

DEPARTMENT OF PSYCHOLOGY

Mental Health Week Celebration 2023

Mental health as a concept and a necessity of life is gradually gaining a lot of importance and is getting destigmatized. Department of Psychology at Smt. Maniben M. P. Shah Women's College of Arts and Commerce (Autonomous) has been tirelessly working towards awareness and destigmatization since 1999. To celebrate this positive change in the field of mental health, the Department celebrated World Mental Health Day which is observed on the 10th of October in accordance with the World Federation for Mental Health, with a great deal of enthusiasm and a variety of activities not only for one day but the entire week. Students of the department celebrated Mental Health Week from the 5th of October to the 10th of October, with each day having a different yet interesting activity. All the activities were simple to understand, relatable to all students studying in the college, and self-introspective in nature. The activities were well planned by students of the department, supported by the faculty members Ms. Vaishnavi Kamat, (MA Coordinator), Ms. Pallavee Joshi (Lecturer), Ms. Prachi Joshi (Lecturer) and Ms. Vedashree Bhagwat (Counselor) under the guidance of Dr. Archana Patki (Head of Department and Principal). The Mental Health Week celebrations were carried out under the immense support and guidance of the management members of Seva Mandal Education Society.



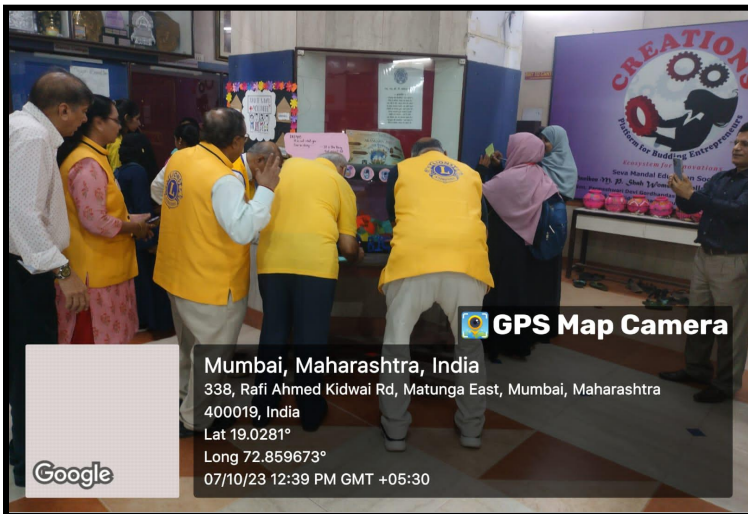
Poster: Mental Health Week Celebration



Lion's Club members interacting with students and faculty

Dream Box - 5th to 10th October - Foyer

On the very first day of Mental Health Week, the 5th of October, students installed a Dream Box in the foyer. For this activity, the students of the Dept. of Psychology created a box for everyone to write their dreams or aspirations on a piece of paper and put in the box. The box was outer space themed with little illustrations of astronauts doing various different kinds of jobs and achieving pinnacles of success. The idea behind this theme was to put forward the idea that anyone can dream of being anything they like and that achieving it shall be difficult but certainly not impossible. This activity was to reaffirm the faith of students in themselves and in the fact that whatever they aspire shall one day be a reality. The dream box surely helped the students gain perspective and acted as a reminder of the goals that they have set for themselves. The Dream Box received a great response from the students from all the departments and professors. It was the perfect and energetic start to the celebration of Mental Health Week.



Lion's Club members engaging in the Dream Box activity



Dream Box made by MA Part I students

Appreciation Petals - 5th to 10th October - Foyer

On the 6th of October, students put up a gratitude sunflower in the foyer. For this activity, the students of Dept. of Psychology had prepared yellow chits of paper in the shape of small petals. All fellow students and professors had to write one thing they are thankful for on the petal and stick it on the board in a way that would complete the sunflower drawn on the board. As the activity proceeded, we received so many petals that by the end of the day we had our sunflower complete. The purpose of this activity was to help students and teachers look into their lives and appreciate what they have. It helped them be thankful for their life and everything that makes it worth living. The activity was well participated in by all the students and professors.



From Left: Dr. Archana Patki (HOD, Dept. of Psychology & Principal, Smt. M. M. P. Shah College) and Dr. Mala Pandurang (Principal, Dr. BMN College) engaging in the 'Appreciation Petals' activity



Dr. Avneesh Bhatt (Vice-Principal, Smt. M. M. P. Shah College) engaging in 'Appreciation Petals' activity



Students engaging in 'Appreciation Petals' activity

Take What You Need - 6th to 10th October - Foyer

Take What You Need is another interactive activity students conducted in the foyer from 6th October to 10th October. This activity invited the students and teachers to choose an abstract concept or a construct that they wish to have in life. This included Courage, Hope, Confidence, Kindness, and lastly, Happiness. After they had made their choice, they were given a bookmark from the construct they chose. The bookmark had an affirmation related to what they chose so that they would remember what they needed in life and work tirelessly to have it. Take What You Need activity, aided the students and teachers in identifying the abstract construct they need the most and accordingly work resiliently to achieve it and make sure they have overall mental peace in life. This activity was encouraged by students and teachers with utmost participation and zest.



Take What You Need board made by MA Part I students

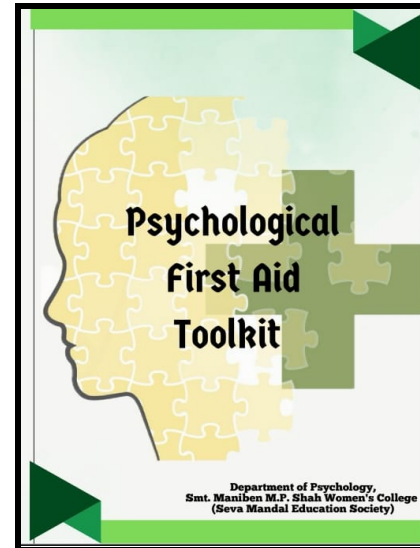


Students taking bookmarks

Workshop on ‘Mental Health: Universal Human Right’ - 7th October onwards
First Year students of BCom, BAFI, BAMB, BMS, BA (Hindi, Sociology, Psychology,
Marathi and Economics) and BA (Marathi Medium)

On the 7th of October the students from the Dept. of Psychology, conducted workshops for the students of other departments to spread more awareness about mental health. The topic of the workshop was “Mental Health: Universal Human Right”. The workshop was easy to understand for students of various faculties. It talked about how mental health is for everyone and anyone and not just privileged people. The workshop was interactive and the students attending the workshop felt like a part of it. The workshop was stimulating as it involved role play by the facilitators. This activity encouraged better understanding of certain topics and was designed to be collaborative to ensure participation in the workshop. Additionally, the students also prepared a “Psychological First - Aid Toolkit” for the participants. Keeping in mind the goal of sustainability, they printed a single copy for each department head and provided the students with a QR code that lets them access the toolkit.





Students conducting workshops with different departments and the 'Psychological First-Aid Toolkit' made for student with the QR code to access it

Movie Screening and Discussion - 9th October - AV Room

On the 9th of October, a movie screening and discussion was organized for MA Part I and FYBA students of Psychology Department. The animated movie by Disney Pixar, “Up” was screened in the AV Room. The movie had an apt representation of how an individual deals with pain, loss and grief. The movie portrays this through the main character, Carl. He loses his beloved wife, Ellie, and is left all alone. The movie then shows how he deals with the grief of losing his wife. The movie with a happy and well-rounded ending taught the importance of moving on in life and focusing on the good that is left in life rather than what is gone. It also aimed at breaking and challenging the stereotypes attached to the geriatric population and seeing them from a new and unexpected gaze. It contradicts the idea that old people have nothing left to look forward to and should live their remaining lives in old age homes. The movie overall was about never losing hope and always trying to look at the bright side of life. “Up” in a very skilled manner depicted how life is an adventure and how everyone must embrace it. Further, there was a lively discussion about the themes of the movie, character sketches, and depictions in the movie from the point of view of mental health and psychology. Concepts like Elisabeth Kübler Ross’ grief model were discussed by the students. The students took back new learnings about grief and what moving on from it looks like.



Movie Screening for the students of Psychology Department

Mental Health Awareness Rally - 10th October - Matunga

The 10th of October is celebrated as the World Mental Health Day, the students of MA Part 1 and FYBA Psychology took part in the mental health rally. The rally was lively, full of enthusiasm, and served the purpose of spreading awareness about mental health and its importance. The route of the rally, like every year, covered all the major spots of Matunga. The rally marched from the college campus to Matunga station via King's Circle, moving towards Welingkar Institute, Ramnarain Ruia College, Five Gardens, Khalsa College, Veermata Jijabai Technological Institute (VJTI), and then back to our college. The rally received full support and safety from Mumbai Police. About five-six police personnel were with the students all throughout the rally making sure their journey across Matunga was completed without any hurdles. Throughout the rally, various slogans in English, Marathi, and Hindi were screamed in excitement which drew the attention of people on the streets. Between the stops, the students also interviewed students, youngsters, and senior citizens for their general views on mental health. The interview questions were kept simple and easy to understand and were light in nature. The people seemed to have enjoyed the questions and answered with honesty. Overall, it was a fulfilling experience and was the perfect end to the magnificent celebration of Mental Health Week.



Students preparing for the Rally



Rally near Ruia College



Students at various spots across Matunga