

SIGNIFICANT OUTREACH PROGRAMS @ CLINICAL PSYCHOLOGY CENTRE, UNIVERSITY OF CALCUTTA

The clinical psychology trainees of the Clinical Psychology Center, University of Calcutta, actively participated in some major outreach programs in **2024-2025**, organized by the Center, aimed at providing experiential learning and community engagement.

I. INMATES OF CORRECTIONAL HOMES:

- a) In the year 2024, Inmates were brought to the Centre from open correctional Homes for assessment of their suitability to be released in the mainstream society. Around 20 inmates were referred for assessment and reports were disbursed.
- b) Adult Inmates of correctional homes are being referred regularly to CPCUC by Court orders so as to assess their ability to commit crimes so that the court can arrive at a decision regarding their conviction.

II. OUTREACH PROGRAM WITH CHILD CARE INSTITUTIONS

The trainees were provided with an opportunity to actively participate in an outreach program in collaboration with the Directorate of Child Rights and Trafficking in two prominent Child Care Institutions (CCIs) in Kolkata. The trainees visited these institutions, interacted with the residents, and devised structured group-based intervention programs.



In order to offer effective therapeutic intervention, mental health, trainees must possess a nuanced understanding of both psychological and social dimensions of society, particularly within the sociocultural context of the country. This outreach program offered crucial experiential learning, enabling the trainees to understand the implementation of the Juvenile Justice Act, 2015, and its broader implications.

Regular visits to the CCIs helped establish a meaningful rapport between the trainees and the residents. These visits were observed to be a positive addition to the residents' daily routine and, in turn, contributed to fostering positive experiences and enhancing their interpersonal skills. Initial assessment reports were shared with the Directorate of Child Rights and

Trafficking, Govt of West Bengal. Regular feedback of intervention helps them for handling mental health issues of those children under care and protection.

The group sessions began with basic affective education, followed by identifying and labeling complex emotions and establishing links between emotions, thoughts, and behaviors. Maladaptive coping strategies were addressed through cognitive exercises and interactive activities and were subsequently replaced with adaptive alternatives. Common cognitive distortions were also explored, and self-esteem-enhancing sessions were conducted to empower the residents and promote effective coping.



The trainees worked collaboratively, adopting a cooperative approach by building upon sessions conducted by different colleagues. This process enhanced their problem-solving abilities, consistency, decision-making, and workplace communication skills. Overall, the outreach program with the CCIs functioned as a two-way process, benefiting both the residents and the trainees through shared learning, skill development, and meaningful engagement.

III. SPECIFIC LEARNING DISABILITY CAMP: AN OUTREACH PROGRAM

A Specific Learning Disability (SLD) Camp was organized at the Clinical Psychology Center, University of Calcutta, on 9th and 10th December 2025. Children appearing for Class X examination who were referred to the Centre for disability certification attended the camp at the Center. The trainees conducted a one-day assessment schedule for each child to facilitate a comprehensive yet time-efficient evaluation, thereby reducing delays in obtaining certification when required.



The collaborative efforts of the trainees, coupled with effective communication and coordination, contributed significantly to the success of the camp. This outreach initiative enabled the trainees to gain valuable insights into identifying early indicators of SLD, as well as commonly co-occurring difficulties observed in children with SLD.



During the program, the trainees interacted extensively with parents and other informants, providing preliminary information about SLD, its course, and prognosis. Psychoeducation was also offered regarding available intervention programs for SLD and associated comorbid mental health concerns. This community outreach initiative helped



raise awareness about SLD and its impact on children's academic and emotional functioning. The trainees worked in close collaboration, efficiently utilizing available resources while simultaneously engaging with and psycho-educating the children and their families. Children who screened positive were referred to appropriate organizations for further evaluation and intervention. Overall, the outreach program served as a valuable learning experience for the trainees, fostering the development of essential soft skills such as effective communication, problem-solving, teamwork, and adaptability in professional settings.



IV. SELECTION OF BORDER SECURITY FORCES (BSF):

BSF personnels who have cleared physical tests but failed to clear medical tests because of presence of mutilation marks in arms and legs were referred to the Centre to examine their suitability to be included into armed forces, using psychological assessments. Based on the psychological reports provided, their appointment will be decided.

V. STUDENT MENTAL HEALTH FORUM

Approved through Syndicate (CSR/51/2025, dated 22.07.2025), the forum provides free of cost services to the students and scholars of the University of Calcutta who are currently experiencing mental distress. Ever since its establishment, several students and scholars of various

Departments of University of Calcutta have approached the Counselling centre to access their mental health services. Through collaborative effort, it was possible to alleviate the mental distress of majority of the students, through decision making, rational thinking, grounding strategies and so on.

VI. INTERVENTIONS AND ASSESSMENTS IN SCHOOL SETTINGS:

Trainees from the Centre have been visiting various school to assess the maladaptive thinking and behaviour patterns as well as the mental distress of the school students. Intervention programmes aimed at addressing these will also being delivered in various schools.