

“मित्र”

COEP's Wellness Centre
An Initiative of Department of Applied Sciences
College of Engineering Pune

(An Autonomous Institute of the Government of Maharashtra)
Every Life is Worth Living, Every Breath is Worth Saving



ANNUAL REPORT

10 OCTOBER 2020 TO 10 OCTOBER 2021

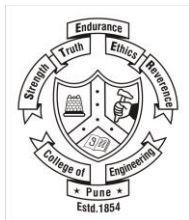
About Us

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, Hon. Director Prof. B.B. Ahuja, Deputy Director Dr. 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**.

Within one year of its establishment, we are proud to mention that our centre's contribution received 1st in Counseling and Telesupport category (along with COEP being 1st in Overall Impact category) in the Uchha Samsthan Vishwakarma Award (USVA-2020) from the AICTE, which were announced on September 17, 2020, virtually and given by the then Hon. Education Minister Shr. Ramesh Pokhriyal 'Nishank' ji. These awards were to acknowledge the contribution made by various institutions all over India in the community during the COVID 19 pandemic and the theme was "India Fights Corona".

Our Team

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



“मित्र”

COEP's Wellness Centre
An Initiative of Department of Applied Sciences
College of Engineering Pune

(An Autonomous Institute of the Government of Maharashtra)
Every Life is Worth Living, Every Breath is Worth Saving



Our Activities

As part of मित्र, **we run 5 initiatives** that make मित्र a place for all. Here is an overview of our activities conducted in the past year (2020-21)

- 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 experts Dr. Bharati Chopra and 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.

Psychological Counseling

COUNSELING SLOTS

Dr. Bharati Chopra
Saturdays, 1PM to 4PM
9822213627
bhartichopra07@gmail.com

Mrs. Tanuja Kher
Mon & Wed, 6PM to 7PM
9822615826
tjkappsci@coep.ac.in

Dr. Kshipra Moghe
Tue & Thur, 11AM to 12:30PM
9822746461/02025507038
kamappsci@coep.ac.in

All sessions to be scheduled with prior appointment only.

Every life is worth living, every breath is worth saving.

Psychological Counseling

Counseling slots

Manasi Kshirsagar
Mon & Thur,
2PM to 4PM &
7PM to 8PM
9890092717

Dr. Bharati Chopra
Fri & Sat,
2PM to 4PM
9822213627

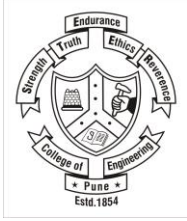
Tanuja Kher
Tue & Thur,
6pm to 8PM
9822615826
tjkappsci@coep.ac.in

Dr. Kshipra Moghe
Mon & Wed,
3PM to 5PM
9822746461
kamappsci@coep.ac.in

All sessions to be scheduled with prior appointment only.

Every life is worth living, every breath is worth saving.

- 2. I Care We Care** - This activity 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



“मित्र”

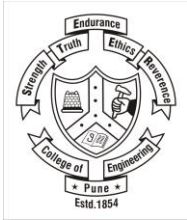
COEP's Wellness Centre
An Initiative of Department of Applied Sciences
College of Engineering Pune

(An Autonomous Institute of the Government of Maharashtra)

Every Life is Worth Living, Every Breath is Worth Saving



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.



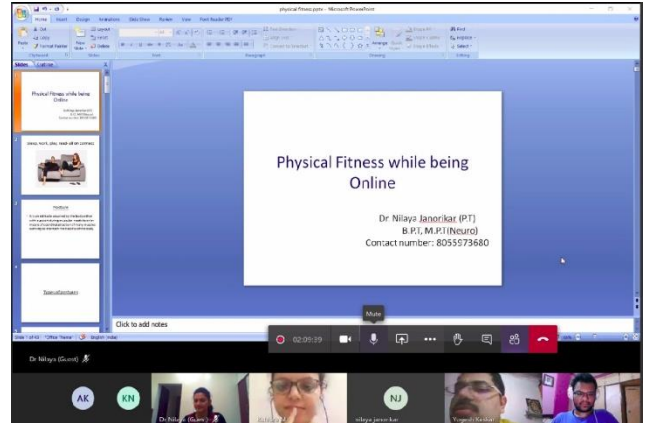
“मित्र”

COEP's Wellness Centre
An Initiative of Department of Applied Sciences
College of Engineering Pune

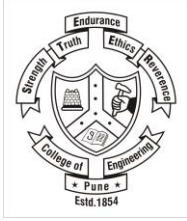
(An Autonomous Institute of the Government of Maharashtra)
Every Life is Worth Living, Every Breath is Worth Saving



3. **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. I Learn activities usually begin from November and a very important session on “Physical Fitness while being Online” was conducted on 12 November 2020 by Physiotherapist Dr. Nilaya Janorikar, in which hands-on training was provided about posture correction and simple sitting exercises.



4. **OpenSpace**- This is a one-of-a-kind activity 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 judging and without being judged. This is for the un-like-minded people to become like minded. The thrust of this activity is on Listening, a skill that is highly underrated and is highly necessary. During the pandemic this activity was on hold and will resume once students join the campus.
5. **Insights** - This activity focuses on conducting research studies primarily related to mental health and behavioural aspects, since without facts and confirmation of



“मित्र”

COEP's Wellness Centre
An Initiative of Department of Applied Sciences
College of Engineering Pune

(An Autonomous Institute of the Government of Maharashtra)
Every Life is Worth Living, Every Breath is Worth Saving

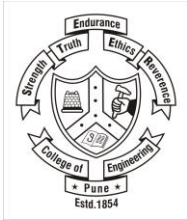


assumptions, everything is a fantasy while life is not. To understand the behaviour of students and identify what works and what doesn't, Insights invite all those who have a research aptitude and are interested in studying behaviour, for it requires a scientific mind to unwind the machine called mind. As part of Insights, a mental health survey during COVID 19 was conducted, and two papers were created which have been well received in the community.

OUR HIGHLIGHTS DURING THE ACADEMIC YEAR 2021-2022

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

1. We started with a **“Mental Health Challenge”** in the month of May. 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. This was the same time when India was witnessing its deadliest second wave of corona infection, the entire nation was suffering either physically or mentally. Introducing this small little challenge helped people realize that they do have the courage to get through it, by simply taking, *'One-Day-At-A-Time'*.



“मित्र”

COEP’s Wellness Centre
An Initiative of Department of Applied Sciences
College of Engineering Pune

(An Autonomous Institute of the Government of Maharashtra)
Every Life is Worth Living, Every Breath is Worth Saving



Hindustan Times COEP LAUNCHES WELLNESS PROGRAMME

Dheeraj Bengrut
dheeraj.bengrut@htlive.com

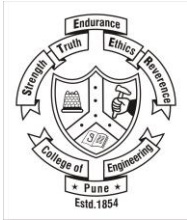
PUNE: The College of Engineering Pune (COEP) has started a one month 'mental health challenge' for students this month with small activities to keep students stress free and regain happiness through studies.

Several colleges are already running counselling sessions and mental wellbeing programmes for their students throughout the year.

"From the last one and half years since the pandemic started, we are continuously working on our students for their mental wellbeing, as every one of us are affected due to Covid and need mental support. Initially, we organised various online programmes and sessions for students, but as they were already overloaded with several online lectures and education series, we stopped that and focused more on group activity building, one to one counselling and mentoring sessions by senior students to new students. In the last one year, more than 1,000 students at COEP have benefited from this wellness programme," said Kshipra Moghe, centre head of COEP wellness centre.

30 DAYS FOR MENTAL HEALTH MAY 2021				
DAY 1 10 MIN DEEP BREATHING- BREATHE IN- BREATHE OUT/ PRANAYAM	DAY 2 WRITE THE THINGS THAT UPSET/ ANGERED ME TODAY (MIN 1, MAX 5)	DAY 3 DE-CLUTTER MY DRAWER/ CUPBOARD/ 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 PEOPLE/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 10 SURYANAMSKAR	DAY 17 SING A SONG WITH LYRICS- IN THE BATHROOM/KITCHEN 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/TECH/BOOK 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 MEMBER(S)	DAY 25 WATCH THE SUNRISE/SUNSET/ STARS GAME- NO PHONE/TECH ALLOWED
DAY 26 BRISK WALK/ RUN/JUMP/DANCE (10 MIN AT LEAST)	DAY 27 SKIP COMPLAINING- WOULD NOT COMPLAINT 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 (1-15 YEARS SELF)- SEAL IT AND KEEP IT IN A SAFE	DAY 30 SHARE THE POSITIVE SIDE OF TAKING UP THIS CHALLENGE

- Organized an expert lecture on the topic of **“Cyber Safety Awareness”** with Dr. Nirali Bhatia, a Cyber Psychologist, a TEDx speaker, well known for analyzing online behavior, counseling cybercrime victims and creating awareness on cyberbullying. The event was in collaboration with TribeVibe.



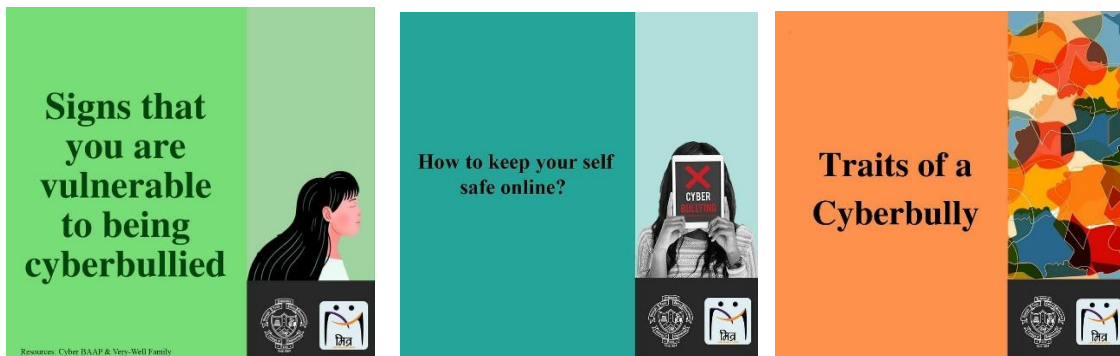
“मित्र”

COEP's Wellness Centre
An Initiative of Department of Applied Sciences
College of Engineering Pune

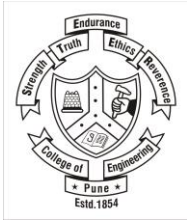
(An Autonomous Institute of the Government of Maharashtra)
Every Life is Worth Living, Every Breath is Worth Saving



- Following the session with Dr. Nirali Bhatia, we launched a **“Cyberbullying Awareness Week”** during which we threw light on various aspects of cyberbullying, how it affects the youth, especially the teenagers; the ways to stay safe online and official government of India resources were shared on our social media handles so that people can seek help whenever needed. The awareness week helped us start a very important discussion which is much needed in the today's era of “Online Lifestyle”.



- We started a **“Mental Health Quick Check & Awareness”** campaign in the month of October as a precursor to our foundation day celebration event and also to join hands with the global community that celebrates the month of October as the “Mental Health Awareness Month”. Under this we shared basic information in simple words about some of the most common yet tabooed mental health disorders such as anxiety, depression and post traumatic stress disorder (PTSD).



“मित्र”

COEP's Wellness Centre
An Initiative of Department of Applied Sciences
College of Engineering Pune

(An Autonomous Institute of the Government of Maharashtra)
Every Life is Worth Living, Every Breath is Worth Saving



Anxiety Disorders

Wellness Toolbox

Think of things you like to do when you're happy. Then, when you're feeling down, try one of those activities.

QUICK CHECK for anxiety

- Do you often feel nervous, restless or tensed?
- Do you usually have a sense of impending danger, panic or doom?
- When you feel a bit nervous, do you start hyperventilating (breathing heavily) ?
- Do you think that you usually start trembling or sweating when nervous?

Post Traumatic Stress Disorder

Depression

In the long run

- find a creative outlet
- build a support network
- try aromatherapy
- seek counseling

5. We also reinstated our “**Self-Care Sunday**” initiative. In this every Sunday we invited students on social media handles to share their stories and according to the stories we received we offered simple tips to enable their “Self-care.” This activity is running very successfully and we are getting good responses from many people, not just students.

SELF CARE SUNDAY

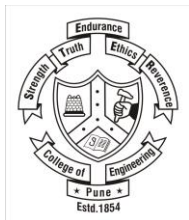
COEP मित्र

#SelfCareWithMitr

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>








“मित्र”

COEP's Wellness Centre
An Initiative of Department of Applied Sciences
College of Engineering Pune

(An Autonomous Institute of the Government of Maharashtra)
Every Life is Worth Living, Every Breath is Worth Saving



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

Activity	Mode	Involvement	Beneficiary
 Facebook	Online	Faculty & experts	Followers: 537 Likes: 523 Responsiveness: 100%
 WordPress	Online	Faculty & experts	Total Views: 360 from 4 countries 16 likes to blogs
 Instagram	Online	Faculty & experts	Followers: 392 Avg. views per post: 231
 LinkedIn	Online	Faculty & experts	Followers: 154 Impressions: 1.2K
 YouTube	Online	Faculty & experts	Followers: 81 Impressions: Views: 2073
On Call	Online	Faculty & experts	50+