

## **3.3**

# **Collaborations and Health Services**

### **3.3.5 Mental Health Support**

**MRIIRS Weblink to SDG3:**

**<https://mriirs.edu.in/sdg03-good-health-and-well-being/>**

### Mental Health Support at MRIIRS

Ensuring good mental health of the campus population is the topmost priority of the Manav Rachna international Institute of Research and Studies. Healthy minds (physically, emotionally, psychologically and socially stable persons) are the pillars of sustainable development of any country.

- Faculty of Behavioral and Social Sciences at MRIIRS is one of the first institutes to boast of a '**Human Lab**'. It is the first lab in the entire Haryana and Delhi-NCR. Human Lab undertakes Assessment & Psychometric profiling to support for Emotional Behavioral and Mental problems.
- **MRIIRS Counselling Cell (मनोव्रति: A Wellness Centre)** provides support and assistance to students/employees/local community people in all areas of life. It also provides support related to LGBTQ issues, gender identity and sexual orientation or any other mental health related required support.
- **Mental Health initiative 'SATHI' (Support & Assistance through Telephonic Helpline for Individuals)**: was launched in 2020 during the pandemic with trained Clinical Psychologists to provide emotional First Aid and crisis management inputs, helping the people who were stressed out due to difficult times. To help citizens deal with their stress and emotions, SATHI (Support & Assistance through Telephonic Helpline for Individuals), a 24X7 helpline has been initiated. A substantial number of elderlies, students, working women, housewives, etc., mostly suffering from anxiety, fear and depression were taken care of through online counselling.
- An **annual mental health camp 'SPARSH'** was launched to spread awareness about mental health and well-being through students.
- A **mental/psychological and dental health application 'SUKOON'** has been launched as joint initiative of Dental and Engineering students to support dental and mental health related issues. Sukoon app aims at helping people, especially those with mild anxiety, stress and depression to self-manage their problems with the help of evidence based mental health exercises, journaling of thoughts, relaxing sounds and affirmations. The app will also be helpful to corporate employees and students to manage the stresses of their everyday life positively

and easily. The application consists of various packages to deal with common problems of life like emotional distress, agitated mood, inability to sleep and stress.

- An exhaustive **mental wellness campaign** has been conducted in the campus by the department of Psychology to spread awareness about Mental Health.
- **Student Grievance Redressal Cell and Staff/Faculty Grievance Redressal Committee** have been constituted to support the students and employees and provide the resolutions for their respective Grievances. The whole process is online, the students/faculty/staff members can register their grievance and track the status online through Education Management System – EMS of MRIIRs via the following link:

<http://mriirs.edu.in/international-institute-of-research-and-studies/redressal-complaint-form/>

The details of the initiatives taken to provide students and staff with access to mental health support have been provided as the evidence documents for 3.3.5.

### **A. Human Lab:**

Faculty of Behavioral and Social Sciences (FBSS) at MRIIRS is one of the first institutes to boast of a 'Human Lab'. It is the first lab in the entire Haryana and Delhi-NCR. Human Lab undertakes Assessment & Psychometric profiling to support for Emotional Behavioral and Mental problems. It has more than 50 different standardized psychometric test & psychological instruments for the assessment of various physiological, psychological, behavioral, emotional and spiritual characteristics of children, adolescents, adult & the elderly. Career Counseling and Employability Skills Training is provided. The counseling and Psychotherapy services are available for the students of Manav Rachna Educational Institutions to deal with interpersonal problems, emotional distress, health and wellness, anxiety, depression, self-esteem and adjustment. A psychometric profiling helps the students in self-introspection and in enabling him/ her in identifying his core strengths and weaknesses. The student is made to regularly undergo psychometric tests to monitor his progress. Regular Health

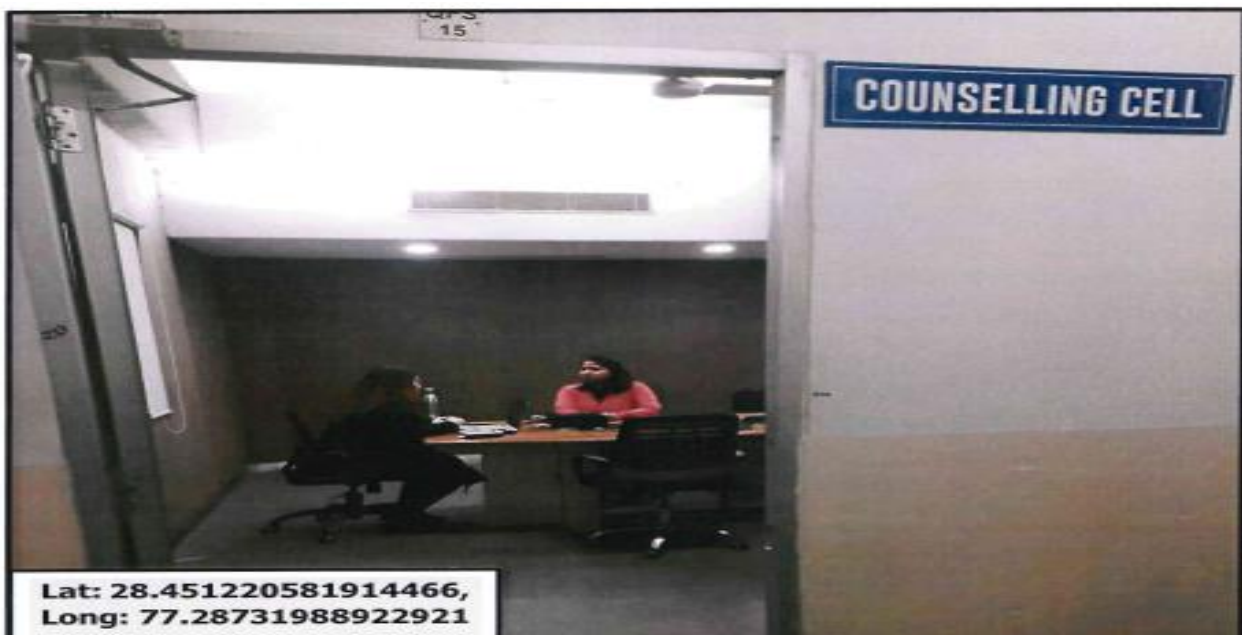
Awareness and Mental Health Programs are being organized and conducted by the Human lab.

<https://manavrachna.edu.in/support-for-students-with-mental-health-conditions/>

### **B. Counselling Cell at MRIIRS:**

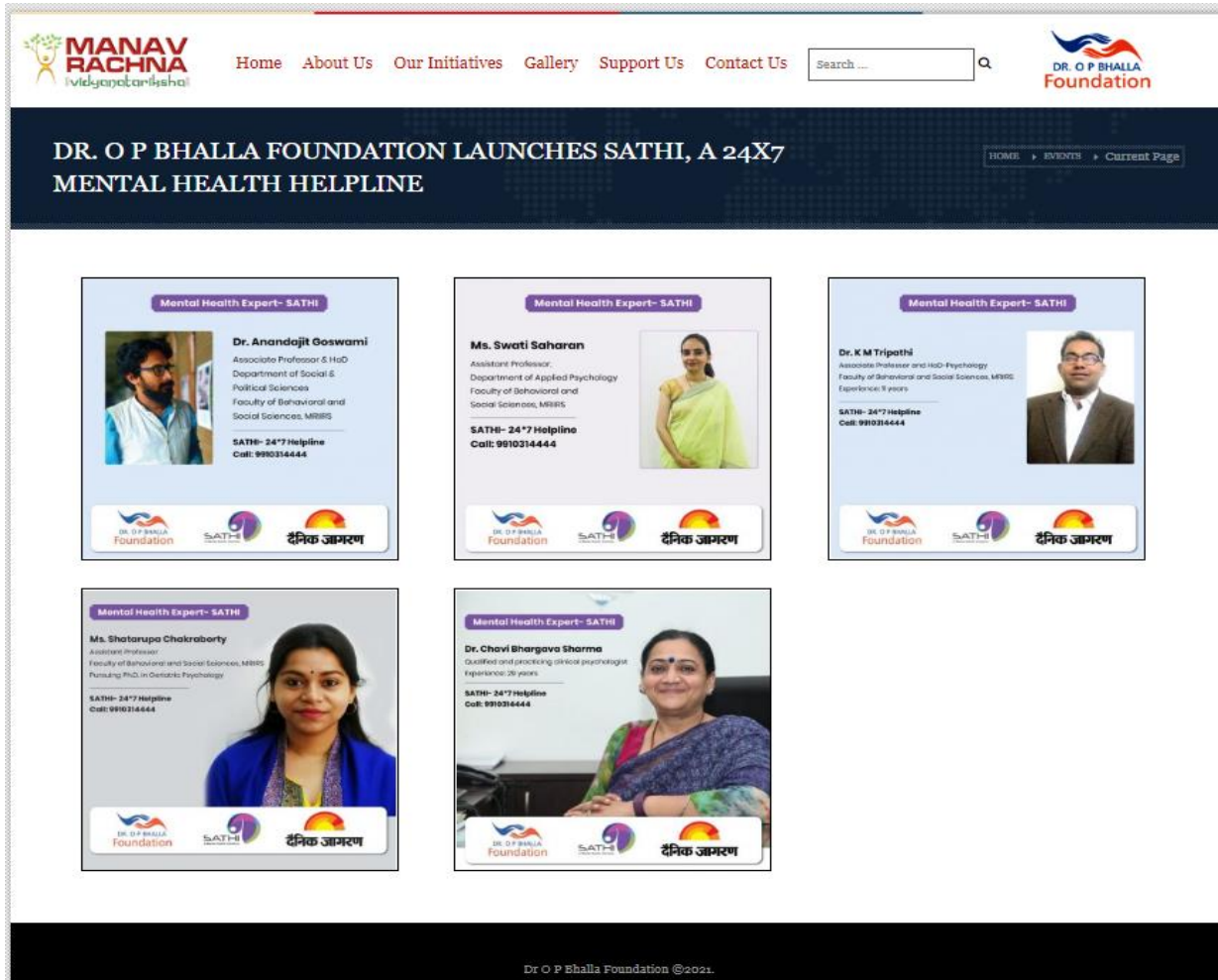
The social and economic burden of mental health conditions has been immense, and with the advent of COVID-19 pandemic the need for wellness services have been realized by the larger community. As per a recent WHO report the world is walking towards mental health pandemic at a fast pace. With an aim to de-stress the planet, Manav Rachna International Institute of Research and Studies has established a counselling cell to provide counselling and psychological support to students, faculty and staff members along with nearby community members. The MRIIRS counselling cell provides the following services:

- Psycho-diagnostics for better understanding of psychological issues among the target populations with the help of psychological assessments such as Projective tests, neuro-psychological battery, etc.
- Counselling and Guidance with various models such as Talk-therapy, Psychotherapeutic intervention, Expressive and art-based techniques, hypnosis and narrative approach.
- Bio-well to provide an extensive report to understand the flow of energy and enhance emotional health.



## C. Mental Health initiative 'SATHI' (Support & Assistance through Telephonic Helpline for Individuals):

MRIIRS in collaboration with its ISR arm Dr. O. P. Bhalla Foundation and Dainik Jagran started SATHI, 24/7 helpline, to provide emotional first aid to people during the Covid 19 outbreak. The counsellors were trained psychologist and faculty members of the



The screenshot shows the website for the SATHI helpline. The header includes the MANAV RACHNA logo, navigation links (Home, About Us, Our Initiatives, Gallery, Support Us, Contact Us), a search bar, and the DR. O P BHALLA Foundation logo. The main heading reads "DR. O P BHALLA FOUNDATION LAUNCHES SATHI, A 24X7 MENTAL HEALTH HELPLINE". Below this, five expert profiles are displayed in a grid:

- Dr. Anandajit Goswami**: Associate Professor & HoD, Department of Social & Political Sciences, Faculty of Behavioral and Social Sciences, MRIIRS. SATHI- 24\*7 Helpline, Call: 990314444.
- Ms. Swati Saharan**: Assistant Professor, Department of Applied Psychology, Faculty of Behavioral and Social Sciences, MRIIRS. SATHI- 24\*7 Helpline, Call: 9910214444.
- Dr. K M Tripathi**: Associate Professor and HoD-Psychology, Faculty of Behavioral and Social Sciences, MRIIRS. Experience: 18 years. SATHI- 24\*7 Helpline, Call: 9910214444.
- Ms. Shatarupa Chakraborty**: Assistant Professor, Faculty of Behavioral and Social Sciences, MRIIRS. Pursuing Ph.D. in Geriatric Psychology. SATHI- 24\*7 Helpline, Call: 9910214444.
- Dr. Chavi Bhargava Sharma**: Qualified and practicing clinical psychologist. Experience: 26 years. SATHI- 24\*7 Helpline, Call: 9910214444.

Each profile includes a photo, a portrait of the expert, and logos for the DR. O P BHALLA Foundation, SATHI, and Dainik Jagran.

department of Applied Psychology, MRIIRS. Before the start of helpline all the counsellors were given training on the emotional First Aid and Crises Management by Dr Chavi Bhargava Sharma (Dean- Faculty of Behavioral and Social Sciences).

To help citizens deal with their stress and emotions, SATHI (Support & Assistance through Telephonic Helpline for Individuals), a 24X7 helpline has been initiated. SATHI is a mental health initiative under Dr. O P Bhalla Foundation in association with Dainik Jagran. A call to a provided contact number is routed to the seven seasoned mental health experts who are assisted by a very capable team of 20 psychology interns at Manav Rachna's Faculty of Behavioral and Social Sciences.

<http://dropbhallaoundation.org/events/dr-o-p-bhalla-foundation-launches-sathi-a-24x7-mental-health-helpline/>

<https://manavrachna.edu.in/manav-rachna-social-innovations-a-solution-for-all/>



**RADIO MANAV RACHNA 107.8 FM**

*is the official radio partner for*

**SATHI- 24 X 7 MENTAL HEALTH  
HELPLINE**

**CONNECT LIVE EVERY SATURDAY & SUNDAY  
FROM 11:00 AM- 12:00PM WITH  
WELL KNOWN HEALTH EXPERTS ON  
RADIO MANAV RACHNA 107.8 FM**

**CALL OR SMS US @ 8010781078**

***Feel Good, Feel Live***

**The regular online talks were also organized through Radio Manav Rachna  
for live counselling**





Circulated Helpline Poster



Media Coverage of the initiative

## SDG 3- GOOD HEALTH AND WELL-BEING



The Counsellors spoke with almost 200 people. The callers varied in age, gender and socio-economic background got counselled from the experts. The counsellors talked to the people from Delhi NCR region.

The most common query that counsellors received was related to Anxiety. People were facing tremendous amount of anxiety during the lockdown. People reported anxiety about their future, job, financial security, health and well-being of their family. Students also got connected with the counsellors to share their emotions, most of them were counselled on their anxiety issues regarding exam and uncertainty about future.

Another significant issue that came up frequently was loneliness, especially among the elderly population. The counsellors received many calls from elderly where they shared feeling lonely because most members of the family were busy with work from home. The elderly felt isolated as their routine changed and they felt confided. But the same time some reported that yes, they felt difficulty due to changes in routine, but they are coping with lockdown by spending quality time with their families and by participating in household chores like gardening, playing with grandchildren, reading books and going through old picture albums and sharing stories about past. They mentioned that these activities increased their closeness with family members, especially grandchildren, but they do miss going to park and talking to their friends. The counsellors encouraged people to try various activities which they enjoy doing help cope with lockdown.

Counsellors also encountered calls from students, who reported feeling bored at home as they are not able to meet their friends. Students reported missing their schools and college. Although the online classes did provide them with a routine but they missed the face to face interaction with teachers and friends. Some students reported the challenges of online classes due lack of proper resources like laptop, internet and even private space to attend class. These challenges were more prevalent in students from lower class and especially for a girl child from the lower class. As the girls expected to contribute to household chores more due to which it was difficult for them to attend online classes.



There were many calls from women. Most of the women reported feeling exhausted as they had to balance work from home, household chores and taking care of children. Most women reported lack of support from spouses in household chores, which were making them angry.

People also shared having relationship issues due to hostile communication and lack of personal space. People reported irritable, frustrated and stressed out which in turn was causing more argument with family members, especially with spouse and kids. In such cases, counsellors suggested quick relaxation techniques and increased self-awareness by identifying signs of stress/anxiety. A few people called back and shared that these techniques were helping them cope better.

There were also causes related to alcohol withdrawal. Many people reported an increased level of anger, hostility and anxiety due to lack of alcohol. Women reported domestic discord due to this. Some children also mentioned feeling stressed because of their father finding difficult to cope without alcohol.

There were calls reporting domestic violence as well. Women reported rise in physical and verbal abuse both from husband and in-laws. They shared how lockdown has reduced their chances of getting help as they can't leave their house and can't call for help as well. The domestic violence cases were reported by all sections of society in lower class, middle class or upper class. In such cases counsellors shared the govt. helpline numbers with the callers.

Almost every caller shared the challenges faced by them during this lockdown and how corona virus has increased the uncertainty about health, jobs and financial security.

There are also calls regarding ration and medicine. People reported having to food to feed to their family. Appropriate help was provided to them in such cases through our ISR arm Dr. O. P. Bhalla Foundation.

There were also calls from upper section of society. They also shared feeling of anxiety, uncertainty, but most people felt bored and stuck at home. These people also shared how they miss travelling, going out and partying. This confinement in home was making them irritable and frustrated. These people reported heavy consumption

of social media like instagram and tiktok which was adding more frustration as it was reminder of time before the corona virus. Few of people also shared the tremendous pressure of constantly updating their online profile which was causing lots of stress and negative thoughts.

Among all the challenges of lockdown there were also stories of how this lockdown has helped people in rediscovering themselves. Many callers reported that how they picked up new hobbies and start with old hobbies. The lockdown has forced many people to question their lifestyle and they reported becoming more conscious about their overall well-being and also the well- being of the environment.

### **D. Annual Mental Health Camp - SPARSH**

Annual mental health awareness camps are organized every year during the month of March-April at MRIIRS by involving the students and faculty members of Department of Applied Psychology with Dr. Jayant as the faculty in-charge.



These annual camps are organized to support the students and faculty/staff members, with mental health conditions and spread awareness across the community.



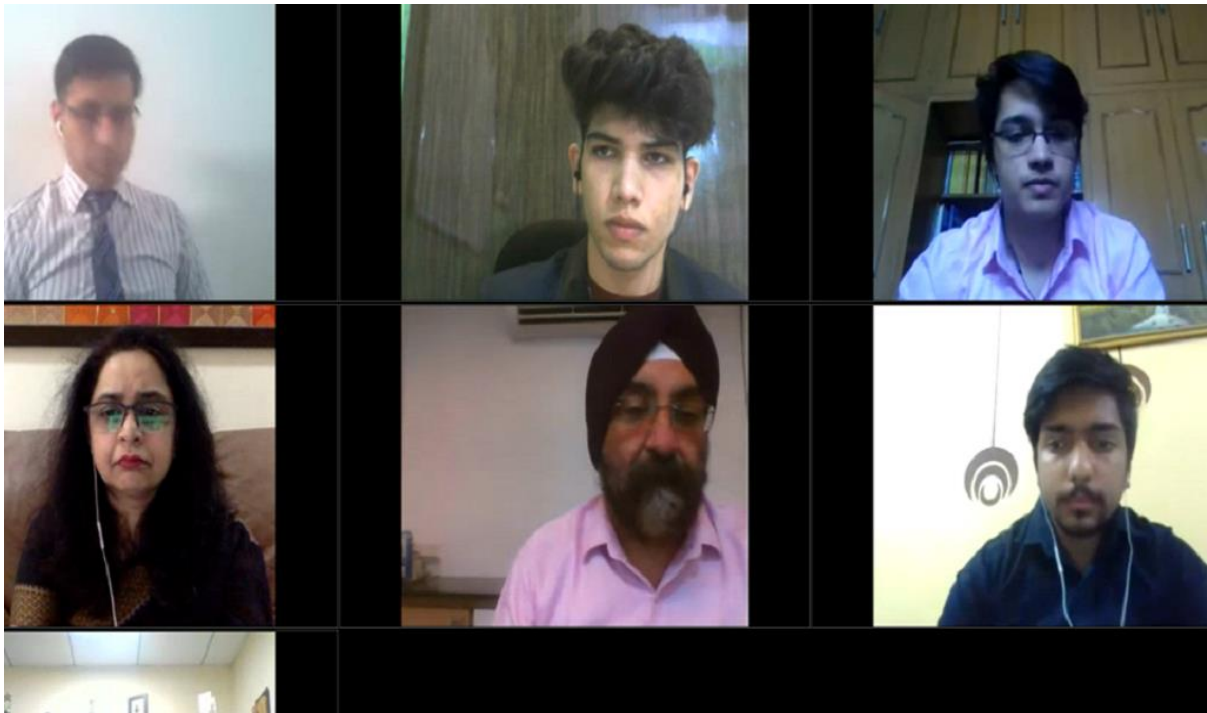
**Awareness campaigns in the neighbourhood community on Mental Health**



### E. Mental/psychological and dental health application 'SUKOON'

**A mental/psychological and dental health application 'SUKOON'** has been launched as joint initiative of Dental and Engineering students to support to support dental and mental health related issues. Sukoon app aims at helping people, especially those with mild anxiety, stress and depression to self-manage their problems with the help of evidence based mental health exercises, journaling of thoughts, relaxing sounds and affirmations. The app will also be helpful to corporate employees and students to manage the stresses of their everyday life positively and easily. The application consists of various packages to deal with common problems of life like emotional distress, agitated mood, inability to sleep and stress.

<https://mriirs.edu.in/latest/manav-rachna-dental-and-engineering-students-join-hands-to-launch-sukoon-a-mental-health-application/>



Students of Manav Rachna Dental College and FET, MRIIRS have come together to develop and launch 'Sukoon by Synsalus' – a mindfulness and emotional wellness application for mobile phones. BDS student, Mr. Sunansh Malik and computer science engineering students, Mr. Vaibhav Dagar and Mr. Yash Kaushik, who are founders of 'Synsalus Technomed LLP' a health-tech company incubated at Manav Rachna said that 'Sukoon' is the first product of the mental health vertical of their newly founded

company and they are coming up with more new and innovative products for both psychological health as well as dental health in the future.

Sukoon app aims at helping people, especially those with mild anxiety, stress and depression to self-manage their problems with the help of evidence based mental health exercises, journaling of thoughts, relaxing sounds and affirmations. The app will also be helpful to corporate employees and students to manage the stresses of their everyday life positively and easily. The application consists of various packages to deal with common problems of life like emotional distress, agitated mood, inability to sleep and stress.

The application was launched through an online event where Dr. Jugal Kishore, Director and Head of Community Medicine, VMMC and Safdarjung Hospital, New Delhi was the chief guest. Dr. Vishal Chhabra, Senior Consultant Psychiatrist at Fortis Escorts Hospital, New Delhi and Vice President of Delhi Psychiatric Society was the guest of honor for the event. Dr. Arundeeep Singh, Principal MRDC was the special guest for the event. Psychiatrists, psychologists, community medicine specialists, public health dentists, other dental specialists as well as psychology students from various parts of the country attended the event. Both the chief guest and the guest of honor congratulated the students and Manav Rachna Dental College for providing an unparalleled opportunity of innovation and entrepreneurship to students in medical fraternity as well as an opportunity of integrated learning between technology and healthcare domains.

Synsalus Technomed LLP has been incorporated and is incubated at Manav Rachna Business Incubator. Dr. Ankur Sharma, Lecturer, Public Health Dentistry, MRDC is mentoring the startup which is working with a vision of providing continuous and affordable healthcare to the people. The mental health vertical is being developed through the guidance of Dr. Sheba Singh senior Consultant Psychologist, Nahar Medical Centre, Mumbai.

Sukoon app is downloadable at:

<https://play.google.com/store/apps/details?id=com.synsalus.sukoon>

It will be available at app store for iOS devices soon.



### F. Mental Health Wellness Campaign and Awareness/Training Programmes:

#### • Mental Wellness Campaign:

The Department of Applied Psychology, Faculty of Behavioral and Social Science, MRIIRS launched a "Mental Wellness Campaign" to spread mental health awareness because mental health is as important as physical health. The journey of wellness is for 15 days starting from 19<sup>th</sup> January 2022.

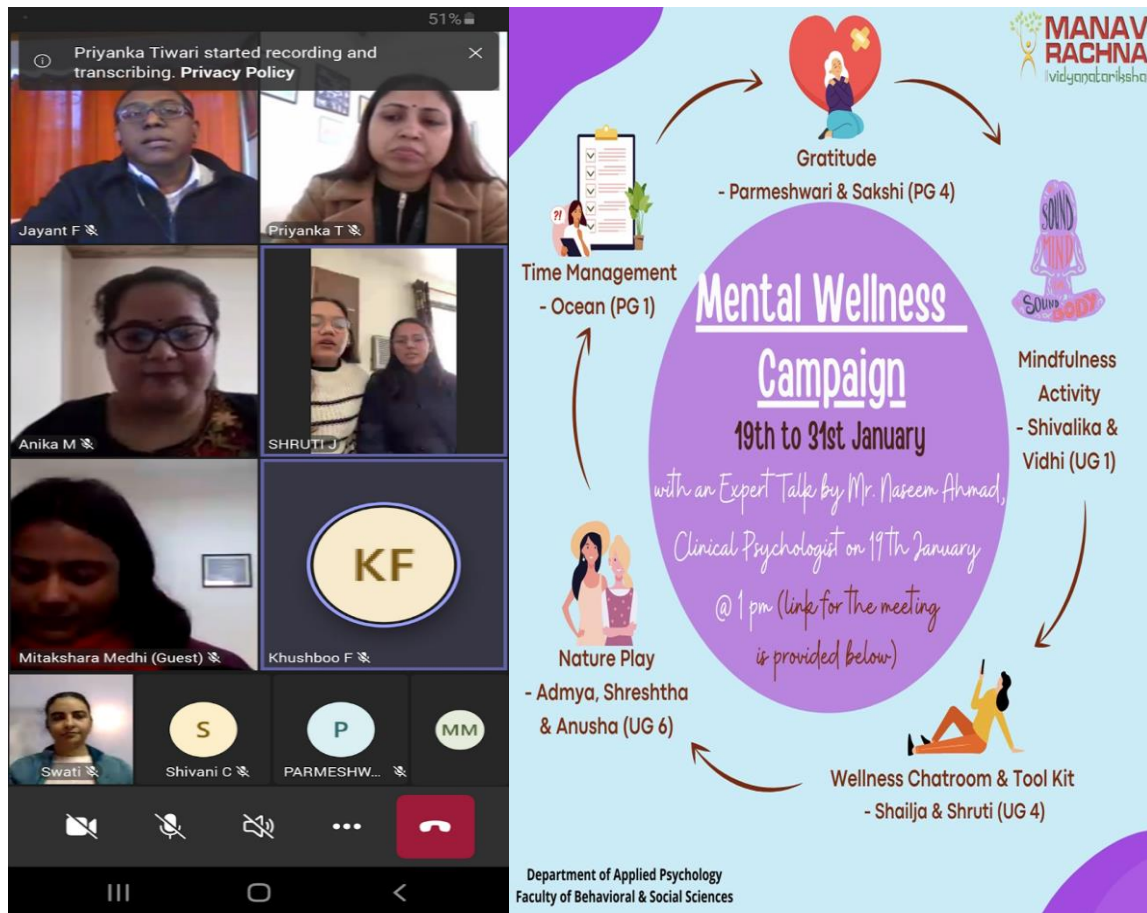
Dr. Anika Magan provided insight into the event and HoD of the Dept. of Applied Psychology (Dr.) Priyanka Tiwari gave the welcome address. She apprised the audience of the relevance of the mental health awareness campaign. The Expert Talk was made by Mr. Naseem Ahmad, Consultant Clinical Psychologist.

Mr. Naseem Ahmad explained about general sources of mental health problems and various major mental health disorders like anxiety, depression, mania, trauma-related conditions, substance use disorder, and behavioral problems in children. He spoke on various challenges people face when accessing Mental Health Services like personal characteristics, Stigma, Feasibility Issues, Perceptions towards mental illness, and treatment. He also addressed the questions asked by participants. The next part of the session which was a hand on task prepared by the student volunteers was shared with the participants. List attached:

- ✓ Gratitude Activity by Parmeshwari and Sakshi (MA semester-IV)
- ✓ Time Management activity by Ocean (MA semester-I)
- ✓ Nature Play by Admyaa, Shrestha, and Anusha (BA semester-VI)
- ✓ Wellness Chatroom & Toolkit by Shailja and Shruti (BA semester-IV)
- ✓ Mindfulness Activity by Shivalika and Vidhi (BA semester-II)

The interested participants will choose any of the activity and they will perform it on daily basis as per instruction shared by the volunteers till 31 January 2022. Students volunteer will keep a track of the participants involved in the activity and will present a final report on 2 February 2022 which will be the valedictory session of the 15-day-

long Mental Wellness Campaign. The session was attended by more than 110 participants.



The image shows a Zoom meeting interface on the left and a promotional poster for the 'Mental Wellness Campaign' on the right. The Zoom meeting includes a grid of participants: Jayant F, Priyanka T, Anika M, SHRUTI J, Mitakshara Medhi (Guest), and Khushboo F. A 'KF' logo is visible in the bottom right of the grid. The Zoom controls at the bottom show icons for mute, video, and chat. The poster features a central purple circle with the text 'Mental Wellness Campaign 19th to 31st January with an Expert Talk by Mr. Naseem Ahmad, Clinical Psychologist on 19th January @ 1 pm (link for the meeting is provided below)'. Surrounding the circle are five activities: Gratitude (- Parmeshwari & Sakshi (PG 4)), Time Management - Ocean (PG 1), Mindfulness Activity - Shivalika & Vidhi (UG 1), Nature Play - Admya, Shreshtha & Anusha (UG 6), and Wellness Chatroom & Tool Kit - Shailja & Shruti (UG 4). The poster also includes the MANAV RACHNA logo and the Department of Applied Psychology, Faculty of Behavioral & Social Sciences.

- **Practical Training on Thematic Apperception Test:**

Department of Applied Psychology, Faculty of Behavioural Social Sciences (FBSS) organized a two-day practical training on TAT (Thematic Apperception Test) on the 12th and 13th of April 2022 at the department during 1:30 PM – 4 PM. The practical training workshop was organized by Dr. Azmat Jahan, under the guidance of Dr. Priyanka Tiwari, Head of the Department of Applied Psychology. The expert for the session was Mr. Naseem Ahmad, Consultant Clinical Psychologist, MHCC, Joint Venture of Red Cross Society, and Faridabad Industrial Association (FIA). The workshop was primarily organized for Masters students

On day 1, Dr. Priyanka Tiwari welcomed the expert and gave highlights of TAT, which focused on the history, administration, scoring and interpretation, and case study

discussions. After that Mr. Naseem Ahmad started the session by giving theoretical acumens on the history and applications of TAT. He also explained the test with his clinical insights giving a better understanding of the practical usage in a clinical setting. Stating several examples, he also spoke about the issues he faced while conducting the TAT on clients. It gave the students an insight into the usage of TAT and the do's and don't while practically conducting the test. A total of 24 participants attended the first day of the session.

On day 2, the expert focused on the administration of TAT by showing each card and explaining the analysis based on need, press, and theme. The session on both days was highly interactive, and students and faculty took an active part in the session, receiving in-depth knowledge about this semi-projective test.

- **International Expert Talk on ‘Cognitive and Affective Neuroscience’**

The Department of Applied Psychology, Faculty of Behavioral and Social Sciences, MRIIRS organized an **International Expert Talk titled ‘Cognitive and Affective Neuroscience’** on **May 17, 2022; Time: 5:30 PM-6:30 PM IST**. The event was moderated by Dr. Khusboo, Assistant Professor, Department of Applied Psychology.

The speaker for the expert talk was Prof. (Dr.) Joel Talcott, who is a Professor of Developmental Cognitive Neuroscience at Aston University, UK. Prof Talcott completed his Ph.D. at the University of California, Santa Cruz and further completed his post-doctoral from University Laboratory of Physiology, Oxford University.

His research interests focus on:

- Developmental disorders of cognition and language.
- Development of reading and component skills in children.
- Genetic and environmental influences on trajectories of brain structure and function
- Educational Neuroscience

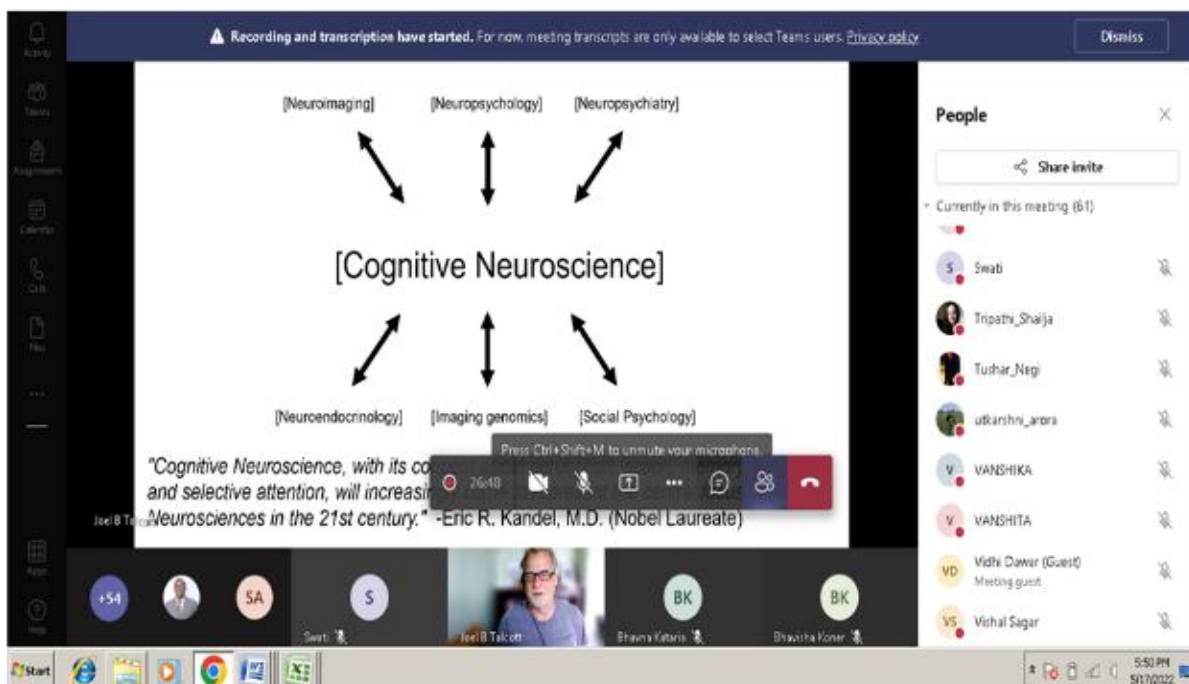
A total of 67 participants (including Faculties, students and scholars) from various departments and domains i.e. economics, social & political science and applied psychology attended the expert talk. The main theme of this Expert talk was "*Cognitive & Affective Neuroscience*". The lecture covered the following things related to the topic like – child development is directly related with brain

## SDG 3- GOOD HEALTH AND WELL-BEING



development. He introduced the basic curriculum structure and other processes of Aston University like: Aston portal, Web appointment scheduling system (WASS), Dashboard and time-table. He also answered participants queries related to the field of Cognitive and Affective neuroscience

The expert Prof. Joel Talcott concluded the session by explaining that we need to understand fundamental brain processes so that we can better target disorders to improve individual outcomes. The participants were very satisfied with the lecture and found it very interactive and fruitful. They requested more of such lectures and sessions in future from the departments.





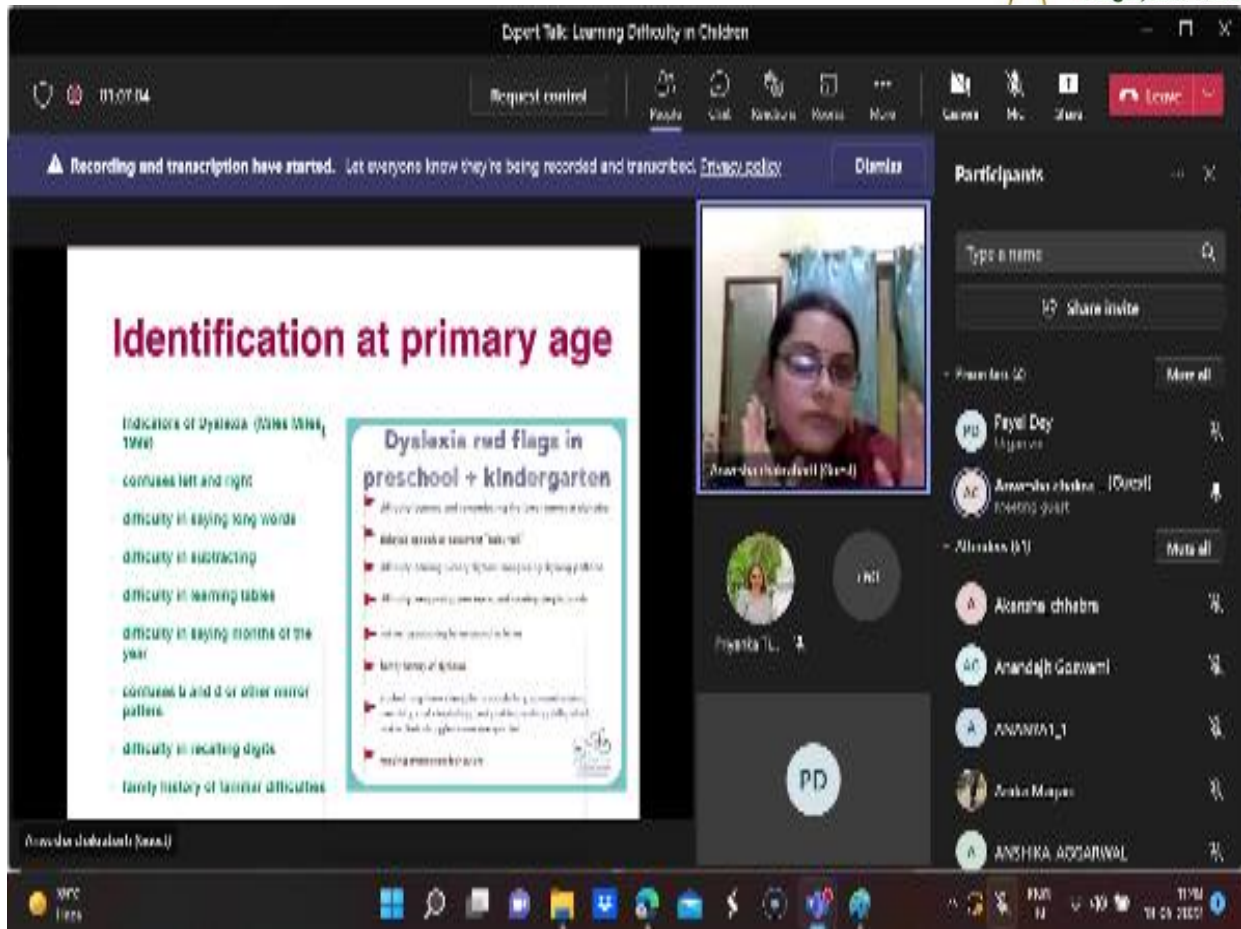
- **Expert Talk on 'Learning Difficulty in Children'**

The Department of Psychology, Faculty of Behavioural and Social Sciences, Manav Rachna International Institute of Research and Studies organized an Expert Talk on 'Learning Difficulty in Children' which was held on 19<sup>th</sup> May 2022 from 11 am to 12.45 pm. The speaker was Dr Anwasha Chakrobari, Head of the Department & Assistant Professor at Sarojini Naidu College for Women. The session started with a welcome address by Dr Payel Dey Ghosh, Assistant Professor, Department of Applied Psychology, Faculty of Behavioural & Social Sciences, Manav Rachna International Institute of Research and Studies.

The focus of the discussion was Specific Learning Disability- Dyslexia, Dysgraphia, and Dyscalculia. The diagnostic criteria of Specific Learning Disability mentioned in the Diagnostic and Statistical Manual of Mental Disorder- 5<sup>th</sup> edition was discussed. The lecture also focused on the features of Dyslexia, Dysgraphia, and Dyscalculia. The speaker addressed the methods of assessment and intervention as well as the physiological aspects of the Specific Learning Disability. The role of parents and teachers in managing children with Specific Learning Disability was also discussed. The session was very interactive. The participants (Scholars, students, parents, and faculty) took part in the discussion and asked relevant questions related to the topic of the webinar. Overall, the session was informative, interesting, and fruitful. In the end, Dr Payel Dey Ghosh, Assistant Professor, Department of Psychology, FBSS, MRIIRS extended the Vote of Thanks.







- **Free community Mental health wellness camp**

"You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle." — Julian Seifter

The Department of Applied Psychology, in collaboration with OP Bhalla Foundation under the 'Key of Unity' project, organised two Free Community Health Camps on 22<sup>nd</sup> June 2022 and 2<sup>nd</sup> July 2022. On 22<sup>nd</sup> June the organised at Senior Citizen Society, Senior Citizen Club, Sector 21 A, Faridabad. On 2<sup>nd</sup> July the camp was organised at Manav Rachna International School, Charmwood Village, Faridabad. Other department participating in the camps were Dental Sciences, Physiotherapy and Nutrition. The services offered by the Department of Applied Psychology included psychological assessment, counselling, psychometric testing. Those who wished to undergo check-up, were asked to donate keys for under the 'Key of Unity' project. Both the events were covered by Radio Manav Rachna, 107.8 FM.

## SDG 3- GOOD HEALTH AND WELL-BEING



On 22<sup>nd</sup> June more than 80 people visited the first camp to undergo check-up. Six faculty members from Department of Applied Psychology and Department of Social and Political Studies, along with five students volunteered their services for the camp. Majority of the participants who visited the camp were part of the elderly population. The major issues highlighted by people visiting camps included problems like loneliness, hopelessness, empty nest syndrome, etc. The people visiting the camp were offered solutions regarding their problems and if needed were also referred for further therapeutic sessions. The faculty and student volunteers were extremely enthusiastic to provide help to the people visiting the camp.

On 2<sup>nd</sup> July more than 200 people registered for visiting the camp at Manav Rachna International School, Charmwood Village, Faridabad. A team of seven faculty members from Department of Applied Psychology, Department of Social and Political Studies and Department of Economics along with nine students volunteered their services for the camp. People of different age groups including parents, students, teaching and non-teaching staff as well as local residents came for mental health related services. Students and faculty members were all actively involved in providing counselling and psychometric testing.

Post the camp on both days the it was realised that there is a tremendous requirement for such health care camps as there is still a huge even now there is a huge stigma related to seeking mental health services. As a result, people fail to seek help regarding there mental health problems even if it is hampering their day-to-day lives. These camps provide a safe space and avenue for individuals to talk about their issues and gain further insight about their problems. It is pertinent that people start realizing the importance of mental health the same way as physical health.

Department of Applied Psychology aims to help individuals realize the importance of talking about mental health with the help of these camps. It is important to understand that seeking psychological help is not something to be afraid or shameful of. It is same as visiting a doctor for your physical health issues. The time has come where we start normalizing mental health problems.

Some glimpses from the camp are appended here.

# SDG 3- GOOD HEALTH AND WELL-BEING





## SDG 3- GOOD HEALTH AND WELL-BEING





# SDG 3- GOOD HEALTH AND WELL-BEING



**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES, FARIDABAD**

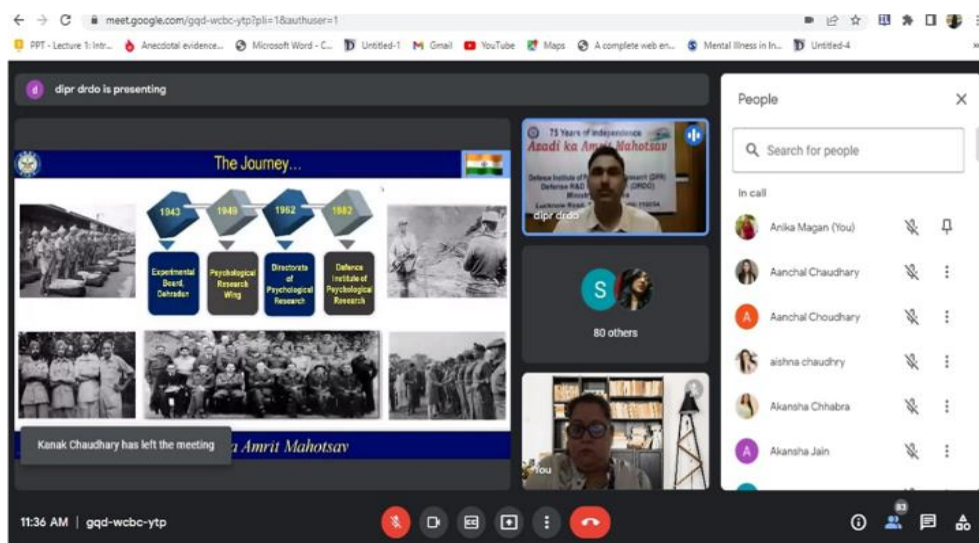


- Webinar on **Contribution of Military Psychology to the armed forces and society**

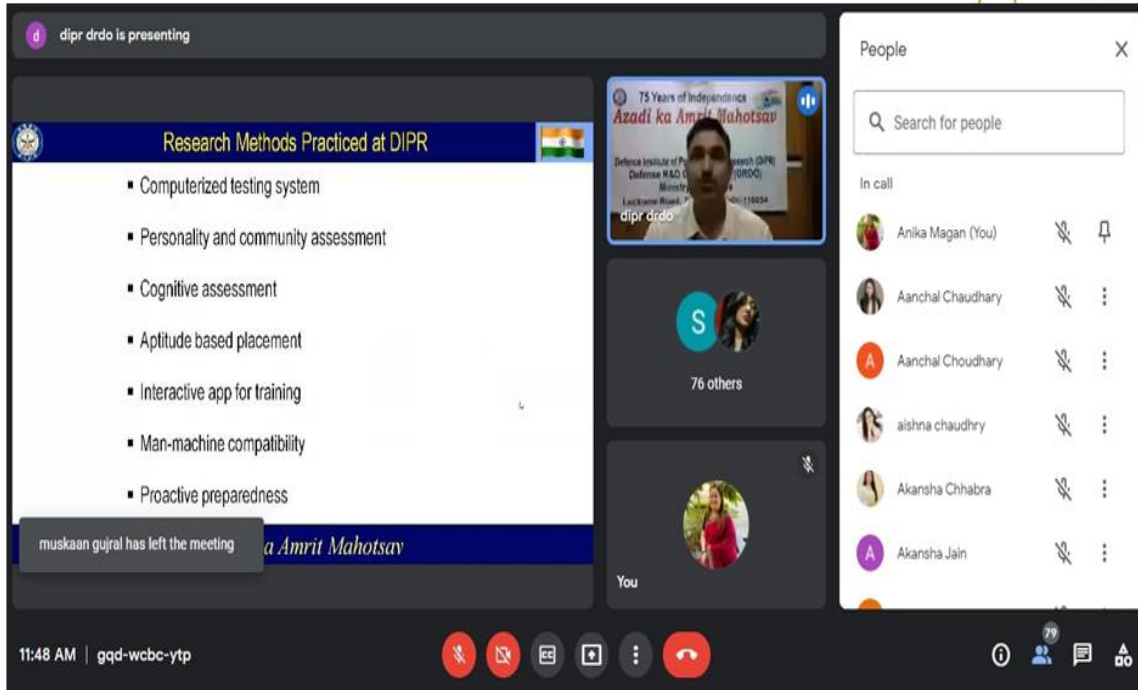
On 8th April 2022, Department of Applied Psychology, Faculty of Behavioural and Social Sciences, MRIIRS, organized a webinar on **Contribution of Military Psychology to the armed forces and society**; in collaboration with Defence Institute of Psychological Research (DIPR), DRDO, New Delhi. The webinar was organized under 'Azadi ka Amrit Mahotsav', an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements.

The speaker of the session was Dr Vijay Prakash, Scientist E, DIPR, DRDO. More than 80 participants joined the session consisting of students, research scholars and faculties. Dr Prakash discussed the evolution of military psychology in India since 1943, the journey so far. He talked about the vision and mission of DIPR, along with the charter of duties. He also highlighted the thrust areas of DIPR comprising Selection, Training, Placement and guidance for the armed forces personnel.

Dr Prakash also threw light on the international and national collaborations of DIPR. He also discussed the career prospects of working with DIPR including on the job training, growth of military psychology, application of psychological principles in real life situations. Dr Prakash also informed the participants about the facilities and infrastructure available with DIPR, including access to reputed international and national journals, books, etc. that can be availed by institutes and individuals associated with DIPR.



## SDG 3- GOOD HEALTH AND WELL-BEING



Dr Prakash concluded his talk by discussing the opportunities with DIPR including internships projects, alongside working in the position of research fellow, senior technical assistants and scientists. Dr Prakash also shared the details of the DIPR and DRDO websites to explore further.

- **Manav Rachna launched PAXCURA- Personal Counselling Sessions for Manav Rachna Students**



## SDG 3- GOOD HEALTH AND WELL-BEING



- **Manav Rachna launched Alumni Mental Health Mentorship Programme:**  
[https://twitter.com/manav\\_rachna/status/1339872114384355328](https://twitter.com/manav_rachna/status/1339872114384355328)

**ALUMNI MENTORSHIP PROGRAM**

**PSYCHOLOGY & MENTAL HEALTH**  
ALL SATISFIES ARE WON OR LOST IN THE WORLD

**RANGE OF ISSUE COVERED:**

- Depression
- Anxiety
- Sleep Disorders
- Covid – 19 induced phenomenon
- One on One Counseling

**DR. CHAVI BHARGAVA SHARMA**  
Executive Director & Dean  
Faculty of Behavioural & Social Sciences  
PhD (Clinical Psychology), Practising Psychologist

**JOIN US FOR THE MENTORSHIP PROGRAM**  
**On Google meet | 20th Dec, 2020 | At 19:00 Hrs**

Join the Global Alumni Network at [https://www.facebook.com/manav\\_rachna](https://www.facebook.com/manav_rachna) for events & much more!

- **Webinar on Mental Health:**  
[https://mobile.twitter.com/manav\\_rachna/status/1260126946999939073](https://mobile.twitter.com/manav_rachna/status/1260126946999939073)

**MANAV RACHNA**  
vidyayantariksha

Webinar On  
**Mental Health during Lockdown**

Date: May 15, 2020      Time: 1:15 PM

### Speakers



**Dr. Navin Kumar**  
Associate Professor in Psychology  
Delhi University



**Dr. Priya Bir**  
Associate Professor  
Department of Psychology, AMU, University of Delhi



**Dr. Swati Sharma**  
Educator, and a Counseling Psychologist  
Manav Rachna International School, Charmwood



**Jayant Sundaresan**  
Assistant Professor  
Department of Applied Psychology, FBSS, MRIIRS



**Dr. Chavi Bhargava Sharma**  
Executive Director & Dean  
FBSS, MRIIRS



## SDG 3- GOOD HEALTH AND WELL-BEING



- **Mental Health Awareness Walkathon across the MRIIRS Campus by the Department of Applied Psychology during World Mental Health Month (October) Celebration**



- **Intensive and Experiential Two-Day Workshop On Hypnosis and Hypnotherapy** was organized for the students and faculty members of the department of Applied Psychology



- **Department of Psychology has conducted multiple psychological training sessions for athletes** who will be representing India in the Olympics 2023 and various National and International Games from the month of July 2022 till October 2022.

✓ **Special Olympics Bharat:**

For this purpose, 5 students from BA Semester III and 4 students from MA Semester III volunteered for all the camps. The purpose of engaging students with faculty facilitators was to give them field exposure, for them to understand how to work with the special population, and to enhance their knowledge of psychological concepts.

The first workshop was for mentoring the Table Tennis athletes participating in the selection camp for the forthcoming special Olympics to be held in Berlin in 2023. The objectives of the session were: stress management, social interaction, concentration, and problem-solving. Eighty above Table Tennis athletes with intellectual impairment (IQ70) from fourteen states of India along with their 30+ coaches. For the next 3 days following activities were done:



In this regard, the department of Applied Psychology conducted a workshop on team building through expressive art therapy for the coaches of Special Olympics Bharat on 16<sup>th</sup> July 2022. The objective of the workshop was to reduce stress and enhance their team-building skills through expressive arts therapy.

**16<sup>th</sup> July 2022:** The department of Applied Psychology conducted a one-day workshop for the coaches of Special Olympics Bharat. The objective of the workshop was to reduce stress and enhance their team-building skills through expressive arts therapy. The expert lecturer was Ms. Ahima Natula (Expressive Arts Therapist at Fortis Hospital). She is a Research Scholar and visiting faculty at Amity University). The following activities were undertaken: Guided imagery with warmup activity, Clay Therapy in form of Play Therapy, and closure cooldown.

**17<sup>th</sup> July 2022:** The second day began with a Warmup activity with ribbons, followed by scribbling activity. In this activity, blank pages and colored pencils were provided to all the participants. They scribbled on the page with both hands. After that, they were asked to imagine any image in their scribbling. Both athletes and their coaches actively took part in this event. The objectives of the session were social communication and concentration. The session ended with Zumba.

**18<sup>th</sup> July:** The day started with a Warmup activity: Mirroring with music, followed by an escape the maze activity. In this activity, participants had to find their way out through the maze. Participants had to discover the path through the labyrinth. The path was hidden. Mazes improve the cognitive skills of children. They work like brain-boosting exercises. While solving them, it makes them think, reason, and remember. Simultaneously achieving all of these, sharpens their memory, builds their focus, and increases the concentration level of their minds to a great extent. The third activity was the Zumba dance. The participants followed the steps of the instructors. The prime purpose of the session was relaxation.

**19<sup>th</sup> July 2022:** Manav Rachna International Institute of Research and Studies welcomed Guests and Dignitaries for the closing ceremony of the National Coaching Camp for Special Olympics on the 19<sup>th</sup> of July. All the guests and dignitaries wrote 'words of encouragement for athletes that they have carried back with them.

The department of Applied psychology presented the work they had done with special athletes from 16<sup>th</sup> to 18<sup>th</sup> July 2022. The Department also received a memento in appreciation of their commitment and support for Special Olympics Bharat.

2. The same group of athletes came on 9th October 2022. The department of Applied Psychology conducted a Two-day session for them. In these 8 student volunteers from MA Semester-1, were engaged to provide psychological support to 57 Table Tennis and Handball athletes with intellectual impairment (IQ 70) along with their 33 coaches.

Activities were as follows:

**Identifying emotions:** Participants were shown certain situations on screen that would lead to either a happy or a sad emotion. Athletes were told to draw the emotions they felt on paper and would describe their feelings. This activity helps them to recognize their emotions and enhanced their awareness regarding specific events and emotions.

**The waves activity:** To enhance rhythm, to improve observation and coordination. Three or four people form a line, facing the audience. They have to walk together as if they were attached, but still, maintain the line until they reach a particular point in the room. They then talk backward to their starting point. The second stage of this exercise could be that some actions (both forward and backward) are done at a particular point, or step: eg. Stepping over or avoiding an imaginary obstacle at step 2, clapping their hands at step 4, Etc.

**Guided Imagery:** Guided Imagery can quickly calm your body and simultaneously relax your mind. And it can help to de-stress in minutes and can also be a useful strategy for maintaining resilience towards stress during difficult times.

## SDG 3- GOOD HEALTH AND WELL-BEING









### ✓ **Organ India Athletes:**

Department of Applied Psychology, Faculty of Behavioural and Social Sciences (MRIIRS) conducted psychological support and mentoring program for Organ India Athletes who will be participating in the forthcoming World Transplant Games to be held in Perth, Australia in 2023. These athletes are either organ donors or receivers. These athletes play football and badminton. The duration of the session was 1hr 30 minutes. In this camp, the previous group of student volunteers was actively involved. The objectives of the sessions were to understand their psychological issues, concerns, and their expectations from psychology sessions. There were 22 badminton and football athletes who are from different states of India along with their coaches.

We got the opportunity to conduct sessions on three days with them. The session started with an ice-breaking session followed by an assessment session. Three self-report measures were administered namely: Sports Anxiety Scale, Sources of Sports Confidence Questionnaire, and Hopelessness Scale. A semi-structured interview was also taken to understand the subjective experience and feelings of these athletes towards life before and after donating or receiving an organ. The athletes were also asked about their expectations from the psychological support sessions so that all faculties and volunteers can give the best possible support.

For the next two days following activities were conducted:

Zentangle is a self-help art therapy practice to enhance relaxation and focus. Zentangle art can be used for stress reduction, therapy, and even motivation training, which includes calming an anxious mind, increasing self-confidence, and cultivating moment-to-moment awareness in a similar manner to mindfulness meditation. It is also known as mindful doodle art. The outcome of the activity is to help the athletes understand that it's okay to make mistakes. What is important is to move forward and not be stuck. To look at their games holistically.

**Guided Imagery for Stress Reduction:** Guided imagery is a stress management technique, where we use our imagination to picture a person, place, or time that makes us feel relaxed, peaceful, and happy. Guided imagery can quickly calm your

body and simultaneously relax your mind. This is a self-help technique that can have multiple physical and emotional benefits.

**Chart Paper Activity for Team Building:** The purpose of this activity was to strengthen team building and enhance team members's sense of belongingness. Participants were divided into 2 groups. They had to decide on a name for their team along with the logo and color theme. Then the group was asked to write the name of their team members along with their strengths and weaknesses. Each group had a captain and co-captain to facilitate the discussions in their group.



### ✓ **Unified Football Cup Athletes:**

The Department of Applied Psychology conducted a workshop for National Coaching Camp for Female Athletes with and without intellectual disabilities for Football for the forthcoming Special Olympics Unified Football Cup, Detroit- 2022. The camp was conducted by Special Olympics Bharat. The athletes arrived on campus on the 20th of July 2022. Student volunteers from BA semester III and MA semester III came forward to actively engage with the athletes. Similar activities were conducted with this group



of athletes with a focus on improving their team-building skills, problem-solving skills, and, concentration. Each session began with an ice-breaking session, followed by the activities such as chart paper activity for strengthening the team, guided imagery, and sessions closed with zumba and cool down.