

St. Pious X Degree and PG College for Women, Nacharam, Hyderabad - 76

Small Alms with Great Love! St. Pious X Degree and PG College for Women, encouraged by the management Catechist Sisters of St. Ann and true to its vision always stand by the people in disasters and calamities. As part of the initiative to help the needy during Covid 19 lockdown, St. Pious X Degree and PG College for Women has taken up the following activities:

Distribution of Essential Commodities

We have distributed 150 kirana kits of essential commodities to the needy migrants and slum dwellers in addition to other activities. So far Rs 54,500.00 was spent on this service.

25 kgs of rice and Rs.3000.00 was contributed to an orphanage



Contribution to Chief Minister's fund

The management Catechist Sisters of Society contributed Rs 8,00,000.00 to the CM fund of Telangana and Andhrapradesh and Rs 50,000.00 district collector, Warangal.



Sharing our Resources for the poor during Covid 19

As the college is surrounded by lot of residents, we lend our premises for the reach of the people to run weekly vegetable market and have also been volunteering to ensure that social distancing is followed at Vegetable market where crowds can gather and volunteering to help police and sanitary workers in their work.



Creating Awareness

We have also been creating awareness about corona virus and precautions to be taken to prevent its spread among the student community through our website and social media.

II M.Sc Biochemistry Students creating awareness through social media



Taking the Pledge

As part of the awareness campaign all the students and the staff have taken a pledge to promote safety against Covid 19.



Reach out Programme through Social Challenge

In order to involve entire student community of our college and their parents to help the needy in this time of crisis, the college motivated staff and the students through the challenge to come forward to reach out to the needy. There was an overwhelming response from the students and the staff.

ST.PIOUS X DEGREE & PG COLLEGE FOR WOMEN
NACIARAM, HYDERABAD.
RE-ACCREDITED WITH A+ GRADE BY NAAC

NOMINATES ALL THE PIOUSIANS TO TAKE PART IN
THE CHALLENGE:
"MY DEED TO COMBAT COVID"

Do you have the true spirit of a compassionate Piousian? Here is an opportunity

Take Part!

ALL YOU HAVE TO DO IS TO FOLLOW THE STEPS BELOW :

- Help at least two needy people near your locality
- Help could be creating awareness on COVID-19 or Monetary support to the needy or distributing essential commodities to them (Masks, Sanitizers, food, etc.)
- Take pictures of the good deed(s) you have done
- Share two pictures in your class WhatsApp group (Each picture should have your name, class and the activity you have done on it)
- Best pictures will be selected and uploaded on the college website

WE CAN'T HELP EVERYONE, BUT EVERYONE CAN HELP SOMEONE

In response to the above challenge the students of all classes actively supported needy in their locality.





Gopika II B.Sc MZC distributed 20 bags of essentials to the poor



Priya II B.SC BcMC along with her parents helping the needy



Karishma B.Com(Gen) 2016 batch Alumni



Ruchi Sai II B.Sc (BtBC) Helped labors in Boduppal



Sahithi I B.Sc (M.S.Cs) helping the needy with rice



Niharika I B.Com helping the needy

Tele Counselling Services Through Snehita Counselling Cell of the College:

St. Pious X Degree & PG College for Women, through College Snehita Counselling Cell initiated Tele & E-Mail Counselling services to all the students and people in need. The team consists of 7 trained counsellors in managing and dealing with emotions and behaviours in a healthy way during covid 19. The main issues that our counsellors are dealing with are: Financial Issues, Anger Issues, Anxiety, Stress etc...

Lockdown takes toll on mental health, claim psychologists

SANJAY SAMUEL
PAUL | DC
HYDERABAD, APRIL 13

The nationwide lockdown has unsettled families in different ways. Teenagers are behaving in a radical manner, migrant labourers have been devastated and dislike living on hand-outs, and people generally are feeling anxious. The socio-psychological problems engendered by the novel coronavirus disease and lockdown will have to be dealt with, say psychologists.

Deccan Chronicle had forwarded a video of the plight of a group of migrant labourers to the Rachakonda police, who arranged food and groceries for them.

Now these labourers want to go back home. One of them, Ramjeet Rajdhar, from Siddharth Nagar in Uttar Pradesh, said his associates don't want to stay here without work and living on someone's charity. They are waiting for relaxation of the lockdown so that they can go back.

Talking to *Deccan Chronicle*, Rachakonda police commissioner Mahesh Bhagwat said, "There are a lot of people we have tracked, who are going to their states walking. I stopped a family on the Bibinagar highway that was coming from

Unable to get back home, migrant labourer ends life

JAYENDRA CHAITHANYA T. | DC
HYDERABAD, APRIL 13

Apparently upset that he was unable to go to his home in Bihar, a migrant labourer committed suicide, according to the police, in his rented room in Mallikarjuna Nagar, Uppal. The police found Mohamed Aamir, 24, hanging from the ceiling on Monday morning when they forced open the door to his room in response to a call from the neighbours that Aamir was not opening the door.

● **SOCIO-PSYCHOLOGICAL** problems engendered by the Covid-19 and lockdown will have to be dealt with, say psychologists.

● **STATE GOVERNMENT** health department's helpline 104 provides psychological, health related counselling.

Gulbarga and going to Tamil Nadu. I counselled them and they are now in a shelter."

According to Uppal police, Aamir is from Lakhisarai in Bihar and used to do doming work at a garage nearby.

Preliminary inquiries revealed that Aamir shared the room with a friend, also a Bihar native. The building which mostly houses bachelors was vacant as everybody had left for their villages. Aamir's friend had left on March 13. Since then, he was living alone, said the police.

"On April 11, Aamir called his family and expressed unhappiness at

being alone in the room. They promised to send him money and asked him to stay in the city till the lockdown ended," said a police official.

Aamir seems to have not come out of the depression caused by being alone and prima facie committed suicide; he did not leave any note, the official added.

A case has been registered by the Uppal police, who sent the body to Gandhi Hospital morgue for the post-mortem examination.

Anita Rego, socio-psychological counsellor, said, "Teens and youngsters, if the parents are stopping them from doing something, take it in a negative way and start rebelling against the parents. When it comes to the migrant labourers, they are active people who believe in work and earning. When they are not active and dependent on someone else's help they feel their dignity is damaged, and they are not ready to accept it.

Emotions are involved here. We need to make them understand the situation."

Sr B. Velangini, principal of the St. Pious Degree and PG College for Women said, "We have started telecounselling cell for Covid-19 related problems. There has been a lot of response from the students."

The health department's helpline 104 provides psychological and health related counselling.

ST.PIOUS X DEGREE & PG COLLEGE FOR WOMEN

Re accredited with A+ by NAAC
Nacharam, Hyderabad



Snehita Counselling Cell Tele Counselling

COVID 19 - Together We Can
Bogged Down with Lockdown? Reach us on...



Monday to Saturday

Contact

82979 76773 - 9am to 11am

92461 03510 - 11am to 12pm & 3pm to 4pm

9502284776 - 2pm to 3pm

8217080792 - 5pm to 6pm

Email Counselling : scppious@gmail.com

2pm to 3pm & 6pm to 8pm

Tele Counselling Services Through Sahayam, Osmania University

Ms. V. Beulah Vennela, Lecturer in Psychology cum College Counsellor, St. Pious X Degree & PG College for Women, has been offering Tele Counselling Services through Sahayam, Osmania University under Dr. Beena. C as well. She is a part of 15 member team .

Telangana Today

08-Apr-20 | Hyderabad

Free mental health counselling

CITY BUREAU
Hyderabad

Sahayam, Centre for Excellence under RUSA 2.0, Osmania University, is offering free tele-counselling to the vulnerable clients under mental stress in the wake of Covid-19 pandemic.

Sahayam, In-charge, Director, Prof. C Beena said that a team of 15 psychology experts is ready to render tele-counselling services through proactive strategies to minimise the impact of psychological stress.

"We are going through unprecedented times with no clear road map. Ambiguity and uncertainty about

coronavirus and isolation is creating extremely stressful situations," she observed.


The members include Prof. C Beena, Surya Shree, Lata Sitaram, G Cynthia Douglas, Niranjan Reddy Challa, Angela David, V. Beulah Vennela, Dr.G Swathi Kumari, Shivani Marripati, Nicholas, E Jayanthi, S Dhanunjay, Jayashree and Praveena Chandrashekar.

The services will be offered from Monday to Friday on the numbers: 10 am to 12 noon (9848353305), 12 noon to 2 pm (8309661424), 2 pm to 4 pm (7674901954), 4pm to 6 pm (8297976773), 6pm to 8pm (9573027033).


Tele Counselling Services Through Rehabilitation Council of India

Ms. V. Beulah Vennela, Lecturer in Psychology cum College Counsellor, St. Pious X Degree & PG College for Women, also a Licensed Rehabilitation Psychologist has been offering Tele Counselling Services through Rehabilitation Council of India from Telangana State.

Screen Reader | Skip to main content



Rehabilitation Council of India



संस्करण - १९८०

Home
Council
Training Courses
CRE
Institution
Registration
Download
Publication
RTI
Social Media
Proposal 2020-21

Navigations

- >> Skip navigation
- >> Advertisement
- >> Project
- >> Research
- >> Seminar
- >> Navshikhar Channel
- >> Punarbhava
- >> Workshop
- >> Career
- >> National Portal

You are here : [Home](#) > RCI registered Psychologists for Mental Health Support during Covid-19 crisis Last updated on : 08/04/2020

RCI registered Psychologists for Mental Health Support during Covid-19 crisis

[RCI registered Psychologists for Mental Health Support during Covid-19 crisis](#)

513	A45264	Mahima Sukhwai	Hyderabad	Telangana	98806 05896	English, Hindi	05:00 pm - 08:00 pm
514	A47693	VIJAYA VARDANA RAJU. P	HYDERABAD	TELANGANA	9885268184, 7219119433	TELUGU , HINDI , ENGLISH	05:00 pm - 08:00 pm
515	A47950	PRATIKSHA SAHASRABUDHE	RANGA REDDY	TELANGANA	9533170201	Hindi, English, Marathi	10:00 am - 01:00 pm -- - Sunday to Friday 05:00 pm - 8:00 pm --- Saturday
516	A48268	Udharana.Pakeerabad	Ranga Reddy	Telangana	9959288009	Telugu, English, Hindi	10:00 am - 01:00 pm
517	A51928	SUBHA RAMASWAMY	HYDERABAD	TELANGANA	9966029278	ENGLISH, HINDI, TAMIL, TELUGU	10:00 am - 01:00 pm
518	A54272	PRIYA SINGH	HYDERABAD	TELANGANA	9347305917	HINDI	05:00 pm - 08:00 pm
519	A55404	Beulah Vennela	Hyderabad	Telangana	8297976773	English, Telugu, Hindi	05:00 pm - 08:00 pm
520	A58345	Mahesh Sanga	Warangal	Telangana	9652924077	Telugu, English	10:00 am - 10:00 pm
521	A58494	VRUSHALI REDDY	HYDERABAD	TELANGANA	9247430215	Hindi, English, Telugu, Marathi	10:00 am - 01:00 pm
522	A62432	K . SUNITHA	HYDERABAD	TELANGANA	9059875999	TELUGU, ENGLISH, HINDI	10:00 am - 05:00 pm
523	A63635	Y. Sudha Madhavi	Hyderabad	Telangana	9666648570	English, Hindi, Telugu	10:00 am - 01:00 pm
524	A65442	ATLA SRINIVAS REDDY	KARIMNAGAR	TELANGANA	9703935321	TELUGU	05:00 pm - 08:00 pm
525	A44274	Pubalin Das	Noida and Bhubaneswar	Uttar Pradesh, Odisha	9999103900	English, Hindi, Odiya	01:00 pm - 08:00 pm
526	A25263	Neelam Singh	Lucknow	Uttar Pradesh	9453779459	Hindi	01:00 pm - 05:00 pm
527	A29297	RAMAPATI MISHRA	RAEBARELI	Uttar Pradesh	9125084441	HINDI	10:00 am - 01:00 pm
528	A40416	Ashok Kumar Patel	Balrampur	Uttar Pradesh	8010754646	Hindi, English, Awadhi	05:00 pm - 08:00 pm
529	A41691	Shivani Pandey	Noida	Uttar Pradesh	9451079826	English/ Hindi	05:00 pm - 08:00 pm
530	A44684	Vasudha Singh	Meerut	Uttar Pradesh	7534949949	English, Hindi	05:00 pm - 08:00 pm
531	A44917	Akanksha Awasthy	Lucknow	Uttar Pradesh	8953183383	Hindi, English	05:00 pm - 08:00 pm

Dr. S.Sreedevi, Head, Dept. Of Microbiology successfully completed the online course on "Coronavirus 2019" conducted by AACC learning lab and accredited by Massachusetts Medical Society on 12 April 2020

NEJM Knowledge+ | AACC Learning Lab

Certificate of Completion

This is to certify that
Dr. S.Sreedevi Sarsan
has successfully completed this activity on the topic of
Coronavirus 2019 (COVID-19)

This enduring material was offered by the AACC Learning Lab for Laboratory Medicine on NEJM Knowledge+ and is accredited by the Massachusetts Medical Society. Credits/Hours of participation*: 1.



Dr Nader Rifai
Co-Editor-in-Chief, Learning Lab
Professor of Pathology, Harvard
Medical School

Issued on **April 12, 2020**
Expires at **April 12, 2021**

* For physicians, this is the number of "AMA PRA Category 1 Credits™" awarded.



ISRL Club

Ms. V. Beulah Vennela, Lecturer in Psychology cum College Counsellor, St. Pious X Degree & PG College for Women, through Individual Social Responsible Leaders Club, Under the [Project - Health, Education & Livelihood](#) for orphan's & vulnerable children of the country, has extended her helping hand through giving of provisions (Rice, Oil, Dal, Sugar & Tamarind) at Home for the Disabled, Bansilalpet, Secunderabad and at Valmiki Foundation (Orphanage Home), Hasmathpet, Bowenpally.



Psychological Support - Department of Psychology

With the Immense Support and Encouragement from the Management, The Department of Psychology, through Phoenophin Club, St. Pious X Degree & PG College for Women, has initiated COVID 19 Awareness Program in Promoting Mental Health of the Individuals with the Slogan - COVID 19 - BID TO LID, in Managing one's Anxiety through RELEASE, CRUSH the Existential Crisis, CHASE Your Fears With CHEER and Strategies to deal with Quarantine period.

ST. PIOUS X DEGREE & PG COLLEGE FOR WOMEN
RE-ACCREDITED WITH A+ BY NAAC
DEPARTMENT OF PSYCHOLOGY
PHOENOPHIN CLUB

**MANAGING ANXIETY
THROUGH**
Release

Reduce unlimited media
Explore what triggers your anxiety
Live in the present
Engage in positive affirmations & practice deep breathing
Accept what you cannot control & focus on what you can control
Speak to loved ones and friends
Exercise

ST. PIOUS X DEGREE & PG COLLEGE FOR WOMEN
RE-ACCREDITED WITH A+ BY NAAC
DEPARTMENT OF PSYCHOLOGY
PHOENOPHIN CLUB
BID TO LID - COVID 19

ST. PIOUS X DEGREE & PG COLLEGE FOR WOMEN
RE-ACCREDITED WITH A+ BY NAAC
DEPARTMENT OF PSYCHOLOGY
PHOENOPHIN CLUB

Crush
**THE EXISTENTIAL
CRISIS**

CONNECT WITH THE NATURE
RELECT ON WHAT YOU ARE FEELING & REMIND YOURSELF WHY LIFE HAS A MEANING
UNDERSTAND THAT YOU HAVE SPECIAL PURPOSE
SET GOALS EMBRACING UNCERTAINTY
HELP OTHERS

ST. PIOUS X DEGREE & PG COLLEGE FOR WOMEN
RE-ACCREDITED WITH A+ BY NAAC
DEPARTMENT OF PSYCHOLOGY
PHOENOPHIN CLUB
CHASE YOUR FEARS WITH CHEER

CHALLENGE YOUR THOUGHTS
CHANGE YOUR PERSPECTIVE
HAVE A PLAN TO FACE YOUR FEARS
HUMOUR
AVOID WHAT IF STATEMENTS
EXPLORE YOUR COPING STRATEGIES
SEE WHAT HAPPENS IN YOUR BODY
EMPOWER YOURSELF WHEN YOU FACE YOUR FEARS
EGIVE UP ON YOUR EXCUSES
RBREAK YOUR ROUTINE

"THINKING WILL NOT OVERCOME FEAR
BUT ACTION WILL."
W. CLEMENT STONE

WE'VE GOT SPIRIT!

MY QUARANTINE SELF REMINDER

Don't let what you can't control, control you

Start today with love and start it with yourself

Cheers to the years that bent & shaped you but didn't break you

while you wait for the clouds to part, know that underneath, the sun still shines

we can take turns being strong

Today is done and you did great


Every storm runs out of Rain

BY
AISHA AFROZ

Lecturer, Department of Psychology

The Staff and Students of St. Pious X Degree & PG College for Women, have actively been a part of this awareness programme in spreading and taking it forward to many.


During this period of crisis I am spending most of my time playing with kids. Going through old albums and telling my kids the lovely moments behind those pics. Kids are loving to know about their actions as small little kids. It is giving lot of pleasure in memorising beautiful moments. Watching lots of cartoons specially Tom & Jerry. In addition, I am calling relatives & friends.



Dr. Komala
HOD
Department of Physics
St. Pious X Degree & PG College for Women
Hyderabad

1) Keep Calm in this distress
Let corona not make you depress
Have faith in almighty
Social distance is the route to safety

2) O Dear Covid
We are not timid
Distant we stand
Go away we command




3) No SARS and no Corona
Shatter my peaceful arena
Come let's together fight
And make our future bright

C. Vani Sree
HOD
Department of Biochemistry
St. Pious X Degree & PG College for Women
Hyderabad

Ours is a joint family, firstly when the Lockdown was announced I was very happy because I got time to stay with my family as I was staying in hostel far from them from the past 5 years and it was pretty much same for everyone in the family .

The day Lockdown was announced our family sat together to make plans so that no body feels difficult to stay always at home. All the beginning was everything went good we played together, sang, danced, recalled all our memories. But then when the Covid-19 positive cases kept increasing everyone felt so anxious about it, no body has a mood to play or do anything, sat alone to think about it. They all were afraid to deal with the situations and sometimes they got tempered on small issues. From then I started telling them it is what everyone feels at this time, don't panic, have self time. Even now at times they get panicked, i myself and we as a family together are trying to face this so that it won't affect us more.




Vyshika Bushan
BA III MPML
St. Pious X Degree & PG College for Women
Hyderabad

Lock down!

It left me with no Clue because everyone are precious to me so, I can't stand to loose anyone from my family due to COVID -19. Which is why it makes me very anxious. I am scared to death constantly at all times. But later I thought its better that I divert my mind. So I started working on my interests: learning something new in dance, singing, cooking or something productive , helping my parents and spending most of the time with them.

If we want to do or learn something which we like, and never found the time, then this is the right time.
#stayhome #staysafe



Rachel Pruyanka
BA III MPML
St. Pious X Degree & PG College for Women
Hyderabad

Awareness through Videos - Department of Psychology in Collaboration with MBA Department

As a part of COVID 19 Awareness Program, the Department of Psychology in collaboration with MBA department of St. Pious X Degree & PG College for Women, students of MBA have recorded their views and urging one to stay at home in local and regional languages.



VID-20200412-W
A0087