

LIVING THE SUSTAINABLE DEVELOPMENT GOALS



Actionable ways WE can
change the world.



Details

Theme

Date/Period

Mental Health Awareness Program

10th October 2022

Funding Courtesy

Region/Place Covered

Beneficiaries

Number of Beneficiaries

Ahan Builders

Ramtek, Nagpur, Maharashtra INDIA

Students, Parents of Local Schools

157 Students and 54 Parents

Mental Health Awareness session at Remote school in Nagpur district.

PROGRAM BRIEF

Mr. Navnath Gaikwad - well known Hypnotist conducted a seminar with the title of Mental Health Awareness, dated on 10th October 2022. The World Federation for Mental Health has been celebrating World Mental Health Day on the 10th of October for the past 10 years.

And in the series of above, Mr. Navnath Gaikwad was invited as the speaker for the same. He has vast experience in Psychotherapy in addition to Counselling. He is currently working with the government agencies and associated with various institutions in Maharashtra. Elucidating the topic of Mental health and awareness he addressed the students and the staff

PROGRAM DESCRIPTION

Beginning with the basic prospect of health and the factors it is based on, he covered concerning and important topics like anxiety, depression and some commonly spread myths in detail. With the assistance of statistical data and graphical representations, he illustrated the inciting causes of mental illness and how it is being spread among the different age groups

Expressing the main concern towards the youth with the age group varying from 13- 25 years of age, he discussed the symptoms, causes, consequences and prevention of Mental disorders. According to the NMHS survey, mental disorders are the second leading cause of deaths in the Indian population.

CHALLENGES

The key challenges among the youth suffering from the Mental illness is the expressing the suffering or symptoms to be shared among the colleagues, friends and family/parents. The major issue is to make them aware of the problem they are facing and its very common to have these issues as 99% of the population are some or the other way suffering from the mental illness. Making them aware is itself the first step towards getting rid of these problems

ACTIVITIES

Mr. Gaikwad elaborated Suicide prevention, the theme for Mental Health Day. As this year's campaign has already been launched with the motto of "40 seconds of action", considering that one suicide is witnessed every 40 seconds globally. Taking a note of it, Mr. Gaikwad interacted with the students and discussed the elements leading to suicides in every age group.

Academic pressure, financial issues, body image concerns, sexual identity are a few comprising the list. Further, he imbued the audience with measures to prevent suicides such as providing support services, reducing access to means of self harm, talk therapies and enhancing coping strategies of people having suicidal tendencies.

Mr. Gaikwad concluded the program by emphasizing that people should be more attentive towards mental health fitness in comparison to their physical health fitness. In the end, he answered the queries in detail raised by the audience. The information imparted during the seminar served to be an eye-opener for the young students. The learning from the event would go a long way in tackling mental and emotional issues. In future, ICEF will continue to take up such socially relevant issues for raising the standard of lives

IMPACT

After the session, we met many students and parent who openly discuss the issues they faced. The openness in discussing the day to day issues related to stress, anxiety is the success of the session as the community which feels that discussing the personal issues related to Mental health is a stigma discussed openly with the experts accompanied with us.

We shared the helpline numbers with the community to call us in case of any issues/emergencies and promised to conduct the program again in near future to review and track the progress on Mental Strength of the community.



Details

Theme Mental Health Awareness Program
Date/Period 08th March 2023

Funding Courtesy Suryadatta Foundation
Region/Place Covered Panvel, Navi Mumbai Maharashtra INDIA
Beneficiaries Parents of Local Schools
Number of Beneficiaries 200+ Mothers

Mental Health Awareness session for Mothers on International Women Day.

PROGRAM BRIEF

Mr. Atul Joshi - well known Hypnotist and Director Indus Core Education Foundation conducted a seminar with the title of Mental Health Awareness, dated on 08th March 2023 on the occasion of International Women Day for mothers of students.

Mr. Atul Joshi was invited as the speaker for the same. He has vast experience in Psychotherapy in addition to Counselling. He is currently working with the government agencies and associated with various institutions in Maharashtra. Elucidating the topic of Mental health and awareness He addressed the students and the staff

PROGRAM DESCRIPTION

This summary captures an awareness program conducted at College of Engineering and Innovation, Panvel for parents and specifically mothers. Some of the parents where underwent Basic Counselling course, during earlier sessions. Some of the new parents were invited to be part of this program, awareness about the mental health need and the help offered to the student about counselling services were explained to the parents.

The awareness program began with the opening remark by Principal Dr. Mali continued with Presidential address by Dr. Sushant Patil. He elaborated on the rationale for the event, the follow up and explain the need of awareness about mental health then it was handed to the Mr. Atul Joshi who addressed on Mental Health need among students.

INTENT

This awareness program was conducted with the intention to increase the mental health literacy rate among the teaching staff, parents. Mr. Atul Joshi spoke about the importance of the Basic understanding of the Mental Health and acknowledged the need for it. He also encouraged the teachers to form a system to reach students in their respective department.

ACTIVITIES

Followed by which Mr. Atul Joshi explained the synopsis of the psychological concerns of students, the reason for the distress among the students was explained - the gap that is existing between the onset of the distress and the helping seeking behavior of the students can be shortened if teachers are equipped for early identification and referral.

Emphasis on how parents and teachers can bridge the gap and facilitate earliest mental health services was given. Further, he stressed that with the input of students, a sizable percentage of students are found to be in psychological distress indicative of affecting their academics from minimum 4 weeks to maximum 8 months or 1 year prior to accessing professional help.

Their level of distress had significantly associated with the number of days they were unable to meet their work and study commitments. Despite the interference to their capacity to focus on education, students continue to delay or fail to seek help for their problems because of lack of knowledge about the importance of mental health and the stigma to seek help from the counseling services that is provided in the college.

In managing the distressing symptoms, students are drawing on past or common coping strategies like drugs, alcohol, unhealthy relationships, social withdrawal, absenteeism, seeking symptomatic somatic treatments and complex inter and intrapersonal issues. However, if the underlying cause remains unresolved, it may continue to impact students overall functioning and also affect their ability to meet the educational goals.

Hence exclusive counseling programs like equipping the faculty and parents on the warning signs of distress, early identification and prevention of psychological distress, creating awareness about the importance of mental health among students and building peer counseling system will bridge the gap between the onset of distress and the helping seeking behavior of students.

IMPACT

200+ parents attended the program and as result few of them had volunteered for the forth coming training program planned by the institutions. Moreover, teachers had referred students to counselling services and addressed issues of students at the first level. Most interestingly, teachers have understood that psychological distress among students can be one of the reasons for the student's behavior and not always disrespect or arrogance

Details

Theme An awareness seminar for students of all streams and years on managing academic stress
Date/Period 14th February 2024

Funding Courtesy ICEF
Region/Place Covered Akola, Maharashtra INDIA
Beneficiaries Students of BCA and MCA
Number of Beneficiaries 400+ Students

An awareness seminar for students of all streams and years on managing academic stress

PROGRAM BRIEF

The idea behind organizing the seminar was to make students familiar with the strategies that could be helpful to them in coping up with academic stress and Interaction and counseling of students facing academic problems with Senior consultant psychologist Seminar was conducted by Dr. Sangeeta Joshi (Clinical Psychologist and a Homeopath) followed by an interaction and counseling session of students with him.

PROGRAM DESCRIPTION

The Internal Quality Assurance Cell (IQAC) of BSIOIT College organized a seminar on the 18th April, 2023 on the topic of "Managing Academic Stress and Mental Wellbeing". The seminar was aimed at helping college students in managing mental distress and anxiety due to academic pressure, as well as focusing on time management as one of the most effective ways to achieve the same.

The Seminar was held in Room no. 201, INFOSYS Block, which is a well-equipped lecture hall suitable for such events. The speaker for the session was Dr. Sangeet Joshi, Clinical Psychologist and Homeopath.

INTENT

This awareness program was conducted with the intention to increase the mental health literacy rate among the students. Dr. Sangeeta Joshi spoke about the importance of the Basic understanding of the Mental Health and acknowledged the need for it. She also encouraged the teachers to form a system to reach students in their respective department

ACTIVITIES

Dr Sangeeta Joshi has worked with an array of populations suffering from a variety of mental health disorders such as mood disorders, anxiety and psychotic disorders. Dr. Joshi encouraged students to prioritize their everyday life activities with respect to urgency and relevance. In addition, she also motivated students to adopt time management skills which would help them in finishing their tasks on time and reduce their anxiety and stress levels.

During the seminar, the psychologist also conducted some mental health exercises with the students which would help them in dealing with the source of stress/ problem in a more effective and productive manner.

She also encouraged students to have self relaxation techniques which would be effective in relieving their stress and help them perform better in academics. Following the seminar, a personalized interaction session of the students with Dr. Joshi was also held in a kiosk which was set up in the medical room of the college.

The set up helped students to discuss their issues and problems affecting their mental health with the psychologist

IMPACT

The students got an opportunity to understand strategies and techniques that can be employed in their everyday life and can help them in reducing their academic anxiety and mental distress The counselling and interaction session helped students in sharing their concerns and problems with the psychologist.

Details of the Mental health awareness

Details of other programs conducted across Maharashtra and other states are given below.

No	Topic	Venue	Date
1	Mental health awareness session for students, parents and teachers	APS Khadakwasla Pune	13-July-2024
2	Mental health awareness session for students, parents and teachers	Delhi public school Aundh Pune	26-July-2024
3	Mental health awareness session for students, parents and teachers	MIS International School Pune	13-Aug-2024
4	Mental health awareness session for students, parents and teachers	AD Joshi Junior College -Solapur	29-Aug-2024
5	Mental health awareness session for students, parents and teachers	Jawahar Navodaya Vidyalaya – Mohol Dist Solapur	29-Aug-2024

No	Topic	Venue	Date
6	Mental health awareness session for students, parents and teachers	Reliance Foundation School – Mauda Nagpur	12-Sep-2024
7	Managing Examination Stress	Airforce School Vayusena Nagar Nagpur	12-Sep-2024
8	How to handle the study pressure during examination days	APS Kamptee Nagpur	13-Sep-2024
9	Stress management at Workplace	NEERI Nagpur	13-Sep-2024
10	Stress management at Workplace	AISER Pune	06-Dec-2024
11	Managing competition and maintain mental health	College of Engineering Amravati	10-Dec-2024
12	Managing competition and maintain mental health	Shri Guru Gobind Singh College - Nanded	08-Jan-2025
13	Managing competition and maintain mental health	Walchand College of Engineering Sangali	17-Jan-2025
14	Stress management at Workplace	Vir bahadur Singh University - Jaunpur	10-Feb-2025

ABOUT THE INDUS CORE EDUCATION FOUNDATION

Indus core education foundation is a Pune Maharashtra India based not for profit organization focusing on two major United Nations Sustainability Goals (SDG 2030). Our focus is on SDG 3.4 - Non-communicable diseases and mental health and SDG 4.C - Improving Teachers Quality. Indus Core Education is working from last 5 years to spread the awareness on the Mental Health among the students of Schools, Colleges and Universities in addition to the parents of Rural, Semi urban and Urban areas of India.

FOR MORE INFORMATION

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