

INSTITUTIONAL BEST PRACTICE- I

1. Title of the Practice: Mental Health Awareness and Peer Counselling.

2. Objectives of the Practice

This practice is conducted by psychology department for students, we know that many students are under stress because of various reason and peer pressure. To avoid such circumstances, you need to provide them awareness regarding mental health along with peer counselling keeping this objective in mind our college has organised some program under this best practice and in future we wanted to widen the area and involved all students of the college for benefit.

3. The Context

Because of the present situation we wanted focused on mental health of students and we know that sudden change has affected many lives, to cope up and stand in such situation needs guidance and our faculty of psychology and other members are addressing such issues and came up with this solution where awareness of mental health and counselling is done by experts.

4. The Practice

This activity we have split into two programs, one is workshop on Mental Health and Peer Counselling is second activity. One day online workshop on mental health was organised on 22 October 2020 on the occasion of World Mental Health Day by Department of Psychology. This day is celebrated by spreading mental health awareness among the society. Waghire College Saswad, also celebrated for creating awareness about mental health and students should know their mental health present status department that week to spread awareness about mental health among student and the society. Mental Health measurement test was conducted online for students and 300 students were responded from various colleges from Maharashtra, all these students got their online test analysis report by Psychology Department. Among these 254 students who need counselling, participated in this workshop. Second and third year psychology special students made posters on various mental health awareness topic and various psychological issue and posted this poster on social media, for spreading mental health awareness among society. Principal of Waghire College, Saswad, Dr Sushma Bhosale guided students for how to take care of mental health, importance of Mental Health, how mental health help to promote our success chances. Prof. Sunil Shinde head department of psychology gave an introductory speech of this workshop. Prof. Sangita Deokar gave vote of thanks to all Participants.

Peer counselling training: Organised by MahilaSarvangeen Utkarsh Mandal Masum and Psychology Department of Waghire College Saswad on 9th to 12th Feb 2021. Department of psychology and Mahilasarvangeen Utkarsh Mandal (Masum) were organised 4 days Peer counselling workshop for second- and third-year psychology special students. In this workshops student are trained to do counselling to their peers for their personal problems, family related issues, study related problem etc. Students got skill of active listening,

communication, empathy, identify suicide tendency. Training was given with the help of role play, games, musical activity and case studies. Well known counsellor, Psychologist, and life

coach trainer invited to train the students. After acquiring the various skills of counselling students helps to their friends, family members, relatives and Society for getting out from personal stress and help them to face life challenges. Certificates were provided to each participant who attended the workshops and actively participated in the workshop. Number of beneficiaries students- 27.

5. Evidence of Success:

Recordings of counselling's are available on college website and YouTube channel. If anybody can access and take advantage of it.

6. Problems Encountered and Resources Required

Because of Pandemic some programs can not organised physically but try to use online by adopting these facilities effectively and using it for these studies and experiments of counselling.

7. Notes (Optional)

We have received feedback of the program which is attached over here. Good responses of students.