



DECCAN EDUCATION SOCIETY'S
Shri. Navalmal Firodia Law College, Pune

(Permanently Affiliated to Savitribai Phule Pune University ID No.PU/PN/LAW/207/2004)
Recognised u/s "2 (f) & 12 (B) of UGC Act 1956 "
(Approved by Bar Council of India) NAAC Accredited : B++ ,ISO 9001:2015 certified

Annual report of Mental Health Cell (2023-24)

Mental health is important at every stage of life, from childhood and adolescence through adulthood. It also helps determine how we handle stress and make healthy choices. The Cell works towards the overall well-being of students. With the objective of extending emotional support and ensure mental health of students and staff, Mental Health Cell organized various programs and initiatives aimed at enhancing awareness, providing support, and fostering a culture of mental health within the college community throughout the year. The short review of activities of the Cell are as follows-

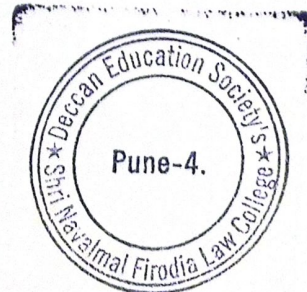
- **Weekly personal Counselling sessions**

Every Wednesday, the college offers one-on-one counseling sessions facilitated by professional therapists Ms. Shruti Tekawade. The empathetic listening, personalized guidance help students to face and to navigate through their concerns.

The college has appointed, professional counsellor and therapist in order to provide counselling, guidance and support to students. She visits college every Wednesday and many students have taken one-on-one personal counselling from her for different issues like relationship related, depression, career guidance, etc.

- **Orientation Session-**

At the onset of the academic year, we conducted an orientation session for incoming students. It was conducted on 22nd June 2023 by professional counsellor and therapist Ms. Shruti Tekawade. This session aimed to introduce them to the resources available at the Mental Health Cell and to emphasize the importance of mental well-being in academic success. Students were advised about dealing with their day-to-day personal, emotional, social problems.



- **Happiness Index-**

A survey was conducted among teaching and non-teaching staff to find out their state of mental well-being and level of their happiness. Happiness of teachers is important not only for themselves but also for society as a whole. The Oxford Happiness Questionnaire developed by Michael Argyle and Peter Hills was used for the same. The survey revealed that average happiness level of staff was 'above average/ pretty happy'.

- **Sessions on 'Tension-Free Life'-**

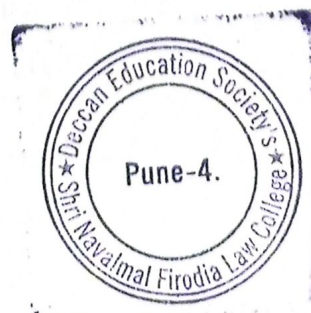
The Cell organized two sessions on 'Tension-Free Life' on 11th and 27th December 2023 for students and for non-teaching staff respectively. Dr. Mangala Pansare of Manashakti Research Centre, Lonavala, conducted these sessions. It was an interactive sessions with activities related to functioning of brain. She guided about stress management techniques, brain stimulating activities and games, etc.

- **Anxiety Test for students-**

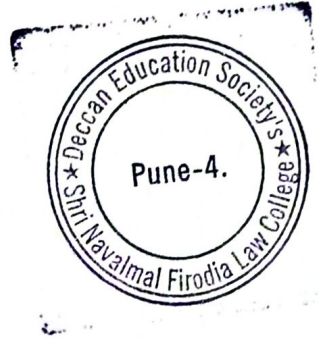
Everyone has to face problems of stress and anxiety. College students also face anxiety due to different factors such as peer pressure, academic performance, financial, family related, career related anxiety, etc. Recognizing the prevalence of anxiety among college students, the Cell conducted an Anxiety test of 440 students by using the State Trait Anxiety Inventory developed by C.H. Spielberger. The report of the test revealed that the average anxiety level of students is high. -

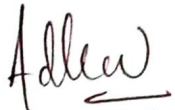
- **Session on 'Dealing with exam related stress'-**

The session was organized by Mental Health Cell and Mentorship Cell. Professional counsellor and therapist Ms. Shruti Tekawade conducted the session on 10th April 2024. This session was arranged keeping in view the report of anxiety test and upcoming university exams. Ma'am guided about causes of anxiety, need of healthy tension, importance of exercise, diet and sleep and other dos & don'ts during exam to reduce the anxiety.



This dedicated support system of Mental Health Cell not only enhances students' mental health and academic performance but also cultivates a nurturing campus environment where individuals feel heard, supported, and equipped to thrive.




Dr. Sunita Adhav
Principal, DES SNFLC