

Activity Report 2020-22

Mental Health Support Centre

Department of Applied Psychology, Pondicherry University

On-going Activities:

1. Student Counselling

The Mental Health support centre provides basic psychological support and training to handle various adjustments and mental health issues of the clients (students and university staff).

- Clients who need immediate medical attention and treatment are referred or given suggestions to visit the appropriate professional.
- Clients call/text/email their need for psychological support.
- The coordinator allots the counselor to the client based on availability.
- Counselors meet the client and conduct the sessions.
- The centre maintains client files and a counseling register.
- Nearly 100 clients attended counseling so far.

Flyer:



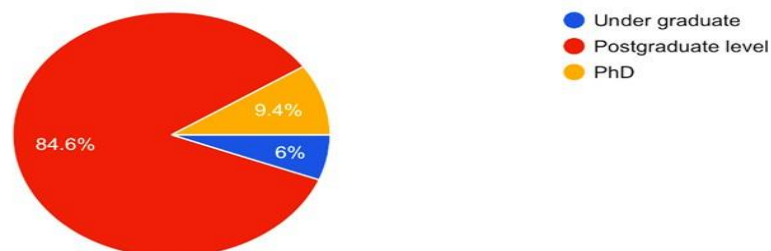
2. Workshops Conducted

Two workshops on "Building interpersonal relationship building skills among young adults" was conducted to develop interpersonal relationship skills among University students. The workshop was organized considering the UN Sustainable Development Goal (SDG) 3, which focuses on ensuring healthy lives and promoting well-being for all ages.

- The workshop was tailored for university students aged between 18-30 years.
- Four hundred fifty-eight students registered.
- The first batch of workshops was held on April 1st and 2nd, 2023, with 50 students and the second on April 29th and 30th, 2023 with 80 students
- Workshop focused on different aspects of interpersonal relationships such as improving oneself, general interpersonal skills like communication skills, Assertiveness skills, and conflict resolution, and then three sessions on close relationships like family, romantic and sexual relationships, and peer relationships.
- Participants were given workshop booklets incorporating the skills learned and self-reflective exercises to gain insight and yield maximum advantage of the workshop.
- To evaluate the workshop's effectiveness in the long term, pre and post surveys were collected and we have plans for follow-ups. We plan to conduct statistical analyses on the data collected to assess the workshop's impact on the participants.

Participants of Batch I & II.

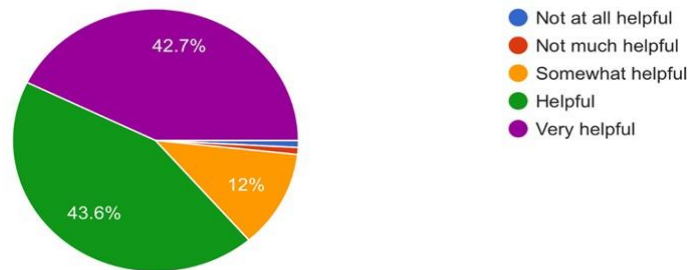
Currently studying:
117 responses



Feedback from participants.

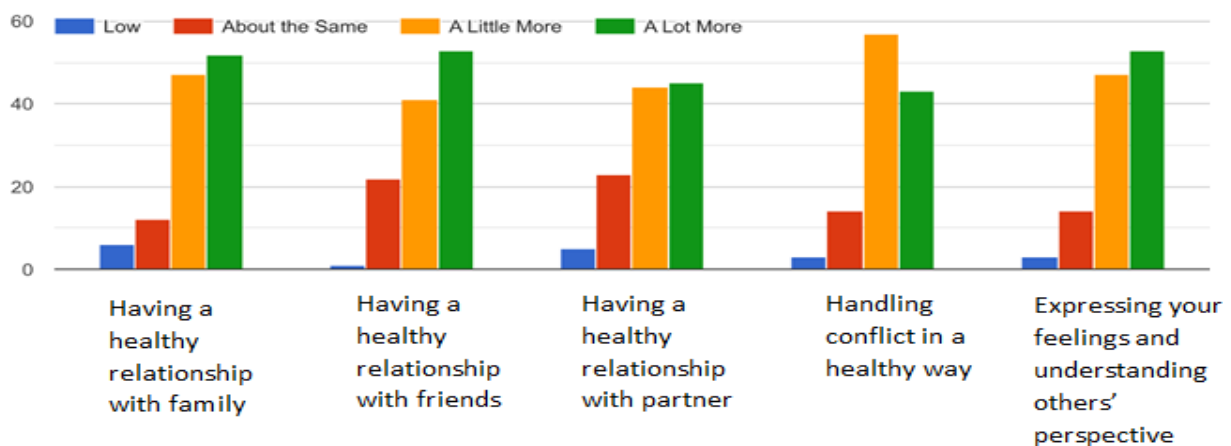
How helpful do you find the training?

117 responses



Confidence after attending the workshop

How confident are you in your ability in...



Testimonials from participants

The training will help to identify our usual patterns in all close relationships. Identifying it accepting it and communicating these will definitely improve the quality of all relationships. Training will help one to understand the self and the other better.

– male participant

I got to learn why my parents or friends behaved in a certain way on many occasions. Got to learn a lot of new info on partner relationship. I have decided to maintain a more healthier relationship with my mother and friends. I feel that Conflict resolution will be easier from now.

– female participant

The training has been a real informative about the type of relation we have or we can have. I was hoping for a bit of help from the session about how can i improve my relations with friends and family. But never the less I hope after hearing it i might be able to change.

– female participant

Some doubts regarding sexual intercourse and regarding masturbation has been solved. Personally, I feel I'll be good at improving my current relationships and future ones.

– male participant

3. Y20 consultations. Group Discussion held on preventing suicides and promoting mental health in campuses; Collaboration with NIMHANS.

- The Y20 consultation series was initiated by the **National Institute of Mental Health and Neuro Sciences (NIMHANS)**, Bangalore, as part of the **G20 Presidency of India**, on the theme 'Health, Wellbeing and Sports'.
- Students from the psychology department and other departments participated in a group discussion and gave actionable suggestions on "Preventing Suicides & Promoting Mental Wellbeing".
- The suggestions were given at five main levels: College, Department, Individual Faculty, Student, Government, and Media.
- The suggestions received from students were sent to the coordinators of the program.
- Students received their e-certificate of participation.
- Many students showed interest and we received increased walk-ins for counselling after the group discussions.

Future Plans

1. Batch III Workshop

- Recruitment of students for workshop for batch III in July has begun.
- We require some funds to cover the costs of publicising through posters, providing lunch and refreshments, printing materials for activities and games providing workshop booklets.
- We kindly request the university's support in providing the necessary funds for these resources to continue the workshop's success and impact on the mental health and well-being of young adults in our community.

2. Peer-support groups involving student volunteers

The mental health support centre plans to establish a peer-support group for mental health, with psychology Post Graduate students as peer support mentors. The peer-to-peer strategy is a source of hope in the personal recovery process, providing meaning to life for the Peer Support Workers while providing additional support to others in their recovery process. The peer support mentors will be initially trained.



Health Centre:

The University Health Centre offers medical facilities round-the-clock to the students residing in the hostels. For the mobility of the students from hostels to departments, Library, Computer Centre, etc., bus facility is provided within the campus. Wifi connectivity is also provided to all the hostels to enable the students to have internet access.

Link: <https://www.pondiuni.edu.in/health-centre/>

Directorate of Physical Education & Sports:

This Central University is growing in the field of Sports and Games and extends facilities to Students and Staff members. All the sports activities are conducted under the supervision of the University Sports Board with Vice Chancellor as Chairperson. The Directorate of Physical Education and Sports has been organizing various sports and games activities every year for the students of Pondicherry University and Affiliated Colleges including Inter-collegiate and All India Inter-University Tournaments. Every day the Students and Staff members can use all the facilities available in the campus. Apart from that there are two Fitness Gym for both men and women to develop health and fitness for the benefit of students and staff of Pondicherry University.

Link: <https://www.pondiuni.edu.in/department/directorate-of-physical-education-sports/>

Department of Physical Education and Sports

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Syllabus: https://www.pondiuni.edu.in/wp-content/uploads/2020/06/Syllabus_M.P.Ed_-Physical-education-sports-modified-2020-21.pdf

Play Ground : <https://www.pondiuni.edu.in/play-grounds/>

Gym: Pondicherry University is known for its sports activities. The University has two outdoor stadiums, one with a capacity of 800 for football and a standard 400 meters track, and the other one being Rajiv Gandhi Cricket Stadium for 1000 with an international standard pitch. Besides, it has also tennis courts, volley ball courts and basketball courts.

<https://www.pondiuni.edu.in/gym/>