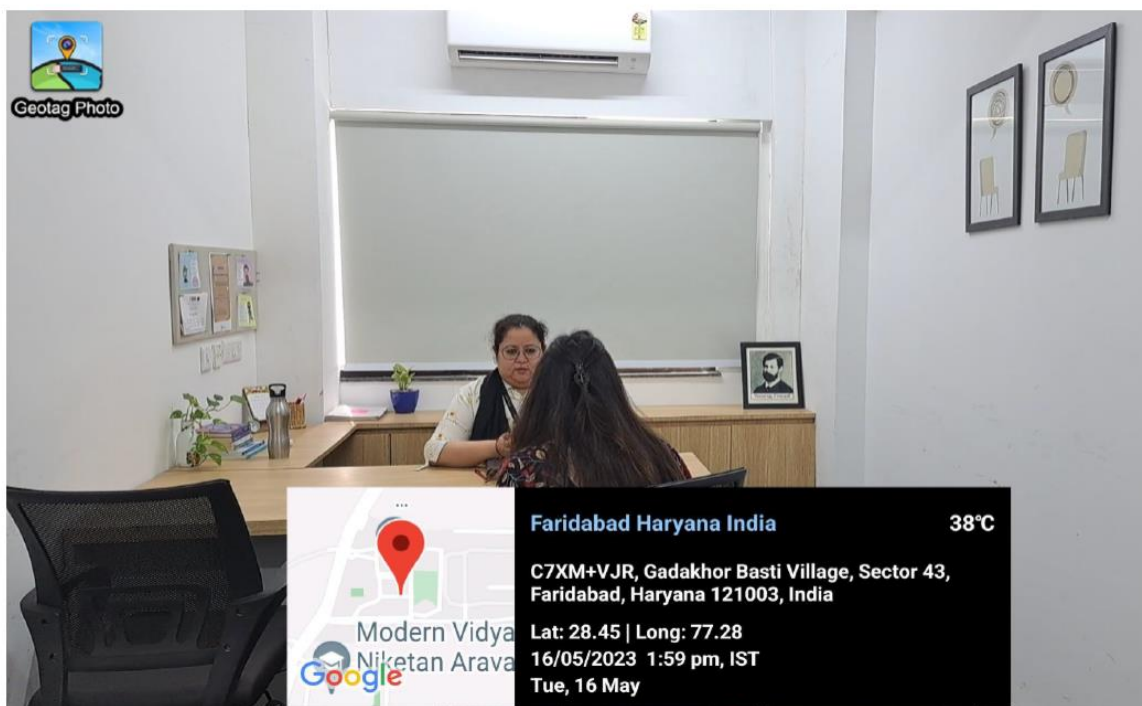


Access to mental health support for both staff and students

Mental health comprises the emotional, psychological, and social aspects of well-being, impacting cognition, perception, and behavior, which in turn directly impact an individual's work efficiency.

It is an essential component of overall health and wellness, contributing to our ability to make decisions, foster relationships, and shape our environment, both individually and collectively.

- 1. Manovriti (Psychology counselling centre):** The Department of Psychology provides guidance and counselling services to students, faculty, staff members of MREI, and the wider community via the Manovriti centre. Through its stated objectives, the centre creates a secure environment for individuals to openly discuss challenges and seek solutions to their issues.



Manovriti: Psychology Counselling cell

Link: <https://mriirs.edu.in/मनोव्रिति-counseling-and-wellness-centre/>

a. Counselling offered to Students, Faculty and Staff members:

A total of 26 students, faculty and staff members have been provided with counselling session at the centre during the academic year 2022-2023. These sessions addressed a range of challenges encountered by the clients, including academic struggles, interpersonal conflicts, difficulties stemming from traumatic life events, and psychiatric conditions like anxiety disorders and depression. Additionally, some clients were assisted in accessing psychiatric services for medication through referrals provided by the centre.



Counselling sessions for students of MRIIRS

b. Counselling provided to outsiders or any other community/ sports persons:

Two outsiders (one individual from the community and one sports person) was provided counselling from the centre. Both were identified to have significant psychological distress thus were provided therapy and referral for psychiatric intervention accordingly.

Link: Detailed Manual of Manovriti Counselling and Wellness Centre

Link: Annual report of Manovriti Counselling and Wellness Centre for AY 2022-23

- 2. Health camps** were organised by MRIIRS in both old age homes and schools to tackle psychological concerns pertaining to mental health and overall well-being. An expert talk on the topic "**Role of negative image and related health issues**" was conducted for MRIIRS students.



Health camp at Old Age Home



Health Camp at Government School

3. 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.

Link: <https://mriirs.edu.in/mriirs-and-dr-o-p-bhalla-foundation-launches-mental-health-helpline-sathi-support-assistance-through-telephonic-helpline-for-individuals/>

4. An annual mental health camp 'SPARSH' was launched to spread awareness about mental health and well-being through students.

5. 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 is designed to assist individuals, particularly those experiencing mild anxiety, stress, and depression, in self-managing their issues through evidence-based mental health exercises, journaling, soothing sounds, and affirmations. SUKOON aims to aid corporate employees and students in effectively managing the everyday stresses they encounter. The application offers a variety of packages tailored to address common life challenges such as emotional distress, agitation, sleep difficulties, and stress.

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

6. A comprehensive mental wellness campaign on campus was conducted by Psychology Department to raise awareness about mental health.

The Manovriti centre at MRIIRS, organized multiple sessions from January 20th to January 27th, 2023, throughout MRIIRS, aimed at sensitizing and raising awareness among students, faculty, and staff regarding wellness, prevalent issues affecting well-

being, and the guidance and counselling services available at the centre. These sessions garnered participation from a combined total of 1000 students spanning across 10 schools of MRIIRS.

Manovriti Counselling and Wellness Centre					
Awareness Program					
S.No	Date	Program	Faculty	Contact Person	Contact No.
1	20/1/2023	MCA, BCA, BSc (IT)	FCA	Dr Seema Sharma	9873553830
2	20/1/2023	B.A (H)	English	Dr. Jayashree Hazarika	9540895236
3	21/1/2023	Hostel	Hostel	Ms. Vandana	9599484399
4	23/1/2023	ECE+EEE	FET	Dr. Vimlesh Singh	9873049490
5	23/1/2023	Nutrition and Dietetics Physiotherapy	FAHS	Dr. Preeti Saini Dr. Priya Mishra	8527207143
6	23/1/2023	MBA	FMS-PG	Dr. Swati Punjani	9711220578
7	24/1/2023	BDS and MDS	FDS	Dr. Lipika Gopal	9717546141
8	25/1/2023	BDS	FDS	Dr. Lipika Gopal	9717546141
9	25/1/2023	CSE	FET	Dr. Krishan Kumar	9990060886
10	25/1/2023	Mechanical	FET	Dr. Jimmy Mehta	9818846413
11	25/1/2023	Civil	FET	Mr. Yaman Hooda	9560294704
12	25/1/2023	B.Sc.ID, B.Arch, & B.Design	FAD	Ms. Smriti Saigal	9990300454
13	27/1/2023	CSE	FET	Dr. Krishan Kumar	9990060886



Counselling session on Mental Health by Psychologist



Counselling session on Mental Health by Psychologist

7. Outreach Activities: Health Camps organized:

Manovriti has been a part of health camp series organized by Dr. O. P Bhalla Foundation from March 2023 to May 2023 and has provided psychological services and counselling to more than 1500 individuals.



Teachers of Department of Psychology, MRIIRS & UPES Dehradun conducted a psychological analysis test, 7th July 2023

On the 7th of July 2023, a significant event unfolded at GSSS Ankhir as the Teachers from the Department of Psychology, MRIIRS (Manav Rachna International Institute of Research and Studies), in collaboration with student interns from UPES Dehradun, conducted a thorough psychological analysis test. This insightful assessment was tailored for students spanning classes 8 through 12, aiming to delve deep into their psychological profiles and uncover valuable insights. Prepared meticulously under the expert guidance of the Department of Psychology at MRIIRS, this test served as a comprehensive tool to assess various aspects of the students' mental and emotional well-being. The student interns from UPES, Dehradun, led the administration of the test with precision and professionalism, ensuring a conducive environment for the students to engage in introspective reflection. Following the completion of the psychological analysis test, the results were carefully analyzed by the team of educators and psychologists. This meticulous examination aimed to identify students

who might benefit from targeted individual counseling sessions. The analysis delved into areas such as cognitive abilities, emotional intelligence, behavioral patterns, and social interactions, providing a holistic view of each student's psychological profile. The insights gleaned from this analysis not only offered a deeper understanding of the students' strengths and challenges but also paved the way for personalized support and guidance. Students identified for targeted individual counseling were offered a safe and confidential space to address their concerns, develop coping strategies, and foster personal growth. This collaborative effort between the Department of Psychology at MRIIRS and the student interns from UPES, Dehradun, underscored a commitment to holistic student development. By providing psychological support and guidance, the initiative aimed to nurture the mental and emotional well-being of the students, empowering them to navigate the challenges of academic and personal life with resilience and confidence. Through such thoughtful interventions, GSSS Ankhir continues to prioritize the holistic growth and well-being of its students, creating a nurturing environment conducive to their overall success and happiness.

