



“मित्र”

COEP's Wellness Centre
An Initiative of Department of Applied Sciences
COEP Technological University

(A Unitary Public University of Govt. of Maharashtra)

Every Life is Worth Living, Every Breath is Worth Saving



ANNUAL REPORT

10 OCTOBER 2021 TO 30 September 2022

About Us

We are, COEP Wellness Center मित्र, that stands for a friend and that's what we aim to be. "Every life is worth living and every breath is worth saving", is the philosophy that मित्र profess. मित्र started as an idea out of the need to provide professional counseling to students who seek help. Under the able leadership of our Centre Head Dr. Kshipra Moghe and with the constant support of the Centre Administrator Mrs. Nandini Iyer, Vice Chancellor- COEP Tech Hon. Prof. Mukul Sutaone, and many others, the wellness center has been catering to the mental health of students, faculty and staff. मित्र was **inaugurated on World Mental Health Day, October 10, 2019**, which is celebrated as its **Foundation Day**.

Our Objectives

1. To reach out and be available for the students, faculty and staff at COEP Technological University through psychological counselling and mentoring
2. To organize and conduct activities that promote awareness on mental/physical health and wellbeing
3. To promote and practice equality with respect to gender, physical/mental disability, ethnicity, etc. and take efforts to curb discrimination against the same
4. To provide an all-inclusive environment that aids and supports social, psychological and intellectual growth
5. To initiate collaborations that facilitate learning, training and research that creates an evidence-based approach for providing assistance in all of the above



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Our Team

The team comprises of the Centre Administrator Mrs. Nandini Iyer, Centre Head and in-house Psychologist Dr. Kshipra Moghe, Mrs. Tanuja Kher in-house Psychologist, Ms. Manasi Kshirsagar (Psychologist), Dr. Himani Kulkarni (Psychiatrist-Poona Hospital), and a group of select students that form the core team, and a few students as volunteers.

Our Activities

As part of our activities, we run 5 modules that make our centre a place open for all, that believes in inclusivity. We strongly promote the activities that focus on gender equality and aim to provide assistance and aid to the disabled- socially, financially and mentally. Here is an overview of our activities conducted in the past year (2021-22):

- 1. Professional Psychological Counseling** – Counseling sessions are provided to those who approach us or those who are referred to us. Our team of expert in-house Psychologists Dr. Kshipra Moghe and Mrs. Tanuja Kher, along with our associate external expert Ms. Manasi Kshirsagar, all experienced Psychologists, are available as per a pre-decided schedule. Owing to the current situation, we shifted our counselling facilities to an online model. With colleges now reopening and students joining us on the campus, we plan to offer this facility to students, where our counselors will have face-to-face sessions.



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- I Care We Care** - This module is basically to organize bonding sessions between senior students and the juniors, especially the first years. All the passionate and dedicated group of student mentors who are willing to help the newcomers and fellow mates are a part of this activity. It incorporates taking a lead to reach out to fellow mates, help them open-up, provide support, identify resources that may help, becoming a bridge between them and the resource, taking follow-ups and basically staying connected. The team undergoes a **sensitivity training** that incorporates basic counseling skills that enable the team members to listen carefully, empathize better and offer rational help. This activity has run successfully online. Also, the entire team of I-Care-We-Care are a part of the First Year 'Student Induction Program' as mentors to the fellow juniors.
- I Learn** - This incorporates training sessions or workshops are arranged based on the need and demand of the students. This includes topics such as (but not limited to) spreading awareness and explaining Mental Health and its importance, sensitivity training, time management, stress management, career choices, decision making, confidence building, understanding anxiety and depression, etc.
- OpenSpace**- This is a one-of-a-kind module which is like a listening circle that invites students to discuss **OPENLY** about select topics. There are times when we wish to discuss things and share views about topics that are otherwise too difficult, tabooed, or complex. Listening circles are a great way to collaborate, express and listen without





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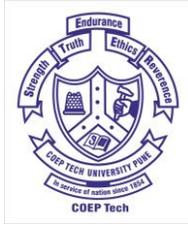
judging and without being judged. The first OpenSpace activity has been initiated and will be soon launched in the offline mode.

5. **Insights** - This module focuses on conducting research studies primarily related to mental health and behavioural aspects, since without facts and confirmation of assumptions, everything is a fantasy while life is not. To understand the behaviour of students and identify what works and what doesn't, Insights invite all those who have a research aptitude and are interested in studying behaviour, for it requires a scientific mind to unwind the machine called mind.

OUR HIGHLIGHTS DURING THE YEAR 2021-22

We have our presence on widely used social media platforms like Instagram, Facebook, LinkedIn, YouTube, Telegram and our website hosted on WordPress. We have taken several digital initiatives in the past one year:

1. COEP Wellness Center □□□□□, celebrated its second **Foundation Day** (10th October) on 25th of 2021. It was marked by the presence of Director- COEP Prof. B B Ahuja, among other faculty and staff. The eminent speakers invited for delivering two sessions were: a) Dr. Shilpa Pandit, Associate Professor of Psychology, Ahmedabad University, who spoke on “Indian Perspectives on Mental Health” and b) Ms. Manasi Kshirsagar, Clinical Psychologist and Founder of Manasvi Counseling Services, who talked about “Overall wellbeing in the new normal.” Both the sessions were very well received and appreciated by the audience, despite being in the online mode.



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2. Organized an expert lecture on 7th December 2021, on the topic of **“Anger Management”** with Aditi Kulkarni, an RECBT practitioner. She is also one of the very few in India to provide single session therapy. In the session she talked about understanding the themes of anger, behaviours associated with unhealthy anger and how to deal with it effectively. The event was in collaboration with COEP Impressions.

Anger Management
with expert guidance from **Yuvana**

- Understanding Themes in Anger
- Behaviours associated with unhealthy anger
- How to deal with anger

Aditi Kulkarni

- RECBT practitioner and neuroscience researcher
- One of the few Indian specialists in Single session therapy
- Department Head of psychology at Dr. Khanade Hospital
- Founder of Yuvana Wellness

DATE : 7 December
TIME : 6.00 PM
CONTACT : Atharv Patil
9096145726

3. Following the session with Aditi Kulkarni, we launched an **“Anger Management Series”** during which we threw light on various aspects of ANGER, behaviours associated with Anger, how is anger helpful and not and anger management tips. This was shared on our social media handles.





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4. Next, we organized a “**Gratitude Series**” in the month of December. As we were near the end of 2021, we took this opportunity to thank and express our heartfelt gratitude to all the things and people who made this year a bit easier for us. This was an attempt to show gratitude and appreciate the tiny little good things in life, which were often taken as granted.



5. The activities of 2022 began with the **Affirmation series**. We wished to begin the year with fresh perspectives to get back to the new normal with positivity and enthusiasm. In the 7 days series each day we posted positive affirmations and appealed people to practise these affirmations actively. The aim was to present the affirmative ideas as a tool to serve a person with that bit of positivity and to train their subconscious to look at the brighter side of things.





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6. The Self-care Sunday initiative was reinstated with a huge response from all the viewers on the social media handles.



7. A session on “Gender inequality in Mental Health” was organized in collaboration with the Society for Women Engineers (SWE) on March 7, 2022 where the centre head was on the panel along with Dr. Leena Patankar (Gyneacologist) and Dr. Renu Addlakha (Gender studies expert).



8. Following a successful run last year, this year too, we started with a “**Mental Health Challenge**” in the month of May with a hashtag #hopeforchange. This particular activity spanned out through the entire month of May, it was a 30-Day Challenge, where every single day the participant was expected to do a small task to stay in touch with his mental health. Introducing this small little challenge helped people realize that they do have the courage to get through any hardship in life, by simply taking, 'One-Day-At-A-Time'.



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COEP 30 DAYS FOR MENTAL HEALTH MAY 2022				
DAY 1 10 MIN DEEP BREATHING- BREATHE IN- BREATHE OUT/ PRANAYAM	DAY 2 WRITE THE THINGS THAT ANGERED ME TODAY (MIN 1, MAX 5)	DAY 3 DE-CLUTTER MY DRAWER/ CLIPBOARD/ DESK/ BAG	DAY 4 CALL A FRIEND- ANY FRIEND WHO IS CLOSE TO ME	DAY 5 WRITE 5 THINGS I AM GRATEFUL FOR
DAY 6 15 MINUTES FULL BODY STRETCHES	DAY 7 WRITE THINGS THAT HURT ME TODAY (MIN 1, MAX 5)	DAY 8 LISTEN TO MY FAVOURITE PLAYLIST/CREATE ONE	DAY 9 CALL A FAMILY ANY ONE WHOM I HAVE BEEN WANTING TO CALL	DAY 10 LIST 5 GO TO PERSON/AM FRIENDS/ TRUSTED ONES
DAY 11 DRINK 8 GLASSES OF WATER TODAY	DAY 12 WRITE THE THINGS THAT WORRIED ME (MIN 1, MAX 5)	DAY 13 COLOUR IT UP- USE ANY TYPE OF COLOURS IN ANY FORM	DAY 14 COMPLIMENT SOMEONE ANYONE I PERSONALLY KNOW	DAY 15 GO TO BED- WITHOUT MY PHONE, LEAVE IT IN ANOTHER ROOM
DAY 16 20 MIN OF YOGASANA OR SURYANAMSKAR	DAY 17 SING A SONG WITH LYRICS IN THE BATHROOM/KITCH EN OR RECORD IT	DAY 18 READ SOMETHING NEW/START A BOOK	DAY 19 CALL A FRIEND- ANYONE WHOM I HAVEN'T SPOKEN WITH IN A WHILE	DAY 20 WRITE 5 THINGS I LOVE ABOUT MYSELF
DAY 21 EAT ALL MEALS WITHOUT PHONE/TECHBOOK AROUND	DAY 22 OBSERVE/WRITE THINGS THAT AMAZED ME TODAY (MIN 1, MAX 5)	DAY 23 DRESS UP-DOLL UP- GET PARTY READY	DAY 24 EXPRESS/SHOW MY LOVE TO MY FAMILY MEMBERS	DAY 25 WATCH THE SUNRISE/SUNSET/ STAR GAZE NO PHONE/TECH ALLOWED
DAY 26 BRISK WALK/ RUNNING/DANCE (10 MIN AT LEAST)	DAY 27 SKIP COMPLAINING WOULD NOT COMPLAIN ABOUT ANYTHING TODAY	DAY 28 WATCH AN OLD CLASSIC MOVIE- PREFERABLY THE ONE BEFORE I WAS BORN	DAY 29 WRITE A LETTER TO MY FUTURE SELF (+15 YEARS) SEAL IT AND KEEP IT IN A SAFE	DAY 30 SHARE THE POSITIVE SIDE OF TAKING UP THIS CHALLENGE

9. This year, we also extended the ICareWeCare module to faculty and organized a **Faculty Sensitivity Training** on 4th June. The aim of this activity was to expand the base of people who can help students at the first level of counselling. It is often observed that many students, especially first year students approach their subject faculty who they find to be friendly and compassionate. With these observations, we invited interested faculty members to undergo a basic level of training in empathy, listening, rapport building and sensitizations towards the issues students face. This was a huge success, and all participants was then bestowed as **COEP** □□□□□ . The expert associated with us, Ms. Manasi Kshirsagar along with center head Dr. Kshipra Moghe conducted this activity effectively with live demonstrations and fun games. A few glimpses of the same presented here:



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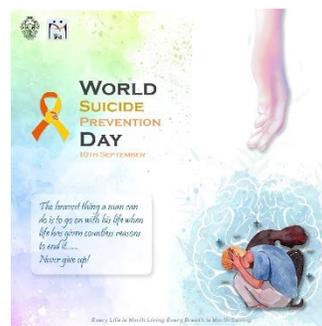
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10. A message was shared on **World Suicide Prevention Day** (10th September), to create awareness on Suicide and to stand by the victims and caregivers of the same,





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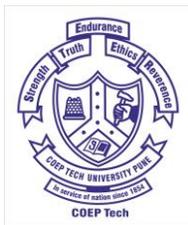
11. This year we started with an activity named “**Message to Juniors**”, where in on the Graduation Ceremony dated 1st October 2022, we placed a message board where the graduate students shared their thoughts and experiences for the Juniors. This activity saw some of the most inspiring and caring messages that the passing out batch had for the next batches. This initiative was highly appreciated by faculty and students alike.



Social Media Handles - Statistics/Links

Following are the links to our social media handles:

1. **Facebook** - <https://www.facebook.com/COEP-%E0%A4%AE%E0%A4%BF%E0%A4%A4%E0%A5%8D%E0%A4%B0-105570731135894>
2. **WordPress** (Website) - <https://coepmitr.wordpress.com/>
3. **Instagram** - https://www.instagram.com/coep_mitr/
4. **LinkedIn** - <https://www.linkedin.com/company/coepmitr/>
5. **YouTube** - https://www.youtube.com/channel/UCCk88PqsrDs0Y_MB7ItQ_KA
6. **Telegram** - https://t.me/coep_mitr_channel



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Activity	Mode	Involvement	Beneficiary
 Facebook	Online	Faculty & experts	Followers: 565 Likes: 548 Responsiveness: 100%
 WordPress	Online	Faculty & experts	Total Views: 360 from 4 countries 16 likes to blogs
 Instagram	Online	Faculty & experts	Followers: 490
 LinkedIn	Online	Faculty & experts	Followers: 154 Impressions: 1.2K
 YouTube	Online	Faculty & experts	Followers: 81 Impressions: Views: 2073
On Call	Online	Faculty & experts	50+