



Shree Chandulal Nanavati Women's Institute & Girls' High School's
(Since 1947)

MANIBEN NANAVATI WOMEN'S COLLEGE

(Affiliated to SNT Women's University, Mumbai)

BEST COLLEGE (2018-2019)

Reaccredited with 'A' by NAAC for the 3rd Cycle (2016-2021)

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Chairman, Mg. Committee
Smt. Himadri S. Nanavati

Principal
Dr. (Mrs.) Rajshree Trivedi

BEST PRACTICES 2 :- SELF-CARE CENTRAL: Mind Mela- A Mental Health Awareness Initiative Awareness Campaign (PG Dept of Psychology)

1. Objectives:

- 1) To Promote understanding and acceptance of mental health issues to encourage more people to seek help.
- 2) To familiarize students with opportunities of decision-making, team management and fund-raising skills.

2. Context:

According to WHO, mental health is an integral part of health. The prevalence of mental health issues (depression, anxiety, and stress) has been increasing. Mind Mela- A Mental Health Awareness Initiative was a program developed to give students and alumni a platform to promote mental health practices within the community.

3. Practice:

Since 2015 Annual mental health awareness campaigns are planned for a week/ month. The Community Outreach Program, focused on creating awareness amongst care givers of terminal illness patients. The students conducted interviews and created awareness in the nearby vicinity and hospitals. They reached around 80 caregivers. This activity was in collaboration with Adveka Foundation.

With the successful outreach program, month long online events were added in the next year under Self-care Central. During the campaign, many activities were planned to generate funds which were to be donated to an NGO working for Suicide Awareness and Prevention. A Walk-a-thon was conducted in collaboration with Samaritans (NGO) for mental health awareness. A sum of Rs 10000 was donated to Samaritans as an aid in their sincere suicide prevention efforts.

During the lockdown, students planned an online awareness campaign on Instagram (@selfcarecentral_mnwc). Students deliberated on challenges of the pandemic (unemployment, difficulties in online education, toxic productivity, and sleep quality etc).

The theme was 'Mental Health in an Unequal World'. Interview sessions were conducted with experts. Panel discussion and other activities were conducted. For fund raising two 'Bake-alongs' were organised by @thedoughnutarea and @teatralicious. The funds raised from their



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sales were donated to 'The Plane Jar' (an activism, outreach and prevention organisation) that focused on mental health, trauma and LGBTQIA+ community.

Post Pandemic, mental health campaign continued with the theme "Make mental health & well-being for all a global priority". Several online and offline activities were planned and Adveka Foundation, SFC foundation and SOHO house were collaborators for the events. Online events included- Establishing Boundaries, Parents as Partners, and Panel discussion on relationships (Badalte Rishton ka Safar). The online events were attended by over 166 participants from varied backgrounds. The offline events included Bol-Meethe-Meethe, Clay therapy workshop, Yoga and Dance Movement. PG Psychology students conducted workshops at Snehsadan, Gandhi Shikshan Bhavan School and several old age homes addressing issues for populations of these institutes. A fun and fair was organized to raise funds for a charitable cause-Rs. 21,000/- was collected and donated to Smile Foundation.

4. Evidence of success:

- Through the event 2500 plus people have been reached out to every year across various socio-economic strata in the city of Mumbai.
- Department has collaborations with various organizations- The Changing Entrepreneur, Adveka Foundations, SFC Foundation, SOHO House and Samaritans.

5. Problems encountered and Resources Required:

- The major challenge was generating funds for the support groups.
- Another challenge is to reach out to the masses for long term.

Dr. (Mrs.) Rajshree P. Trivedi
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