

MENTAL MAKE-UP, 2021

About World Mental Health Day: *Every year, 10th October is observed as World Mental Health Awareness Day, worldwide. This day marks the importance of prioritising mental health. The undergrad students of the Psychology Department of SNDT College of Arts and SCB College of Commerce and Science had organised a webinar on the same day and a month full of exciting activities observing the importance of mental health.*

Theme selected by World Federation for Mental Health: The universally accepted theme for the World Mental Health Awareness Day, 2021 by the World Federation for Mental Health was “Mental health in an unequal world.” The event “Mental Make-up” by our college was also in complete accordance with the universally accepted theme.

Name of event/ idea: The event was named as “Mental Make-up” with the concept of how the knowledge of mental health can help us design a beauty-kit for our minds. Likewise, a tag line was also selected with relevance to the theme. The tagline was “making minds glamorous”.

Work on social media: An Instagram page was created along with a Facebook page. The page was named as “Meteor Mindset” showcasing how spectacular the human psyche is. Since then, the page has gained 120+ followers with people from miscellaneous backgrounds (professionals, students, teachers and even people with no background in the field of mental health). The organising committee continues to create awareness by posting various mental health related contents on a regular basis through the same Instagram handle.

@meteor_mindset

10th October: Webinar on Navigating Students Mental Health Amidst the Pandemic.

Resource person: Ms Rinkle Jain

Biodata of the resource person: Ms. Rinkle Jain is a practising psychologist. She finished her bachelors of arts in psychology from Ramnarian Ruia

Autonomous College, and recently finished her masters of arts in clinical psychology from Maniben Nanavati Women's College, SNDT University. As of now, Ms. Jain is pursuing Post graduate diploma in counselling psychology from St. Xavier's College, Mumbai.

Ms. Jain primarily works with adolescents and young adults and addresses concerns regarding anxiety, stress, covid distress, relationships, career, depression in her therapeutic practice. She uses an eclectic approach so as to best cater to her client's need but does view mental health from a trauma informed and queer affirmative lens.

Ms. Jain has had varied interning and training experiences, working with different populations. As of now, she is employed as a psychologist with Mind Treat which is an online mental health platform. She is also seeing clients in her private practice in the capacity of a therapist.

Topic of webinar: Navigating Students Mental Health Amidst the Pandemic

Brief description of the webinar content: From the presentation of Miss Rinkle Jain on the topic "Navigating Students Mental Health Amidst the Pandemic" we understood that students mental health is closely connected with individuals, interpersonal, institutional, community & societal means. During pandemic there was high amount of upheaval seen in the mental health of people as a whole, considering these, psychologists came onto conclusion that students were more affected by it as their education system took a sudden drastic turn.

What most of the students went through was general fatigue, trauma, higher levels of depression, anxiety and stress, psychological distress, overall low quality of life, grief and loss. All this had a great impact on their mental health which ultimately resulted in continual problems like stress, anxiety, fatigue, burnout, Imposter Syndrome, procrastination, low levels of self-esteem, poor motivation and many more. Furthermore, keeping in mind, the efforts and challenges faced by teachers and educators, she mentioned the issues they faced during this situation such as issues with technology, poor work life balance, hazy personal and professional life boundaries, anxiety and stress related to online teaching. In conclusion she explained us, how do we tackle & fix these issues and take care of ourselves, giving us many tips like organizing, communicating, taking a walk around and suggesting us to take periodic breaks in the middle of long screen times. Lastly, she concluded by appreciating our mentors & educators. We had an enlightening experience of having Miss Rinkle

Jain as our guest & speaker for the day, we shared an incredible time getting acquainted with quite a lot of challenges and their solutions, which all of us face on a daily basis.

The webinar was attended by 56 participants.

A snap from the webinar.



11th October: Social media campaign

Idea behind the event: This event was open for all. We received many slogans and thoughts related to mental health. A flyer was made and circulated in different social media platforms. People irrespective of age, background etc had put up slogans related to mental health on their Instagram stories tagging our official page @meteor_mindset. The same stories were reposted by us on our page. This event was designed in a way so that anyone could participate in it even without much knowledge in the subject, thus making mental health 'equal in the world of inequality'.

Snaps from the stories we were tagged in



12th October: Webinar on Life Skills for a Better Quality of Life

Resource person: Ms Pradnya Kannade and Ms Bhumi Pasad

Brief biodata of the resource person: Ms Pradnya Kanade is a freshly graduated individual with master's in clinical psychology from SNDT Women's University, Churchgate. She has completed her bachelor's degree from VG Vaze Kelkar college, University of Mumbai. She is currently working as a counselor at icall (psychological helpline). She has interned in various hospitals as a part of her master's program. She has also completed a short course in positive psychology. Ms Kanade has also organised various workshops and suicide awareness programmes.

Ms Bhumi Pasad has recently completed her Master's in clinical psychology from SNDT university in 2020. She is a thoughtful hardworking empathetic

individual with experience in hospitals, schools, NGOs and private practice settings. She is compassionate and committed in working with clients suffering from a broad spectrum of mental illnesses. Her work area focuses on children with autism spectrum disorder, assistance to children with special needs, conduct psychological testing and diagnosis of various psychological disorders categorised under the DSM-5. Currently, she is working as a junior Autism intervention therapist at Ummeed Child Development Center. She has also interned in various psychiatric hospitals and NGOs as a part of her master's program.

Topic of webinar: Life Skills for a Better Quality of Life.

Brief description of the webinar content: From the webinar on life skills for a better quality of life, we learnt about the importance of acquiring the skill of empathetic listening and the difference between “listening” and “hearing”. We were introduced to a wide spectrum of psychological challenges including anxiety, stress, trauma, depression, grief etc. The facilitators also introduced the different psychological disorders as mentioned in DSM-5 and how we can support individuals with such issues. The webinar enlightened us on some important life skills to maintain stability in relationships, balance our emotions, handle stress and anxiety effectively and how we can encourage others in taking help. We also learnt about the circle of control and how our thoughts influence our emotions, importance of taking responsibility of our own behaviours and acceptance. During the session, we came to understand the emotional wheel in detail and learnt a few strategies detrimental to help ourselves cope with issues challenging our mental health. We learned to design a personalized psychological tool kit for our distressful moments. The webinar was supported by a wide range of interesting and interactive activities, videos, roleplays and questions from the facilitators as well as the participants. The last 15 mins of the webinar was kept only for questions that the participants would like to ask the facilitators. Ms. Pradnya and Ms. Bhumi helped us gain immense knowledge in being more insightful about ourselves, our experiences and making conscious efforts to take the help required to mitigate these challenges.

The webinar was attended by 45 participants.

Snaps from the webinar



12th to 26th October: Content awareness on social media by organising committee

The organising committee posted various contents related to common psychological issues pertaining threat to mental health, frequently misunderstood mental illnesses and busting myths and stigma around various psychological disorders.

Organising Committee:

- Tanya Kesharwani
- Sugra Syed
- Gauri Gaikwad
- Sakshi Raje
- Rwidipta Chakraborti

27th October: Turn coat debate and Poster Making

1. Turncoat Debate

Participants:

- 1.Sumaima Khan
- 2.Rubab Kojar
- 3.Sanjana Matlani
- 4.Rucha Korde
- 5.Shabnam Minz
- 6.Shivani Shrivastav
- 7.Goolnawaz Kapadia
8. Ayushi Verma

Idea of the event: Mental health is a topic in which we always say 'be non-judgemental in your approach '. But when it comes to stigma, the perspective of the 'xyz' stigma is also worth giving a non-judgemental approach. Our experiences shape us into the person we are. In attempting to break the stigma we end up 'stigmatizing the stigma' which only strengthens the red flags of the society. The concept of acceptance takes both the positives and negatives in situation into consideration. Acceptance of an imperfect society is crucial in order to make a society that accepts the authenticity of an individual. A society with a green flag can only be achieved when the root of a society with a red flag is understood and treated with compassion. Whether good or bad, right or wrong, healthy or unhealthy, each experience matters.

Brief biodata of Judges: Mr. Rao Saheb Raut is an Assistant Professor, Department of Applied Psychology and Counselling Centre, University of Mumbai, pursuing PhD from the same Institute. His area of Interest is Suicide and Suicide related behaviour. He has a total 9 years (teaching + practical) experience in the field of psychology.

Ms. Archishmati Sonawane is an Asst Professor SNTD PG Dept of Psychology & Coordinator MA (psychology) IDOL, Mumbai University.

She has also been an Asst Professor UG dept of psychology SNTD (2016-2019)

She is a SNTD ALUMNI of BA & MA batch 2013/2015 respectively. She has completed her MA – industrial and organisational psychology

Besides her interest in psychology her Research Interests & areas of expertise are HRM, employee counselling and Org.behaviour

She has a total experience 5+ years

Method: Participants were given topics on the spot and were asked to speak for 2 mins one point for and one point against the topic given, after which questions were asked by the judges. The rationale provided by the participant was marked on basis of parameters set by the judges, and accordingly winners were announced.

Rules for the event

- A stigma will be given.
- Participants will get a minute to think on the topic.
- The participant will have to state one line 'for' the stigma and one line 'against' the stigma.

Instead of stigmatizing the stigma, this event aimed at understanding the story behind it. Every change starts with acceptance and breaking the stigma starts with addressing it with empathy and compassion

Parameters of judging: Factual content, relevance to the topic, language, expression of thoughts and clarity, simplicity and fluency.

Winners:

1st - Goolnawaz Kapadia

2nd - Rucha Korde

3rd Sanjana Matlani

Snaps from the event



2. Poster Making

Selection of participants: A google form was circulated and interested candidates had to enrol their names in the form. Participants who submitted the form were provided with a separate google form link for submission of the posters. The posters were mailed to Ms Sreelalitha, the judge for the event beforehand. Winners were declared on a virtual meet via zoom on the day of the Turncoat Debate event i.e., 27th October.

Participants:

- 1.Nupur More
- 2.Nikita Natbhajan
- 3.Rubab Kojar
- 4.Afiya Khan
- 5.Shalini Choudhari
- 6.Sanjana Matlani
- 7.Surabhi Bijurkar
- 8.Pari Prajapati
- 9.Tanya Kesharwani
- 10.Rwidipta Chakraborti

- 11.Tarini Sharma
- 12.Mohidisha Hemani
- 13.Shaifali Begum
- 14.Goolnawaz Kapadia
15. Sanika Khore
16. Asma Dalvi
17. Sneha Singh
18. Anjali Gollar

Idea of the event: Art has always been a great medium to express our feelings. With this idea we had organised a poster making competition. The theme for our event was “not all wounds are seen”. A wide range of unique and beautiful expressions of different thoughts through posters were received.

Brief bio data of the Judge: Ms Sreelalitha Raghunathan is an Art based therapist completed her masters in psychology specialised in learning and development having work experience of 10 years in corporate firms with a proven track record of providing interactive and innovative learning. She has worked for various leading professional services firms.

She offers specialties in behavioural training for teams and individuals to equip them to be skill-ready and empower them to reach their potential. She has also facilitated on wide range of programs such as Enhancing cultural intelligence, behavioural competencies, communication competencies and Language Enhancement skills

Topic: Participants were supposed to submit a poster on the topic “All wounds are not seen /visible”.

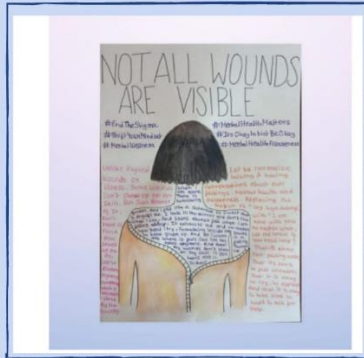
Parameters of judging: Relevance to the topic, clarity and expression of thoughts through art, simplicity of the poster, comprehensibility and the overall concept.

Winners

1st Surbhi Bijurkar



1ST PRIZE

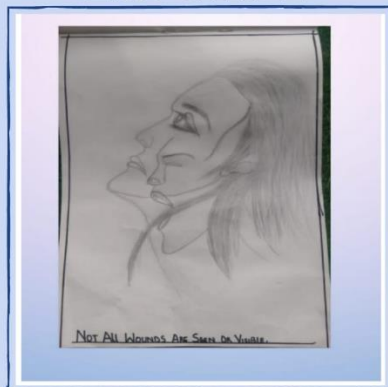


Surbhi Bijurkar

2nd Afiya Khan

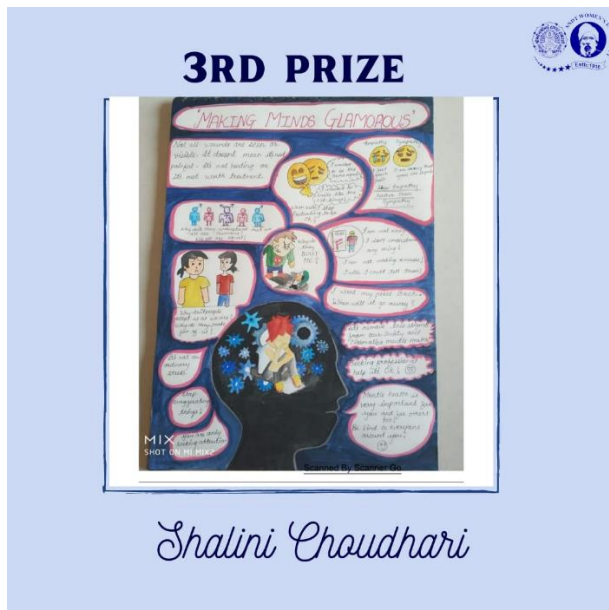


2ND PRIZE



Afiya Khan

3rd Shalini Chaudhari



The posters of the winners were posted on the official social media handle of @meteor_mindset after the declaration of the winners. A ppt was made with all the posters that were submitted and was shown during the virtual meet for the declaration of the winners.

28th October: Flicks-net and Blog Writing

3. Flicks-net

No of participants

Idea: Television is the best media to promote and build awareness of important topics in the society. Films, web series, cartoons play an influential and pivotal role in the society. Flicks-net was an evening loaded with fun activities related to movies.

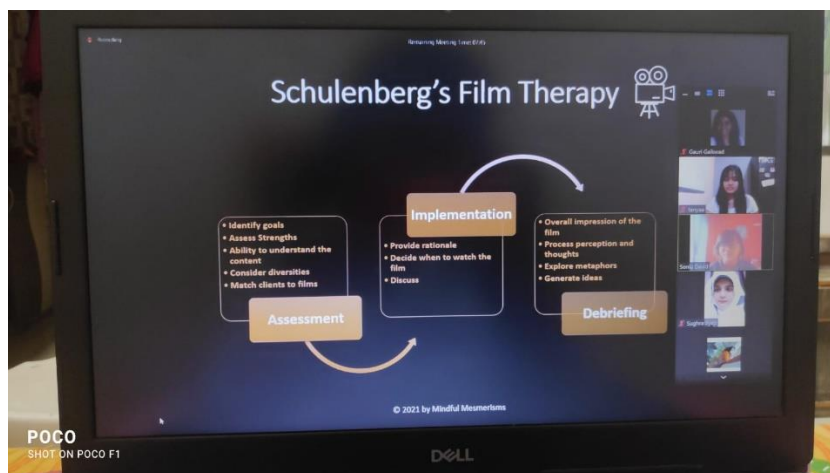
Resource person: Ms Sonia David

Brief bio data: Ms Sonia David is the founder of Mindful Mesmerisms and is a Psychological Counsellor and Faculty in schools. She is currently pursuing her PhD in psychology from JAIN University, Bangalore and specialises in Expressive Art Therapy. She is a certified Art Therapist and an Acceptance and

Commitment Therapist. Her research activities include expressive art therapies, film therapy, person-centred and solution-focused therapy, positive psychology, child and adolescent psychology and body positivity. She is a published author, spoken poet and enjoys solo-travelling.

About the event: The facilitator Ms. Sonia introduced the importance of film in educating and creating awareness in the society. She discussed briefly about what exactly film therapy is and how movies can be used as a psychotherapeutic tool. She made us watch a short film and gave us a questionnaire to understand how we comprehended the movie. Through the discussion of the questionnaire, we came to understand a psychoanalytic picture of the short film we saw. In this session we were introduced to a completely new still evolving but a strong tool in psychotherapy which is quite different from general conventional therapeutic techniques. We also came to know about pros and cons of this kind of therapeutic practice in the practical field.

Snaps from the event



4. Blog writing

Idea of the event: It is said that the pen is mightier than the sword. With this concept we believe that feelings and thoughts are better expressed through words. We tried to bring a safe space to express the thoughts and feelings of our participants through a blog writing event.

The topics for blog writing were as follows...

- Time to talk about our feelings let's talk
- You me and empathy can heal this world
- When we empathize, we make a better place to live in.

Selection of participants: A google form was circulated and interested candidates had to enrol their names in the form. Participants who submitted the form were provided with a separate google form link for submission of their blogs. The blogs were mailed to Ms Rachel Alice, the judge for the event beforehand. Winners were declared on a virtual meet via zoom on the day of the Flicks-net event i.e., 28th October.

Participants were asked to submit their blogs in Word document format and the word limit was of 500 -1200 words.

Participants

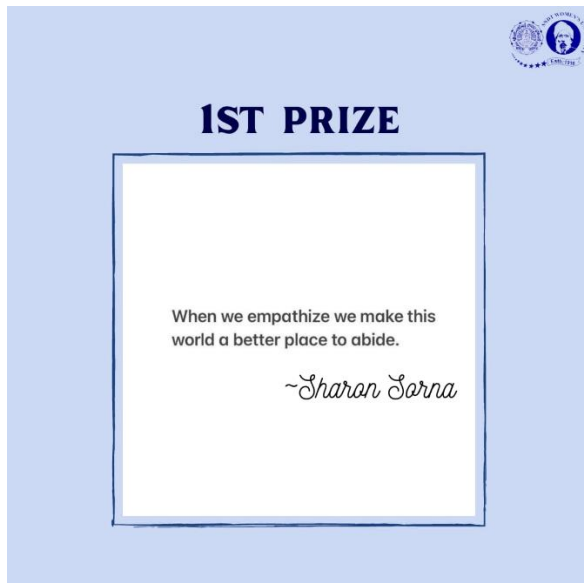
1. Sharon Sorna
2. Rukaiya Talwari
3. Rwidipta Chakraborti
4. Rubab kojar
5. Afiya Khan
6. Sanjana Matlani
7. Tanya kesharwani
8. Trisha lokur
9. Tarini Sharma
10. Pearl Pagar
11. Harini Obla
12. Zahra Khan -
13. Goolnawaz Kapadia
14. Sakshi Jeyaprakash
15. Sanika Kathore

Brief biodata of the Judge: Rachel Alice is a trained mental health professional and has worked in the capacity of a researcher, volunteer and counsellor at various hospitals, clinics, NGOs and other organizations. She has been a former delegate at Harvard US-India Initiative '21. She has presented her research on 'Mental Health of Young Adults living with their families during the pandemic' in the 'International Conference on Solution Focused Practices' and also completed qualitative research on the experiences of children during the pandemic. She provides affordable counselling sessions for adults, teenagers and children and aims to facilitate healing in society through rethinking and deconstruction of associations.

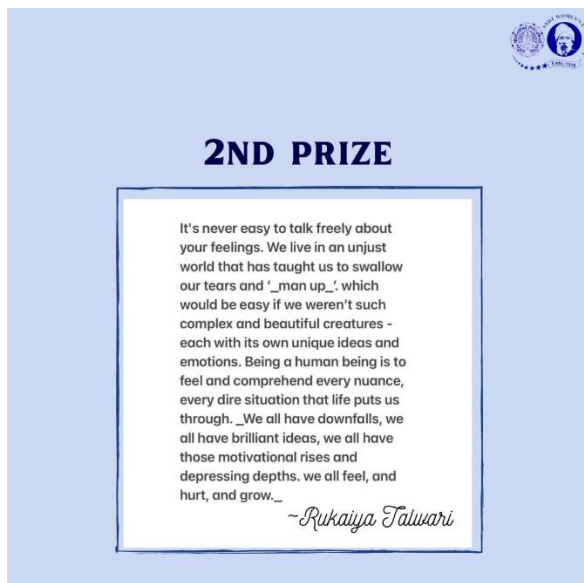
Parameters of judging: The participants were judged according to the simplicity, language, content, comprehensibility, clarity of thoughts, facts, authenticity of their blogs.

Winners

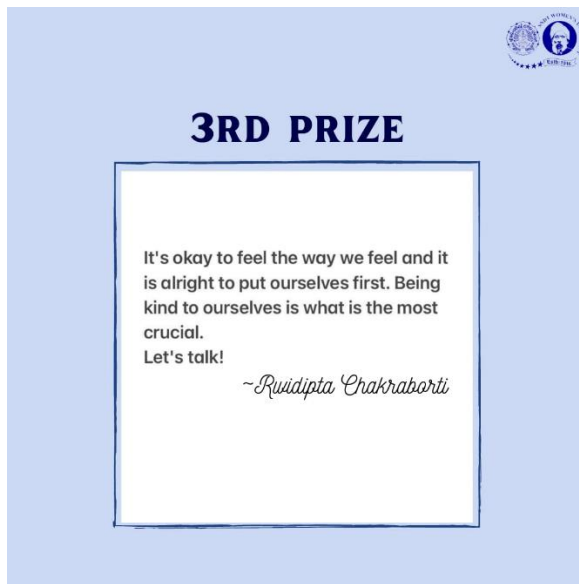
1st Sharon Sorna



2nd Rukaiya Talwari

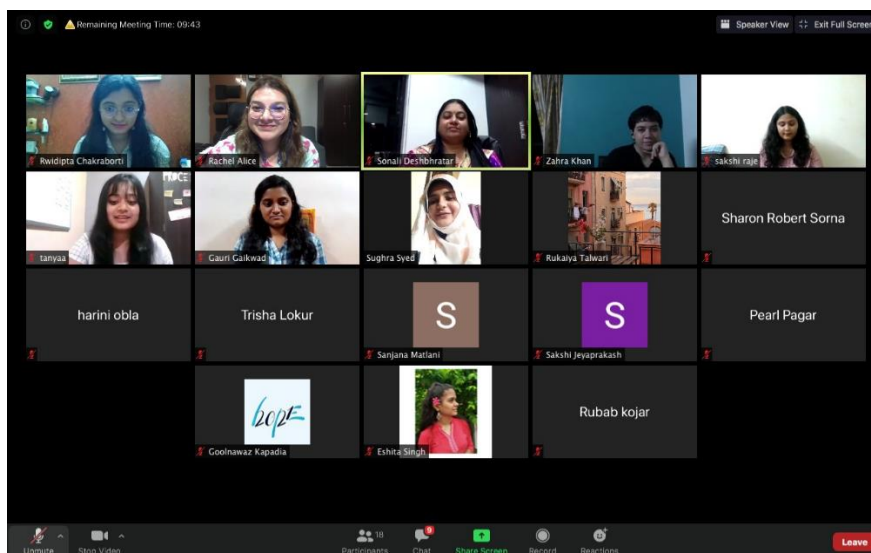


3rd Rwidipta Chakraborti



Blogs of winners were post on the Instagram page later on after the event.

A snap from the event



29th October: Psych heist and Gratitude Basket

No of participants

This was an informal evening packed up with interesting games and virtual activities that were planned by the organising committee, thus marking the successful end of the month-long event

Description of all games:

- **Colour game:** Names of colours were written in a different colour and participants were asked to read the colour in which the name of the colour

was written. The participant who could read the names the fastest was declared as the winner.

- **What's your perception:** This was a game where the white board software by zoom was used. A participant was given a word by the organising committee in their private chat boxes on zoom. The participant had to draw the representation of their understanding of the word and all other participants would have to guess what the word given by the organising committee was. Thus, this game showed how personalized our perceptions are.
- **Spot the difference:** Two pictures with slight difference in them were shown to the participants for a stipulated time period of 30 seconds, after which they were supposed to spot the difference between them. The participant giving the maximum right answers was declared as the winner.
- **Memory game:** A chart with pictures of different things was shown in the screen for 20 seconds after which the picture would disappear. Participants were asked to name all the things that they saw. The participant giving the maximum number of accurate answers was declared as the winner.
- **Gratitude basket:** This activity had no winners. It was just an open space to give every one a chance to express their "gratitude" to any person, place, event, things or even an abstract concept like a feeling. 5 open ended questions were designed by the organising committee and participants just had to type their answers to the same. A website called "mentimetre" was used to design the questionnaire for the same.

Winners: There were no winners for this activity. A certificate to appreciate and acknowledge the presence of the participants was given to all those who attended the activity till the end.

Names of the participants:

1. Sanjana Matlani
2. Binish Merchant
3. Leanne Lazaro
4. Archana Aravindakshan
5. Shivani Shrivastav

Snaps of the day



Conclusion of the event

To conclude, the event “mental make-up” organised by the department of psychology helped us gain important values. It helped the organizing committee learn team work and enhance team spirit, building leadership qualities, event management and execution, developing social communication skills and a chance to get a deeper understanding of different people.

For the participants, it widened their scope of knowledge in relation to various concepts and challenges related to mental health. It made them understand the need to address mental health issues and seek therapy, thus making mental health more accessible.

Thus, the event was successful in taking the awareness of mental health and psychoeducation in general to a step ahead, bringing us nearer to the days where we have basic psychological literacy in our society. This would be the keystone to build a society where people are not afraid to seek help.