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COEP's Wellness Centre

(An Initiative of Department of Applied Sciences, College of Engineering Pune)

“Every Life is Worth Living, Every Breath is Worth Saving.”

About Us

We are, COEP Wellness Center □□□□□, that stands for a friend and that's what we aim to be. “Every life is worth living and every breath is worth saving”, is the philosophy that □□□□□ profess. □□□□□ started as an idea out of the need to provide professional counseling to students who seek help. Under the able leadership of our Centre Head Dr. Kshipra Moghe and with the constant support of the Centre Administrator Mrs. Nandini Iyer, Hon. Director Prof. B B Ahuja, Deputy Director Dr. Mukul Sutaone, and many others, the wellness centre has been catering to the mental health of students, faculty and staff. □□□□□ was **inaugurated on World Mental Health Day, October 10, 2019**, which is celebrated as its **Foundation Day**.

Ever since its establishment, we are proud to mention that our centre's contribution **received 1st Prize in Counseling and Telesupport category** (along with COEP being 1st in Overall Impact category) in the **Uchcha Samsthan Vishwakarma Award (USVA-2020) from the AICTE**, which were announced on September 17, 2020 virtually and given by **Hon. Education Minister Sh. Ramesh Pokhriyal 'Nishank' ji**. These awards were to acknowledge the contribution made by various institutions all over India in the community during the COVID 19 pandemic and the theme was "India Fights Corona".



Our Team

The team □□□□□ comprises of the Centre Administrator Mrs. Nandini Iyer, Centre Head and in-house Psychologist Dr. Kshipra Moghe, Mrs. Tanuja Kher in-house Psychologist, a group of

select students that form the core team, and a number of students as volunteers.

Our Activities

As part of , we run 5 initiatives that make a place for all.

1. **Professional Psychological Counseling** – Counseling sessions are provided to those who approach us or those who are referred to us. Our team of expert in-house Psychologists Dr. Kshipra Moghe and Mrs. Tanuja Kher, along with our associate external expert Dr. Bharati Chopra, an experienced Clinical Psychologist, are available as per a pre-decided schedule. ***Owing to the current situation around, we have shifted our counselling facilities completely online, and via phones.***



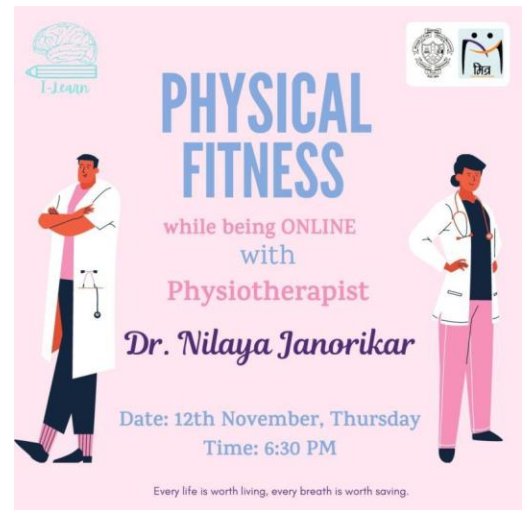
2. **I Care We Care** - This initiative is basically to organize bonding sessions between senior students and the juniors, especially the first years. All the passionate and dedicated groups of student mentors who are willing to help the newcomers and fellow mates are a part of this initiative. This initiative incorporates taking a lead to reach out to fellow mates, try to make them open up, provide support, identify resources that may help, becoming a bridge between them and the resource, taking follow-ups and basically staying connected. This activity has run successfully online, wherein various mentors groups have been formed, with the help of a very proactive and dedicated team who share their personal experiences, and are always open to listening and guiding the newcomers!



3. **I Learn** - This incorporates training sessions or workshops are arranged based on the need and demand of the students. This includes topics such as (but not limited to) spreading awareness and explaining Mental Health and its importance, sensitivity training, time management, stress management, career choices, decision making, confidence building, understanding anxiety and depression, etc. The most recent event of **I Learn** was conducted by Dr. Nilaya Janorikar, wherein she explained the importance of physical fitness, and made the participants “work-out” on their

desks, and it was much appreciated by all the audience!

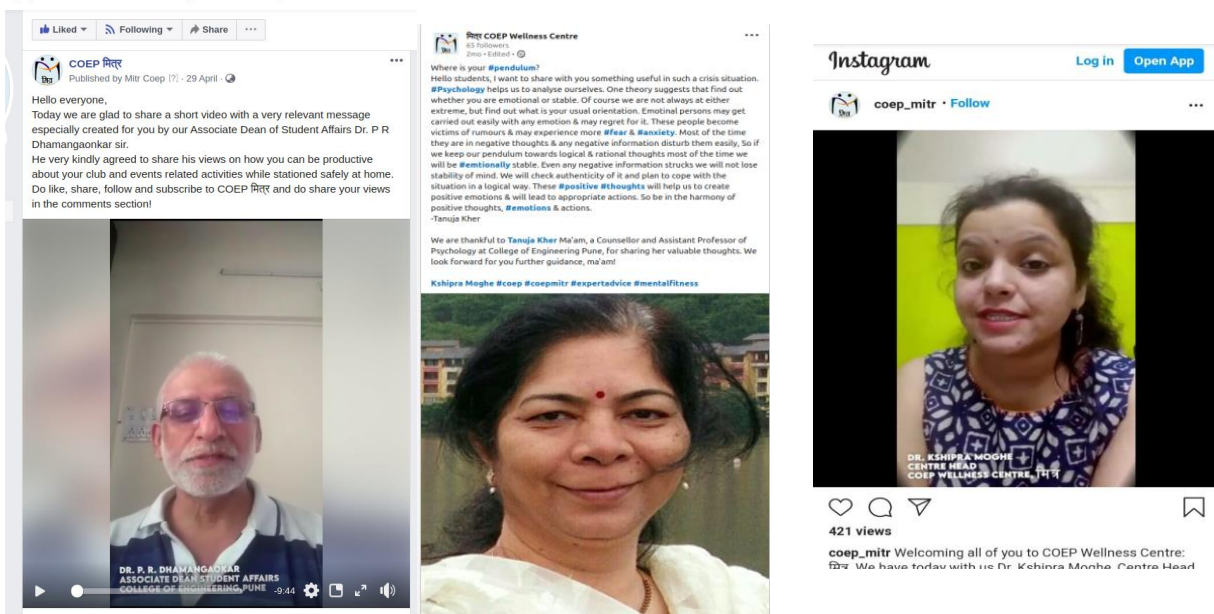
4. **OpenSpace**- This is a one of a kind activity which is similar to a listening circle that invites students to discuss OPENLY about select topics. There are times when we wish to discuss things and share views about topics that are otherwise too difficult, tabooed, or complex. Listening circles are a great way to collaborate, express and listen without judging and without being judged. This is for the un-like minded people to become like minded. The thrust of this activity is on Listening, a skill that is highly underrated and is highly necessary. The **most-recent** open space was related to arts, films where we had an expert from New York Film Academy, to listen to all the participants, and guide them wherever necessary.
5. **Insights** - This part focuses on conducting research studies primarily related to mental health and behavioural aspects, since without a factual information and confirmation of assumptions, everything is a fantasy while life is not. To understand the behaviour of students and identify what works and what doesn't, Insights invite all those who have a research aptitude and are interested in studying behaviour, for it requires a scientific mind to unwind the machine called mind.



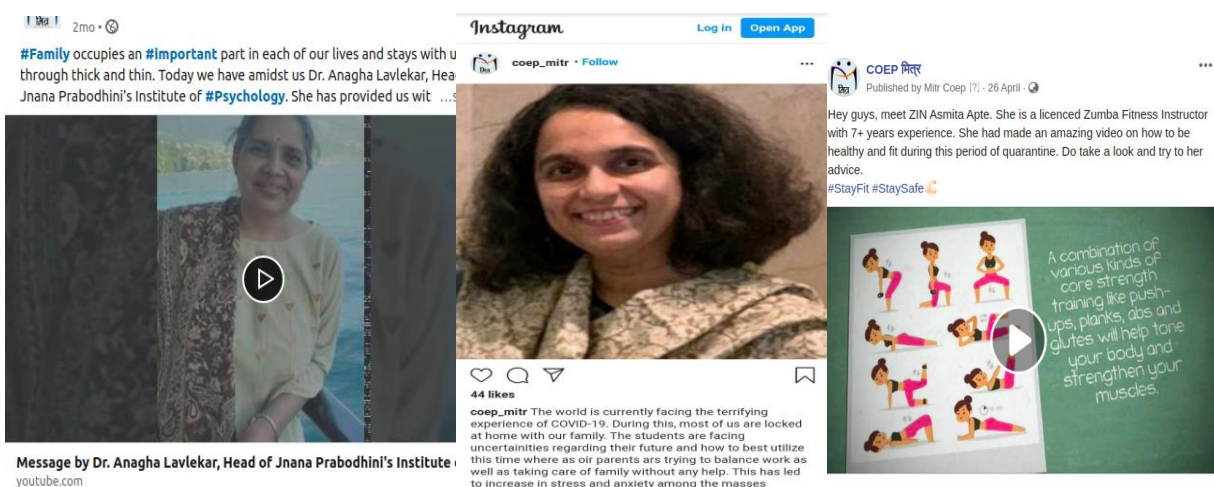
Our Highlights during the COVID-19 Pandemic

We have our presence on widely-used social media platforms like Instagram, Facebook, LinkedIn, Youtube and our website hosted on Wordpress. We have taken a number of digital initiatives, like (but not limited to):

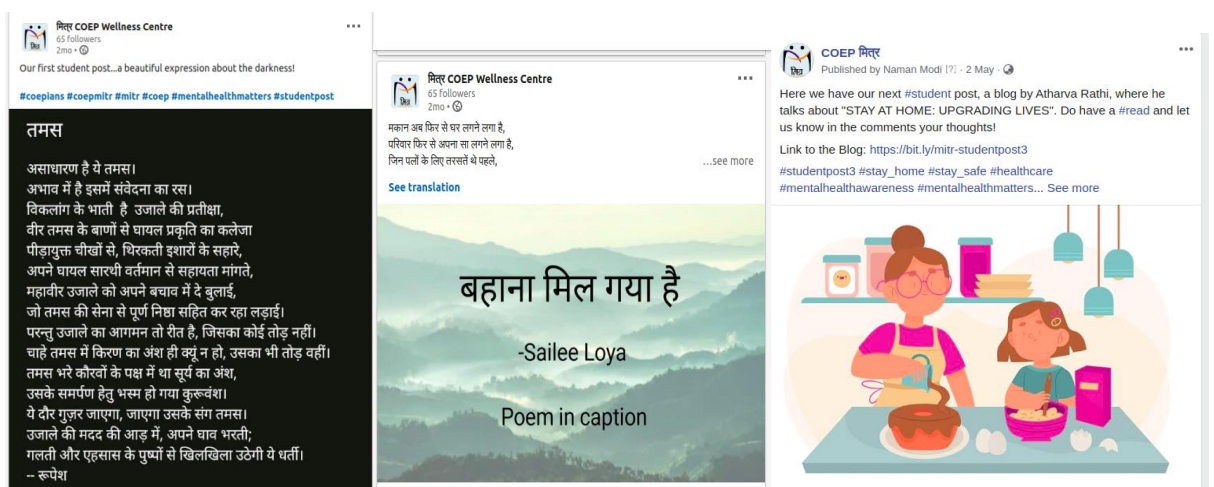
1. Senior College faculty create awareness for the students on various topics like being productive, importance of mental health, etc.



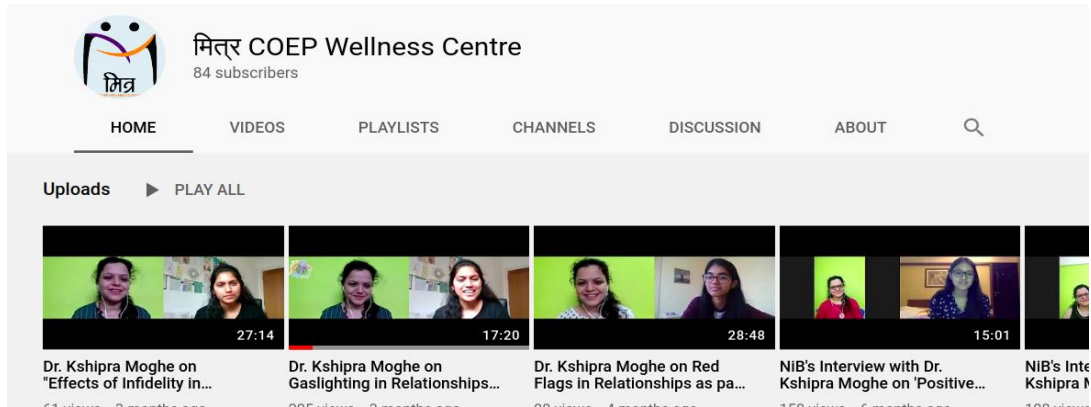
2. Experts in the domain of mental & physical health, creating awareness on the importance of being fit during the pandemic, staying together with family, etc.



3. Promoting students written blogs, poems, and encouraging their creativity and correct perspective.



4. Associations with various organizations into mental health well-being.



Social Media Handles - Statistics/Links

Following are the links to our social media handles:

1. **Facebook** - <https://www.facebook.com/COEP-%E0%A4%AE%E0%A4%BF%E0%A4%A4%E0%A5%8D%E0%A4%B0-105570731135894>
2. **Wordpress (Website)** - <https://coepmitr.wordpress.com/>
3. **Instagram** - https://www.instagram.com/coep_mitr/
4. **Linkedin** - <https://www.linkedin.com/company/coepmitr/>
5. **Youtube** - https://www.youtube.com/channel/UCCK88PqsrDs0Y_MB7ItQ_KA

Activity	Mode	Involvement	Beneficiary
 Facebook	Online	Faculty & experts	Followers: 403 Likes: 323 Views: 1150
 Wordpress	Online	Faculty & experts	Views: 293 Visitors: 111
 Instagram	Online	Faculty & experts	Followers: 322 Views: 1690
 LinkedIn	Online	Faculty & experts	Impressions: 1824 Likes: 150 Views: 392
 You tube	Online	Faculty & experts	Followers: 88 Impressios: 1200 Views: 347
On call	Personal	Faculty & experts	15

