

Mental Health Awareness Program

1st Round Quiz Competition

Date : 4th October 2019

- 40 participants
- 23 Nursing students
- 17 psychology students

Final Quiz Round

Date : 9th October 2019

- 5 Groups
- 3 rounds- Rapid Fire, Audio Visual and Dumb charades



Poster Presentation

Date : 5th October 2019

- 27 participants
- 17 nursing students
- 10 psychology students



Name of the Workshop – Stress Management Date :21/12/2019

Workshop Conducted By- Department of Psychology

Location – SVJCT's Junior college of Science, Dervan.

Attendees: 11th and 12th standard science students.

Objectives of the Activity–

To encourage the student to think about life choices.

To assist the student to realize that career choice involves many queries.

Techniques used:

Role Play, Group Discussion & Group Planning



HOSPITAL VISITS

Hospitals for Mental Health, vadodara, Gujarat.

Date: 27th Feb 2020

Time: .09.00 am to 02.00pm

Highlights:

- Hospital structure, setup and registration process
- Concept of Mental Disorder
- Therapeutic Techniques
- Rehabilitation process
- Occupation therapy



Hospital for Mental Health, Ahamadabad, Gujarat.

Date: 28th Feb 2020

Time: 10.00 am to 2.00 pm

Highlights:

- Therapeutic Techniques of child psychiatry
- Mental health act and rights
- Varies psychology profession and career
- Different types of psychological assessment
- Hospital structure and patient registration process



Life Skills Workshops

Date :31/07/2018

Name of the Workshop – Anger Management

Workshop Conducted By-DrSanyogita Nadkarni (Lecturer),
PoojaGahlot,RitikaParekh,Pragya Singh.
SaumitraAware,ManasiBagave,AyushiShaha.

Location – English Medium School, Dervan.

Attendees: 8th standard students of SVJCT's English Medium School.

Objectives of the Activity–

To facilitate recognition of anger & ways to cope with it.

To facilitate recognition of ways of expressing anger without aggression.

Expected Outcome-

- Students understand that uncontrolled anger interferes with relationships.

Time – 60 Minutes.

Life skills Promoted-

Coping with Emotions

Techniques used:

Role Play, Group Discussion & Group Planning.



Date :08/08/2018

Name of the Workshop – Motivation – Making Life Choices

Workshop Conducted By-Mr.Amit Patil (Lecturer) ,
KhushbooChauhan,MalihaSable.RatnikaGujar,ArbeenaA.Gafoor, Evelyn Dsouza.

Location – English Medium School, Dervan.

Attendees:10th standard students of SVJCT's English Medium School.

Objectives of the Activity –

To encourage the student to think about life choices.

To assist the student to realize that career choice involves many queries.

Time – 60 Minutes.

Life skills Promoted-

Critical thinking, Decision Making, Problem solving,Coping with stress, Coping with Emotions & Interpersonal Relations.

Techniques used:

Raising queries & Role Play.



Date :30/08/2018

Name of the Workshop-Self Awareness

**Workshop Conducted By-Mr.Sharad Patil (Lecturer) ,
PoojaGahlot,RitikaParekh,Pragya Singh
VrundaBehalekar, SrushtiAtkare.**

Location – English Medium School, Dervan.

Attendees:9th standard students of SVJCT's English Medium School.

Objective of the activity-

To help students understand the adverse consequences of drinking.

Expected outcome :

- *Adolescents understand the negative impact of drinking*
- *Adolescents understand the need to stay away from alcohol.*

Time – 60 Minutes.

Technique used :

Group discussion and Role Play.

Life skills Promoted-

Self awareness,Coping with stress , Decision Making.



Poster Presentation Competition

Date –12/10/2018

Objective- To engross the hidden talent of the students through poster presentation. To provide students with a platform to showcase their creativity and skills in relation to the theme of their posters.

Participant : F.Y.B.Ph&Bs Students &S.Y.B.Ph&Bs Students.

Judged By- Mr.KalpeshJuvekar

Highlights –

- Students of SVJCT's Samarth Educational Institute prepared the posters based on Life Skills.
- Life skills are living skills or abilities for adaptive & positive behaviour that enable individuals to deal effectively with demands & challenges of everyday life.

The following are the ten generic skills introduced by WHO-

- 1) Critical Thinking
- 2) Creative Thinking
- 3) Decision Making
- 4) Problem Solving
- 5) Interpersonal Skills
- 6) Effective Communication
- 7) Self Awareness
- 8) Coping with Stress
- 9)Coping with Emotions
- 10) Empathy

Based on above life skills students presented posters.



Mental Health Awareness Program

Date :10/10/2018

Objectives – To de- stigmatize Mental Illness in the society through skit, by creating awareness that mental illness is nothing more different than physical illness and can happen to anyone irrespective of age, Caste & Gender and it is treatable.

Participant :F.Y.B.Ph&Bs Students of Psychology Department.

Expected Outcome –The people who witnessed the skit will help spread the message in the society, thus educating the masses to seek scientific remedies for treating psychological disorders.

This inturn will help eradicating the misbelief that people who behave abnormally are possessed by evil spirits and need to be taken to exorcists.



Research Work

Date : 10/01/2019

Title of Research Project – To study the Effect of Selective Life skills Intervention Techniques on Emotional Intelligence of Nursing Students at B.K.L Walawalkar Hospital, Dervan.

Objectives- To Measure the Emotional Intelligence of all the Nursing Students.
To Conduct the sessions of selected Life Skills Intervention techniques.
To Measure the Emotional Intelligence after Post Intervention.



Hospital Visits

Navchaitanya De-addictioncenter, Kolhapur

Date: 25th Feb 2019

Time: 4.00pm to 6.00pm

About the Deaddictioncenter: Navchaitanya De-Addiction Centre located in the heart of Kolhapur city, is a place for all those individuals and their families who have lost hope of any recovery from the clutches of addiction. The aim of this centre is to help all those struggling with alcohol or any other addictions to break free from all these life destroying habits, behaviours and have a fresh start.

Informant: Mr. RajendraShetye .

Designation / Qualification of the Informant: Counselor and Founder of Navchaitanya De-addictioncenter, Kolhapur

Attendees: Dr.SanyogitaNadkarni (Child psychiatrist), Mr.Amit Patil (Lecturer), Mr.Sharad Patil (Lecturer), Mr.AniketBiraje (Lecturer), All Students from I and II year B.PH&BS.

Visit arranged for: Bachelor of psychological Health And Behavioural Science
1st&2nd Year.

Highlights:

- Concept of Alcohol addiction
- Alcoholics Anonymous (AA)
- Rehabilitation process



Kripamayee Institute of Mental Health and Neurosciences

Date: 26th Feb 2019

Time: 10.00 am to 11.00 am

About the Institute :Kripamayee Institute for Mental Health and Neurosciences (KIMHANS) was founded in 1963 by Late Dr. Brajendra Mohan Debsikdar. The hospital provide specializing treatment such as Out-door patient (OPD),In Door Patient (IPD), Electroconvulsive Therapy (ECT).In the earlier days, common folk were ignorant to mental disorders and the mentally ill were often neglected or ill-treated. The care of these mentally afflicted people was the driving force behind the birth of Kripamayee Institute.

Informant: Dr.Patil

Designation / Qualification of the Informant: M.B.B.S.

Highlights:

- Concept of mental disorders
- Electroconvulsive Therapy (ECT)
- How to interact with patients
- Rehabilitation process of medical or psychotherapeutic treatment
- Case history



Saishwari Hospital, Miraj

Date: 26th Feb 2019

Time: 11.15 am to 01.30 pm

About the Hospital-Saishwari Clinic-Hospital for Mental Health started by Dr.U.K.Ghatge in 1983.Dr.Sachin and Dr ShucheetaGhatge joined in 2003.Mrs SmitaGhatge looks after the administration of the saishwari clinic. It is 30 bed hospital providing Mental Health Care.Hospital has Male and Female General wards, Private Rooms.It is equipped with well trained nursing staff, clinical psychologist and EEG Technical. Saishwari clinic was awarded as Best Private Mental Hospital by Ministry of Health & Family welfare, Maharashtra State in Ratnagiri Region for the year 2006-2007.

Hospital Owner: Dr.U.K.Ghatge M.B.B.S.,D.P.M.

Visit arranged for :Bachelor of psychological Health And Behavioral Science
1st&2nd Year.

Highlights:

- Concept of Mental disorders
- Electroconvulsive Therapy (ECT)
- How to interact with patients
- Rehabilitation process of medical or psychotherapeutic treatment
- Case history



Nirmal Hospital & De-addiction center, Miraj.

Date: 26th Feb 2019

Time: 2.00 pm to 4.00 pm

About the Hospital- Established in the year 2009, Nirmal Hospital and De Addiction center in Miraj, is a top player in category De Addiction Centre in Sangli. This well-known establishment acts as a one stop destination servicing customers both local and from other parts of Sangli. It is known to provide top service in the following categories: De Addiction Centers, Hospitals, Alcohol De Addiction Centers.

Hospital Owner: Dr.ChandrakantHalingale

Visit arranged for :Bachelor of psychological Health And Behavioural Science
1st&2nd Year.

Highlights:

- Concept of Alcohol addiction and mental disorders
- Psychological testing
- Rehabilitation process of medical or psychotherapeutic treatment



