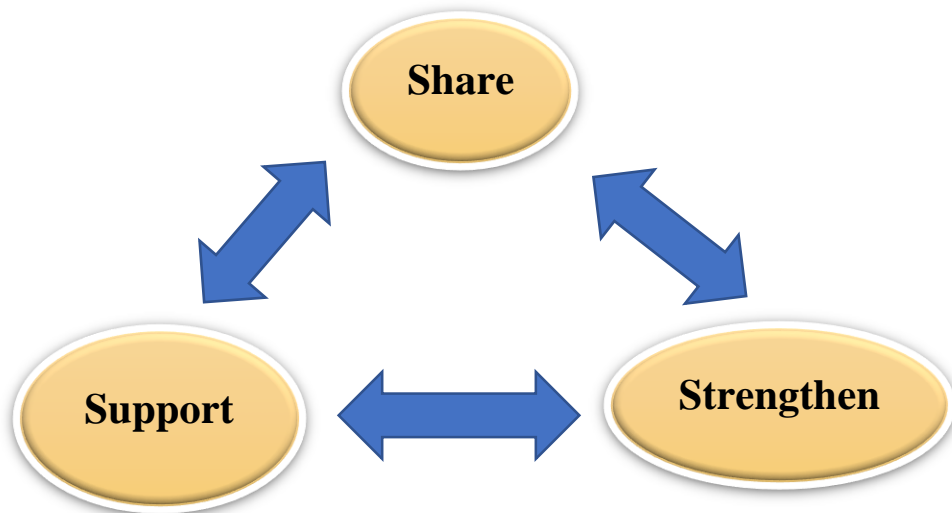


Sahāyana

The Peer Support Program

*A Mental Health Initiative by the
Department of Psychology, Aryabhata College*



About the Program

Sahāyana is a platform for the students of Aryabhata College to discuss their concerns related to college adjustment, academic issues, relationship conflicts, time management, procrastination, home sickness, peer pressure, self confidence etc.

The program was *launched on 19th January 2023* in the Seminar Room of the college.

Faculty Co-ordinators

Dr. Anisha Juneja & Dr. Thangbiakching

Peer Supporters (for the session 2022-23)

- Dhairya Mohla- Psychology Hons. IIIrd yr
- Atishya Dhankar- Psychology Hons. IIIrd yr
- Sukhnoor Kaur- Psychology Hons. IInd yr
- Charu Sahu- Psychology Hons. IInd yr
- Garvit Kaushik- Psychology Hons. IInd yr
- Anwasha Gogoi- Psychology Hons. IInd yr
- Lalsiamthari- Psychology Hons. IInd yr
- Aayushee Chaturvedi- Psychology Hons. IInd yr

Execution of the Program





- The program has been running in the college, Monday to Friday, 8:45 am - 5:30 pm.
- The Students/ Peers from the college have sought sessions through the common ***email id-*** sahayana.psp@aryabhatacollege.ac.in and ***Instagram page-*** [sahayana.aryabhata](https://www.instagram.com/p/CIgyWytQmy/?utm_source=ig_web_copy_link) (https://www.instagram.com/p/CIgyWytQmy/?utm_source=ig_web_copy_link) made solely for this purpose and appointment may be sought. In order to address some common issues faced by students, the peer supporters have also uploaded videos of students sharing tips to manage academic stress and procrastination.



- Till date, 2 peers have had around **5-6 sessions**. The sessions conducted by peer supporters have been **supervised** by the 2 faculty coordinators. The sessions have been successfully terminated after the resolution of the concerns of the peers.
- **7 training sessions** have been held by the faculty coordinators with the peer supporters on topics like how to conduct an intake interview, developing effective attending and listening skills, maintaining boundaries, role of self-disclosure and cognitive behavioural management strategies.

Adhering to the ethical guidelines, the program aims to create an empathy network, build a space for students to discuss their psychological concerns, disseminate information regarding professional referral if required and discuss tips to deal with challenges of college life.

OUR ETHICS AND BOUNDARIES

CONFIDENTIALITY & ANONYMITY OF PEERS APPROACHING THE PROGRAM WILL BE MAINTAINED.

BOUNDARIES WILL BE ESTABLISHED & RESPECTED.

PROFESSIONAL REFERRAL WILL BE MADE IN CASES WHICH ARE BEYOND THE PURVIEW OF THE PROGRAM INCLUDING SEVERE PSYCHOLOGICAL DISORDERS, SUBSTANCE ABUSE, SELF HARM, SUICIDAL & HOMICIDAL TENDENCIES.

THE PROGRAM WILL BE RUN DURING COLLEGE TIMINGS FROM 8:45 AM - 5:30 PM.

THE PROGRAM WILL RUN ON 5 COLLEGE WORKING DAYS (MONDAY-FRIDAY).

PHONE NUMBERS WILL NOT BE EXCHANGED.

NO DIAGNOSING, THERAPY OR COUNSELLING WILL BE CARRIED OUT. SIMILAR TO A BUDDY PROGRAM, THE AIM IS ONLY TO ADDRESS DAY TO DAY LIFE CONCERNS.

ELABORATE PSYCHOLOGICAL TESTING WILL NOT BE CONDUCTED.