

**Understanding and supporting Mental Health and Well- Being**  
**in collaboration with Umeed Child Development Centre**

**Date: 12<sup>th</sup> September 2023**

**Time- 10.00 am**

**Venue: Room No 14**

**Facilitator : Ms. SajidaVadgama, Mr. Tayzeem Rasool (Umeed Child Development Center)**

**No. of student participants- 72**

The Department of psychology and Counselling Center of our college had organized a session on 'Understanding and supporting Mental Health and Well- Being' in collaboration with Umeed Child Development Centre on Tuesday, 12<sup>th</sup> September 2023 for students of Degree College. The session began with Ms. Radhika from TYBA welcoming everyone and Mr. Rutik from TYBA introducing the Guests Ms. SajidaVadgama, Mr. Tayzeem Rasool from Umeed Child Development Center who were the Facilitators for the session. The session started with the students expressing themselves and describing their experience through poems, metaphor, a sentence, a drawing, etc . The facilitators set up certain norms for the session. No blame, No Shame, No guilt, Trust that learning is a process , What is shared here, stays here.what is learnt goes with you, etc. were few norms for students to be able to express them freely during the session. The facilitators explained what is Mental Health ? They emphasized that Mental Health does not always refer to being happy but being able to experience all kinds of emotions and express them. They made students understand that just like physical health, mental health is important at every stage of life. It affects how we handle stress, relate to one another and make decisions. Mental health influences the way individuals look at themselves, their lives and the others in their lives.

The discussions extended to how has our mental health impacted students in their college or personal lives. Impact of religion, culture, government policies, identities, social media, self isolation, etc. From assumptions to biases, from the difference between ok and not ok for me, the students participated in the open forum and discussed their thoughts. They also learned about neurodiversity which is basically "Not to accept diversity but to celebrate diversity."

The facilitators further spoke about 'the Jugaad for Mental wellness' There are some little and not so little things you can do to take care of your mental health. It could be anything like waking up early and having cup of tea, reading a book, listening to music, yoga, etc. and

suggested that studentst can make a 'Jugaads documentary'. Ms. Komal from TYBA proposed a Vote of Thanks and the session ended with some positive feedbacks and some group snaps for a wonderful memory of the enriching session.



Ms Rina Patel

Head, Department of Psychology

Co-ordinator, counselling centre