



ଭରୋସା (Bharosa)

Voluntary Services for Mental Health and Well-Being of University Students Central University of Odisha



Association of Health Psychologists Reg No.582/2015

SERV & Association of Health Psychologists Extend Voluntary Support Services For COVID-19 Distress

Cognitive Emotional Rehabilitation During COVID-19: Helpline of CUO FOR STUDENTS OF ANY UNIVERSITY IN ODISHA

CUO HELPLINE 08046801010

Contact details of CUO & AHP Voluntary Service providers are shown in the last page

What is COVID-19?

It is a disease caused by novel Coronavirus. The virus can be transmitted by symptomatic and asymptomatic Carriers

What are the common symptoms?

Illustrations of symptoms: Fever, Sore throat, Headache, Coughing, Difficulty Breathing

CALL AAROGYA SETU HELPLINE 1075

How is COVID-19 transmitted?

Illustrations of transmission methods: Close contact with COVID-19 patients, Touching virus infected Surfaces and clothes, Tiny infected droplets that remain in the air

Who are the high-risk group?

Illustrations of high-risk groups: Elderly,60+, People with underlying medical condition (Heart disease, Diabetes, BP), Pregnant Women

NOTE: HELPLINE CALLS WILL NOT BE RECORDED. CONFIDENTIALITY IS ENSURED

What is the key behaviour for intervention?



Social Distancing



Self Avoid Crowded Places



Wash Hands regularly with soap



Avoid touching face



Cover face while coughing and sneezing

If you suspect you have COVID-19, you should do the following:



Self-Quarantine



Immediately contact Health authorities/ Helpline ☎ 1075

Stigma toward COVID-19 can lead to:



People hiding their problem



Rejection of treatment



People not engaging in preventive/healthy behaviour

A patient tested positive of COVID-19 /in quarantine may experience some psychological issues:

- Anxiety
- Stress
- Missing their family



- Guilt
- Stigma
- Uncertainty
- Fear

Social distancing/ non quarantine individuals may experience issues like

Children may face issues like



- Worry, anxiety, fear, and anger
- Miss the structured and stimulating environment
- Changes may be difficult for them to understand

Adults may face issues like



- Anxiety and apprehension about their health
- Stressed about jobs and financial issues
- Interpersonal issues
- The elderly worry as a result of only emergency services being available at hospital



Remember to seek help, if you experience the aforementioned symptoms/problems.

The following Volunteer Faculty members/ Psychologists are available on call during the given timings.

CALL FOR CUO HELP  08046801010

***CUO Cognitive Emotional Rehabilitation Team**

SL No	Name	Place	Email	Mob.No	Timings
1	Dr. Sourav Gupta	Central University of Odisha	sourav.gupta81@gmail.com	9938902001	6 p.m. -7 p.m.
2	Dr. Minati Sahoo	Central University of Odisha	minati.sahoo@gmail.com	9437106066	8 a.m. -9 a.m.
3	Dr. B.K.Srinivas	Central University of Odisha	bksrinivas@cuo.ac.in	9668632306	7 p.m.-8 p.m.
4	Sh. Biswajit Bhoi	Central University of Odisha	bbbiswajit9@gmail.com	9439331836	9 a.m. -10 a.m.
5	Sh. Rushi Pd. Sahoo	Central University of Odisha	rushiprasad27@gmail.com	7008344014	1 p.m. -2 p.m. 9 p.m. -10 p.m.
6	Sh. Santosh Jena	Central University of Odisha	santoshjena075@gmail.com	9556535077	8 p.m. -9 p. m 9 p.m. -10 p.m.
7	Ms. Karishma Rana	Central University of Odisha	karishmarana0805@gmail.com	7381567910	9 a.m – 10a.m 1 p.m. -2 p.m.
8	Dr. Ramendra K. Parhi	Central University of Odisha	ramendraparhi@gmail.com	9668391844	8 p.m. -9 p.m.
9	Dr. Meera Padhy	University of Hyderabad	meerapadhy@yahoo.com	9959539925	10 a.m. -11 a.m.
10	Dr. Durgesh Nandinee	University of Hyderabad	nandinee.white@gmail.com	8309624276	11 a.m.-12 noon
11	Sh. Sampeet Mohanty	Bhubaneswar	sampeetmohanty@gmail.com	7978107143	12 noon-1 p.m.
12	Dr. Pravakar Duari	Bhubaneswar	pravakarduari@gmail.com	7381536167	2 p.m.-3 p.m.
13	Ms. Manisha Mishra	Bhubaneswar	manishamishra.psy@gmail.com	7978519540	3 p.m.-4 p.m.
14	Sh. Abhik nayak	Bhubaneswar	aveek.ugmit11@gmail.com	8984072531	4 p.m.-5 p.m.
15	Ms.Ananya Mohanty	Bhubaneswar	ananya.mohanty95@hotmail.com	9438732878	5 p.m.-6 p.m.



Cognitive Emotional Rehabilitation Services During COVID-19: Helpline of Odisha Central University, Koraput

COVID-19 & People's Response:

The pandemic of COVID-19 is an unprecedented global crisis. The nature of its fast spread and its life-threatening consequences, absence of clinically tested medication or vaccine, the need for prolonged quarantining even in cases of mild probability of contact have great potential for unknown fear and apprehensions in the mind of a common citizen.

The decision of the Government to observe total lock down in the country though is the very scientific and the best measure given the nature of the virus also gave rise to several negative psychosocial outcomes such as the problems of migrant labourers stuck in a place away from home, patients suffering from chronic illnesses unable to replenish their stock of regular medicines (particularly those in villages), patients with chronic diseases like kidney diseases or cancer struggling requiring the extra effort to reach the hospitals for their regular invasive or non-invasive procedures etc to name a few.

By and large the citizens of India are found to comply with the imposition of lockdown and COVID related health hygiene including social distancing.

Psychosocial Impact of COVID & lockdown:

Indian society is highly affiliation oriented. It is collectivistic society. The greatest strength of Indian culture is 'being with others'. Social support is the natural phenomenon in the culture. Indian psyche is rooted into satisfying the security needs through social support. The present situation has temporarily deprived people of this significant aspect from the people. This in turn has cast an adverse impact on the psychosocial factors of people's lives. The impact is manifested in the form of anxiety, panic, feelings of helplessness, hopelessness due to fear of the unknown and continuing uncertainty. This leads to depression, irrational thinking, deviant behaviour, sleeplessness, irritability, interpersonal conflicts and many other psychosocial consequences

Need for Cognitive Emotional Rehabilitation:

While the Government is reaching out to people in the best possible way to ensure meeting their basic needs, there is a need to address the psychosocial state of the student in a scientific way. Unless this is done, there is a possibility of the suppressed emotions exploding in some undesirable manner that harms the individual and society. This can be done through tele counseling services which allows to comply with social distancing and yet reach out to the student in need of psychosocial support

Odisha Central University partners with the Association of Health Psychologists (AHP):

Odisha Central University in collaboration with the Association of Health Psychologists is ready to extend the services through volunteer tele counseling. Association of Health Psychologists is a registered body of Professional Health Psychologists. Universities of AP (SriPadmavathyMahila University, VikramaSimhapuri University, Nellore, Yogi Vemana University Kadapah, VigyanBharathi College of Engineering and Technology Hyderabad are a few educational Institutions who have collaboration with AHP in extending counseling services in their region during this pandemic.

As part of the collaboration, the identified faculty and Ph.D scholars of Odisha Central University are being trained by a team of members from the AHP in six basic modules of counseling by volunteers. The team of counselors would consist of this core team from the university and five members from the AHP who are the natives of Odisha. Dr. Meera Padhy, would be the contact person from AHP while Dr. Ramendra Kumar Parhi, DSW from Odisha Central University is coordinating from the University.

Who Can Call?

Any University Student of Odisha, including the affiliated Colleges, in need of emotional or cognitive support can call the helpline number. University Students of Odisha who feel disturbed, depressed, anxious, frustrated, and helpless or experience the feelings of irrelevance or any other negative psychological state can call the helpline number.

The CUO team acknowledges the facilitation support being received from Dr. Ms. Sahiti and Dr. David Sudhakar.

Support requested from the District Magistrate, Koraput:

While the University will extend the professional service and bear the necessary expenditure to set up the helpline number, the following administrative support is sought from the office of the District Magistrate-

1. Facilitating Helpline
2. Provide wide publicity to the helpline number throughout the state through print and electronic media (TV and local channels)
3. Start a tie up with the district administration so that in cases where the calls relate to problems of receiving Govt. aid etc, the information is passed on to a centralized point of district administration to enable the official to attend to the needy.

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