psychology, Cotton University organised a talk on **‘Mental Health and LGBTQIA+: Case Studies from Assam’** on 29th June, 2022 1.30 pm in room, 311, MCB building. In September 2018 the Hon’ble Supreme Court had directed the Centre to periodically sensitize and organize awareness training programmes for all government officials about the plight of people belonging to LGBTQ community in order to reduce and finally eliminate the “stigma” associated with such persons. Dr. Mythili Hazarika, Associate Professor of Clinical Psychology, Department of Psychiatry, GMCH, graced the occasion as the resource person. Members of different faculties, students from Higher Secondary, Undergraduate and Post graduate levels had participated in the event. Dr. Hazarika presented a comprehensive talk, beginning with case studies related to gender identity and sexual identity that are dealt with at GMCH that also includes gender dysphoria and intersexuality. The mental health issues of LGBTQ+ population that include suicidal tendencies, loneliness and depression were also discussed to make the larger community aware of the emotional trauma that such people undergo due to social exclusion. The talk brought in historical references and highlighted the laws related to the community. Dr. Hazarika also focussed on NGOs that are working for the community and pointed out the lack of research on the LGBTQ+ population, especially in Assam. The informative presentation was followed by a Q&A session.

The event was an eye-opener for many who had stereotyped notions about the LGBTQ+ community. Many listeners agreed that their notion of the LGBTQ+ community was based on a number of misconceptions and that Dr Hazarika’s discussion has been beneficial in dispelling a number of myths surrounding the LGBTQ+ community.





6th December 2022

Interactive Session on ‘Ragging: A Threat to Mental Health’

Speaker: Dr. Jayanta Das, Eminent Psychiatrist

 *Ragging: A Threat to Mental Health*



An Interactive session with
Dr. Jayanta Das
Eminent Psychiatrist

Organized by
Guidance and Counselling Cell,
Cotton University

Venue
KBR Hall, Cotton University
Time : 12 pm

6th December, 2022
Tuesday

The Guidance and Counseling Cell conducted an interactive session with eminent psychiatrist Dr. Jayanta Das on 6th December 2022 at the Kalaguru Bishnu Rabha Auditorium, Cotton University, on ragging as a threat to the mental health of students. Dr. Das emphasized on the need to acclimatize the people about mental health and referred to the “bio-psycho-social” model in psychology that recognizes individuals as products of their biology, psychology and society. Speaking to a packed hall Dr. Das highlighted that neuroscience recognizes the brain as “plastic” that can be moulded and therefore correct nurture is a key determining factor that determines the ways in which the brain is shaped during a child’s formative years. He argued that social institutions are largely responsible for abusing children resulting in negative effects which can, in turn, lead to severe mental illnesses such as Post Traumatic Stress Disorder (PTSD) in later life. He connected ragging to the twin concepts of abuse and humiliation and observed how the practice of ragging has gained dangerous dimensions in recent times that threaten one’s mental, physical and emotional well-being. He urged the Cotton University fraternity to adopt an initiative where the very word “ragging” may be replaced with a term that has more positive associations and values, and which advocates healthier practices towards students, especially junior or freshmen students. Speaking on the occasion the Hon’ble Vice Chancellor of the University, Prof. Ramesh Chandra Deka expressed his gratitude towards the students and teachers of the institution for upholding an egalitarian culture in the campus. The Registrar of Cotton University Prof. Maheswar Kalita, encouraged the students to maintain the principle of the institution and work towards a holistic campus culture. The General Secretary, Cotton University Students Union, Rituraj Kalita, pledged, on behalf of the student community, to work towards a healthy learning environment that is inclusive of the social, emotional and physical welfare of the students.



3rd February 2023

Interactive Session on ‘Living Life: Winning One Battle Everyday’

Speaker: Dr. Bhaskar Bora, Doctor, Entrepreneur, Author and Motivational Speaker

কটন বিশ্ববিদ্যালয়
COTTON UNIVERSITY

THE SECOND CHANCE IN LIFE
জীবনের দ্বিতীয় সুযোগ
সুখ ও দুঃখ স্বাধীন নব জন্মের ১ উৎসব বীর

The SECOND CHANCE IN LIFE

BHASKAR BORA
MERRY BARUAH
SANTANU GHOSHAN
Reflections from the Heart

Living Life- Winning One Battle Everyday

Dr Bhaskar Bora

ORGANISED BY GUIDANCE AND COUNSELING CELL IN
COLLABORATION WITH PLACEMENT & CAREER
COUNSELING,
COTTON UNIVERSITY
VENUE: SUDMERSAN HALL
DATE: 3RD FEBRUARY, 2023
TIME - 1PM

The Guidance and Counseling Cell in collaboration with Placement and Career Counselling, Cotton University, conducted an interactive session with noted author and motivational speaker eminent psychiatrist Dr. Bhaskar Bora on 3rd February 2023 at Sudmersen Hall. A physician by profession, Dr. Bora premised his talk on his personal experience where a life-changing event altered the course of his life and forced him to assess his possibilities of survival. Speaking to a packed hall Dr. Bora highlighted the significance of acknowledging one’s problems and possibilities and to not give up in the face of severe adversities. He focussed on the physical, emotional, social and financial aspects of being specially-abled and stressed on the support of family and friends that is crucial to help one tide over such crisis. The highlight of the event was the large number of specially-abled students who interacted with Dr. Bora about their own special issues and the ways to overcome the social and emotional stigma that they experience.



27th February 2023

Interactive Session on for the Non-teaching Staff of cotton University

Speaker: Smt. Meenakshi Barthakur, Consultant Psychologist, Cotton University, NLUJA and MIND India Wellness Centre



In continuation of its inclusive outreach, the Guidance and Counseling Cell conducted an interactive session with for the non-teaching staff of the University on 27th February, 2022 from 12.00pm at Room No. 311, MCB building. Consultant Psychologist, Cotton University, Smt. Meenakshi Barthakur, interacted with the non-teaching fraternity of the University and urged them to acknowledge their issues and concerns. She reiterated that often adults suffer from ego and complacency that does not allow them to acknowledge the fact that they too may have problems that need to be addressed. Their complacency forbids them to seek external and professional help in confronting their troubles. Smt. Barthakur urged the audience to move beyond the borders of complacency and ego and seek guidance for issues that trouble them.

It was heartening to note that towards the end of the talk a number of male members of the non-teaching community sought Smt. Barthakur's phone number and appointments for personal consultation at a later date.

31st March 2023

Interactive Session on Genetic Counselling

Speaker: Dr. Bhaswati Hazarika, MBBS, MS, Obstetrics and Gynaecology



An Interactive Session on "Genetic Counselling"



***Invited Speaker-
Dr. Bhaswati Hazarika,
MBBS, MS obstetrics and Gynaecology***

Date-31st March, 2023

Time- 12noon-1pm

Venue- Room No. 311 (MCB building)

Organized by-

***Department of Education, Cotton University
in collaboration with
Guidance and Counselling Cell, Cotton University.***

The Guidance and Counseling Cell in collaboration with the Department of Education, Cotton University, organised an interactive session on Genetic Counselling with Dr. Bhaswati Hazarika, MBBS, MS obstetrics and Gynaecology. The event was held at Room No. 311, MCB building, from 12.00 pm. Dr. Bhaswati Hazarika spoke on the importance of genetic counselling and the how it aids in building a happy and healthy marriage especially when it comes to planning a family. She pointed out that a number of issues may emerge due to genetic deformities and many people are not aware of the possibilities of such problems and what causes them. This is where genetic counselling can provide solutions to queries surrounding such issues. A number of students interacted with Dr. Hazarika and clarified their doubts regarding genetic counselling and the genealogical problems they face at various times.

