

**7.2.1 -**

**Describe *two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.***

*"A lot can happen with just one small step"*



P.G. Department of Psychology  
In collaboration with



**are pleased to offer Counselling Services for  
teachers, non-teaching staff and student  
- 15th May 2021 onwards -**

The counsellors at Saantvan are available from  
Monday to Saturday on appointment basis.

You can reach out to them for setting up an  
appointment before 8pm

 +91 9867677173  
+91 9082965590

 saantvan@gmail.com



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[www.saantvan.in](http://www.saantvan.in)

saantvan@gmail.com

### ABOUT US

We are a team of qualified psychotherapists, well versed with psychological testing and therapy. We believe that help should be accessible to all “because healing matters”

### OBJECTIVE OF THE PROGRAM

This proposal is intending to provide counselling services to Maniben Nanavati Women’s College, in Mumbai and conduct individual therapy sessions and need based workshops for the students.

### DELIVERABLES

- Appointment Basis Individual Therapy
- Rs.12000/- per month – which will include individual sessions, group sessions, workshops, and special interventions for MA students
- Sessions currently would be conducted online

### CONFIDENTIALITY

The details of the therapy session would not be shared with anyone, in verbal or written form. Only if the counsellor observes that the client is a threat to himself/herself or others, will we share the concern with the family members.

### DOCUMENTATION

A quarterly statistical report will be submitted to the management that share trends of issues for which consultation will be provided while adhering to the principle of confidentiality.

## THE TEAM

MS. Surbhi Joshi Sharma – Psychologist, Psychotherapist (Clinical)  
Co-founder – Saantvan Mental Health Services

Ms. Minal Mohite - Counseling Psychologist, Psychotherapist  
Co-founder – Saantvan Mental Health Services

## CONTACT DETAILS

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**7.2.1 Describe 2 best practices successfully implemented by the Institution as per NAAC format provided in the manual.**

**BEST PRACTICE 1**

1. Title of the Practice: **COUNSELING SERVICES FOR ALL**
2. Objectives of the Practice:
  - To ensure holistic development of students.
  - To maintain the mental health and well-being of students and staff.
3. The Context:

In the pandemic, education of children was disturbed with problems faced by families. Students were demotivated due to the challenges in their personal life. Online Counseling was provided to help them.
4. The Practice :

The P.G Department of Psychology collaborated with Saantavan Mental Health Services and supported the students, teaching faculty and non-teaching faculty. Online sessions were conducted by 2 counselors as and when the appointment was taken by students. To create awareness about mental health several online workshops were arranged.
5. Evidence of Success:

Students opted for services and reached to the counselors on board. More than 200 students attended the workshop and clarified about their inhibitions. Changes in their behaviour were reported. More reaching out for help was seen.
6. Problems Encountered and Resources Required :

Been online platform some students who wanted to reach out but did not have the privacy at home were unable to opt for services.

**7.2.1 Describe 2 best practices successfully implemented by the Institution as per NAAC format provided in the manual.**

**BEST PRACTICE 2**

1. Title of the Practice: **RAAH- AN INITIATIVE TO EMPOWER TRANSGENDER PEOPLE**
2. Objectives of the Practice:
  - i. To integrate transgender people into the mainstream society.
  - ii. To empower and educate parents of transgender children.
  - iii. To increase awareness among people about transgender individuals.
3. The Context: RAAH is a digital platform that was initiated with 6 volunteers from SY and TY students in 2019-20. This initiative that started as a research project was continued. It centered on social work for uplifting of the transgender community.
4. The Practice: In the lockdown, RAAH conducted events for Transgender individuals. Clothes Distribution Drive and Food Distribution Drive were conducted with the support of generous organizations (Ekta Foundation). Webinars were organized (Beyond Gender: Unmasking Gender Norms; Trans-Jan: A conversation with the members of the Transgender community). RAAH has its website and a presence on social media-
  - a) Website: <https://raah.mnwc.edu.in>;
  - b) Instagram: [https://instagram.com/raah\\_manzil](https://instagram.com/raah_manzil);
  - c) Facebook: <https://www.facebook.com/raah.manzil>
  - d) YouTube: <https://www.youtube.com/channel/UCIZtUi9jDooe0gJHDixqDQ>
5. Evidence of Success: Testimonials have been received from the Transgender community. The different initiatives for them are appreciated particularly the food, clothes and hygiene kit drives. Videos of thanks are received on Insatgram and mail too.
6. Problems Encountered and Resources Required: Initially getting the trust from the Transgender community was a difficult task. But gradually the consistent efforts of the RAAH team has bridged the gap.



आपकी राह हमारी मंज़िल

AAPKI RAAH, HUMARI MANZIL

## LOCKDOWN ACTIVITIES

 <p>Maniben Nanavati Women's College &amp; RAAH initiative (Child Development Dept.)</p> <p><b>Lockdown: Think. Grow. Fly</b></p>  <p>Join us for the 3days online competition on <b>Topic: Parents- My H2O</b> <i>Happiness.Hope.Opportunity.</i></p> <p>An Initiative for parental support and awareness towards transgender community 12th, 13th, 14th April 2020</p> <p>Contact email id: raahmanzil@gmail.com Glenda D'Silva 9619279966</p>	 <p>Maniben Nanavati Women's College &amp; RAAH Initiative (Child Development dept.)</p> <p><b>Lockdown:Think.Grow.Fly.</b></p> <p>The 5days Online Competitions are as follows:</p> <p><b>12th April 2020</b> Spreading Positivity Make a Meme</p> <p><b>13th April 2020</b> The strength of Colours Painting Competition</p> <p><b>14th April 2020</b> Power of Word Write a Quote</p> <p>Submission of work to be done at 11:00 pm on the day of competition</p> <p>Entries to be sent on <a href="mailto:raahmanzil@gmail.com">raahmanzil@gmail.com</a></p> <p>Perks: *E-certificate will be provided to all *Judging will be based on Age Criteria *The work of the winners will be posted on our website and Facebook page. contact:Glenda D'Silva 9619279966</p>
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## Samples of E-Certificates:

 <p>RAAH Initiative, Department of Child Development, Maniben Nanavati Women's College</p>  <p>Lockdown-Think Grow Fly</p> <p><b>Certificate of Appreciation</b> is awarded to <b>Sonakshi Makwana</b> for participating in 'Strength of Colours- Painting Competition' on the Topic: Parents- My H2O held during the event Lockdown- Think.Grow.Fly from 12th to 14th April 2020.</p> <p><i>Swati Partani</i> Dr.Swati Partani (HOD)</p>  <p>Our Website</p> <p><i>Rajshree Trivedi</i> Dr.Rajshree Trivedi (Principal)</p>	 <p>RAAH Initiative, Department of Child Development, Maniben Nanavati Women's College</p>  <p>Lockdown-Think Grow Fly</p> <p><b>Certificate of Appreciation</b> is awarded to <b>Kajal Jaiswal</b> for securing consolation prize in 'Power of Word- Write a quote Competition' on the Topic: Parents- My H2O held during the event Lockdown- Think.Grow.Fly from 12th to 14th April 2020.</p> <p><i>Swati Partani</i> Dr.Swati Partani (HOD)</p>  <p>Our Website</p> <p><i>Rajshree Trivedi</i> Dr.Rajshree Trivedi (Principal)</p>
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## Food Distribution Drive



## KAVACH Clothes Distribution Drive



## Webinar Beyond Gender: Unmasking Gender Norms





## Hygiene KIT DISTRIBUTION DRIVE

