

# “मित्र”

**COEP's Wellness Centre**  
An Initiative of Department of Applied Sciences  
**College of Engineering Pune**

(An Autonomous Institute of the Government of Maharashtra)  
*Every Life is Worth Living, Every Breath is Worth Saving*



## ANNUAL REPORT

### 10 OCTOBER 2020 TO 30 SEPTEMBER 2021

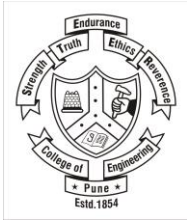
#### About Us

We are, COEP Wellness Center मित्र, 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 मित्र profess. मित्र 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 center has been catering to the mental health of students, faculty and staff. मित्र was **inaugurated on World Mental Health Day, October 10, 2019**, which is celebrated as its **Foundation Day**.

Within one year of its establishment, we are proud to mention that our centre's contribution received 1st in Counseling and Telesupport category (along with COEP being 1<sup>st</sup> in Overall Impact category) in the Uchha Samsthan Vishwakarma Award (USVA-2020) from the AICTE, which were announced on September 17, 2020, virtually and given by the then Hon. Education Minister Shr. 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 मित्र comprises of the Centre Administrator Mrs. Nandini Iyer, Centre Head and in-house Psychologist Dr. Kshipra Moghe, Mrs. Tanuja Kher in-house Psychologist, Dr. Bharati Chopra (Psychologist), Ms. Manasi Kshirsagar (Psychologist), Dr. Himani Kulkarni (Psychiatrist-Poona Hospital), and a group of select students that form the core team, and a number of students as volunteers.



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## Our Activities

As part of □□□□□, **we run 5 initiatives** that make □□□□□ a place open for all, that believes in inclusivity. We strongly promote the activities that focus on gender equality and aim to provide assistance and aid to the disabled- socially, financially and mentally. Here is an overview of our activities conducted in the past year (2020-21):

- 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 experts Dr. Bharati Chopra and Ms. Manasi Kshirsagar, all experienced Psychologists, are available as per a pre-decided schedule. Owing to the current situation, we shifted our counselling facilities to an online model. With colleges now reopening and students joining us on the campus, we plan to offer this facility to students, where our counselors will have face-to-face sessions.

**Psychological Counseling**

### COUNSELING SLOTS

**Dr. Bharati Chopra**  
Saturdays, 1PM to 4PM  
9822213627  
bhartichopra07@gmail.com

**Mrs. Tanuja Kher**  
Mon & Wed, 6PM to 7PM  
9822615826  
tjk.appsci@coep.ac.in

**Dr. Kshipra Moghe**  
Tue & Thur, 11AM to 12:30PM  
9822746461/92025507038  
kam.appsci@coep.ac.in

All sessions to be scheduled with prior appointment only.

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**Psychological Counseling**

### Counseling slots

**Manasi Kshirsagar**  
Mon & Thur, 2PM to 4PM & 7PM to 8PM  
9890092717

**Dr. Bharati Chopra**  
Fri & Sat, 2PM to 4PM  
9822213627

**Tanuja Kher**  
Tue & Thur, 6pm to 8PM  
9822615826  
tjk.appsci@coep.ac.in

**Dr. Kshipra Moghe**  
Mon & Wed, 3PM to 5PM  
9822746461  
kam.appsci@coep.ac.in

All sessions to be scheduled with prior appointment only.

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- 2. I Care We Care** - This activity is basically to

**I-Care we-Care TEAM**

**Sanket Sope**  
sanketsope@gmail.com  
@sanketsope

**Naman Modi**  
namanmodi@gmail.com  
@m\_naman

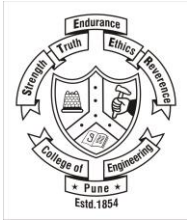
**Rachit Kanodia**  
kanodi@rachimod@gmail.com  
@rachitkanodia

**Disha Kotecha**  
disha.kotecha@gmail.com  
@DishaK5

**Aditi Loya**  
aditi17camp@coep.ac.in  
@AditiL04

**Ashutosh Mhasagar**  
mhasagar@i.am@coep.ac.in  
@I.am\_ashmhasagar

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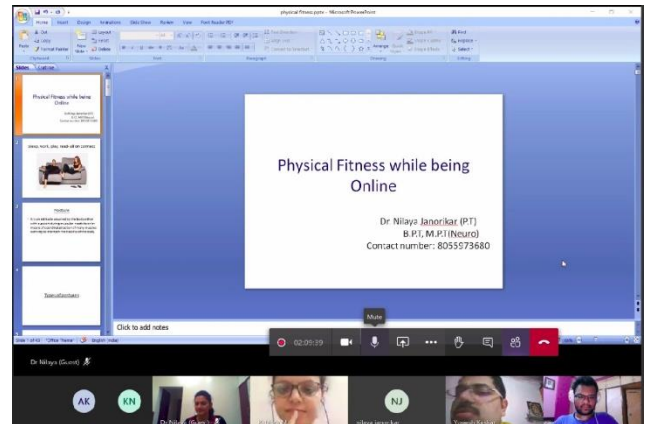
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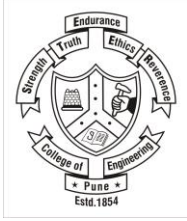


organize bonding sessions between senior students and the juniors, especially the first years. All the passionate and dedicated group of student mentors who are willing to help the newcomers and fellow mates are a part of this activity. It incorporates taking a lead to reach out to fellow mates, help 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. The team undergoes a **sensitivity training** that incorporates basic counseling skills that enable the team members to listen carefully, empathize better and offer rational help. This activity has run successfully online. Also, the entire team of I-Care-We-Care are a part of the First Year '*Student Induction Program*' as mentors to the fellow juniors.

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. ILearn activities usually begin from November and a very important session on “Physical Fitness while being Online” was conducted on 12 November 2020 by Physiotherapist Dr. Nilaya Janorikar, in which hands-on training was provided about posture correction and simple sitting exercises.



4. **OpenSpace**- This is a one-of-a-kind activity which is like 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



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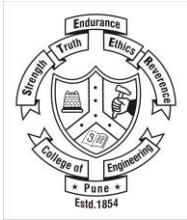


complex. Listening circles are a great way to collaborate, express and listen without judging and without being judged. This is for the un-like-minded people to become like minded. The thrust of this activity is on Listening, a skill that is highly underrated and is highly necessary. During the pandemic this activity was on hold and will resume once students join the campus.

5. **Insights** - This activity focuses on conducting research studies primarily related to mental health and behavioural aspects, since without facts 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. As part of Insights, a mental health survey during COVID 19 was conducted, and two papers were created which have been well received in the community.

## OUR HIGHLIGHTS DURING THE YEAR 2020-21

We have our presence on widely used social media platforms like Instagram, Facebook, LinkedIn, YouTube and our website hosted on WordPress. We have taken several digital initiatives in the past one year:



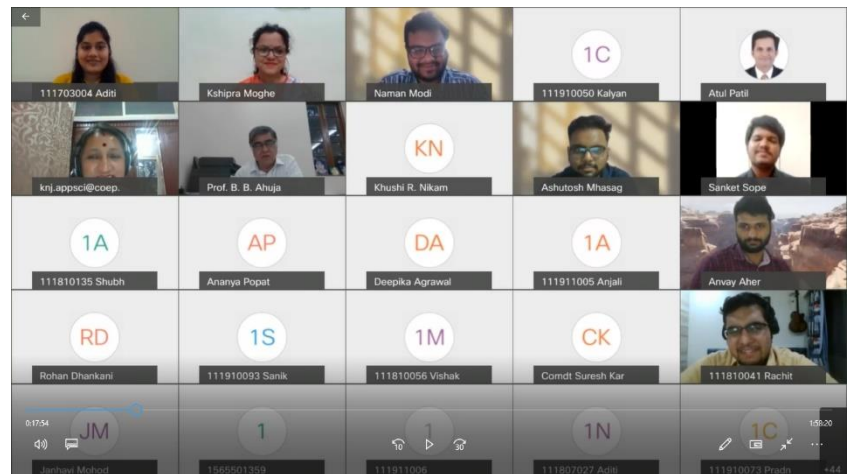
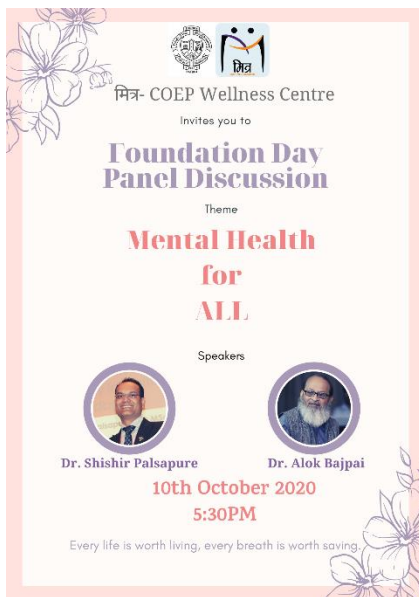
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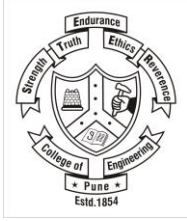


1. COEP Wellness Center □□□□□, celebrated its first **Foundation Day** on the 10<sup>th</sup> of October 2020, in the virtual mode. It was marked by the presence of Director- COEP Prof. B B Ahuja, among other faculty and staff. The eminent speakers invited for delivering two sessions were: a) Dr. Alok Bajpai, Psychiatrist, IIT Kanpur who spoke on “Importance of Mental Health and its maintenance for students” and b) Dr. Shishir Palsapure, Psychologist and Founder of MorphicMinds, who talked about “Procrastination and its effects of everyday life and mental health.” Both the sessions were very well received and appreciated by the audience, despite being in the online mode.



2. With an ever-looming concern for the wellbeing of students, the team of ICareWeCare came up with an innovative idea to begin the Self-Care Sunday series. In this, using a QR code shared on the social media handles,





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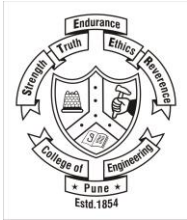
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every Sunday anyone could anonymously share their thoughts and the team responded with simple “self-care” tips. This helped us reach out to students in distress and to those who might have had suicidal ideation. This activity was initiated twice between 2020-2021.



3. We started with a “**Mental Health Challenge**” in the month of May. This particular activity spanned out through the entire month of May 2021, it was a 30-Day Challenge, where every single day the participant was expected to do a small task to stay in touch with his mental health. This was the same time when India was witnessing its deadliest second wave of corona infection, the entire nation was suffering either physically or mentally. Introducing this small little challenge helped people realize that they do have the courage to get through it, by simply taking, ‘*One-Day-At-A-Time*’.



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## Hindustan Times COEP LAUNCHES WELLNESS PROGRAMME

**Dheeraj Bengrut**  
dheeraj.bengrut@htlive.com

**PUNE:** The College of Engineering Pune (COEP) has started a one month 'mental health challenge' for students this month with small activities to keep students stress free and regain happiness through studies.

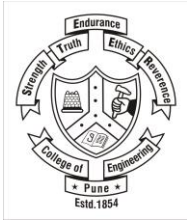
Several colleges are already running counselling sessions and mental wellbeing programmes for their students throughout the year.

"From the last one and half years since the pandemic started, we are continuously working on our students for their mental wellbeing, as every one of us are affected due to Covid and need mental support. Initially, we organised various online programmes and sessions for students, but as they were already overloaded with several online lectures and education series, we stopped that and focused more on group activity building, one to one counselling and mentoring sessions by senior students to new students. In the last one year, more than 1,000 students at COEP have benefited from this wellness programme," said Kshipra Moghe, centre head of COEP wellness centre.

30 DAYS FOR MENTAL HEALTH MAY 2021				
DAY 1 10 MIN DEEP BREATHING- BREATHE IN- BREATHE OUT/ PRANAYAM	DAY 2 WRITE THE THINGS THAT UPSET/ ANGERED ME TODAY (MIN 1, MAX 5)	DAY 3 DE-CLUTTER MY DRAWER/ CURTAINS/ DESK/ BAG	DAY 4 CALL A FRIEND- ANY FRIEND WHO IS CLOSE TO ME	DAY 5 WRITE 5 THINGS I AM GRATEFUL FOR
DAY 6 15 MINUTES FULL BODY STRETCHES	DAY 7 WRITE THINGS THAT HURT ME TODAY (MIN 1, MAX 5)	DAY 8 LISTEN TO MY FAVOURITE PLAYLIST/CREATE ONE	DAY 9 CALL A FAMILY ANY ONE WHOM I HAVE BEEN WANTING TO CALL	DAY 10 LIST 5 GO-TO PEOPLE/AM FRIENDS/ TRUSTED ONES
DAY 11 DRINK 8 GLASSES OF WATER TODAY	DAY 12 WRITE THE THINGS THAT WORRIED ME TODAY (MIN 1, MAX 5)	DAY 13 COLOUR IT UP- USE ANY TYPE OF COLOURS IN ANY FORM	DAY 14 COMPLIMENT SOMEONE- ANYONE I PERSONALLY KNOW	DAY 15 GO TO BED, WITHOUT MY PHONE. LEAVE IT IN ANOTHER ROOM
DAY 16 20 MIN OF YOGASANA OR 10 SURYANAMSKAR	DAY 17 SING A SONG WITH LYRICS- IN THE BATHROOM/KITCHEN OR RECORD IT	DAY 18 READ SOMETHING NEW/START A BOOK	DAY 19 CALL A FRIEND- ANYONE WHOM I HAVEN'T SPOKEN WITH IN A WHILE	DAY 20 WRITE 5 THINGS I LOVE ABOUT MYSELF
DAY 21 EAT ALL MEALS WITHOUT PHONE/TECH/BOOK AROUND	DAY 22 OBSERVE/WRITE THINGS THAT AMAZED ME TODAY (MIN 1, MAX 5)	DAY 23 DRESS UP-DOLL UP- GET PARTY READY	DAY 24 EXPRESS/SHOW MY LOVE TO MY FAMILY (MEMBERS)	DAY 25 WATCH THE SUNRISE/SUNSET/ STAR GAZE- NO PHONE/TECH ALLOWED
DAY 26 BRISK WALK/ RUN/JUMP/DANCE (10 MIN AT LEAST)	DAY 27 SKIP COMPLAINING- WOULD NOT COMPLAINT ABOUT ANYTHING TODAY	DAY 28 WATCH AN OLD CLASSIC MOVIE- PREFERABLY THE ONE BEFORE I WAS BORN	DAY 29 WRITE A LETTER TO MY FUTURE SELF (+15 YEARS SELF)- SEAL IT AND KEEP IT IN A SAFE	DAY 30 SHARE THE POSITIVE SIDE OF TAKING UP THIS CHALLENGE

- Organized an expert lecture on 12<sup>th</sup> August 2021, on the topic of **“Cyber Safety Awareness”** with Dr. Nirali Bhatia, a Cyber Psychologist, a TEDx speaker, well known for analyzing online behavior, counseling cybercrime victims and creating awareness on cyberbullying. The event was in collaboration with TribeVibe.

- Following the session with Dr. Nirali Bhatia, we launched a **“Cyberbullying Awareness**



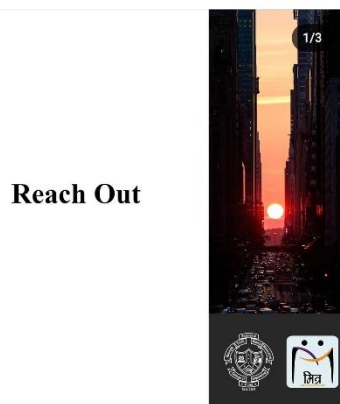
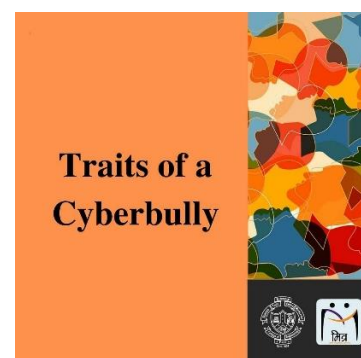
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**Week”** during which we threw light on various aspects of cyberbullying, how it affects the youth, especially the teenagers; the ways to stay safe online and official government of India resources were shared on our social media handles so that people can seek help whenever needed. The awareness week helped us start a very important discussion which is much needed in the today's era of “Online Lifestyle”. Also, relevant contact information was shared for the benefit of anyone who is a victim of any cybercrime activity.



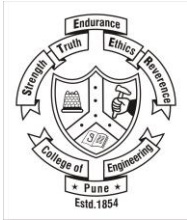
**Resources:**

1. **National Cyber Crime Reporting Portal**  
Ministry of Home Affairs, Gov. of India  
[www.cybercrime.gov.in](http://www.cybercrime.gov.in)
2. **Indian Cyber Crime Coordination Centre**  
Ministry of Home Affairs, Gov. of India  
Helpline number - 155260
3. **Chidline - Call-Chat-Text**  
Phone - 1800666666  
Text - 50101



6. We started a **“Mental Health Quick Check & Awareness”** campaign in the month of October as a precursor to our foundation day celebration event and also to join hands with the global community that celebrates the month of October as the “Mental Health





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Awareness Month”. Under this we shared basic information in simple words about some of the most common yet tabooed mental health disorders such as anxiety, depression and post traumatic stress disorder (PTSD).

**Anxiety Disorders**

**Depression**

**Post Traumatic Stress Disorder**

**Wellness Toolbox**

Think of things you like to do when you're happy. Then, when you're feeling down, try one of those activities.

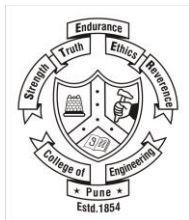
**QUICK CHECK for anxiety**

- Do you often feel nervous, restless or tensed?
- Do you usually have a sense of impending danger, panic or doom?
- When you feel a bit nervous, do you start hyperventilating (breathing heavily)?
- Do you think that you usually start trembling or sweating when nervous?

**In the long run**

- find a creative outlet
- build a support network
- try aromatherapy
- seek counseling

## Social Media Handles - Statistics/Links



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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/](https://www.instagram.com/coep_mitr/)
4. **LinkedIn** - <https://www.linkedin.com/company/coepmitr/>
5. **YouTube** - [https://www.youtube.com/channel/UCCk88PqsrDs0Y\\_MB7ItQ\\_KA](https://www.youtube.com/channel/UCCk88PqsrDs0Y_MB7ItQ_KA)

Activity	Mode	Involvement	Beneficiary
 Facebook	Online	Faculty & experts	Followers: 537 Likes: 523 Responsiveness: 100%
 WordPress	Online	Faculty & experts	Total Views: 360 from 4 countries 16 likes to blogs
 Instagram	Online	Faculty & experts	Followers: 392 Avg. views per post: 231
 LinkedIn	Online	Faculty & experts	Followers: 154 Impressions: 1.2K
 YouTube	Online	Faculty & experts	Followers: 81 Impressions: Views: 2073
On Call	Online	Faculty & experts	50+