

COUNSELING AND WELLNESS CENTRE, AIIMS, BHUBANESWAR

Mental health problems emerging as a result of the rapid societal change, change in the family dynamics, social media influences, Techno-savism among youth warrants attention and initiation of prompt measures to restore wellness and positive mental health.

AIIMS Bhubaneswar is the first institution among the institution of national importance to open a counselling and wellness centre for positive mental health under the direction of esteemed director Dr Gitanjali Batmanabane; targeted towards helping students and staff of the institute in handling the mental health problems and attaining wellness. Prompt and able initiative of Dr Vikas Bhatia, Dean in collaboration with Dr Asha P Shetty, Principal College of Nursing and Dr Shree Mishra, Assistant Professor Department of Psychiatry led to an illuminating beginning with inauguration of Counselling and wellness centre (CWC) in AIIMS Bhubaneswar on 18th April 2018 at Mini Auditorium, College of Nursing

About Counselling and Wellness centre initiative

Director AIIMS has formulated core committee for establishing the counselling and wellness centre initiative. The core committee consists of Dr Vikas Bhatia Dean as Chairman, Shri P K Ray, DDA, Dr Asha P Shetty, Principal Nursing College, Dr Suabhagya Kumar Jena, Hostel Supt, Mr Behera F&CAO as members and Dr Shree Mishra Assistant Professor, Department of Psychiatry as the Nodal officer cum Member Secretary of CWC.

CWC team of mental health professionals has constituted for rendering 24×7× 365 day's counselling services. The CWC counselling team constitutes of Dr Shree Mishra, Psychiatrist, psychiatric nursing faculty Dr Renju Sussan Baby, Associate Professor, Mr Nandakumar Paniyadi Assistant Professor, Mrs Kalaivani, Mr Alvin Jose clinical instructors of nursing college and Mrs. Anushree Mishra, Mrs Besily Das psychologists as counsellors for catering the psychological needs of the students, faculty and employees of all streams at AIIMS Bhubaneswar. CWC help to see problems from a different perspective, instilling hope and a sense of inner strength throughout the process of healing.

Peer volunteers were selected from each batch of students to render primary help to the individual in distress. Faculty members were enrolled as student faculty mentors to help the students to handle the academic related issues of concern. The peer volunteers and faculty mentors will be trained in counselling skills by the experts in the field.

INAUGURATION CEREMONY OF COUNSELLING AND WELLNESS CENTRE FOR POSITIVE MENTAL HEALTH, AIIMS, BHUBANESWAR



The inaugural ceremony commenced with the invocation by the Nursing students followed by the lighting of lamp by group of dignitaries of AIIMS Bhubaneswar- Dr. Vikas Bhatia (Dean, AIIMS Bhubaneswar), Dr. Shree Mishra (Nodal Officer, Counselling and Wellness Centre), and Dr. Asha. P. Shetty (Professor cum Principal, College of Nursing, AIIMS Bhubaneswar). Heads of departments of various departments, faculty and Nursing students attended the programme.



Dr. Shree Mishra (Nodal Officer, Counselling and Wellness Centre) in her welcome address urged the students to utilize the platform of CWC centre for institutionalizing better human values along with professional knowledge.



Dean Dr Vikas Bhatia inaugurated the counselling and wellness centre by cutting ribbon and launching 24×7× 365 day's mobile helpline service. Dean, starting on an appreciative note of the counselling and wellness centre, as one of the penultimate initiative in the campus, said it was his pleasure to inaugurate the program. In his inaugural address, Dr. Vikas Bhatia enlightened students, faculty and staff on the need to be mentally healthy to lead a happy and healthy life. He reiterated counselling centre as a crest which would help students attain interpersonal relationships and prosper in their education & profession. He also expressed that CWC should develop as a centre with difference and he ensured that the administration will provide all facilities for their overall development.

Dr. Asha. P. Shetty proposed vote of thanks to all the invited guests and participants, organizers for gracing the occasion by their solemn presence. She also thanked Director AIIMS and the management for providing all kind of facilities to start up counselling centre.

SENSITIZATION SESSION ABOUT CWC



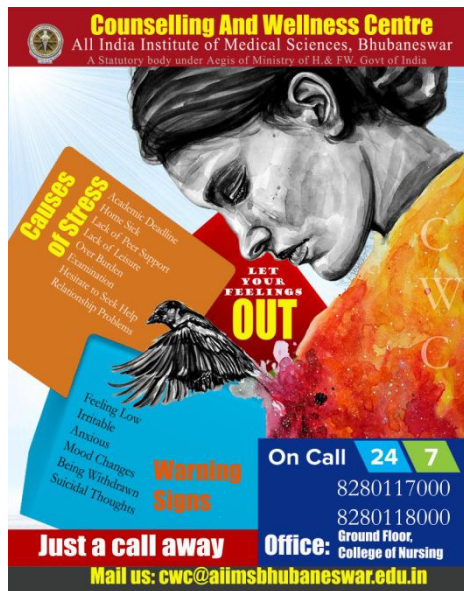
Students and faculty of AIIMS Bhubaneswar were sensitized about the need of the CWC and the services offered by the centre by Dr. Shree Mishra (Nodal officer, CWC, AIIMS, Bhubaneswar). she explained about the conceptualization of the counselling and

wellness centre and how will it benefits the students and staff of AIIMS,Bhubaneswar. Dr. Renju Susan Baby, Associate Professor, College of Nursing, AIIMS Bhubaneswar explained about the operational function of the CWC and telephonic helpline services and email services.

The telephone helpline numbers -8280117000 & 8280118000 and email id cwc@aiimsbhubaneswar.edu.in were unveiled for round the clock 24×7× 365 day's service.

Hundreds of enthusiastic students and employees of AIIMS actively participated in the inaugural session demonstrating a high level of interest among them for the counselling centre. The function was given wide coverage by local private satellite channels and print media like The Times of India, The Samaj, Sambad etc..

DEVELOPMENT AND DISTRIBUTION OF IEC MATERIAL



Mr Jaison Jacob, Tutor college of Nursing in collaboration with Dr Shree Mishra has developed IEC material –posters and pamphlets. The first series of posters and pamphlets were released on the day of inauguration of CWC.

Pamphlets were distributed to all students and faculty during the inauguration ceremony and posters were displayed at various spots inside the hospital campus, academic block, hostel premises, nursing college etc.

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