

# INSTITUTIONAL DISTINCTIVENESS

VISION

Through the last two years of COVID and the subsequent phases of lockdown, mental health has been a subject of immense concern, especially for young adults. The Bhawanipur Education Society College has had the tradition of encouraging and facilitating holistic development of its students, with special emphasis on their mental well-being. To this effect, the College has initially engaged in a practice of providing them with the support of trained counselors from Ummeed Counselling and Consulting Services. Through 2020-2021, the need for this support was felt more deeply than ever. Confinement and social distancing made life more complicated for the young adults. The need to confide was immense. The College responded to this requirement of the students by organizing different events and programmes to generate mental health awareness in collaboration with Ummeed. In order to counter effectively the social stigmas associated with mental health, the College organized a webinar on “How to Overcome Anxiety and Depression” in May 2021. Also, recognizing the transformed role of teachers as mentors in the changed mode of teaching-learning post-pandemic, the College organized a Faculty Mentoring Workshop for the teachers on 27th December 2021 to ensure an unhindered flow of communication between students and teachers.

PRIORITY

THRUST

## **Weblinks to the Institutional Website:**

- <https://thebges.edu.in/managing-depression-anxiety/>
- <https://thebges.edu.in/faculty-mentoring-workshop/>

The Bhawanipur Education  
Society College

