

## **Maitrisetu- SRKI-Psychological & Guidance Cell**

### **Introduction:**

Life is filled with competing demands and keeping life in balance is a challenging task for students in this era. Students often need help and guidance to explore inner strength, to improve mental health and to re-establish their goals. To help and to guide our students, we have psychological counseling & guidance cell of SRKI. This cell is built around the idea to provide students sound guidance throughout their academic journey & to help them positively improve their mental health. As mental health is surrounded by lot of taboos & stigma, the cell was named Maitrisetu so that students can approach without hesitation. Also, VNSGU, Surat had asked each college to start such cells in the year 2017.

1 in 4 will suffer from mental health problem in any year & 1 in 20 people in India suffer from depression (NMHS, 2016). India passed its Mental Health Bill 2016, wherein SUICIDE IS DECRIMINALIZED. We respect students' uniqueness and at the same time help them to resolve personal concerns. We are available to help students with any problems they may be experiencing.

### **Committee Members:**

1. **Dr. Nehal Shah** (Cell Incharge)
2. **Mr. Jay Bergi**, HOD, Biotechnology
3. **Dr. Mukesh Jagiwala**, Psychiatrist, Surat
4. **Dr. Sudipta Roy**, Clinical & Child Psychologist, Psylens Counseling Center, Surat
5. **Dr. Chaulami Desai**, I/C Principal SRKI
6. **Dr. Smita Rajani**, Faculty, Microbiologist

### **Objectives:**

#### **For Faculties-**

- To orient teaching faculties about the cell, its need, functioning and to provide them basic information on mental health & holistic approaches so that they can cater the needs of students.
- To orient staff for mental health & its related issues & how to deal with it with students.
- To cater the needs of staffs' mental health as well.

#### **For Students-**

- To bring awareness about mental health & mental disorders amongst students.
- To do activities regarding communication skills, leadership skills, creativity, decision making, time management,, positive psychology, stress management so that students' skills & coping abilities can improve.
- To provide psychological counseling to the students.
- TO do psychological screenings & assessment whenever needed like stress & anxiety assessment & screening.

### Summary of Maitrisetu Programs

No.	Date	Name of Event	Collaboration with	Target Group	NO. of Participants
1	4/6/2017	Orientation Program – 1 for Faculties of SRKI & Commemoration of Health Day with Guest Speaker Dr. Mukesh P. Jagiwala	By Maitrisetu Cell itself	SRKI Faculties	25
2	6/24/2017	Faculty Orientation Program on Mental Health	Dr. Sudipta Roy & Psylens Counseling Center, Surat	SRKI Faculties	12
3	7/21/2017	'Shaping Your First Steps to Career' – Personality Development Orientation Program	Dr. Sudipta Roy & Psylens Counseling Center, Surat	SRKI T.Y. B.Sc students	51
4	2/24/2018	Program on Stress Management	Dr. Murtuza Railwaywala, Sparsh Self Enrichment & research Center, Surat	F.Y. Sem 2 & M.Sc. Sem 8 Biotech Students	71
5	6/27/2018	Stress Management Program & Stress screening of Students	Dr. Nehal D Shah, Maitrisetu Cell In-charge	T.Y. & M.Sc. Sem 3 of Environment Science Course	65
6	19-12-2018 till 25-07-2019	HELP Program (Annexure-1)	Heartfulness Institute	S.Y. B.Sc ES & BT	Total 19 sessions done for 110 students , weekly 1 lecture
7	22-06-2019 to 23-06-2019	Anxiety Screening of 215 students from S.Y., T.Y & M.Sc classes	Dr. Nehal Shah, Maitrisetu Cell Incharge	B.Sc. & M.Sc of ES & BT	230
8	6/29/2019	Counseling Session of Sever Anxiety screened 45 students	Dr. Nehal Shah, Maitrisetu Cell Incharge	B.Sc. & M.Sc	45
9	4-7-19 to 6-7-19	YES Youth Empowerment Program with Art of Living	Eshita Desai, Art of Living	B.Sc. & M.Sc	20
10	8/5/2019	Guest lecture of Dr. Mohandan Hegde on Harness your youth power	Heartfulness Meditation Institute & Sir P. T. Sarv. College of Science, Surat	All B.Sc. & M.Sc. Students	400
11	22/07/2020	Online Workshop on Coping Skills for Management of Stress	Dr. Nehal Shah, Maitrisetu Cell Incharge	S.Y. & T.Y students of all courses	550
	29/07/2020	Online Workshop on Ergonomics of Online Learning	Dr. Nehal Shah, Maitrisetu Cell Incharge	S.Y. & T.Y students of all courses	550
12	05/08/2020	Online Workshop on Positive Psychology	Dr. Nehal Shah, Maitrisetu Cell Incharge	S.Y. & T.Y students of all courses	550

### Annexure 1: HELP Program

No.	Dates	Sessions
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1	19-20th Dec 2018	1) Introduction of the Program by Dr. Nehal D Shah
2	20-21-22 Dec 2018	2) 3 days induction program by Dhara Zaveri & Heartfulness Volunteers
3	27 & 29 Dec 2018	3) Orientation of HELP by Dr. Nehal Shah
4	3 & 5 Jan 2019	4) Revision Session of all techniques by Dhara Zaveri
5	10th Jan 2019	5) HELP Session 1 – Communication Skills by Sanjay Shrivastav
6	17th Jan 2019	6) HELP Session 2 – Time Management by Abhishek Chawra
7	24th Jan 2019	7) HELP Session 3 – Decision Making by Bala Saraswathy
8	31st Jan 2019	8) HELP Session 4 – Designing Destiny by Parul Shrivastav
9	7th Feb 2019	9) HELP Session 5 – Power of Thought by Priya Jain
10	28th June 2019	11) Guest lecture of Nilesh Zaveri, Heartfulness Prefect on Importance of Meditation
11	4th July 2019	10) Revision & Orientation of relaxation techniques by Dr. Nehal Shah & Dhara Zaveri
12	11th July 2019	12) HELP Session 6- Healthy Living by Rachna Dalal
13	18th July 2019	13) HELP Session 7 - Yoga by Falguni Godiwala
14	25th July 2019	14) HELP Session 8 - My Strengths by Piyush Patel