

# THAPAR INSTITUTE COUNSELLING CELL (TICC)

*Annual Report for the session: August 2023 – June 2024*

**Thapar Institute of Engineering & Technology, Patiala – 147004**

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## THAPAR INSTITUTE COUNSELLING CELL (TICC)

### I. ABOUT TICC (<http://www.thapar.edu/students/pages/thapar-university-counseling-cell>):

Thapar Institute Counselling Cell (TICC) was established in **2016**.

#### **Our Counsellors:**

- Dr. Sonam Dullat, Professional Student Counsellor (Joined in August 2016 - August 2022) & Manager Student Counsellor (September 2022 onwards).
- Ms. Garima Garg, Assistant Student Counsellor (January 2019 - January 2023).
- Ms. Samira Singh, Assistant Student Counsellor (March 2023 onwards).

#### **TICC Philosophy:**

- To address the multitude of problems/challenges currently faced by the students (depression, stress, anxiety attacks and so forth).
- To instil faith in the student community with respect to the (TICC) and establish it as a mentor, motivator and guide.
- To serve as an anchor for students ranging from their personal problems to academic concerns and let students know TICC is here for them.
- To position TICC as a vital element in the overall student value chain, along with the Departments/Schools/Centres.

*All services offered by TICC are free of cost for all TIET students.*

**TICC Understands:** Attending college presents its challenges. Students may have to deal with stresses such as:

- Moving away from home for the first time
- Financial Stress
- Academic Stress
- Physical or Mental illness (e.g., depression, anxiety)
- End of important relationships
- Illness or death of a loved one

#### **Why reach out to us:**

- Sometimes coping with one or more of these stresses can prove to be overwhelming.

- TICC recognizes and understand these concerns. TICC is here to help students through these difficult times.
- Students can simply walk in for a light conversation with our Manager Student Counsellor and Assistant Student Counsellor (Room No.105 & 104, G-Block) or Book an appointment today by filling out the form <https://bit.ly/tiesticc>

**Thapar Institute Counselling Cell (TICC) has the following Key Responsibility Areas (KRAs): -**

- To provide assistance of the highest quality, to ensure students' progress towards completion of their education and accomplishment of their personal development.
- To support the aim of professional counseling to empower diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals (ACA, 2014), while advancing the vision of Thapar Institute of Engineering & Technology of excellence in learning and assisting students to become self-aware and socially responsible leaders with a global perspective of tomorrow.
- To be a resource for students who seek help in dealing with personal issues ranging from adjustment problems to major crisis.

*Apart from having a strong student centric vision & focus as manifested in the activities above, TICC also facilitates the conduct of counselling sessions for staff-both teaching and non-teaching and parents. TICC has been designed in accordance with the UGC norms to provide free counselling services to students and staff so that they are able to perform their responsibilities with enhanced confidence, vigour and ethics.*

**Quality Policy of TICC:**

- Is deliberately committed to ensuring a healthy campus community for students and staff.
- Is dedicated to fulfilling student needs by ensuring accessibility and ease of obtaining services.
- Focuses on student services, learning and development.
- Is committed to diversity and social justice.

**Confidentiality:**

- TICC strictly protects the confidentiality of information shared during sessions.
- We are ethically committed to confidentiality. Except if someone is hurting you, you want to hurt someone or you want to hurt yourself (in these scenarios, intervention is must from parents and DoSA).
- This means that even your attendance in counselling is kept private and confidential.

- No record of a student's visit to the TICC is placed on a transcript or his or her file.

## II. STUDENT DEVELOPMENT (The Journey from 1<sup>st</sup> - 4<sup>th</sup> Year):

1 <sup>st</sup> Year Student: <i>“I’m free! Now where do I go?”</i>	2 <sup>nd</sup> Year Student: <i>“Do I stay or should I go?”</i>	3 <sup>rd</sup> Year: <i>“I’m here and I’m confident!”</i>	4 <sup>th</sup> Year: <i>“What’s next after college?”</i>
Developmental Tasks:	Developmental Tasks:	Developmental Tasks:	Developmental Tasks:
<p>Separating from family and home life and transitioning to being on your own.</p> <p>Developing and/or discovering one’s likes, interests, and preferences.</p> <p>Balancing social and academic demands and pressures.</p>	<p>Achieving competence in social and academic life.</p> <p>Establishing personal autonomy.</p> <p>Making important choices as an individual instead of as a collective group.</p> <p>Declaring a major and a sense of career direction.</p>	<p>Choosing a career path (more focus on personal and academic life and job opportunities).</p> <p>Increased commitment to intimate relationships including friendships and a better sense of interdependence.</p> <p>Better sense of values clarification.</p> <p>Increased self-confidence in purpose, role, beliefs etc.</p>	<p>Getting ready to graduate.</p> <p>Making plans for personal and career life beyond college.</p> <p>Deciding on job/further studies.</p>

**STUDENT DEVELOPMENT (The Journey from 1<sup>st</sup> - 4<sup>th</sup> Year):**

1 <sup>st</sup> Year Student:	2 <sup>nd</sup> Year Student:	3 <sup>rd</sup> Year:	4 <sup>h</sup> Year:
<i>“I’m free! Now where do I go?”</i>	<i>“Do I stay or should I go?”</i>	<i>“I’m here and I’m confident!”</i>	<i>“What’s next after college?”</i>
Common Struggles	Common Struggles	Common Struggles:	Common Struggles:
<b>Mental Health Issues:</b>	<b>Mental Health Issues:</b>	<b>Mental Health Issues:</b>	<b>Mental Health Issues:</b>
Homesickness	Confusion/Anxiety/Stress	Concerns with Career Path	Anxiety about no set Career Plans
Depression/Anxiety	Internal Conflicts/Doubting Self-Abilities	Relationship Issues	Lack of Motivation (depression)/Decisions making difficulties about future academic, personal or career life
Academic Concerns	Dealing with Feelings of Frustration/Anxiety/Fear /Depression/Family Problems/Relationship and Social Struggles, Academic struggles	Struggles with Feelings of Anxiety/Depression and Confusion	Feelings of Panic/ Discouragement/Confusion Sadness/Disconnecting prematurely from meaningful relationships
Lack of Connection/Social life, or Friends		Decision Making Difficulties	
Family Problems and Stress/Loneliness/Confusion			
Using Unhealthy and Nonproductive Coping Behaviors such as: drinking and anger outbursts, isolating-self	Using Unhealthy and Non-productive Coping Behaviours such as: drinking and anger outbursts, isolating-self		

*Few reasons which were responsible for psychological problems among students are as follows:*

**Broad Societal Considerations**

- We live in the “Age of Anxiety”
- Rapid Evolution of Technology, Information Overload, and Environmental Mismatch
- Lack of a clear Moral compass
- Economic and Financial Pressures
- Troubled, Ineffective Health Care System
- Problematic Attitudes Toward Mental Illness
- Breakdown in the Family Structure and Confusion of Roles

**Generational Considerations**

- Failure of Socialization System
- Self-Esteem Nation/Nation of Wimps
- Generation Me

**Considerations Specific to College and University Life**

- Dramatic Transition
- Intense Academic Pressures to Succeed
- Shifting Gender Ratios

### III. TREATMENT DECISIONS:

*We make more than 100 decisions each year regarding the length of treatment according to these guidelines*

1-5 Sessions:	6-20 Sessions:	21+ Sessions:
<ul style="list-style-type: none"> <li>• One-on-One Sessions</li> <li>• Solution-focused treatment</li> <li>• Crisis Intervention</li> <li>• If student is diagnosed with DSM, it includes a referral to Psychiatrist along with parents</li> </ul>	<ul style="list-style-type: none"> <li>• Solution-focused treatment</li> <li>• 1/week for a semester</li> <li>• May include complex reaction to medication, loss of parents, maximum number of backlogs, high on procrastination, severely depressed with severe anxiety attacks and other mental disorders</li> </ul>	<ul style="list-style-type: none"> <li>• Longer term course of treatment</li> <li>• Tends to include students who have severe suicidal ideation, identity crises, trying to get rid of addiction (substance abuse), relapse in case of students of their ongoing psychiatric medication.</li> </ul>

*Duration of each personal one-on-one counselling session lasts from 35-45minutes to 1hr. Counselling was done with the help of various psychometric tests and therapies:*

**Cognitive Therapy:** How much a student feel is determined by what they think. By correcting inaccurate beliefs, their perception of events and emotional state improve. Lists of common cognitive errors are as follows:

- Personalization: relating negative events to oneself when there is no basis.
- Dichotomous Thinking: seeing things as black and white, all or none. This is usually detected when a person can generate only two choices in a situation.
- Selective Abstraction: focusing only on certain aspects of a situation, usually the most negative.
- Magnification-Minimization: distorting the importance of particular events.

**Cognitive Behaviour Therapy:** CBT helps them to focus on how their thoughts, beliefs and attitudes affect their feelings and behaviour, and teaches them coping skills for dealing with different problems. It combines cognitive therapy (examining the things they think) and behaviour therapy (examining the things they do).

**Behavioural Therapy:** This therapy work best with mental health disorders among students. This form of therapy helps them to identify and help change potentially self-destructive or unhealthy behaviours. It functions on the idea that all behaviours are learned and that unhealthy behaviours can be changed.

**Rational Emotive Behaviour Therapy:** This therapy helps the students in resolving emotional and behavioural problems and disturbances. Students to a large degree consciously and unconsciously construct emotional difficulties such as self-blame, self-pity, clinical anger, hurt, guilt, shame, depression and anxiety, and behaviour tendencies like procrastination, compulsiveness, avoidance, addiction and withdrawal by the means of their irrational and self-defeating thinking, emoting and behaving.

One of the main objectives in REBT is to show them that whenever unpleasant and unfortunate activating events occur in their lives, they have a choice of making themselves feel healthily and self-helpingly sorry, disappointed, frustrated, and annoyed, or making themselves feel unhealthily and self-defeating, horrified, terrified, panicked, depressed, self-hating and self-pitying. By attaining more rational and self-constructive philosophy of themselves, others and the world, people they are more likely to behave in life-serving and adaptive ways.

**Stress-Inoculation Therapy:** It helps students to prepare themselves in advance to handle stressful events successfully and with a minimum of upset. Stress-inoculation has three phases:

- **Initial conceptualization phase:** The students are educated about the general nature of stress. Students often and quite inadvertently make their stress worse through the unconscious operation of bad coping habits.
- **Skills acquisition and rehearsal:** The particular choice of skills taught is important. A variety of emotion regulation, relaxation, cognitive appraisal, problem-solving and communication and socialization skills may be selected and taught on the basis of their needs.
- **Application and follow through:** Students are encouraged to use a variety of simulation methods to help increase the realism of coping practice, including visualization exercises, role playing of feared or stressful situations, and simple repetitious behavioural practice of coping routines until they become over-learned and easy to act out.

**Mindfulness:** It is a state of active, open attention on the present. Students are taught that when they are mindful they are able to carefully observe thoughts and feelings without judging them good or bad. Instead of letting their life pass by, mindfulness means living in the moment and awakening to your current experience, rather than dwelling on the past or anticipating the future. It was practiced sitting with eyes closed, cross-legged on a cushion, or on a chair, with the back straight. Attention is put on the movement of the abdomen when breathing in and out, or on the awareness of the breath as it goes in and out the nostrils.

**IV. HANDBOOKS FROM TICC:** *For student, faculty, staff and parents:* <http://www.thapar.edu/students/pages/thapar-university-counseling-cell>

1. Counselling Manual
2. Distressed Student Handbook
3. Supporting Mind's
4. Parent Handbook
5. Groups & Workshops
6. COVID-19 & Mental Health
7. TICC Mental Health Student Ambassador Handbook
8. TICC Mental Health Student Ambassador Directory

**V. SERVICES & PROGRAMS OFFERED BY TICC:**

**1. COUNSELLING SERVICES**

Our goal is to find the most effective and comfortable way to attend to your concerns. **You are our priority. Strict Confidentiality is maintained for all Counselling Services.**

TICC offers the following services:

**Let's Talk:**

- Let's Talk is **brief consultation** with one of the **TICC Mental Health Student Ambassadors** where you can talk about concerns and receive helpful suggestions or just have someone who listens well and can offer support.

- No paperwork or appointments are required.
- Let's Talk is best suited for the following people:
  - Students who are **not sure about counselling** and would like the perspective of a counsellor.
  - Students who have a specific problem and would like to **talk to someone**.
  - Students who have a concern about a friend and would like some perspective on what to do.
  - Let's Talk is also a place where students are able to have questions answered about formal counselling.

### **Individual Counselling:**

- In a **one-on-one interaction** with our counsellors, you are helped to express feelings, examine thoughts and beliefs, reflect on patterns of behaviour, and work toward making healthy changes in your life.
- It takes about *35-45 minutes to 1hr* and is available for a variety of problems such as anxiety, depression, relationship difficulties, stress, academic pressure, grief, general discomfort, family problems, homosexuality, substance abuse and so forth.
- Our professional counsellor can help you in a variety of ways as they are compassionate listeners, and skilful experts in their field.

### **Group Counselling:**

Groups led by our Counsellors offer students a supportive and stimulating environment to explore common issues of concern. We encourage you to learn more about Group Counselling and to browse our complete list of current groups offered at TICC available in our Counselling Manual.

- Groups can offer an intense, thought-provoking experience.
- Some of our Group Counselling Sessions are **Anxiety101, How to Beat Procrastination, Cultivating Mental Toughness** amongst many others. To know more about these, feel free to contact us.

### **Psychometric Testing:**

Students can get themselves administered for different types of psychological tests (scales ranging from depression, stress, anxiety, personality, self-esteem, adjustment, ADHD, aptitude,

Rorschach, aggression, career personality profile and many more) that can help them get an insight on their emotional and behavioral needs. **Psychometric Tests: 48 Scales**

**2016-2017: 16 Scales**

1. Beck Anxiety Inventory
2. Beck Depression Inventory
3. Hamilton Anxiety Rating (HAM-A)
4. Hamilton Rating Scale for Depression
5. Lauria-Horner Panic Disorder Self-Report Scale
6. Post-Traumatic Growth Inventory (PTGI; Tedeschi & Calhoun)
7. The Expressions of Spirituality Inventory–R (Macdonald)
8. Connor-Davidson Resilience Scale (Cd-Risc; Connor & Davidson)
9. The Proactive Coping Inventory (Greenglass, Schwarzer, Jakubiec, Fiksenbaum, & Taubert)
10. Social Provisions Scale (Cutrona & Russel)
11. Perceived Stress Scale (Cohen, Kamarck, & Mermelstein)
12. Learned Optimism Scale (LO; Pethe, Chaudhari & Dhar)
13. Bell Adjustment Inventory (Bell)
14. Severity Measure for Panic Disorder- Adult (Craske, 2013)
15. Holistic Health & Wellness Survey (Raymond & Smith, 2009)
16. RAISEC Inventory

**2017-2018: 11 Scales**

1. 16 P.F. Questionnaire Form-A Cattell & IPAT Staff
2. 16 P.F. Questionnaire Form-B Cattell & IPAT Staff
3. Aptitude Battery for Career Counselling (ABCC) Narinder Singh
4. Career Decision Self-Efficacy Scale Nancy E. Betz & Karen M. Taylor
5. Emotional Quotient (17-25 yrs.) N K Chadha
6. Eysenck's Personality Questionnaire-R (EPQ-R) (15+ yrs.) S. B. G. Eysenck & H. J. Eysenck
7. Rorschach Ink Blot Test by H. Rorschach
8. Suicidal Attitude Scale by Gaytri Tiwari & Lidya Ch. Momin
9. Princeton Wellness Self-Assessment
10. Aggression Scale (Buss & Perry)
11. Leeds Dependence Drug Questionnaire

**2018-2019: 16 Scales**

1. Stress Indicators Questionnaire
2. Multiple Intelligence Inventory

3. Perceived Stress Scale (Cohen, Kamarck, & Mermelstein)
4. Personality Type with the Holland Code
5. Holland Career Personality Profile
6. ISMA Stress Questionnaire
7. Lauria-Horner Panic Disorder Self-Report Scale
8. Self-Esteem Inventory by Rosenberg
9. Psychological Type Indicator - Alexander Hiam
10. Trait Emotional Intelligence Questionnaire (TEIQue)
11. Revised Adult Attachment Scale
12. ISMA Stress Questionnaire
13. Drug Abuse Test - WHO
14. Leadership Practice Inventory
15. Maslach Burnout Inventory
16. Procrastination Scale (Lay)

#### **2019-2020: 5 Scales**

1. Wechsler Adult Intelligence Scale - Fourth Edition, India (WAIS-IV)
2. Kessler Psychological Distress Scale - (K10)
3. Procrastination Scale - (Florey)
4. GAD -7 - Kroenke
5. Adult ADHD Scale (Adler)

#### **2021-2022: Evidence based counselling**

- TICC in April 2022 recently collaborated with Psypack with online psychometric services. So as to integrate evidence based practice to improve outcomes.
- PsyPack helps administer, score and prepare reports of licensed psychometric assessments for depression, anxiety, personality disorders, eating disorders, PTSD, ADHD, OCD etc.
- These assessments help screen, diagnose and track progress of students undergoing counselling.
- Further, with this new initiative, we are in compliance with existing and upcoming UGC guidelines on supporting students on campus and off campus, screening and record-keeping of stress-prone students.

- The popular assessments include PHQ-9, GAD-7, DASS, IES-R, PCL-5, IPIP NEO-120, EAT-26, ASRS V1.1, RSES, GPS The complete list of assessments is available at <https://psypack.com/assessments/>.

## 2. ACADEMIC SERVICES

The amount of stress that an average student goes through during his college life, he is bound to **feel the blues** during his/her college years. Be it stress, anxiety, loss of motivation, procrastination or anything else which can cause a dip in his/her academic performance.

*TICC is here to help.*

### **Key Highlights:**

- Personal one-on-one sessions to tackle Academic pressure.
- **Academic Retention Counselling Services -**
  - **Personalized academic support** open to all TIET students.
  - **Individualized plans** designed to help each student improve their academic standing keeping in mind their specific needs.
  - In summary, it's like having **your own personal guide**.
- **Academic Alert System & Retention Counselling Services (ARCS):** TICC provides support for students with less CGPA of 3.75 and 4.5 and students with backlogs.
- **Mentor Mentee Initiative:** All students are assigned a professor as his/her mentor during their 1<sup>st</sup> year. For more information on who your mentor is, feel free to reach out to us.
- **Letter Requests:** TICC occasionally receive requests from students who are undergoing psychological treatment along with medication & are unable to manage their academic routine and want to opt for a semester off provided they have a valid medical record along with ongoing treatment prescriptions.

## 3. CRISIS SERVICES

- For **TIET students** who feel the need of **immediate assistance** & are in crisis (i.e. feeling like they may seriously harm themselves or another person(s), death of a loved one, not being able to function due to extreme psychological distress) can **contact**

TICC during regular office hours and/or after office hours.

- All these meetings/calls are **highly confidential**.
- If you or someone you are concerned about is in a serious and imminent life-threatening circumstance, please bypass this information and immediately call Dr. Sonam Dullat, Manager Student Counsellor (+91-8872739998) / Ms. Samira Singh, Assistant Student Counsellor (+91-9872602030) or go to the nearest concerned authority.
- **Crisis services offered** by TICC during regular office hours and after office hours. These include:
  - Walk-in Crisis Services
  - After-Hours Crisis
  - Sexual Assault
  - Suicide Prevention
  - TICC has collaboration with Manipal Hospitals and Vardhaman Hospitals for Psychiatric Referral.

#### 4. OUTREACH & REFERRAL SERVICES

##### **Outreach Services:**

- As the name suggests, our aim is to reach out to students and make them aware about the services TICC offers.
- Purpose is to provide helpful information and support and to reach out to maximum students who might be in need of these services.
- In collaboration with various departments/schools/centres of TIET organize brief talks about services being offered and how to access them.

##### **Referral Services:**

- Any faculty, staff, student who is concerned about a TIET student in crisis can call Dr. Sonam Dullat, Manager Student Counsellor (+91-8872739998) / Ms. Samira Singh, Assistant Student Counsellor (+91-9872602030) to discuss how you may refer a student to seek services at the TICC.
- This includes all those who are in direct contact with the students and feel a student needs help, personally or academically.

- Students can refer a fellow student(s) and/or a friend(s).

**VI. ENGAGEMENT ACTIVITIES OF TICC: (data is available and can be turned in when asked for)**

**1). PERSONAL COUNSELLING SESSIONS**

**Personal Counselling Sessions (2022-2023):** *(All sessions were done walk-ins and few through tele counselling online) (data is available and can be turned in when asked for)*

- Key Issues Addressed.
- 2023-2024: Total no. of cases (I)
- 2023-2024: Total no. of cases (II)
- Key Issues (Total no. of cases and Total no. of male and female students) who opted for one-on-one personal counselling sessions.
- Total no. of students from different branches and year-wise who opted for one-on-one personal counselling sessions.
- Total no. of students (year-wise) from Graduation, Post-Graduation and PhD who opted for one-on-one personal counselling sessions.
- Total no. of students who opted for one-on-one personal counselling sessions through (Walk-ins, DoSA, DoAA, Faculty, Directorate, Audio/Video Online).
- Total no. of parents, staff/faculty who opted for one-on-one personal counselling sessions.
- Counselling Metrics.
- Modal value for key issues for one-on-one personal counselling sessions.

**2). GROUP COUNSELLING SESSIONS:** *(data is available and can be turned in when asked for)*

**2023-2024: Group Counselling Sessions**

1. ***‘Open Let’s Talk Session on Raising Awareness on Mental Health’ in collaboration with Peacemaker – Rotaract Club of Delhi Philanthropists on October 11, 2023 from 5.30pm-8pm in C-Hall.***  
*The objective of the session was to collaborate on a peacemaker proposal that would facilitate an open discussion about life and the everyday challenges we face. The primary topics under consideration included emotions, mental well-being, and the significance of Mental Health Day. Throughout the session, four activities were organized to promote self-reflection and self-awareness: In the first activity, participants were presented with an image of a brain and asked to record their own self-perceptions, as well as how they*

believed others might perceive them. This exercise was designed to help participants become more mindful of their self-perceptions and how they may be perceived by others.

- a. *The second activity* involved the use of a trash bin, where participants were tasked with noting down the emotions they wished to discard from their lives. This activity aimed to help participants recognize negative or overwhelming emotions they wanted to eliminate.
- b. *In the third activity*, participants were shown a mask and were instructed to list the personality traits they tend to hide from others. This exercise encouraged participants to explore the hidden facets of their personalities.
- c. *The fourth activity employed a shoebox*, and participants were prompted to write down the personality traits they wished to showcase to the outside world, as well as those traits they revealed less frequently or concealed within the box. This activity aimed to reveal how participants present themselves to the world and the characteristics they keep concealed.
- d. *The outcome of these activities* was to enhance participants' self-awareness regarding their thoughts and emotions in various everyday situations. This, in turn, provided valuable insights into how to effectively manage negative and overwhelming emotions. *Conducted by Rupal and Avantika Garg (Mental Health Student Ambassadors) and assisted Dr. Sonam Dullat – Manager (Student Counsellor) and Samira Singh – Assistant (Student Counsellor). 68 attended the session.*



2. ***Organized and conducted a group counselling session on “How Does Therapy Works” on 16<sup>th</sup> October 2023 from 5.30pm-6.30pm in G-Block, Group Therapy Counselling Room.*** The session focused on the core elements of the therapeutic process. The central emphasis was on cultivating a strong and trust-based client-professional relationship, which serves as the cornerstone for effective therapy. The session underscored the significance of thoroughly comprehending and evaluating the client's current issues or circumstances. This involved a meticulous examination to gain a comprehensive understanding of the specific challenges the client is facing. Subsequently, the collaborative process of identifying and establishing well-defined counselling or treatment objectives took place. These goals function as a roadmap, outlining what the client aspires to achieve through the therapeutic journey. Furthermore, the session delved into the development and implementation of interventions tailored to the client's unique needs. These interventions encompass a range of therapeutic techniques and strategies designed to facilitate progress towards the established goals. Throughout this entire process, strict confidentiality norms were rigorously upheld to ensure the client's privacy and create a safe and trusting therapeutic environment. *The session was conducted by Dr. Sonam Dullat and attended by 16 students.*

3. **Organized and conducted ‘Open Let’s Talk Session: Shadowed Corridors of Toxicity November 1, 2023 from 5.30pm-8pm in Tan-201.**
- Aim:** The aim of the Let’s Talk session was to create awareness about toxic behaviors, helping participants identify such traits and providing them with strategies to deal with toxic individuals effectively.
- **Activities Conducted:** Skit Presentation: The session commenced with a skit portraying various toxic traits, allowing participants to grasp the concept in a relatable context. The skit served as an engaging introduction to the topic. **Identifying Toxic Situations:** Participants were presented with real-life scenarios and tasked with determining whether these situations were toxic or not. They actively engaged in the activity, supporting their answers with reasoning, enhancing their critical thinking skills.
  - **Interactive Discussion and Solutions:** Following the identification activity, toxic and non-toxic situations were discussed in detail. Toxic situations were dissected, and practical solutions were provided, empowering participants with problem solving techniques to handle toxicity effectively.
  - **Session Outcome:** Participants gained a deeper understanding of toxic behaviors, enabling them to recognize such traits in their personal and professional relationships. Engaging in the activity encouraged participants to think critically and analyze interpersonal dynamics. They were then equipped with tools to address toxicity assertively and create healthier relationships. In conclusion, the ‘Shadowed corridors of Toxicity’ Let’s Talk session proved to be an enlightening and interactive experience. *Conducted by Vallaki, Akshat, Yash, Shinar, Prinu, Radhika, Khushi, Navroop, Jasneh, Tanya- Mental Health Student Ambassadors) and assisted by Dr. Sonam Dullat – Manager (Student Counsellor). 72 attended the session. Also, Team members (Tushar Gupta, Avani Kashyap, Gauri Grag, Taanvi Anan, Pavit Dhillon and Gunroor Kaur) from Avni Project- Raise awareness about mental health amongst TIET students (TSLAS) collaborated with TICC (let’s talk session).*



4. **Organized and conducted 'Open Let's Talk Session: Trapped in Smoke' November 22, 2023 from 5.30pm-8pm in Tan-105.**  
**Aim:** the aim of this let's talk session was to create awareness about nicotine addiction, how it can affect any one of us and how it is tough but not impossible to come out of its trap. **Activities conducted: Myths and Facts:** the audience was provided with statements about nicotine and addiction one at a time and they were told to recognize whether it was a myth or a fact. **Skit:** a skit was conducted showing a normal college guy and his journey into nicotine addiction and out of it, role of his friends and peer pressure, importance of a

good support system and professional help. The other themes it covered was dealing with breakup and other stressors a teenager has to face.

- Situations: audience was provided with a number of situations relating to pressures that could push you to smoke and asked their take on what the solutions could be or what would they personally do in that situation. **Self-Assessment Test/Questionnaire:** a questionnaire was provided to the audience at the end to check whether they smoke and how they started. It was anonymous and the purpose was self-assessment. **Conclusion:** this session was a beautifully executed session that made everyone aware about harmful effects of nicotine, cleared some myths, showcased how it could affect a normal well doing person through a skit, showed how it is possible to get out of this. this session also highlighted the importance of professional help and encouraged students to seek professional help from TICC whenever needed.
  - *Conducted by - by Agamjot, Aakshi, Himadri, Isha, Kavya, Arnav, Arya, Minal, Radhika, Prinu - Mental Health Student Ambassadors) and assisted by Dr. Sonam Dullat – Manager (Student Counsellor), Hardik (Event Vice Lead), Tushar and Sneha (Let's Talk Heads). 110 attended the session. Also, Team members (Agamjot Singh, Himanshu Singla, Diya and Arush Dhir Tushar) from Avni Project – Nicotine addiction (TSLAS) collaborated with TICC (let's talk session).*
5. **Organized and conducted 'Seminar on: Distress due to Stalking' November 28, 2023 from 1pm-3pm Group Therapy Counselling Room:** The seminar on "Distress Due to Stalking" provided a poignant retrospective examination of the profound emotional toll experienced by students who have been subjected to persistent stalking. Participants were presented with insights into the lasting effects on mental health, unraveling the layers of stress, depression, and, in severe cases, post-traumatic stress disorder resulting from relentless acts of stalking. The retrospective lens allowed attendees to reflect on the emotional anguish that survivors endured during their ordeals, fostering a deeper understanding of the intricacies involved in the aftermath of such distressing experiences.
- In this examination of past experiences, the seminar further illuminated the challenges faced by survivors in seeking support and understanding, emphasizing the isolation and vulnerability that often accompany the emotional distress caused by stalking. As attendees reflected on the testimonies shared, the retrospective perspective brought to light the need for increased awareness and empathy within communities to create an environment conducive to healing. The seminar underscored the urgency of addressing the profound impact of stalking on the mental well-being of survivors and the importance of fostering a collective commitment to preventing such distressing experiences in the future.
  - The seminar was conducted by Dr. Sonam Dullat. 12 students attended the session. This seminar was done in collaboration with Avni Project Members from (TSLAS).



6. **Organized and conducted ‘Open Let’s Talk Session: Minds on recharge: Books, Tunes and movies for mental well-being held on January 31, 2024 from 5.30pm-8pm in Tan-105:** The session unveiled the profound link between artistic mediums and mental well-being, highlighting their transformative influence. Through curated experiences with music, movies, and literature, individuals find solace, gain new perspectives, and cultivate resilience. Music provides an escape from life's chaos, its melodies and rhythms uplifting spirits and restoring balance. Movies weave captivating narratives that evoke empathy and inspire hope, broadening perspectives in times of adversity. Books offer refuge in their pages, inviting introspection and self-discovery through immersive storytelling and profound insights. By integrating these creative elements into daily life, individuals embark on a journey of self-care and rejuvenation. Each encounter with music, movies, or books becomes a ritual, nurturing minds, soothing souls, and fostering resilience. Embracing the therapeutic potential of artistic expression, they deepen their appreciation for life's beauty and pave the way for holistic well-being.
- **Activity 1: Thoughts & Quotes:** Blank chits and bookmarks were distributed. Everyone wrote their favorite quote on that chit which was further collected and shuffled. They were

then redistributed and randomly students were picked to read out loud the quote they got and tell their perception about the quote and its significance.

- **Activity 2: Interaction:** The audience told their favorite character from a book or a song or a book that inspired them. A piece of art can be a source of inspiration and motivation to help them move forward.
- **Activity 3: Trivia Questions:** A fun trivia round based on famous books, movies and songs was conducted. The audience participated actively and answered the questions making the session more interactive and fun.
- *Organized and conducted by MHSA's team (Arya, Himadri, Isha, Minal, Shinar, Yash) and supervised by Dr. Sonam Dullat and 50 students participated.* In conclusion, the session emphasizes the transformation power of artistic mediums in nurturing mental health. Through curated experiences with music, movies, and books, individuals can find a rejuvenating escapes, gain perspective, and foster a resilient mindset for overall well-being. Incorporating these creative elements into daily life can serve as a powerful tool for mental rejuvenation and self-care.



7. **Organized and conducted “Open Let’s Session: How to embrace loneliness 101” held on February 15, 2024 from 5.30pm-7.30pm in C-hall:** *Aim:* To tackle and embrace loneliness, and all the problems that come with being lonely. The participants were encouraged to share their views and experiences with being lonely. Through this session, we tried to promote self-reflection, vocalisation, and being comfortable with loneliness.

- *Activities Conducted: Activity 1:* Skit The main character was battling loneliness and facing the feeling of being alone in a crowd after changing schools. He encountered many adversities after leaving his home for a new place, these were depicted in 3 portions scattered throughout the session with the final portion of the skit emphasising how he improved his situation.
- *Activity 2: Situations where the audience felt lonely* Few situations were given to the audience that may have induced loneliness. They were then asked to share situations where they had felt lonely.
- *Activity 3: Facts* Some facts relating to loneliness were shared. To increase the

knowledge and sensitivity of the audience towards loneliness.

- *Activity 4:* Favourite activity to do when feeling alone Blank chits were circulated among the participants in which they wrote what they did when they felt alone, the chits were then redistributed among the crowd and random students were picked to read what was on the chit out loud. *Conclusion:* In conclusion, the session provided a medium for the students to express their loneliness, to know that it is alright to be lonely, how to combat loneliness and how experiences that one has faced throughout their life provide them with an incentive to grow and be a better version of themselves despite the situation they are in. The session also explicitly stated all the ways to combat loneliness and what all effects it can have on the human body. Organized and conducted by MHSAs team (Akshat, Tanya, Khushi, Aakshi, Harmandeep and Asmi) and 28 students attended the sessions.
8. **Organized and conducted an Open Let's Talk Session on "Managing Exam Stress - Strategies for Success" held February 29, 2024 from 5.30pm-7pm in LT-105:** The aim of this session: Managing examination stress requires a holistic approach that encompasses both physical and mental well-being. Through this session, we tried to promote that students can navigate exam periods with greater resilience, maintain focus, and perform at their best while minimizing the negative impact of stress.
- *Activity 1 Engage & Laugh: Audience Throw & Talk:* A game was played with audience where the speakers threw a ball towards the audience and asked a funny set of questions which encouraged audience to participate in the let's talk.
  - *Activity 2- Situations related to examination stress:* Few situations were presented to audience which they might have felt during their examination time and were asked to give their input on various situations.
  - *Activity 3- Picturisation:* Two images were circulated in audience which were related to examination stress and audience were asked to tell what do they understand from image and share their own experiences.
  - In conclusion, managing examination stress requires a proactive approach that addresses both academic and emotional aspects. By fostering healthy study habits, maintaining self-care routines, and seeking support from peers and professionals, individuals can mitigate the negative effects of stress and enhance their ability to perform under pressure. Ultimately, by prioritizing self-care and effective stress management techniques, individuals can approach exams with greater confidence, resilience, and success. *Organized and Conducted by MHSAs team (Gunika, Garima, Radhika, Shinar, Tanya) and 21 students attended the sessions.*

**5). DEPARTMENTAL/SCHOOL INITIATIVES:** *Conducted by Dr. Sonam Dullat.*

- *Organized and conducted 'Session on Prioritizing Mental Wellness' for M.Sc. Chemistry and Biochemistry students of 1<sup>st</sup> Year on 19<sup>th</sup> October, 2023 from 1pm-2pm at G-Block: Group Therapy Counselling Room. The session focused on prioritizing mental wellness for MSC chemistry and biochemistry students, who often face rigorous academic demands and research responsibilities. In this session, our aim was to equip them with the tools and knowledge needed to manage their mental health effectively. We emphasized the significance of recognizing and addressing stress, anxiety, and other common challenges that can arise during studies. Through open discussions, practical strategies, and expert guidance, we intend to create a supportive environment where students can openly express their concerns and explore techniques to maintain a healthy work-life balance. Furthermore, our session shed light on the connection between mental wellness and academic success. We discussed how a well-balanced mental state can improve concentration, motivation, and overall academic performance. By encouraging students to adopt proactive self-care practices and seek help when needed, we hope to foster a culture of understanding and empathy within the M.Sc. student community. Our goal was to ensure that students not only excel academically but also thrive emotionally and mentally throughout their academic journey and beyond. Conducted by Mental Health Ambassadors – Akshat Sehgal, Khushi, Shubreet Dhaliwal, Tanya Sood, Amish, Siddhant, Radhika, Nitika, ShinarAthwal, Lavisha Singla and Dr. Sonam Dullat.*



- Organized and conducted 'Session on Mental Wellness Support' for M.Sc. Math's students of 1st Year on October 26th, 2023 from 1pm-2pm at Room No. G-303 (Seminar Hall). The "Mental Wellness Support" session for M.Sc. Mathematics students has proven to be a vital step in addressing the well-being of these postgraduate students. Students found solace in knowing that they are not alone in their struggles and that their concerns are valid. This shared experience not only helps reduce the stigma around mental health but also encourages peer support and understanding within the M.Sc. Mathematics community. During the session, students were provided with valuable insights and practical strategies to manage stress, anxiety, and the overall demands of their academic journey. They were introduced to available mental health resources and support services within the university, enabling them to access professional help if needed. Moreover, the session emphasized the importance of self-care, work-life balance, and the role of a supportive community in maintaining mental wellness. By conducting this session, we took a significant step towards fostering a culture of holistic well-being, ensuring that students can not only excel in their studies but also lead healthier and happier lives throughout their academic tenure. Conducted by Mental Health Ambassadors – Arya, Agam Jot Singh, Aasmi, Sukhmani, Rishi, Arnab and Dr. Sonam Dullat and 15 students attended the session.



**6). CENTRE INITIATIVES: CENTRE FOR TRAINING & DEVELOPMENT (CTD):**

*Conducted by Dr. Sonam Dullat.*

- *Conducted one-on-one personalised counselling session for students enrolled at CTD for “Summer School Program”, from 14th June -16th July, 2023.*
- *Engaged with CTD (Centre for Training and Development) for their 'Placement Symposium' held from August 7-13, 2023, offering mental resilience interventions to students on a need basis as they prepared for their upcoming placements.*

**7). PARENTAL & STAFF/FACULTY COUNSELLING:** In number of cases where it was seen that parental support was needed, parents were called for counselling sessions and in detail discussions were done so as facilitate them better with their child mental health and well-being. Developmentally, an important transition takes place between childhood and adulthood with young people expected, and expecting, to take far more responsibility for all aspects of their lives. Some embrace this challenge, others find it hard. TICC offered a strong support network which included DoSA, DoAA, Faculty, Wardens of hostels where they all worked as team to help students and their parents to understand their child welfare (*data is available and can be turned in when asked for*).

**8). OTHER OUTREACH COUNSELLING ACTIVITIES:**

**1). Proem Week:** *Conducted by Dr. Sonam Dullat*

- *Conducted a psychological orientation session to sensitize students regarding 'Psychological Well-Being and the Existence of Thapar Institute Counselling Cell (TICC)' during Proem Week 2023 on August 4, as part of the orientation program for new entrants held in the LP101-102 and Main Audi. Conducted by Dr. Sonam Dullat and Mental Health Student Ambassadors (Nitin Sehgal, Kritveer Kharoud, Abhinav Garg and Yuvraj Gupta).*



## 2). Hostels:

- *Organized and led a session titled 'Dwell-Well: Hostel Mental Health' for first-year residents of E & G Hostel on August 26-27, 2023, from 6:00 p.m. to 8:00 p.m. The aim of the session was to improve mental well-being among students living in the hostel. The program included interactive discussions, informative presentations, and practical strategies to address common mental health issues in a hostel setting. Emphasis was placed on fostering a positive living atmosphere and equipping students with tools and resources to strengthen their emotional resilience. Session conducted by Dr. Sonam Dullat and Mental Health Student Ambassadors (Dibyashree Basu, Harmandeep Kaur, Hritika Verma, Mannan Wadhwa, Ridhi, Sneha Gupta and Ayesha Sami).*



### 3). Other Activities:

- *TICC Participated in TIET's Open Day event on July 8 to 9, 2023, actively engaging students and parents to provide them with an authentic experience of life at TIET. Throughout the event, carefully explaining TICC's role and initiatives aimed at promoting mental health awareness to them. Detailed information about our activities and sessions was shared through thoughtfully designed TICC handbooks, brochures, and bookmarks. The July 8th team consisted of Mannandeep Sondh (Lead Ambassador), Ananta Sharma (Design Head), Sezalpreet Kaur (Magazine Head), and Sanchit Nanda (MHSA-Social Media). On July 9th, the team comprised Nitin Sehgal (Lead Ambassador), Abhinav Grag (Technical Department Head), Kritveer Kharoud (Content Head), and Jesicca Bhatia (MHSA-Design Department). Overseeing their efforts, Dr. Sonam Dullat, the Manager (Student Counsellor), provided guidance each day, complemented by Samira Singh, - Assistant (Student Counsellor).*



- *TICC MHSA's participated in Society Fair, organized by FROSH in the Proem Week, on August 21, 2023 from 4.30 p.m to 8 p.m. Our stall featured lots of fun and engaging activities and an opportunity to converse with dedicated Mental Health Student Ambassadors who helped the visitors gain insights into the world of on-campus mental health, and our cell's ideals and vision. Abhinav Garg, Ananta Sharma, Asarvi, Devansh, Hardik, Jaisika, Jasveen, Liza, Maanvi, Yuvraj, Mannandeep, Mannan, Rudhir, Sezalpreet, Uday Beswal, Tanya, Tushar, Uday Lomesh, Aastha, Arnab,*

*Ishan, Rayan, Parusha, Swayam, Simar, Jessica, Nanki, Nitin and Ira (Mental Health Student Ambassadors) along with Dr. Sonam Dullat – Manager (Student Counsellor).*

- *TICC & FAPS (Fine Arts & Photography Society)* conducted the pre-event series on September 4, 2023, a dynamic workshop that explored the intersection of photography and art therapy in mental health. This enlightening session was followed by a photo walk and an art competition, allowing participants to express their thoughts on mental well-being through artistic creativity. 195 students participated and it was conducted in TAN-106 from 4.30 pm to 8.pm. ***The Dynamic Workshop:*** The dynamic workshop served as the cornerstone of this enlightening series. It brought together students exploring the powerful connection between visual expression and mental well-being. During this workshop, participants engaged in a rich exchange of ideas, experiences, and insights, fostering a sense of community and shared exploration. The workshop delved into the therapeutic potential of photography as a medium for individuals to navigate and express their emotions, struggles, and triumphs in the realm of mental health. It explored various techniques, including photographic storytelling, self-portraiture, and the use of symbolism, to convey complex emotional states visually.

***Photo Walk:*** Following the workshop, participants had the opportunity to put their newfound knowledge and insights into practice through a stimulating photo walk. This interactive experience allowed them to step into the world with their cameras, capturing moments that resonated with their emotions and perceptions. The photo walk served as a practical exercise in using photography as a means of self-expression and as a tool for promoting mental well-being.

***Art Therapy and Emotions:*** The pre-event series culminated in an engaging art therapy where participants were encouraged to express their thoughts, feelings, and experiences related to mental health through artistic creativity. Participants were given the creative freedom to explore and share their unique perspectives on mental well-being. The art competition not only provided a platform for self-expression but also served as a way to raise awareness about mental health issues and reduce stigma surrounding them. It showcased the diverse talents and perspectives of the participants, highlighting the power of art to spark conversations and create a deeper understanding of mental health challenges.



- On September 5, 2023, TICC and LitSoc joined forces for "Khayal," pre-event that encouraged students to share their poems, music, and stories, all revolving around the theme of mental health. This celebration of literary and artistic expressions acted as a powerful platform for students to convey their thoughts and emotions regarding mental well-being. 225 students participated and it was conducted in C-Hall from 5.30pm to 8.30pm. This event was thoughtfully designed to inspire and empower students to use poetry, music, and storytelling as mediums to explore and express their thoughts, feelings, and experiences related to the crucial theme of mental health. The Essence of "Khayal": "Khayal" was much more than just an event; it was a celebration of literary and artistic expressions that revolved around the theme of mental health. The choice of the name "Khayal," which translates to "imagination" or "thought" in several languages, encapsulated the event's essence, emphasizing the power of creative thought and expression in addressing mental well-being. Encouraging Student Participation: One of the central goals of "Khayal" was to provide students with a safe and supportive platform to share their creative works. This inclusive approach encouraged students from to participate, regardless of their previous experience in writing, music, or storytelling. It fostered an environment where everyone's voices and perspectives were valued.

Variety of Creative Forms: "Khayal" celebrated creativity in all its forms, encompassing poetry, music, and storytelling. Participants had the opportunity to express their thoughts on mental health through the artistic medium that resonated with them most. This diversity of creative forms allowed for a rich and multi-dimensional exploration of the theme. Conveying Thoughts and Emotions: Through

their poems, music compositions, and stories, students conveyed a wide range of thoughts and emotions related to mental health. Some shared personal experiences, shedding light on their struggles and triumphs in navigating mental health challenges. Others used metaphor and symbolism to evoke empathy and understanding in the audience. Fostering Empathy and Understanding: "Khayal" was not just an opportunity for self-expression but also a platform for fostering empathy and understanding among the audience. The creative works presented encouraged listeners to step into the shoes of others, gaining insights into the diverse aspects of mental health and the human experience.

Community Building and Raising Awareness: Beyond the creative performances, "Khayal" served as a catalyst for community building. It brought together students who shared a passion for literature and the arts and a commitment to promoting mental well-being. This sense of community was further enhanced through discussions, reflections, and interactions that took place during the event. "Khayal" also played a significant role in raising awareness about mental health on campus. By openly addressing this important topic through the arts, the event contributed to reducing the stigma associated with mental health issues and encouraged open conversations.



- In a splendid showcase of mental health awareness and empowerment, the Thapar Institute Counselling Cell (TICC) hosted its **inaugural flagship event, "LUMINESCENCE"**, sponsored by Bank of Baroda, on September 6, 2023, at the Thapar Institute of Engineering and Technology, Patiala (TIET) in Main Auditorium from 5pm -8pm.

The event was crafted by the Mental Health Student Ambassadors (MHSAs), a group of TIET students who work towards the cause of mental health awareness. The event aimed to challenge stereotypes, dismantle barriers, and eliminate the taboo around mental health. Notably, 'LUMINESCENCE' was also live-streamed on YouTube, ensuring that it reached a broad audience, including students, faculty, and anyone eager to engage with this vital initiative. To enlighten and inspire students on this crucial topic, an esteemed panel was organised. The core tenets of the event "**ILLUMINATE, EMPOWER, THRIVE**" are inclined toward illuminating the sphere of mental health, empowering individuals to express themselves, and motivating them to thrive. The distinguished panel included:

**Madam Gurpreet Kaur Deo** (Special Director General of Police, Community Affairs Division and Women Affairs, Punjab, she discussed "Cyberbullying: Navigating the Digital World Safely." Madam addressed the measures to take to protect oneself from cybercrime (cyberbullying, online harassment, doxing, catfishing, and voice phishing), the rights students have when they experience these issues, how they should deal with them, and what laws are accessible to report.

**Mrs. Aman Grewal**, Mrs India Worldwide and a Life Coach addressed the audience on "Mental Health: Embracing Wellness and Resilience."

**Mr. Aman Sood**, the Chief of Bureau, The Tribune, addressed on "Media and Mental Health: Impact and Responsibility."

The event began with a theme-based dance performance by NOX Society TIET, exploring topics such as overthinking, academic challenges, creative blocks, and drug abuse. This energetic performance was followed by a thought-provoking skit by MUDRA society, TIET, that challenged preconceived notions around mental health and imparted valuable insights to the audience. These performances shared a common goal of promoting awareness through the medium of art.

Following these captivating performances, each of the panellists addressed the audience, sharing insights and imparting their wisdom on the topics of "Cyberbullying: Navigating the Digital World Safely.", "Mental Health: Embracing Wellness and Resilience." and "Media and Mental Health: Impact and Responsibility."

Thereafter, a panel discussion followed suit, during which the panellists dived deeper into their respective topics. They offered advice to students on how to encounter mental challenges with courage and claim control over their lives.

Professor Padmakumar Nair, the Director of TIET, delivered closing remarks, emphasising the significance of mental health awareness and empowerment. Following this, the panelists and TIET dignitaries were presented with a sustainability memento as a token of appreciation and respect. The event concluded on a memorable note, with a captivating dance performance taking place, leaving the audience with a profound sense of enthusiasm and empowerment.

ECHOES came as the Coverage Partner, along with FAPS as the Photography Partner, that covered the entire session with utmost dedication. TICC also joined hands with

Paryavaran Welfare Society (PWS - TIET Society) as the Sustainability Partner, coming together for a plantation drive as a post event.



Special DGP Gurpreet Kaur Deo being honoured by Thapar Institute of Engineering and Technology Director Padmakumar Nair at the event in Patiala on Thursday. PHOTO: RAJESH SACHAR



## Students sensitised to mental health at 'Luminescence'



Special DGP Gurpreet Kaur Deo being honoured by Thapar Institute of Engineering and Technology Director Padmakumar Nair at the event in Patiala on Thursday. PHOTO: RAJESH SACHAR

### TRIBUNE NEWS SERVICE

PATIALA, SEPTEMBER 7

The Thapar Institute Counselling Cell (TICC) hosted its inaugural flagship event, 'Luminescence' at the Thapar Institute of Engineering and Technology (TIET) here.

The event, aimed at challenging stereotypes, dismantling barriers and eliminating the taboo around mental health, was organised by Mental Health Student Ambassadors (MHSAs), a group of TIET students.

It began with dance performance on overthinking, academic challenges, creative blocks and drug abuse followed by a skit by MUDRA

Society, TIET, that challenged preconceived notions around mental health and imparted valuable insights to the audience.

The panelists addressed the audience and shared insights on the topics of cyberbullying.

Gurpreet Kaur Deo, Special Director General of Police, Community Affairs Division and Women Affairs, Punjab, was on the panel of speakers. She discussed measures one should take to protect themselves from cybercrime (cyberbullying, online harassment, doxing, catfishing, and voice phishing). She also discussed the rights of students in case they experience these issues and how

they should deal with these.

She said youngsters should be vigilant enough not to share their private pictures online as a moment of fun can affect their whole future. She added that the state police took such matters of cyberbullying very seriously.

Aman Grewal, former Mrs India participant, was among the panel members.

Prof Padmakumar Nair, Director of TIET, emphasised the significance of mental health awareness and empowerment. The team of TICC operates under the auspices of Dean of Student Affairs (DoSA) Prof Inderveer Chana and is led by Sonam Dullat, manager, TICC-TIET.

## Event on mental health awareness concludes

PATIALA SEPTEMBER 11

The “Luminescence” event, organised by Thapar Institute Counselling Cell (TICC) under the aegis of the TIET and in collaboration with the Fine Arts and Photography Society (FAPS) and the Literary Society (LitSoc), concluded here today.

These events, designed to create awareness and foster dialogue around mental health, set the stage for the flagship Luminescence event.

The TICC team, headed by the Dean, Student Affairs (DoSA), Prof Inderveer Chana, and coordinated by the Manager, TICC-TIET, Dr Sonam Dullat, held week-

long events to foster awareness and support mental well-being among the TIET student community.

A workshop was held that explored the intersection of photography and art therapy in mental health. This enlightening session was followed by a photo walk and an art competition, allowing participants to express their thoughts on mental well-being through artistic creativity.

“We encouraged students to share their views through Khayal, an event that encouraged them to share their poems, music and stories, all revolving around the theme of mental health,” said Chana. — TNS

Read the articles published in "The Tribune":

- <https://m.tribuneindia.com/news/patiala/students-sensitised-to-mental-health-at-luminescence-542397>
- <https://m.tribuneindia.com/news/patiala/event-on-mental-health-awareness-concludes-543560>
- <https://bweducation.businessworld.in/article/Tiet-Takes-Strides-In-Prioritising-Student-Mental-Health/29-09-2023-492937/>
- ***On the occasion of World Mental Health Day, October 10, 2023***, we kindly request that you take a moment to pause from your hectic schedule and prioritize your mental well-being. This year's theme for World Mental Health Day is "Mental health is a universal human right," and in celebration of the importance of mental health and counselling, we are delighted to launch the second edition of our e-magazine, "NEW VISION." This magazine has been carefully curated to introduce you to various aspects of mental wellness. Inside, you will find a range of content that offers a unique and enriching

perspective on addressing the most common mental health issues. Whether you prefer reading opinion pieces, delving into insightful stories of resilience and determination in the face of mental health challenges, or seeking ways to improve your quality of life through articles by Thapar Institute Counselling Cell's Mental Health Student Ambassadors, this magazine has something to offer everyone.

## Experts: Mental well-being fundamental human right



Staff and students of Thapar Institute Counselling Cell at an event to mark World Mental Health Day. TRIBUNE PHOTO: RAJESH SACHAR

### TRIBUNE NEWS SERVICE

PATIALA, OCTOBER 10

Thapar Institute Counselling Cell (TICC) today unveiled the 'New Vision: Edition 2,' an inspiring publication designed to commemorate World Mental Health Day. This year's global theme, "Mental health is a universal human right," aligns with the magazine's mission to remove the stigma surrounding mental health and usher in a new era of understanding and empathy.

With the tagline "Let the mental health evolution thrive", New Vision: Edition 2 embarks on a journey to redefine perceptions about mental health. "It serves as a testament to TICC's dedication to promoting mental well-being, not as an abstract concept but as a fundamental

human right that touches every life," said Dean of Student Affairs, Professor Inderveer Chana.

The manager (student counsellor), Dr Sonam Dullat, said that this edition explores stories of resilience and articles that provide practical insights into nurturing one's mental health. "New Vision: Edition 2" aims to bridge the gap between academic insights and real-world application, offering a fresh perspective that everyone can relate to."

The TICC team, along with Mental Health Student Ambassadors (TICC), appreciated Director TIET, Professor Padmakumar Nair, Dean of Student Affairs, Professor Inderveer Chana, and Manager (Student Counsellor), Dr Sonam Dullat, for their support and encouragement.



- *You may use the following link to access the magazine:*
- NEW VISION: Second Edition: <https://online.fliphtml5.com/yuffj/pcmc/>
- <https://epaper.tribuneindia.com/c/73650510> - World Mental Health Day TICC - New Vision: Edition 2

- ***Organized and conducted ‘Sensitization Training session for all the new recruited Mental Health Student Ambassadors’ on November 6 from 1pm-3pm in Group Counselling Therapy Room.*** The sensitization training for newly recruited Mental Health Student Ambassadors was a crucial initiative aimed at cultivating a supportive and understanding environment. This program was designed to furnish ambassadors with the necessary knowledge and skills to approach mental health issues with empathy and sensitivity. Throughout the sessions, participants explored the intricacies of mental health, gaining insights into various conditions and the diverse experiences individuals may encounter. Emphasis was placed on destigmatizing mental health challenges, encouraging ambassadors to advocate for mental well-being within their academic community. The training also empowered ambassadors with practical communication strategies, enabling them to engage in open and non-judgmental conversations with peers seeking support. Through case studies and interactive discussions, participants learned to recognize signs of distress and respond effectively to individuals in need. In addition to honing their communication skills, the training underscored the importance of self-care for ambassadors. This included emphasizing the significance of maintaining their own mental health while extending support to others. Cultural sensitivity and inclusivity were integral components of the curriculum, ensuring that ambassadors were well-prepared to engage with a diverse range of individuals and perspectives. Participants were equipped

with valuable resources and tools to enhance their roles as Mental Health Student Ambassadors, including information on available mental health services and local support networks. By the conclusion of the sensitization training, the newly recruited ambassadors were well-prepared and better equipped to contribute to a positive mental health culture on campus. Their efforts played a pivotal role in promoting awareness, understanding, and fostering a sense of community surrounding mental health. *Conducted by Leads/Vice Leads/Over all Event Lead and Heads (MHSA Program).*



- ***Organized and conducted workshop ‘Psychological Training for Sport Shooters’ on November 14, 2023 from 3.30pm-6pm: With this in mind, Dr. Sonam Dullat,***

**Manager (Student Counsellor) and a delegation of Mental Health Student Ambassadors from TICC, visited Marksman, An International Level Shooting Range, Patiala on 14 November 2023,** as an initiative to make sport shooters of Marksman Training Academy acquainted with psychological training workshop who were going for 66th National Shooting Championship Competitions (Rifle/Pistol/Shotgun) to be held at New Delhi and Bhopal from 15 November - 30 November 2023. The key aim was to shed light on the performance pyramid. Dr Sonam Dullat majorly emphasized and incentivized the students on how to cope with the struggles and hardships of life. Stress was laid on cognitive, emotional, and behavioral health for overall well-being. The overarching goal was to guide participants in managing stress and overcoming obstacles in both their personal and athletic lives. Consequently, the event revolved around the fundamentals of attaining the mental resilience needed in challenging situations. One should learn to be defiant and should vanquish negative thoughts by focusing on their goals. It is irrefutably vital for an individual to be mindful of one's mental state and be free from self-doubt and fear. "Being able to be your true self is one of the strongest components of good mental health".



- Session on Mental Health Advocacy Road Map Discussion in E105 on 15th January:***  
 A key session dedicated to outlining a road map for mental health advocacy took place in E105, within the E Block. This inter-departmental meeting brought together department heads along with the Leads and Vice Leads of the Mental Health Student Ambassadors (MHSAs) for a dynamic exchange of ideas and strategies.
- Organized and conducted ‘Mindset to Milestones: Internship and Mental Wellness Talk Event conducted by TICC in collaboration with GDSC TIET’ held on February 7, 2024 from 5.30pm-8pm in C-hall.***

The event "Mindset to Milestones" was a collaborative effort between TICC and GDSC TIET, focusing on the critical theme of preparing for internships while maintaining mental health. The initiative highlighted the significant advantages of prioritizing mental wellness during the internship season in college. By emphasizing a balanced approach to this crucial period, the collaboration underscored the importance of mental health as a cornerstone for not only achieving immediate goals but also for securing long-term happiness and satisfaction in one's career. The dialogue aimed at providing participants with a comprehensive understanding of the mental resilience required to navigate through the challenges of securing internships, demonstrating how a positive mental attitude can lead to a fulfilling professional journey. A panel comprising student speakers from diverse professional backgrounds shared their unique perspectives and experiences, offering invaluable insights into the process of internship preparation. Each speaker, drawing from their personal journey, sheds light on the strategies that can be employed to manage stress and maintain mental equilibrium. Their stories served as a testament to the importance of fostering a healthy mindset, illustrating how such an approach can significantly influence one's success and overall well-being. The event created a platform for open discussion about the often-overlooked aspect of mental health in professional development, encouraging students to adopt a more holistic approach to their career aspirations and personal growth. The panel of speakers was as follows:

**From GDSC:**

- Deepanshi Sharma – Salesforce – COE/3yr - 102103376
- Shreeya Chatterji – JP Morgan Chase – COE/3yr - 102103447
- Harsh Jain – IBM – COE/3yr - 102103432
- Ayush Nangia – MITACS – COE/3yr - 102103456

**From TICC:**

- Abhinav Garg – Decathlon – EEC/3yr - 102119045
- Uday Beswal – DRDO – EEC/3yr - 102119044
- Jasleen Kaur – Microsoft – COE/3yr - 102103191

**Introduction:** The event kicked off with our hosts warmly welcoming attendees and introducing the panelists. Guided by thought-provoking questions from the hosts, the panelists shared their wisdom and anecdotes, addressing a plethora of student queries with genuine interest and empathy.

*Interactive Session:* Audience participation was encouraged, leading to a lively exchange of ideas and experiences. Students eagerly posed their questions, which were met with thoughtful responses from the panelists, fostering an atmosphere of mutual learning and understanding. Adding an extra layer of fun, a quiz session kept everyone engaged, with prizes adding to the excitement.

*Conclusion:* As the event drew to a close, the panelists were recognized for their valuable contributions with tokens of appreciation. Attendees were treated to refreshments, providing a fitting end to an enriching evening of discussion and camaraderie.

In summary, Mindset to Milestones provided a platform for students to gain insights into internship preparation while highlighting the importance of mental well-being, all in a welcoming and interactive environment.

An interactive and insightful quiz session was also conducted at the end of the session on questions related to the current tech news and trivia questions relating to popular recruiting enterprises. The top performers were awarded with prizes and merchandise. Below is the list of the same.

1. Harsh Kumar (2nd year, COBS)
2. Himadri (1st year, Biotech)
3. Omkar (2nd year, COPC)
4. Kavya (1st year, COE)
5. Aanya (1st year, TSLAS)
6. Pushan (2nd COPC)
7. Vishal (2nd COE)
8. Vishesh (3rd COE)
9. Aastha (2nd year, TSLAS)
10. Pehu (2nd year, COE)

**The "Mindset to Milestones: Internship and Mental Wellness Talk" event, a collaborative initiative between TICC and GDSC TIET, has had a significant impact on both the technical preparedness and mental wellness of its participants.** This dual focus on internship preparedness and mental health cultivated an environment where students could holistically approach their professional development, acknowledging the importance of mental resilience in achieving career milestones. *The outcomes of this event can be categorized into two primary aspects: technical impact and impact on mental wellness.*

### **Technical Impact**

- *Enhanced Preparedness for Internships:* Participants gained valuable insights into the

internship application process, including resume building, interview preparation, and the significance of personal projects and extracurricular activities. This comprehensive understanding helped equip them with the tools necessary for standing out in a competitive internship landscape.

- *Increased Awareness of Resources:* The event illuminated various resources and platforms that students can leverage for finding internships, learning new skills, and connecting with professionals in their desired fields. This knowledge is crucial for navigating the vast array of opportunities and challenges in the professional world.
- *Skill Development:* By highlighting the experiences of speakers from diverse professional backgrounds, attendees were exposed to the importance of both hard and soft skills in securing internships. Emphasis on communication, teamwork, and problem-solving alongside technical skills underscored the multifaceted nature of professional success.

### **Impact on Mental Wellness**

- *Stress Management Techniques:* The personal stories and strategies shared by the panelists offered practical advice on managing stress and anxiety related to internship applications and interviews. Techniques such as mindfulness, scheduling breaks, and seeking support systems were emphasized, providing students with a toolkit for mental wellness.
- *Promotion of a Healthy Mindset:* The event advocated for a positive outlook towards challenges and failures encountered during the internship search. This perspective encourages resilience, helping students to view setbacks as growth opportunities rather than insurmountable obstacles.
- *Increased Mental Health Awareness:* By openly discussing mental health in the context of professional development, the event played a crucial role in destigmatizing mental health issues among the student population. It fostered a supportive community where students feel more comfortable seeking help and discussing their struggles.

### **Long-term Outcomes**

- *Sustainable Career Development:* The event laid the groundwork for a more sustainable

approach to career development, where mental wellness is considered integral to professional success. This holistic perspective is expected to influence how participants approach their career trajectories, prioritizing both achievement and well-being.

- *Community of Support:* The creation of a network of peers and mentors who recognize the importance of mental wellness in professional success fosters a community of support. This network can provide ongoing encouragement, advice, and resources, reinforcing the event's impact long after its conclusion.

*In conclusion, the "Mindset to Milestones: Internship and Mental Wellness Talk" event successfully addressed the dual objectives of enhancing technical internship preparedness and promoting mental wellness. Its comprehensive approach to professional development, emphasizing resilience, positivity, and balance, has left a lasting impact on participants, equipping them with the tools necessary for a fulfilling and successful career path. Organised and conducted by MHSA's team (Ira, Harman, Liza, Sneha, Tushar, Aastha, Punyyaa, Pehu, Shivansh, Jessica, Mannan, Parshant, Kirtveer, Yuvraj, Tanya, Hardik, Anirudh, Baneet, Harsh and Amish).*

## VII. For The Year 2023-2024: (Support & Engagement Activities Conducted by TICC):

### Support Activities:

#### **Support Activities (August 2023):**

- Sensitization for students on 'Dealing with Productivity Guilt' was circulated to all the students through email on 10.08.2023.
- Sensitization for students on 'Starting of New Academic Year: Services provided by TICC' was circulated to all the students through email on 09. 08. 2023.
- Sensitization for students on 'Be a Mental Health Student Ambassador! - TICC' was circulated to all the students through email on 23.08.2023.
- Sensitization for students on 'It is Not Selfish to Prioritize Yourself' was circulated to all the students through email on 28.08.2023

#### **Engagement Activities (August, 2023):**

1. *One-on-One Counselling Sessions for August (All these sessions were done through walk-in and audio/video calls):*
  - 153 students/parents/faculty/staff opted for personal online one-on-one counselling sessions.
  - Registrations done through slot booking form for personal counselling session. In every email from TICC, students are getting this link for registration <https://bit.ly/tiETTICC>

2. Conducted Psychological Orientation session on sensitizing students with respect to 'Psychological Well-Being and Existence of Thapar Institute Counselling Cell (TICC)' in the Proem Week, 2023 on (4<sup>th</sup> August) an orientation program for the new entrants. *Conducted by Dr. Sonam Dullat and Mental Health Student Ambassadors (Nitin Sehgal, Kritveer Kharoud, Abhinav Garg and Yuvraj Gupta).*
3. TICC collaborated with CTD (Centre for Training and Development) for their 'Placement Symposium' from August 7<sup>st</sup> - August 13<sup>th</sup> 2023 onwards for the student mental wellness interventions on need basis – conducted by Dr. Sonam Dullat
4. TICC Mental Health Student Ambassadors participated in the Society Fair on August 21<sup>st</sup> 2023 from 5pm – 9pm.
5. Organized and conducted session for First Year student's resident of E-Hostel students on the 'DwellWell: Hostel Mental Health' on 26<sup>th</sup> August 2022 from 6.00pm-8.00pm. *Session conducted by Dr. Sonam Dullat and Mental Health Student Ambassadors (Dibyashree Basu, Harmandeep Kaur, Hritika Verma, Mannan Wadhwa, Ridhi, Sneha Gupta and Ayesha Sami).*
6. Organized and conducted session for First Year student's resident of g-Hostel students on the 'DwellWell: Hostel Mental Health' on 27<sup>th</sup> August 2022 from 6.00pm-8.00pm. *Session conducted by Dr. Sonam Dullat and Mental Health Student Ambassadors (Dibyashree Basu, Harmandeep Kaur, Hritika Verma, Mannan Wadhwa, Ridhi, Sneha Gupta and Ayesha Sami).*

#### **Support Activities (September 2023):**

- Sensitization for students on 'Capturing the Colours of the Mind - TICC X FAPS' was circulated to all the students through email on 03.09.2023.
- Sensitization for students on 'Calling All Wordsmiths - TICC X LitSoc' was circulated to all the students through email on 04. 09. 2023.
- Sensitization for students on 'Invite for Luminescence 2023' was circulated to all the students through email on 05. 09. 2023.
- Sensitization for students on 'Incorporating Gratitude into Your Daily Life' was circulated to all the students through email on 16.09.2023.
- Sensitization for students on 'It is Not Selfish to Prioritize Yourself' was circulated to all the students through email on 28.08.2023

#### **Engagement Activities (September 2023):**

1. *One-on-One Counselling Sessions for September (All these sessions were done through walk-in and audio/video calls):*
  - 180 students/parents/faculty/staff opted for personal online one-on-one counselling sessions.

- Registrations done through slot booking form for personal counselling session. In every email from TICC, students are getting this link for registration <https://bit.ly/tiestic>
2. **TICC & FAPS (Fine Arts & Photography Society)** conducted the pre-event series on September 4, 2023, a dynamic workshop that explored the intersection of photography and art therapy in mental health. This enlightening session was followed by a photo walk and an art competition, allowing participants to express their thoughts on mental well-being through artistic creativity. 195 students participated and it was conducted in TAN-106 from 4.30 pm to 8.pm.
- The Dynamic Workshop:** The dynamic workshop served as the cornerstone of this enlightening series. It brought together students exploring the powerful connection between visual expression and mental well-being. During this workshop, participants engaged in a rich exchange of ideas, experiences, and insights, fostering a sense of community and shared exploration. The workshop delved into the therapeutic potential of photography as a medium for individuals to navigate and express their emotions, struggles, and triumphs in the realm of mental health. It explored various techniques, including photographic storytelling, self-portraiture, and the use of symbolism, to convey complex emotional states visually.
- Photo Walk:** Following the workshop, participants had the opportunity to put their newfound knowledge and insights into practice through a stimulating photo walk. This interactive experience allowed them to step into the world with their cameras, capturing moments that resonated with their emotions and perceptions. The photo walk served as a practical exercise in using photography as a means of self-expression and as a tool for promoting mental well-being.
- Art Therapy and Emotions:** The pre-event series culminated in an engaging art therapy where participants were encouraged to express their thoughts, feelings, and experiences related to mental health through artistic creativity. Participants were given the creative freedom to explore and share their unique perspectives on mental well-being. The art competition not only provided a platform for self-expression but also served as a way to raise awareness about mental health issues and reduce stigma surrounding them. It showcased the diverse talents and perspectives of the participants, highlighting the power of art to spark conversations and create a deeper understanding of mental health challenges.
3. **On September 5, 2023, TICC and LitSoc joined forces for "Khayal,"** pre-event that encouraged students to share their poems, music, and stories, all revolving around the theme of mental health. This celebration of literary and artistic expressions acted as a powerful platform for students to convey their thoughts and emotions regarding mental well-being. 225 students participated and it was conducted in C-Hall from 5.30pm to 8.30pm.

*This event was thoughtfully designed to inspire and empower students to use poetry, music, and storytelling as mediums to explore and express their thoughts, feelings, and experiences related to the crucial theme of mental health.*

The Essence of "Khayal": "Khayal" was much more than just an event; it was a celebration of literary and artistic expressions that revolved around the theme of mental health. The choice of the name "Khayal," which translates to "imagination" or "thought" in several languages, encapsulated the event's essence, emphasizing the power of creative thought and expression in addressing mental well-being.

Encouraging Student Participation: One of the central goals of "Khayal" was to provide students with a safe and supportive platform to share their creative works. This inclusive approach encouraged students from to participate, regardless of their previous experience in writing, music, or storytelling. It fostered an environment where everyone's voices and perspectives were valued.

Variety of Creative Forms: "Khayal" celebrated creativity in all its forms, encompassing poetry, music, and storytelling. Participants had the opportunity to express their thoughts on mental health through the artistic medium that resonated with them most. This diversity of creative forms allowed for a rich and multi-dimensional exploration of the theme.

Conveying Thoughts and Emotions: Through their poems, music compositions, and stories, students conveyed a wide range of thoughts and emotions related to mental health. Some shared personal experiences, shedding light on their struggles and triumphs in navigating mental health challenges. Others used metaphor and symbolism to evoke empathy and understanding in the audience.

Fostering Empathy and Understanding: "Khayal" was not just an opportunity for self-expression but also a platform for fostering empathy and understanding among the audience. The creative works presented encouraged listeners to step into the shoes of others, gaining insights into the diverse aspects of mental health and the human experience.

Community Building and Raising Awareness: Beyond the creative performances, "Khayal" served as a catalyst for community building. It brought together students who shared a passion for literature and the arts and a commitment to promoting mental well-being. This sense of community was further enhanced through discussions, reflections, and interactions that took place during the event. "Khayal" also played a significant role in raising awareness about mental health on campus. By openly addressing this important topic through the arts, the event contributed to reducing the stigma associated with mental health issues and encouraged open conversations.

4. In a splendid showcase of mental health awareness and empowerment, the Thapar Institute Counselling Cell (TICC) hosted its **inaugural flagship event, "LUMINESCENCE"**, sponsored by Bank of Baroda, on September 6, 2023, at the Thapar Institute of Engineering and Technology, Patiala (TIET) in Main Auditorium from 5pm -8pm.

The event was crafted by the Mental Health Student Ambassadors (MHSAs), a group of TIET students who work towards the cause of mental health awareness. The event aimed to challenge stereotypes, dismantle barriers, and eliminate the taboo around mental health. Notably, 'LUMINESCENCE' was also live-streamed on YouTube, ensuring that it reached a broad audience, including students, faculty, and anyone eager to engage with this vital initiative. To enlighten and inspire students on this crucial topic, an esteemed panel was organised. The core tenets of the event "**ILLUMINATE, EMPOWER, THRIVE**" are inclined toward illuminating the sphere of mental health, empowering individuals to express themselves, and motivating them to thrive.

The distinguished panel included:

**Madam Gurpreet Kaur Deo** (Special Director General of Police, Community Affairs Division and Women Affairs, Punjab, she discussed "Cyberbullying: Navigating the Digital World Safely." Madam addressed the measures to take to protect oneself from cybercrime (cyberbullying, online harassment, doxing, catfishing, and voice phishing), the rights students have when they experience these issues, how they should deal with them, and what laws are accessible to report.

**Mrs. Aman Grewal**, Mrs India Worldwide and a Life Coach addressed the audience on "Mental Health: Embracing Wellness and Resilience."

**Mr. Aman Sood**, the Chief of Bureau, The Tribune, addressed on "Media and Mental Health: Impact and Responsibility."

The event began with a theme-based dance performance by NOX Society TIET, exploring topics such as overthinking, academic challenges, creative blocks, and drug abuse. This energetic performance was followed by a thought-provoking skit by MUDRA society, TIET, that challenged preconceived notions around mental health and imparted valuable insights to the audience. These performances shared a common goal of promoting awareness through the medium of art.

Following these captivating performances, each of the panellists addressed the audience, sharing insights and imparting their wisdom on the topics of "Cyberbullying: Navigating the Digital World Safely.", "Mental Health: Embracing Wellness and Resilience." and "Media and Mental Health: Impact and Responsibility."

Thereafter, a panel discussion followed suit, during which the panellists dived deeper into their respective topics. They offered advice to students on how to encounter mental challenges with courage and claim control over their lives.

Professor Padmakumar Nair, the Director of TIET, delivered closing remarks, emphasising the significance of mental health awareness and empowerment. Following

this, the panelists and TIET dignitaries were presented with a sustainability memento as a token of appreciation and respect. The event concluded on a memorable note, with a captivating dance performance taking place, leaving the audience with a profound sense of enthusiasm and empowerment.

ECHOES came as the Coverage Partner, along with FAPS as the Photography Partner, that covered the entire session with utmost dedication. TICC also joined hands with Paryavaran Welfare Society (PWS - TIET Society) as the Sustainability Partner, coming together for a plantation drive as a post event.

Read the articles published in "The Tribune" :-  
<https://m.tribuneindia.com/news/patiala/students-sensitised-to-mental-health-at-luminescence-542397>

<https://m.tribuneindia.com/news/patiala/event-on-mental-health-awareness-concludes-543560>

<https://bweducation.businessworld.in/article/Tiet-Takes-Strides-In-Prioritising-Student-Mental-Health/29-09-2023-492937/>

#### Support Activities (October 2023):

- Sensitization for students on *the occasion of World Mental Health Day, October 10, 2023*, we kindly request that you take a moment to pause from your hectic schedule and prioritize your mental well-being. This year's theme for World Mental Health Day is *"Mental health is a universal human right,"* and in celebration of the importance of mental health and counselling, *we are delighted to launch the second edition of our e-magazine, "NEW VISION."*
  - *This magazine has been carefully curated to introduce you to various aspects of mental wellness.* Inside, you will find a range of content that offers a unique and enriching perspective on addressing the most common mental health issues.
  - *Whether you prefer reading opinion pieces, delving into insightful stories of resilience and determination in the face of mental health challenges, or seeking ways to improve your quality of life through articles by Thapar Institute Counselling Cell's Mental Health Student Ambassadors, this magazine has something to offer everyone.*
- Sensitization for students on *'Journaling for Reflection and Self-Care: A Tool for Maintaining Mental Well-Being'* was circulated to all the students through email on 27. 10. 2023.

#### Engagement Activities (October 2023):

- 1. One-on-One Counselling Sessions for October (All these sessions were done through walk-in and audio/video calls):**
  - 171 students/parents/faculty/staff opted for personal online one-on-one counselling sessions.
  - Registrations done through slot booking form for personal counselling session. In every email from TICC, students are getting this link for registration <https://bit.ly/tietticc>
- 2. Organized and conducted ‘Open Let’s Talk Session: Raising Awareness on Mental Health’ in collaboration with Peacemaker – Rotaract Club of Delhi Philanthropists on October 11, 2023 from 5.30pm-8pm in C-Hall.**

*The objective of the session was to collaborate on a peacemaker proposal that would facilitate an open discussion about life and the everyday challenges we face. The primary topics under consideration included emotions, mental well-being, and the significance of Mental Health Day. Throughout the session, four activities were organized to promote self-reflection and self-awareness:*

*In the first activity, participants were presented with an image of a brain and asked to record their own self-perceptions, as well as how they believed others might perceive them. This exercise was designed to help participants become more mindful of their self-perceptions and how they may be perceived by others.*

*The second activity involved the use of a trash bin, where participants were tasked with noting down the emotions they wished to discard from their lives. This activity aimed to help participants recognize negative or overwhelming emotions they wanted to eliminate.*

*In the third activity, participants were shown a mask and were instructed to list the personality traits they tend to hide from others. This exercise encouraged participants to explore the hidden facets of their personalities*

*The fourth activity employed a shoebox, and participants were prompted to write down the personality traits they wished to showcase to the outside world, as well as those traits they revealed less frequently or concealed within the box. This activity aimed to reveal how participants present themselves to the world and the characteristics they keep concealed.*

*The outcome of these activities was to enhance participants' self-awareness regarding their thoughts and emotions in various everyday situations. This, in turn, provided valuable insights into how to effectively manage negative and overwhelming emotions.*

*Conducted by Rupal and Avantika Garg (Mental Health Student Ambassadors) and assisted Dr. Sonam Dullat – Manager (Student Counsellor) and Samira Singh – Assistant (Student Counsellor). 68 attended the session.*
- 3. Organized and conducted a group counselling session on “How Does Therapy Works” on 16<sup>th</sup> October 2023 from 5.30pm-6.30pm in G-Block, Group Therapy Counselling Room.** The session focused on the core elements of the therapeutic process. The central

emphasis was on cultivating a strong and trust-based client-professional relationship, which serves as the cornerstone for effective therapy. The session underscored the significance of thoroughly comprehending and evaluating the client's current issues or circumstances. This involved a meticulous examination to gain a comprehensive understanding of the specific challenges the client is facing. Subsequently, the collaborative process of identifying and establishing well-defined counselling or treatment objectives took place. These goals function as a roadmap, outlining what the client aspires to achieve through the therapeutic journey.

Furthermore, the session delved into the development and implementation of interventions tailored to the client's unique needs. These interventions encompass a range of therapeutic techniques and strategies designed to facilitate progress towards the established goals. Throughout this entire process, strict confidentiality norms were rigorously upheld to ensure the client's privacy and create a safe and trusting therapeutic environment. *The session was conducted by Dr. Sonam Dullat and attended by 16 students.*

**4. Organized and conducted 'Session on Prioritizing Mental Wellness' for M.SC. Chemistry and Biochemistry students of 1<sup>st</sup> Year on 19<sup>th</sup> October, 2023 from 1pm-2pm at G-Block: Group Therapy Counselling Room.**

The session focused on prioritizing mental wellness for MSC chemistry and biochemistry students, who often face rigorous academic demands and research responsibilities. In this session, our aim was to equip them with the tools and knowledge needed to manage their mental health effectively. We emphasized the significance of recognizing and addressing stress, anxiety, and other common challenges that can arise during studies. Through open discussions, practical strategies, and expert guidance, we intend to create a supportive environment where students can openly express their concerns and explore techniques to maintain a healthy work-life balance.

Furthermore, our session shed light on the connection between mental wellness and academic success. We discussed how a well-balanced mental state can improve concentration, motivation, and overall academic performance. By encouraging students to adopt proactive self-care practices and seek help when needed, we hope to foster a culture of understanding and empathy within the MSC student community. Our goal was to ensure that students not only excel academically but also thrive emotionally and mentally throughout their academic journey and beyond.

*Conducted by Mental Health Ambassadors – Akshat Sehgal, Khushi, Shubreet Dhaliwal, Tanya Sood, Amish, Siddhant, Radhika, Nitika, ShinarAthwal, Lavisha Singla and Dr. Sonam Dullat. 7 students attended the session.*

**5. Organized and conducted 'Session on Mental Wellness Support' for M.SC. Math's students of 1<sup>st</sup> Year on October 26<sup>th</sup>, 2023 from 1pm-2pm at Room No. G-303 (Seminar Hall)**

The "Mental Wellness Support" session for M.Sc. Mathematics students has proven to be a vital step in addressing the well-being of these postgraduate students. Students found solace in knowing that they are not alone in their struggles and that their concerns are valid. This shared experience not only helps reduce the stigma around mental health but also encourages peer support and understanding within the M.Sc. Mathematics community.

During the session, students were provided with valuable insights and practical strategies to manage stress, anxiety, and the overall demands of their academic journey. They were introduced to available mental health resources and support services within the university, enabling them to access professional help if needed. Moreover, the session emphasized the importance of self-care, work-life balance, and the role of a supportive community in maintaining mental wellness. By conducting this session, we took a significant step towards fostering a culture of holistic well-being, ensuring that students can not only excel in their studies but also lead healthier and happier lives throughout their academic tenure.

*Conducted by Mental Health Ambassadors – Arya, Agam Jot Singh, Aasmi, Sukhmani, Rishi, Arnav and Dr. Sonam Dullat and 15 students attended the session.*

#### **Support Activities (November 2023):**

- Sensitization for students on 'How to move on from a difficult relationship' was circulated to all the students through email on 1. 11. 2023.
- Sensitization for students on 'Understanding Fears That Are Holding You Back' was circulated to all the students through email on 7. 11. 2023.

#### **Engagement Activities (November 2023):**

**1. One-on-One Counselling Sessions for November (All these sessions were done through walk-in and audio/video calls):**

- 140 students/parents/faculty/staff opted for personal online one-on-one counselling sessions.
- Registrations done through slot booking form for personal counselling session. In every email from TICC, students are getting this link for registration <https://bit.ly/tiETTICC>

**2. Organized and conducted 'Open Let's Talk Session: Shadowed Corridors of Toxicity November 1, 2023 from 5.30pm-8pm in Tan-201.**

**Aim:** The aim of the Let's Talk session was to create awareness about toxic behaviors, helping participants identify such traits and providing them with strategies to deal with toxic individuals effectively.

**Activities Conducted:** Skit Presentation: The session commenced with a skit portraying various toxic traits, allowing participants to grasp the concept in a relatable context. The skit served as an engaging introduction to the topic.

**Identifying Toxic Situations:** Participants were presented with real-life scenarios and tasked with determining whether these situations were toxic or not. They actively engaged in the activity, supporting their answers with reasoning, enhancing their critical thinking skills.

**Interactive Discussion and Solutions:** Following the identification activity, toxic and non-toxic situations were discussed in detail. Toxic situations were dissected, and practical solutions were provided, empowering participants with problem solving techniques to handle toxicity effectively.

**Session Outcome:** Participants gained a deeper understanding of toxic behaviors, enabling them to recognize such traits in their personal and professional relationships. Engaging in the activity encouraged participants to think critically and analyze interpersonal dynamics. They were then equipped with tools to address toxicity assertively and create healthier relationships. In conclusion, the ‘Shadowed corridors of Toxicity’ Let’s Talk session proved to be an enlightening and interactive experience *Conducted by Vallaki, Akshat, Yash, Shinar, Prinu, Radhika, Khushi, Navroop, Jasneh, Tanya- Mental Health Student Ambassadors) and assisted by Dr. Sonam Dullat – Manager (Student Counsellor). 72 attended the session.*

*Also, Team members (Tushar Gupta, Avani Kashyap, Gauri Grag, Taanvi Anan, Pavit Dhillon and Gunroor Kaur) from Avni Project- Raise awareness about mental health amongst TIET students (TSLAS) collaborated with TICC (let’s talk session).*

3. ***Organized and conducted ‘Sensitization Training session for all the new recruited Mental Health Student Ambassadors’ on November 6 from 1pm-3pm in Group Counselling Therapy Room.***

The sensitization training for newly recruited Mental Health Student Ambassadors was a crucial initiative aimed at cultivating a supportive and understanding environment. This program was designed to furnish ambassadors with the necessary knowledge and skills to approach mental health issues with empathy and sensitivity. Throughout the sessions, participants explored the intricacies of mental health, gaining insights into various conditions and the diverse experiences individuals may encounter. Emphasis was placed on destigmatizing mental health challenges, encouraging ambassadors to advocate for mental well-being within their academic community. The training also empowered ambassadors with practical communication strategies, enabling them to engage in open and non-judgmental conversations with peers seeking support. Through case studies and interactive discussions, participants learned to recognize signs of distress and respond effectively to individuals in need.

In addition to honing their communication skills, the training underscored the importance of self-care for ambassadors. This included emphasizing the significance of maintaining their own mental health while extending support to others. Cultural sensitivity and inclusivity were integral components of the curriculum, ensuring that ambassadors were well-prepared to engage with a diverse range of individuals and

perspectives. Participants were equipped with valuable resources and tools to enhance their roles as Mental Health Student Ambassadors, including information on available mental health services and local support networks. By the conclusion of the sensitization training, the newly recruited ambassadors were well-prepared and better equipped to contribute to a positive mental health culture on campus. Their efforts played a pivotal role in promoting awareness, understanding, and fostering a sense of community surrounding mental health. *Conducted by Leads/Vice Leads/Over-all Event Lead and Heads (MHSA Program).*

4. **Organized and conducted workshop ‘Psychological Training for Sport Shooters’ on November 14, 2023 from 3.30pm-6pm:** With this in mind, Dr. Sonam Dullat, Manager (Student Counsellor) and a delegation of Mental Health Student Ambassadors from TICC, visited Marksman, An International Level Shooting Range, Patiala on 14 November 2023, as an initiative to make sport shooters of Marksman Training Academy acquainted with psychological training workshop who were going for 66th National Shooting Championship Competitions (Rifle/Pistol/Shotgun) to be held at New Delhi and Bhopal from 15 November - 30 November 2023 The key aim was to shed light on the performance pyramid. Dr Sonam Dullat majorly emphasized and incentivized the students on how to cope with the struggles and hardships of life. Stress was laid on cognitive, emotional, and behavioral health for overall well-being. The overarching goal was to guide participants in managing stress and overcoming obstacles in both their personal and athletic lives. Consequently, the event revolved around the fundamentals of attaining the mental resilience needed in challenging situations. One should learn to be defiant and should vanquish negative thoughts by focusing on their goals. It is irrefutably vital for an individual to be mindful of one's mental state and be free from self-doubt and fear. "Being able to be your true self is one of the strongest components of good mental health”
5. **Organized and conducted ‘Open Let’s Talk Session: Trapped in Smoke’ November 22, 2023 from 5.30pm-8pm in Tan-105.**  
**Aim:** the aim of this let’s talk session was to create awareness about nicotine addiction, how it can affect any one of us and how it is tough but not impossible to come out of its trap. **Activities conducted: Myths and Facts:** the audience was provided with statements about nicotine and addiction one at a time and they were told to recognize whether it was a myth or a fact. **Skit:** a skit was conducted showing a normal college guy and his journey into nicotine addiction and out of it, role of his friends and peer pressure, importance of a good support system and professional help. The other themes it covered was dealing with breakup and other stressors a teenager has to face.  
Situations: audience was provided with a number of situations relating to pressures that could push you to smoke and asked their take on what the solutions could be or what would they personally do in that situation. **Self-Assessment Test/Questionnaire:** a questionnaire was provided to the audience at the end to check whether they smoke and

how they started. It was anonymous and the purpose was self-assessment. **Conclusion:** this session was a beautifully executed session that made everyone aware about harmful effects of nicotine, cleared some myths, showcased how it could affect a normal well doing person through a skit, showed how it is possible to get out of this. this session also highlighted the importance of professional help and encouraged students to seek professional help from TICC whenever needed.

*Conducted by - by Agamjot, Aakshi, Himadri, Isha, Kavya, Arnav, Arya, Minal, Radhika, Prinu - Mental Health Student Ambassadors) and assisted by Dr. Sonam Dullat – Manager (Student Counsellor), Hardik (Event Vice Lead), Tushar and Sneha (Let’s Talk Heads). 110 attended the session. Also, Team members (Agamjot Singh, Himanshu Singla, Diya and Arush Dhir Tushar) from Avni Project – Nicotine addiction (TSLAS) collaborated with TICC (let’s talk session).*

- 6. Organized and conducted ‘Seminar on: Distress due to Stalking’ November 28, 2023 from 1pm-3pm Group Therapy Counselling Room:** The seminar on "Distress Due to Stalking" provided a poignant retrospective examination of the profound emotional toll experienced by students who have been subjected to persistent stalking. Participants were presented with insights into the lasting effects on mental health, unraveling the layers of stress, depression, and, in severe cases, post-traumatic stress disorder resulting from relentless acts of stalking. The retrospective lens allowed attendees to reflect on the emotional anguish that survivors endured during their ordeals, fostering a deeper understanding of the intricacies involved in the aftermath of such distressing experiences. In this examination of past experiences, the seminar further illuminated the challenges faced by survivors in seeking support and understanding, emphasizing the isolation and vulnerability that often accompany the emotional distress caused by stalking. As attendees reflected on the testimonies shared, the retrospective perspective brought to light the need for increased awareness and empathy within communities to create an environment conducive to healing. The seminar underscored the urgency of addressing the profound impact of stalking on the mental well-being of survivors and the importance of fostering a collective commitment to preventing such distressing experiences in the future. The seminar was conducted by Dr. Sonam Dullat. 12 students attended the session.

This seminar was done in collaboration with Avni Project Members from (TSLAS).

### **Engagement Activities (December 2023):**

- 1. One-on-One Counselling Sessions for December (All these sessions were done through walk-ins through slot booking form):**
  - 97 students/parents/faculty/staff opted for personal one-on-one counselling sessions.

- Registrations done through slot booking form for personal counselling session. In every email from TICC, students are getting this link for registration <https://bit.ly/tietticc>

*All other activities were suspended due to EST's.*

#### **Support Activities (January 2024):**

- Sensitization for students on *'Social Media influence on Adolescent Anxiety'* was circulated to all the students through email on 25. 01. 2024.
- Sensitization for students on *'Pets and Peace: The Healing Power of Animal Companionship'* was circulated to all the students through email on 30. 01. 2024.

#### **Engagement Activities (January 2024):**

- ***One-on-One Counselling Sessions for January (All these sessions were done through walk-in):***
  - a. 120 students/parents/faculty/staff opted for personal online one-on-one counselling sessions.
  - b. Registrations done through slot booking form for personal counselling session. In every email from TICC, students are getting this link for registration <https://bit.ly/tietticc>
- ***Organized and conducted 'Open Let's Talk Session: Minds on recharge: Books, Tunes and movies for mental well-being held on January 31, 2024 from 5.30pm-8pm in Tan-105.***

The session unveiled the profound link between artistic mediums and mental well-being, highlighting their transformative influence. Through curated experiences with music, movies, and literature, individuals find solace, gain new perspectives, and cultivate resilience.

Music provides an escape from life's chaos, its melodies and rhythms uplifting spirits and restoring balance. Movies weave captivating narratives that evoke empathy and inspire hope, broadening perspectives in times of adversity. Books offer refuge in their pages, inviting introspection and self-discovery through immersive storytelling and profound insights. By integrating these creative elements into daily life, individuals embark on a journey of self-care and rejuvenation. Each encounter with music, movies, or books becomes a ritual, nurturing minds, soothing souls, and fostering resilience. Embracing the therapeutic potential of artistic expression, they deepen their appreciation for life's beauty and pave the way for holistic well-being.

- **Activity 1: Thoughts & Quotes:** Blank chits and bookmarks were distributed. Everyone wrote their favorite quote on that chit which was further collected and shuffled. They were then redistributed and randomly students were picked to read out loud the quote they got and tell their perception about the quote and its significance.

- **Activity 2: Interaction:** The audience told their favorite character from a book or a song or a book that inspired them. A piece of art can be a source of inspiration and motivation to help them move forward.
- **Activity 3: Trivia Questions:** A fun trivia round based on famous books, movies and songs was conducted. The audience participated actively and answered the questions making the session more interactive and fun. *Organized and conducted by MHSA's team (Arya, Himadri, Isha, Minal, Shinar, Yash) and supervised by Dr. Sonam Dullat* and 50 students participated. In conclusion, the session emphasizes the transformation power of artistic mediums in nurturing mental health. Through curated experiences with music, movies, and books, individuals can find a rejuvenating escapes, gain perspective, and foster a resilient mindset for overall well-being. Incorporating these creative elements into daily life can serve as a powerful tool for mental rejuvenation and self-care.
- ***Session on Mental Health Advocacy Road Map Discussion in E105 on 15th January:*** A key session dedicated to outlining a road map for mental health advocacy took place in E105, within the E Block. This inter-departmental meeting brought together department heads along with the Leads and Vice Leads of the Mental Health Student Ambassadors (MHSA's) for a dynamic exchange of ideas and strategies. The meeting began with warm introductions, quickly moving into an interactive game that prompted insightful discussions and helped to break down barriers, cultivating a spirit of team unity. This activity proved to be a creative method to engage all attendees in the importance of mental health awareness, facilitating an open and supportive dialogue. As the session wrapped up, lead ambassador succinctly laid out the plans for upcoming advocacy efforts, highlighting the critical role of cooperation and shared vision in enhancing mental health awareness across our organization and beyond. This meeting underscored our dedication to advancing mental health advocacy, ensuring a well-coordinated approach to raising awareness and supporting our community.

#### **Support Activities (February 2024):**

- Sensitization for students on '*Empowering Yourself through Self-Compassion*' was circulated to all the students through email on 20. 02. 2024.
- Sensitization for students on '*Power of Resilience*' was circulated to all the students through email on 28. 02. 2024.

#### **Engagement Activities (February 2024):**

1. ***One-on-One Counselling Sessions for February (All these sessions were done through walk-in):***

155 students/parents/faculty/staff opted for personal online one-on-one counselling sessions.

Registrations done through slot booking form for personal counselling session. In every email from TICC, students are getting this link for registration <https://bit.ly/tieticc>

2. ***Organized and conducted 'Mindset to Milestones: Internship and Mental Wellness Talk Event conducted by TICC in collaboration with GDSC TIET' held on February 7, 2024 from 5.30pm-8pm in C-hall.***

The event "Mindset to Milestones" was a collaborative effort between TICC and GDSC TIET, focusing on the critical theme of preparing for internships while maintaining mental health. The initiative highlighted the significant advantages of prioritizing mental wellness during the internship season in college. By emphasizing a balanced approach to this crucial period, the collaboration underscored the importance of mental health as a cornerstone for not only achieving immediate goals but also for securing long-term happiness and satisfaction in one's career. The dialogue aimed at providing participants with a comprehensive understanding of the mental resilience required to navigate through the challenges of securing internships, demonstrating how a positive mental attitude can lead to a fulfilling professional journey. A panel comprising student speakers from diverse professional backgrounds shared their unique perspectives and experiences, offering invaluable insights into the process of internship preparation. Each speaker, drawing from their personal journey, sheds light on the strategies that can be employed to manage stress and maintain mental equilibrium. Their stories served as a testament to the importance of fostering a healthy mindset, illustrating how such an approach can significantly influence one's success and overall well-being. The event created a platform for open discussion about the often-overlooked aspect of mental health in professional development, encouraging students to adopt a more holistic approach to their career aspirations and personal growth. The panel of speakers was as follows:

**From GDSC:**

- Deepanshi Sharma – Salesforce – COE/3yr - 102103376
- Shreeya Chatterji – JP Morgan Chase – COE/3yr - 102103447
- Harsh Jain – IBM – COE/3yr - 102103432
- Ayush Nangia – MITACS – COE/3yr - 102103456

**From TICC:**

- Abhinav Garg – Decathlon – EEC/3yr - 102119045
- Uday Beswal – DRDO – EEC/3yr - 102119044
- Jasleen Kaur – Microsoft – COE/3yr - 102103191

**Introduction:** The event kicked off with our hosts warmly welcoming attendees and introducing the panelists. Guided by thought-provoking questions from the hosts, the panelists shared their wisdom and anecdotes, addressing a plethora of student queries with genuine interest and empathy.

*Interactive Session:* Audience participation was encouraged, leading to a lively exchange of ideas and experiences. Students eagerly posed their questions, which were met with thoughtful responses from the panelists, fostering an atmosphere of mutual learning and understanding. Adding an extra layer of fun, a quiz session kept everyone engaged, with prizes adding to the excitement.

*Conclusion:* As the event drew to a close, the panelists were recognized for their valuable contributions with tokens of appreciation. Attendees were treated to refreshments, providing a fitting end to an enriching evening of discussion and camaraderie.

In summary, Mindset to Milestones provided a platform for students to gain insights into internship preparation while highlighting the importance of mental well-being, all in a welcoming and interactive environment.

An interactive and insightful quiz session was also conducted at the end of the session on questions related to the current tech news and trivia questions relating to popular recruiting enterprises. The top performers were awarded with prizes and merchandise. Below is the list of the same.

1. Harsh Kumar (2nd year, COBS)
2. Himadri (1st year, Biotech)
3. Omkar (2nd year, COPC)
4. Kavya (1st year, COE)
5. Aanya (1st year, TSLAS)
6. Pushan (2nd COPC)
7. Vishal (2nd COE)
8. Vishesh (3rd COE)
9. Aastha (2nd year, TSLAS)
10. Pehu (2nd year, COE)

**The "Mindset to Milestones: Internship and Mental Wellness Talk" event, a collaborative initiative between TICC and GDSC TIET, has had a significant impact on both the technical preparedness and mental wellness of its participants. This dual focus on internship**

preparedness and mental health cultivated an environment where students could holistically approach their professional development, acknowledging the importance of mental resilience in achieving career milestones. *The outcomes of this event can be categorized into two primary aspects: technical impact and impact on mental wellness.*

### **Technical Impact**

- *Enhanced Preparedness for Internships:* Participants gained valuable insights into the internship application process, including resume building, interview preparation, and the significance of personal projects and extracurricular activities. This comprehensive understanding helped equip them with the tools necessary for standing out in a competitive internship landscape.
- *Increased Awareness of Resources:* The event illuminated various resources and platforms that students can leverage for finding internships, learning new skills, and connecting with professionals in their desired fields. This knowledge is crucial for navigating the vast array of opportunities and challenges in the professional world.
- *Skill Development:* By highlighting the experiences of speakers from diverse professional backgrounds, attendees were exposed to the importance of both hard and soft skills in securing internships. Emphasis on communication, teamwork, and problem-solving alongside technical skills underscored the multifaceted nature of professional success.

### **Impact on Mental Wellness**

- *Stress Management Techniques:* The personal stories and strategies shared by the panelists offered practical advice on managing stress and anxiety related to internship applications and interviews. Techniques such as mindfulness, scheduling breaks, and seeking support systems were emphasized, providing students with a toolkit for mental wellness.
- *Promotion of a Healthy Mindset:* The event advocated for a positive outlook towards challenges and failures encountered during the internship search. This perspective encourages resilience, helping students to view setbacks as growth opportunities rather than insurmountable obstacles.
- *Increased Mental Health Awareness:* By openly discussing mental health in the context of professional development, the event played a crucial role in destigmatizing mental health issues among the student population. It fostered a supportive community where students feel more comfortable seeking help and discussing their struggles.

## Long-term Outcomes

- *Sustainable Career Development:* The event laid the groundwork for a more sustainable approach to career development, where mental wellness is considered integral to professional success. This holistic perspective is expected to influence how participants approach their career trajectories, prioritizing both achievement and well-being.
- *Community of Support:* The creation of a network of peers and mentors who recognize the importance of mental wellness in professional success fosters a community of support. This network can provide ongoing encouragement, advice, and resources, reinforcing the event's impact long after its conclusion.

*In conclusion, the "Mindset to Milestones: Internship and Mental Wellness Talk" event successfully addressed the dual objectives of enhancing technical internship preparedness and promoting mental wellness. Its comprehensive approach to professional development, emphasizing resilience, positivity, and balance, has left a lasting impact on participants, equipping them with the tools necessary for a fulfilling and successful career path. Organised and conducted by MHSAs team (Ira, Harman, Liza, Sneha, Tushar, Aastha, Punyyaa, Pehu, Shivansh, Jessica, Mannan, Parshant, Kirtveer, Yuvraj, Tanya, Hardik, Anirudh, Baneet, Harsh and Amish).*

- 3. Organized and conducted "Open Let's Session: How to embrace loneliness 101" held on February 15, 2024 from 5.30pm-7.30pm in C-hall:** *Aim:* To tackle and embrace loneliness, and all the problems that come with being lonely. The participants were encouraged to share their views and experiences with being lonely. Through this session, we tried to promote self-reflection, vocalisation, and being comfortable with loneliness. *Activities Conducted:* *Activity 1:* Skit The main character was battling loneliness and facing the feeling of being alone in a crowd after changing schools. He encountered many adversities after leaving his home for a new place, these were depicted in 3 portions scattered throughout the session with the final portion of the skit emphasising how he improved his situation. *Activity 2:* *Situations where the audience felt lonely* Few situations were given to the audience that may have induced loneliness. They were then asked to share situations where they had felt lonely. *Activity 3:* Facts Some facts relating to loneliness were shared. To increase the knowledge and sensitivity of the audience towards loneliness. *Activity 4:* Favourite activity to do when feeling alone Blank chits were circulated among the participants in which they wrote what they did when they felt alone, the chits were then redistributed among the crowd and random students were picked to read what was on the chit out loud. *Conclusion:* In conclusion, the session provided a medium for the students to express their loneliness, to know that it is alright to be lonely, how to combat loneliness and how experiences that one has faced throughout

their life provide them with an incentive to grow and be a better version of themselves despite the situation they are in. The session also explicitly stated all the ways to combat loneliness and what all effects it can have on the human body. Organized and conducted by MHSAs team (Akshat, Tanya, Khushi, Aakshi, Harmandeep and Asmi) and 28 students attended the sessions.

4. **Organized and conducted "Managing Exam Stress - Strategies for Success" held February 29, 2024 from 5.30pm-7pm in LT-105:** The aim of this session: Managing examination stress requires a holistic approach that encompasses both physical and mental well-being. Through this session, we tried to promote that students can navigate exam periods with greater resilience, maintain focus, and perform at their best while minimizing the negative impact of stress.

- *Activity 1 Engage & Laugh: Audience Throw & Talk:* A game was played with audience where the speakers threw a ball towards the audience and asked a funny set of questions which encouraged audience to participate in the let's talk.
- *Activity 2- Situations related to examination stress:* Few situations were presented to audience which they might have felt during their examination time and were asked to give their input on various situations.
- *Activity 3- Picturisation:* Two images were circulated in audience which were related to examination stress and audience were asked to tell what do they understand from image and share their own experiences.

In conclusion, managing examination stress requires a proactive approach that addresses both academic and emotional aspects. By fostering healthy study habits, maintaining self-care routines, and seeking support from peers and professionals, individuals can mitigate the negative effects of stress and enhance their ability to perform under pressure. Ultimately, by prioritizing self-care and effective stress management techniques, individuals can approach exams with greater confidence, resilience, and success. Organized and Conducted by MHSAs team (Gunika, Garima, Radhika, Shinar, Tanya) and 21 students attended the sessions.

## VIII. MENTAL HEALTH STUDENT AMBASSADOR PROGRAM

## Mental Health Student Ambassadors (TICC)



TICC believes that Mental Health services are not an accessory to a healthy lifestyle, but they form the foundation for leading a wholesome way of life. Founded in 2016, Thapar Institute Counselling Cell continues to deliver quality mental health services to its students. However, being a student has its own set of challenges that can be understood by no one better than a student himself. Keeping in mind the inherent bonhomie that students share among them, TICC launched its Ambassador Program in May 2020, under the aegis of DOSA.

### WHO ARE THEY?

- They are the students who are passionate about Mental Health and its propagation with guidance from the Institute's Counsellors.
- These ambassadors are given training on how to conduct themselves as mental health representatives under the leadership of Mental Health Professionals.
- They are someone who you can go to for any matter, even for just venting out.

### WHY DO THEY EXIST?

- They have the aim of making the campus free from stigmas around mental health.
- Endeavoured at making Reaching Out easier, the Ambassador Program is an initiative for all. The Ambassadors are the ones who get your problems, your sufferings because they have been at your place and they know how it feels.
- They are your confidantes with whom you can share and discuss anything at any time.

### HOW TO APPROACH ONE OF THEM?

- Contacting them is super easy. Just ping them on their Instagram account, or at @ticc.official and they will be there.
- No worries if you don't have an Instagram account. You can mail them anytime and they will reach out to you as early as possible. (Contact Details available on TICC's website and IG account)

### WHY SHOULD YOU TRUST THEM?

- They promote TICC services and serve as a link between the students and professional counsellors.
- They have received proper training and guidance from the counsellors.
- They are someone who along with companionship, maintain a sense of professionalism, so fingers locked, your secrets are safe with them. They are the chosen ones: The Ambassadors are recruited based on an evaluation by the professional counsellor herself. Zealous and enthusiastic students who have a desire to learn, help and promote a positive environment, get selected. The Student Ambassador program aims at making TIET a safe space for its pupils, where they can be their authentic selves without any predisposed prejudice. The Ambassador program aims at erasing the stigma surrounding Mental Health one step at a time. MHSA team consists of students from first, second, third and MA Psychology students who actively wish to eradicate the stigma which comes along with mental well-being.

***TICC Mental Health Student Ambassador Program is in the third successful year of running.***

- *Akarsh Munshi (3<sup>rd</sup> Year BE MEE) Lead Ambassador (Mental Health Student Ambassador Program). E-Mail ID: amunshi60\_be18@thapar.edu (Contact No. +91-8800668215, Tenure from August 2020 - February, 2021).*

- *Bhavya Girdhar (3<sup>rd</sup> Year B.Tech Biotechnology) Lead Ambassador (Mental Health Student Ambassador Program). E-Mail ID: [bgirdhar\\_btech18@thapar.edu](mailto:bgirdhar_btech18@thapar.edu) (Contact No. +91-7027366077, Tenure from March 2021 - August, 2021).*
- *Shreya Jain (3<sup>rd</sup> Year BE CHE) Lead Ambassador (Mental Health Student Ambassador Program) E-Mail ID: [sjain1\\_be19@thapar.edu](mailto:sjain1_be19@thapar.edu) (Contact No. +91- 9783514845, Tenure from August 2021 - February 2022).*
- *Palak Modi (2<sup>nd</sup> Year BE COE) Lead Ambassador (Mental Health Student Ambassador Program) E-Mail ID: [pmodi\\_be20@thapar.edu](mailto:pmodi_be20@thapar.edu) (Contact No. +91- 7004438086, February 2022 - August 2022).*
- *Aashutosh Dubey (3<sup>rd</sup> Year BE COE) Lead Ambassador (Mental Health Student Ambassador Program) E-Mail ID: [adubey3\\_be20@thapar.edu](mailto:adubey3_be20@thapar.edu) (Contact no. +91-8368219958, September 2022- February 2023)*
- *Mannandep Sondh (4<sup>th</sup> Year MBA) Lead Ambassador (Mental Health Student Ambassador Program) E-Mail ID: [msondh\\_bemba20@thapar.edu](mailto:msondh_bemba20@thapar.edu) (Contact no. +919805686251)*
- *Nitin Sehgal (3<sup>rd</sup> Year Electrical) Lead Ambassador (Mental Health Student Ambassador Program) E-Mail ID: [nsehgal\\_be21@thapar.edu](mailto:nsehgal_be21@thapar.edu) (Contact no. +918826244011)*
- *Kirtveer Kaur Kharoud (3<sup>rd</sup> Year Electrical) Lead Ambassador (Mental Health Student Ambassador Program). E-Mail ID: [kkharoud\\_be21@thapar.edu](mailto:kkharoud_be21@thapar.edu) (Contact no. +9888299917)*
- *Yuvraj Gupta (2<sup>nd</sup> Year, Electronics and Communication) Lead Ambassador (Mental Health Student Ambassador Program). E-Mail ID: [ygupta1\\_be22@thapar.edu](mailto:ygupta1_be22@thapar.edu) (Contact no. +9278790180)*

# TICC Mental Health Student Ambassadors

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# Department Heads

**SHEFALI DUTTA**  
THIRD YEAR, EIC

**ABOUT ME**

Along with writing, reading and public speaking, I am good at building relationships. I joined TICC so that no one has to go through what I do, alone and I am here to make sure no one does. Mental health goes beyond illness. It's understanding your emotions and moving on. I believe everything happens for good reason and sometimes not getting what you want is a huge stroke of luck. I abide by this every single day, and always look at that brighter side to every situation.

WE ARE LISTENING



Content Department

**BHAVYA GIRDHAR**  
THIRD YEAR, BIOTECH

**ABOUT ME**

I love to read books as I believe they give me a lot of insight into the world. I wanted to learn more about human psychology and how to solve problems at the level of mind, which is why I joined TICC. For me, mental health refers to well-being of emotional thoughts and the mind. I believe that being resilient goes a long way, which is why I keep reminding myself - "You will face many defeats in life, but never let yourself be defeated".

WE ARE LISTENING



Design Department

WE ARE LISTENING

**TANYA SOOD**  
SECOND YEAR, ENC

**ABOUT ME**

I am a self-motivated and an artist. I am someone who is highly motivated to learn new things. From my experience, I have got different tasks to do for this amazing and the amazing help. I joined TICC to help make the journey of these individuals a little easier. According to me, good mental health is when we take an interest in the improvement of our ourselves and embrace the possibilities that are in front of us. I stand by a quote - "You could go the distance, you could get the prize. You could win through the hell and back, or not."



Web Development Department

WE ARE LISTENING

**TANMAY CHANDAN**  
SECOND YEAR, MECHANICAL

**ABOUT ME**

I'm an automobile enthusiast who is frequently in love with drugs and gaming. I believe that being mentally fit is a person's strongest asset. I wish to eradicate the false perception of counselling and mental health. Hence, I became part of this cell. I maintain a high regard for taking things out as one feels empowered with handling their surroundings since they identify with them. Hence, I can be found storytelling and having intellectual conversations as "we should" be days, if could be a set of days.



Social Media Department

WE ARE LISTENING

**SAMIRA SINGH**  
SECOND YEAR, MA (PSYCH)

**ABOUT ME**

I like to get involved in things that engage either physical or mental effort on my part, painting, dancing, playing some sports, growing my pets, being a few of them. My wish, wish to give and work with TICC, as a part of my education to contribute as a discipline. Mental health is not a the consequence of such, happiness, contentment, happiness, anger, an uncontrollable emotion of life. The dimensional aspect of mental health concerns the what about Samira said - "You cannot solve a problem with the same mind that created it."



Research & Advocacy Department



# Design Department

WE ARE LISTENING

**AKANSHA  
TAKKAR**

SECOND YEAR, COSE

**ABOUT ME**

I love to do photography, and I like to sing too. The reason behind joining for TIIC was clear. I liked the concept of openly talking about mental health in an atmosphere and society where people try to hide their mental illness. According to me, mental health means state of mind wherein one doesn't feel pressured and is able to express how they feel about various things related to them. I believe in living life to the fullest. Life shouldn't have a pace, doesn't matter how long it is.



WE ARE LISTENING

**DEEPANSHI  
SRIVASTAVA**

SECOND YEAR, COEM

**ABOUT ME**

I'm a designer and also writes stories. Mental health is a realm of sanity and consciousness. I consider it as a *gran* which is constantly growing with its rights and wrongs. It's important because we're to live in this world of ours, till the end, so make it a better place to live in. That's what I relate with the name "The Right Thing you are not good enough, but you'll surprise yourself if you keep trying. What defines us is how well we're able to fulfil."



WE ARE LISTENING

**SALONI  
ASRANI**

SECOND YEAR, COE

**ABOUT ME**

I am an optimistic person who enjoys doing and solving puzzles. I joined TIIC to reach a safe place for every one, including myself, to have a group of people to fall back to, and believe in the same values. Mental health to me is being calm and composed, not in the sense that I've got it all under control, but because I feel equipped enough with the skills, tools, or healthy education, accepting that it's impossible to have it all and things which I might believe that "There is no solution, but that's okay because that's something according to me."



# Social Media Department

WE ARE LISTENING

**SHREYA  
JAIN**

SECOND YEAR, CE

**ABOUT ME**

The only thing that you most definitely have to know is the location of the library. I'm a bibliophile and a polyglot who has varied interests. I joined TIIC because I want to help people and touch lives. Mental health, to me, means a mind at peace, a calm mind emotionally, which benefits you socially and physically. I believe that venting out isn't a sign of weakness. It means you're strong enough to know what's wrong and dare to redesign. Live life to express, not to impress, and say what you feel.



WE ARE LISTENING

**HARSH  
KASHYAP**

SECOND YEAR, COPC

**ABOUT ME**

I love to play cricket and chess. I like to read fiction, and I dabble with cooking. So, suffice to say I love to explore different things! I joined TIIC because I think we give a lot of attention to physical health but not enough to mental health. Mental health to me refers to how one thinks, feels and acts. I believe in being kind to everyone, so I always tell myself "Be kind, for everyone you meet is fighting a hard battle."





# TICC Mental Health Student Ambassadors

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**IX. TESTIMONIALS:** *(Copy available and if asked can be turned in):*

We, here at TICC strongly believe everyone has a story to tell, a lesson to teach, wisdom to share. You can be an inspiration to others by sharing your experience here at Thapar Institute Counselling Cell (TICC).

Keeping this in mind, TICC did a 'Testimonial Series'. A testimonial statement summarizing student's experience with TICC.

**Disclaimer:** *Anonymity was strictly maintained and only with the consent of the student was their name, year, branch stated. All experiences shared by students are strictly by their own will.*



# THAPAR INSTITUTE COUNSELLING CELL (TICC)

*Annual Report for the session: August 2022 – June 2023*

**Thapar Institute of Engineering & Technology, Patiala – 147004**

## Thapar Institute Counselling Cell (TICC)

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- TICC Understands | Why Reach Out to Us
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- Distressed Student Handbook
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- TICC Mental Health Student Ambassador Handbook
- TICC Mental Health Student Ambassador Directory

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- Engagement Activities

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**IX. Testimonials**

## THAPAR INSTITUTE COUNSELLING CELL (TICC)

### I. ABOUT TICC (<http://www.thapar.edu/students/pages/thapar-university-counseling-cell>):

Thapar Institute Counselling Cell (TICC) was established in **2016**.

#### **Our Counsellors:**

- Dr. Sonam Dullat, Professional Student Counsellor (Joined in August 2016 - August 2022) & Manager Student Counsellor (September 2022 onwards).
- Ms. Garima Garg, Assistant Student Counsellor (January 2019 - January 2023).
- Ms. Samira Singh, Assistant Student Counsellor (March 2023 onwards).

#### **TICC Philosophy:**

- To address the multitude of problems/challenges currently faced by the students (depression, stress, anxiety attacks and so forth).
- To instil faith in the student community with respect to the (TICC) and establish it as a mentor, motivator and guide.
- To serve as an anchor for students ranging from their personal problems to academic concerns and let students know TICC is here for them.
- To position TICC as a vital element in the overall student value chain, along with the Departments/Schools/Centres.

*All services offered by TICC are free of cost for all TIET students.*

**TICC Understands:** Attending college presents its challenges. Students may have to deal with stresses such as:

- Moving away from home for the first time
- Financial Stress
- Academic Stress
- Physical or Mental illness (e.g., depression, anxiety)
- End of important relationships
- Illness or death of a loved one

#### **Why reach out to us:**

- Sometimes coping with one or more of these stresses can prove to be overwhelming.

- TICC recognizes and understand these concerns. TICC is here to help students through these difficult times.
- Students can simply walk in for a light conversation with our Manager Student Counsellor and Assistant Student Counsellor (Room No.105 & 104, G-Block) or Book an appointment today by filling out the form <https://bit.ly/tiesticc>

**Thapar Institute Counselling Cell (TICC) has the following Key Responsibility Areas (KRAs): -**

- To provide assistance of the highest quality, to ensure students' progress towards completion of their education and accomplishment of their personal development.
- To support the aim of professional counseling to empower diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals (ACA, 2014), while advancing the vision of Thapar Institute of Engineering & Technology of excellence in learning and assisting students to become self-aware and socially responsible leaders with a global perspective of tomorrow.
- To be a resource for students who seek help in dealing with personal issues ranging from adjustment problems to major crisis.

*Apart from having a strong student centric vision & focus as manifested in the activities above, TICC also facilitates the conduct of counselling sessions for staff-both teaching and non-teaching and parents. TICC has been designed in accordance with the UGC norms to provide free counselling services to students and staff so that they are able to perform their responsibilities with enhanced confidence, vigour and ethics.*

**Quality Policy of TICC:**

- Is deliberately committed to ensuring a healthy campus community for students and staff.
- Is dedicated to fulfilling student needs by ensuring accessibility and ease of obtaining services.
- Focuses on student services, learning and development.
- Is committed to diversity and social justice.

**Confidentiality:**

- TICC strictly protects the confidentiality of information shared during sessions.
- We are ethically committed to confidentiality. Except if someone is hurting you, you want to hurt someone or you want to hurt yourself (in these scenarios, intervention is must from parents and DoSA).
- This means that even your attendance in counselling is kept private and confidential.

- No record of a student's visit to the TICC is placed on a transcript or his or her file.

## II. STUDENT DEVELOPMENT (The Journey from 1<sup>st</sup> - 4<sup>th</sup> Year):

1 <sup>st</sup> Year Student: <i>“I’m free! Now where do I go?”</i>	2 <sup>nd</sup> Year Student: <i>“Do I stay or should I go?”</i>	3 <sup>rd</sup> Year: <i>“I’m here and I’m confident!”</i>	4 <sup>th</sup> Year: <i>“What’s next after college?”</i>
Developmental Tasks:	Developmental Tasks:	Developmental Tasks:	Developmental Tasks:
<p>Separating from family and home life and transitioning to being on your own.</p> <p>Developing and/or discovering one’s likes, interests, and preferences.</p> <p>Balancing social and academic demands and pressures.</p>	<p>Achieving competence in social and academic life.</p> <p>Establishing personal autonomy.</p> <p>Making important choices as an individual instead of as a collective group.</p> <p>Declaring a major and a sense of career direction.</p>	<p>Choosing a career path (more focus on personal and academic life and job opportunities).</p> <p>Increased commitment to intimate relationships including friendships and a better sense of interdependence.</p> <p>Better sense of values clarification.</p> <p>Increased self-confidence in purpose, role, beliefs etc.</p>	<p>Getting ready to graduate.</p> <p>Making plans for personal and career life beyond college.</p> <p>Deciding on job/further studies.</p>

**STUDENT DEVELOPMENT (The Journey from 1<sup>st</sup> - 4<sup>th</sup> Year):**

1 <sup>st</sup> Year Student:	2 <sup>nd</sup> Year Student:	3 <sup>rd</sup> Year:	4 <sup>th</sup> Year:
<i>“I’m free! Now where do I go?”</i>	<i>“Do I stay or should I go?”</i>	<i>“I’m here and I’m confident!”</i>	<i>“What’s next after college?”</i>
Common Struggles	Common Struggles	Common Struggles:	Common Struggles:
<b>Mental Health Issues:</b>	<b>Mental Health Issues:</b>	<b>Mental Health Issues:</b>	<b>Mental Health Issues:</b>
Homesickness	Confusion/Anxiety/Stress	Concerns with Career Path	Anxiety about no set Career Plans
Depression/Anxiety	Internal Conflicts/Doubting Self-Abilities	Relationship Issues	Lack of Motivation (depression)/Decisions making difficulties about future academic, personal or career life
Academic Concerns	Dealing with Feelings of Frustration/Anxiety/Fear /Depression/Family Problems/Relationship and Social Struggles, Academic struggles	Struggles with Feelings of Anxiety/Depression and Confusion	Feelings of Panic/ Discouragement/Confusion Sadness/Disconnecting prematurely from meaningful relationships
Lack of Connection/Social life, or Friends		Decision Making Difficulties	
Family Problems and Stress/Loneliness/Confusion			
Using Unhealthy and Nonproductive Coping Behaviors such as: drinking and anger outbursts, isolating-self	Using Unhealthy and Non-productive Coping Behaviours such as: drinking and anger outbursts, isolating-self		

*Few reasons which were responsible for psychological problems among students are as follows:*

**Broad Societal Considerations**

- We live in the “Age of Anxiety”
- Rapid Evolution of Technology, Information Overload, and Environmental Mismatch
- Lack of a clear Moral compass
- Economic and Financial Pressures
- Troubled, Ineffective Health Care System
- Problematic Attitudes Toward Mental Illness
- Breakdown in the Family Structure and Confusion of Roles

**Generational Considerations**

- Failure of Socialization System
- Self-Esteem Nation/Nation of Wimps
- Generation Me

**Considerations Specific to College and University Life**

- Dramatic Transition
- Intense Academic Pressures to Succeed
- Shifting Gender Ratios

### III. TREATMENT DECISIONS:

*We make more than 100 decisions each year regarding the length of treatment according to these guidelines*

1-5 Sessions:	6-20 Sessions:	21+ Sessions:
<ul style="list-style-type: none"> <li>• One-on-One Sessions</li> <li>• Solution-focused treatment</li> <li>• Crisis Intervention</li> <li>• If student is diagnosed with DSM, it includes a referral to Psychiatrist along with parents</li> </ul>	<ul style="list-style-type: none"> <li>• Solution-focused treatment</li> <li>• 1/week for a semester</li> <li>• May include complex reaction to medication, loss of parents, maximum number of backlogs, high on procrastination, severely depressed with severe anxiety attacks and other mental disorders</li> </ul>	<ul style="list-style-type: none"> <li>• Longer term course of treatment</li> <li>• Tends to include students who have severe suicidal ideation, identity crises, trying to get rid of addiction (substance abuse), relapse in case of students of their ongoing psychiatric medication.</li> </ul>

*Duration of each personal one-on-one counselling session lasts from 35-45minutes to 1hr. Counselling was done with the help of various psychometric tests and therapies:*

**Cognitive Therapy:** How much a student feel is determined by what they think. By correcting inaccurate beliefs, their perception of events and emotional state improve. Lists of common cognitive errors are as follows:

- Personalization: relating negative events to oneself when there is no basis.
- Dichotomous Thinking: seeing things as black and white, all or none. This is usually detected when a person can generate only two choices in a situation.
- Selective Abstraction: focusing only on certain aspects of a situation, usually the most negative.
- Magnification-Minimization: distorting the importance of particular events.

**Cognitive Behaviour Therapy:** CBT helps them to focus on how their thoughts, beliefs and attitudes affect their feelings and behaviour, and teaches them coping skills for dealing with different problems. It combines cognitive therapy (examining the things they think) and behaviour therapy (examining the things they do).

**Behavioural Therapy:** This therapy work best with mental health disorders among students. This form of therapy helps them to identify and help change potentially self-destructive or unhealthy behaviours. It functions on the idea that all behaviours are learned and that unhealthy behaviours can be changed.

**Rational Emotive Behaviour Therapy:** This therapy helps the students in resolving emotional and behavioural problems and disturbances. Students to a large degree consciously and unconsciously construct emotional difficulties such as self-blame, self-pity, clinical anger, hurt, guilt, shame, depression and anxiety, and behaviour tendencies like procrastination, compulsiveness, avoidance, addiction and withdrawal by the means of their irrational and self-defeating thinking, emoting and behaving.

One of the main objectives in REBT is to show them that whenever unpleasant and unfortunate activating events occur in their lives, they have a choice of making themselves feel healthily and self-helpingly sorry, disappointed, frustrated, and annoyed, or making themselves feel unhealthily and self-defeating, horrified, terrified, panicked, depressed, self-hating and self-pitying. By attaining more rational and self-constructive philosophy of themselves, others and the world, people they are more likely to behave in life-serving and adaptive ways.

**Stress-Inoculation Therapy:** It helps students to prepare themselves in advance to handle stressful events successfully and with a minimum of upset. Stress-inoculation has three phases:

- **Initial conceptualization phase:** The students are educated about the general nature of stress. Students often and quite inadvertently make their stress worse through the unconscious operation of bad coping habits.
- **Skills acquisition and rehearsal:** The particular choice of skills taught is important. A variety of emotion regulation, relaxation, cognitive appraisal, problem-solving and communication and socialization skills may be selected and taught on the basis of their needs.
- **Application and follow through:** Students are encouraged to use a variety of simulation methods to help increase the realism of coping practice, including visualization exercises, role playing of feared or stressful situations, and simple repetitious behavioural practice of coping routines until they become over-learned and easy to act out.

**Mindfulness:** It is a state of active, open attention on the present. Students are taught that when they are mindful they are able to carefully observe thoughts and feelings without judging them good or bad. Instead of letting their life pass by, mindfulness means living in the moment and awakening to your current experience, rather than dwelling on the past or anticipating the future. It was practiced sitting with eyes closed, cross-legged on a cushion, or on a chair, with the back straight. Attention is put on the movement of the abdomen when breathing in and out, or on the awareness of the breath as it goes in and out the nostrils.

**IV. HANDBOOKS FROM TICC:** *For student, faculty, staff and parents:* <http://www.thapar.edu/students/pages/thapar-university-counseling-cell>

1. Counselling Manual
2. Distressed Student Handbook
3. Supporting Mind's
4. Parent Handbook
5. Groups & Workshops
6. COVID-19 & Mental Health
7. TICC Mental Health Student Ambassador Handbook
8. TICC Mental Health Student Ambassador Directory

**V. SERVICES & PROGRAMS OFFERED BY TICC:**

**1. COUNSELLING SERVICES**

Our goal is to find the most effective and comfortable way to attend to your concerns. **You are our priority. Strict Confidentiality is maintained for all Counselling Services.**

TICC offers the following services:

**Let's Talk:**

- Let's Talk is **brief consultation** with one of the **TICC Mental Health Student Ambassadors** where you can talk about concerns and receive helpful suggestions or just have someone who listens well and can offer support.

- No paperwork or appointments are required.
- Let's Talk is best suited for the following people:
  - Students who are **not sure about counselling** and would like the perspective of a counsellor.
  - Students who have a specific problem and would like to **talk to someone**.
  - Students who have a concern about a friend and would like some perspective on what to do.
  - Let's Talk is also a place where students are able to have questions answered about formal counselling.

### **Individual Counselling:**

- In a **one-on-one interaction** with our counsellors, you are helped to express feelings, examine thoughts and beliefs, reflect on patterns of behaviour, and work toward making healthy changes in your life.
- It takes about *35-45 minutes to 1hr* and is available for a variety of problems such as anxiety, depression, relationship difficulties, stress, academic pressure, grief, general discomfort, family problems, homosexuality, substance abuse and so forth.
- Our professional counsellor can help you in a variety of ways as they are compassionate listeners, and skilful experts in their field.

### **Group Counselling:**

Groups led by our Counsellors offer students a supportive and stimulating environment to explore common issues of concern. We encourage you to learn more about Group Counselling and to browse our complete list of current groups offered at TICC available in our Counselling Manual.

- Groups can offer an intense, thought-provoking experience.
- Some of our Group Counselling Sessions are **Anxiety101, How to Beat Procrastination, Cultivating Mental Toughness** amongst many others. To know more about these, feel free to contact us.

### **Psychometric Testing:**

Students can get themselves administered for different types of psychological tests (scales ranging from depression, stress, anxiety, personality, self-esteem, adjustment, ADHD, aptitude,

Rorschach, aggression, career personality profile and many more) that can help them get an insight on their emotional and behavioral needs. **Psychometric Tests: 48 Scales**

**2016-2017: 16 Scales**

1. Beck Anxiety Inventory
2. Beck Depression Inventory
3. Hamilton Anxiety Rating (HAM-A)
4. Hamilton Rating Scale for Depression
5. Lauria-Horner Panic Disorder Self-Report Scale
6. Post-Traumatic Growth Inventory (PTGI; Tedeschi & Calhoun)
7. The Expressions of Spirituality Inventory–R (Macdonald)
8. Connor-Davidson Resilience Scale (Cd-Risc; Connor & Davidson)
9. The Proactive Coping Inventory (Greenglass, Schwarzer, Jakubiec, Fiksenbaum, & Taubert)
10. Social Provisions Scale (Cutrona & Russel)
11. Perceived Stress Scale (Cohen, Kamarck, & Mermelstein)
12. Learned Optimism Scale (LO; Pethe, Chaudhari & Dhar)
13. Bell Adjustment Inventory (Bell)
14. Severity Measure for Panic Disorder- Adult (Craske, 2013)
15. Holistic Health & Wellness Survey (Raymond & Smith, 2009)
16. RAISEC Inventory

**2017-2018: 11 Scales**

1. 16 P.F. Questionnaire Form-A Cattell & IPAT Staff
2. 16 P.F. Questionnaire Form-B Cattell & IPAT Staff
3. Aptitude Battery for Career Counselling (ABCC) Narinder Singh
4. Career Decision Self-Efficacy Scale Nancy E. Betz & Karen M. Taylor
5. Emotional Quotient (17-25 yrs.) N K Chadha
6. Eysenck's Personality Questionnaire-R (EPQ-R) (15+ yrs.) S. B. G. Eysenck & H. J. Eysenck
7. Rorschach Ink Blot Test by H. Rorschach
8. Suicidal Attitude Scale by Gaytri Tiwari & Lidya Ch. Momin
9. Princeton Wellness Self-Assessment
10. Aggression Scale (Buss & Perry)
11. Leeds Dependence Drug Questionnaire

**2018-2019: 16 Scales**

1. Stress Indicators Questionnaire
2. Multiple Intelligence Inventory

3. Perceived Stress Scale (Cohen, Kamarck, & Mermelstein)
4. Personality Type with the Holland Code
5. Holland Career Personality Profile
6. ISMA Stress Questionnaire
7. Lauria-Horner Panic Disorder Self-Report Scale
8. Self-Esteem Inventory by Rosenberg
9. Psychological Type Indicator - Alexander Hiam
10. Trait Emotional Intelligence Questionnaire (TEIQue)
11. Revised Adult Attachment Scale
12. ISMA Stress Questionnaire
13. Drug Abuse Test - WHO
14. Leadership Practice Inventory
15. Maslach Burnout Inventory
16. Procrastination Scale (Lay)

#### **2019-2020: 5 Scales**

1. Wechsler Adult Intelligence Scale - Fourth Edition, India (WAIS-IV)
2. Kessler Psychological Distress Scale - (K10)
3. Procrastination Scale - (Florey)
4. GAD -7 - Kroenke
5. Adult ADHD Scale (Adler)

#### **2021-2022: Evidence based counselling**

- TICC in April 2022 recently collaborated with Psypack with online psychometric services. So as to integrate evidence based practice to improve outcomes.
- PsyPack helps administer, score and prepare reports of licensed psychometric assessments for depression, anxiety, personality disorders, eating disorders, PTSD, ADHD, OCD etc.
- These assessments help screen, diagnose and track progress of students undergoing counselling.
- Further, with this new initiative, we are in compliance with existing and upcoming UGC guidelines on supporting students on campus and off campus, screening and record-keeping of stress-prone students.

- The popular assessments include PHQ-9, GAD-7, DASS, IES-R, PCL-5, IPIP NEO-120, EAT-26, ASRS V1.1, RSES, GPS The complete list of assessments is available at <https://psypack.com/assessments/>.

## 2. ACADEMIC SERVICES

The amount of stress that an average student goes through during his college life, he is bound to **feel the blues** during his/her college years. Be it stress, anxiety, loss of motivation, procrastination or anything else which can cause a dip in his/her academic performance.

*TICC is here to help.*

### **Key Highlights:**

- Personal one-on-one sessions to tackle Academic pressure.
- **Academic Retention Counselling Services -**
  - **Personalized academic support** open to all TIET students.
  - **Individualized plans** designed to help each student improve their academic standing keeping in mind their specific needs.
  - In summary, it's like having **your own personal guide**.
- **Academic Alert System & Retention Counselling Services (ARCS):** TICC provides support for students with less CGPA of 3.75 and 4.5 and students with backlogs.
- **Mentor Mentee Initiative:** All students are assigned a professor as his/her mentor during their 1<sup>st</sup> year. For more information on who your mentor is, feel free to reach out to us.
- **Letter Requests:** TICC occasionally receive requests from students who are undergoing psychological treatment along with medication & are unable to manage their academic routine and want to opt for a semester off provided they have a valid medical record along with ongoing treatment prescriptions.

## 3. CRISIS SERVICES

- For **TIET students** who feel the need of **immediate assistance** & are in crisis (i.e. feeling like they may seriously harm themselves or another person(s), death of a loved one, not being able to function due to extreme psychological distress) can **contact**

TICC during regular office hours and/or after office hours.

- All these meetings/calls are **highly confidential**.
- If you or someone you are concerned about is in a serious and imminent life-threatening circumstance, please bypass this information and immediately call Dr. Sonam Dullat, Manager Student Counsellor (+91-8872739998) / Ms. Samira Singh, Assistant Student Counsellor (+91-9872602030) or go to the nearest concerned authority.
- **Crisis services offered** by TICC during regular office hours and after office hours. These include:
  - Walk-in Crisis Services
  - After-Hours Crisis
  - Sexual Assault
  - Suicide Prevention
  - TICC has collaboration with Manipal Hospitals and Vardhaman Hospitals for Psychiatric Referral.

#### **4. OUTREACH & REFERRAL SERVICES**

##### **Outreach Services:**

- As the name suggests, our aim is to reach out to students and make them aware about the services TICC offers.
- Purpose is to provide helpful information and support and to reach out to maximum students who might be in need of these services.
- In collaboration with various departments/schools/centres of TIET organize brief talks about services being offered and how to access them.

##### **Referral Services:**

- Any faculty, staff, student who is concerned about a TIET student in crisis can call Dr. Sonam Dullat, Manager Student Counsellor (+91-8872739998) / Ms. Samira Singh, Assistant Student Counsellor (+91-9872602030) to discuss how you may refer a student to seek services at the TICC.
- This includes all those who are in direct contact with the students and feel a student needs help, personally or academically.

- Students can refer a fellow student(s) and/or a friend(s).

**VI. ENGAGEMENT ACTIVITIES OF TICC: (data is available and can be turned in when asked for)**

**1). PERSONAL COUNSELLING SESSIONS**

**Personal Counselling Sessions (2022-2023):** *(All sessions were done walk-ins and few through tele counselling online)*

- Key Issues Addressed.
- 2022-2023: Total no. of cases (I)
- 2022-2023: Total no. of cases (II)
- Key Issues (Total no. of cases and Total no. of male and female students) who opted for one-on-one personal counselling sessions.
- Total no. of students from different branches and year-wise who opted for one-on-one personal counselling sessions.
- Total no. of students (year-wise) from Graduation, Post-Graduation and PhD who opted for one-on-one personal counselling sessions.
- Total no. of students who opted for one-on-one personal counselling sessions through (Walk-ins, DoSA, DoAA, Faculty, Directorate, Audio/Video Online).
- Total no. of parents, staff/faculty who opted for one-on-one personal counselling sessions.
- Counselling Metrics.
- Modal value for key issues for one-on-one personal counselling sessions.

**2). GROUP COUNSELLING SESSIONS:** *(data is available and can be turned in when asked for)*

**2022-2023: Group Counselling Sessions**

- 1. Let's Talk Session: Assertiveness:** The focus of this session, which was intended for the Mental Health Student Ambassadors, was on what assertiveness is, how it can be passive, aggressive, or assertive, how to recognise its nonverbal components, how to avoid passive and aggressive nonverbal behaviours, and how to spot irrational beliefs and aggressive communication. *Conducted by Dr. Sonam Dullat and Jashandeep Kaur (Mental Health Student Ambassador). 18 attended the session. Conducted on 9<sup>th</sup> August 2022 in TAN 102.*

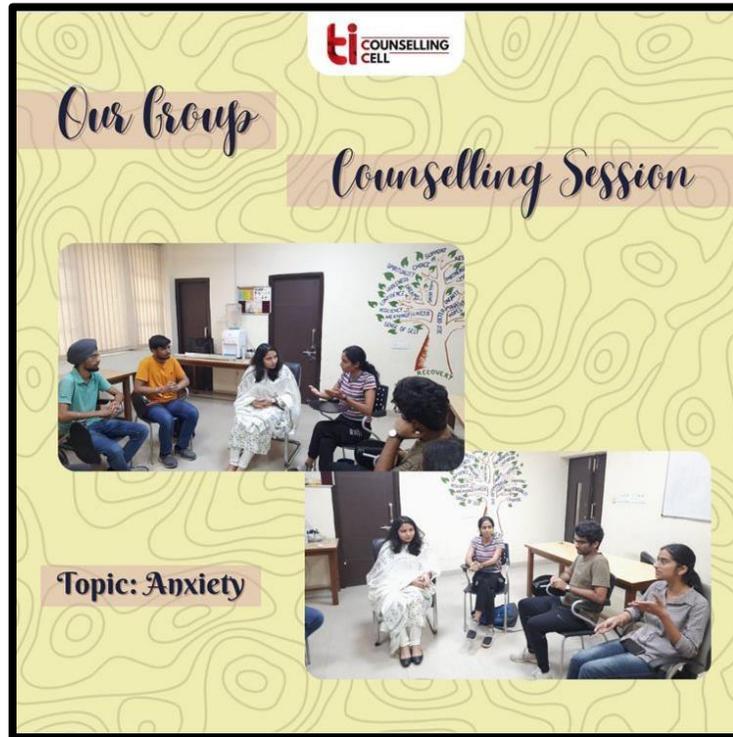




2. **Grief:** Session focused on stages of grief (Denial, Anger, Bargaining, Depression and Acceptance) and coping mechanisms. *Session was conducted by Ms. Garima Garg. 4 attended the session. Conducted on 25<sup>th</sup> August 2022 in g-block common room.*



3. **Anxiety:** Session focused on understanding Anxiety, how it affects our body and its coping mechanisms. *Session was conducted by Ms. Garima Garg. 6 attended the session. Conducted on 5<sup>th</sup> September 2022 in g-block common room.*



4. **How Does Therapy Work:** The session focused on developing the client-professional relationship, clarifying and assessing the presenting problem or situation, identifying and setting counselling or treatment goals, designing and implanting interventions, and confidentiality norms. *Session was Conducted by Dr. Sonam Dullat. 74 attended the session. Conducted on 26<sup>th</sup> September 2022 in g-block common room.*



- 5. The importance of Prioritization:** The discussion focused on establishing priorities, removing roadblocks that interfere with priorities, and reaching for big rocks, pebbles, and sand (when defining daily tasks). *Session was conducted by Dr. Sonam Dullat. 23*

*students attended the session. Conducted on 2<sup>nd</sup> November 2022 in g-block common room.*



- 6. Let's Talk Session: Adjustment Issues:** This session was attended by all the Mental Health Student Ambassadors, and it was based on our understanding of what adjustment is, how adjustment problems impact our overall health, and the approaches we may use to deal with them when social and peer pressures have an impact on our ability to go about our daily lives. This session was also assisted by mental health student ambassadors. *Conducted by Dr. Sonam Dullat, Somya and Srishti (Mental Health Student Ambassador). 48 attended the session. Conducted on 4<sup>th</sup> November 2022 in TAN 102.*



7. **Overcoming Procrastination:** The discussion focused on what procrastination is, various types of procrastinators, and strategies for overcoming procrastination. *Session was conducted by Dr. Sonam Dullat. 16 students attended the session. Conducted on 5<sup>th</sup> December 2022 in g-block.*



8. **Art to Practice Detachment:** The session emphasised understanding attachment and detachment, how attachment affects emotions, various attachment styles, and how to practise detachment depending on each style. *Session was conducted by Dr. Sonam Dullat. 26 students attended the session. Conducted on 12<sup>th</sup> December 2022, g-block common room.*



9. **How to Stop Overthinking in a Relationship:** The session's main objectives were to increase awareness of toxic behaviour, attachment types, core values underlying toxic relationships, and the effects of toxic behaviour. It also focused on identifying triggers and the frequency of thoughts and feelings, as well as monitoring and documenting them. *Session was conducted by Dr. Sonam Dullat. 18 students attended the session. Conducted on 17<sup>th</sup> January 2023 in g-block common room.*



**10. Let's Talk Session: Art Therapy:** This session was intended for all the MHSAs. This session's goal was to improve participants' self-communication. Aid them in interpreting, articulating, and resolving their feelings and thoughts. To utilise art to help students explore their emotions, comprehend the difficulties or feelings that are upsetting them, and find a solution. Activities - 3:

- *Activity 1:* Ice Breaking and warm up activity to make the students comfortable.
- *Activity 2:* Designed for self-communication and helping individuals express themselves and have a close relationship with self (drawing any random picture/wrote a song name and associate it with their feelings).
- *Activity 3:* Drawing a tree and the roots, which further represented things we wanted to get rid of. Along with the drawing of leaves/flowers/fruits represented our strengths.
- *Conducted by Aameek, Udita and Dr. Sonam Dullat. 45 attended the session. Conducted on 22<sup>nd</sup> January 2023 in Tan 101.*



**11. Let's Talk Session: Emotions:** All the student ambassadors for mental health attended the session. Assisted by student ambassadors for mental health. The session objective was to provide knowledge of the idea of emotions to the audience, to ensure that the participants understood the significance of appropriately regulating emotions, and to familiarise them with their own set of feelings. *Conducted by Dr. Sonam Dullat, Udit Singh Lamba and Palkin Gupta. 48 attended the sessions. Conducted on 3<sup>rd</sup> February 2023 in Tan 105. Activities:*

- *Activity 1: Weather Report:* Aim- To become conscious of how they were feeling right then. Here the audience had to describe what they were feeling in terms of weather. Examples: I feel like I am in the eye of Tornado things swirling around me though I am calm. I feel I am walking through a sunny field with spring petals drifting down all around me.
- *Activity 2: Feeling Dice Game:* Aim - To aid them in understanding a certain feeling they experienced at a specific time. Each side of an Origami dice with various emotions was distributed to the crowd. Those in the audience had to roll the dice, and depending on where it landed, a specific emotion would appear. They then had to describe a period when they had that emotion.
- *Activity 3: An anonymous message:* Aim - To take a message which is meaningful, uplifting, or inspiring home with them. The audience was shown how to fold an Origami heart in just five easy steps. Following that, they were instructed to put a message on it. After that, the hearts were gathered and dispersed at random among the audience.



**12. Importance of Boundaries:** The discussion emphasized the concept of boundaries, co-dependent and interdependent relationships, how to identify values, attachment styles, and four activities to help the group learn how to effectively articulate them. 4 activities for the group to understand how to practically formulate them:

- ***Spend time discussing how our values are connected with our boundaries.*** Ideally, our boundaries would support and encourage the values we have. Spend time exploring the values that group members have and how they relate to their boundaries. Ask if there are any values that could be supported by new boundaries. An example would be establishing boundaries that promote a better work-life balance so individuals have an appropriate amount of family time.
- ***Spend time exploring concerns that group members have about setting boundaries.*** This can include fear of losing the relationship, fear of angering the other person, fear of being lonely, guilt, wanting approval from the other person, or feeling as though they “owe” the other person for previous actions. Ask the group to discuss their concerns, and validate their reasons. Spend time discussing how they can work towards addressing their reasons in a way that feels safe to them.
- ***Spend time discussing how our thoughts impact our emotions which lead to our behaviours.*** Provide the group with an understanding of cognitive distortions, and

explore any cognitive distortions that impact group members' ability to establish and maintain healthy boundaries.

- *Spend time discussing unhealthy relationship patterns, and explore group members' experiences with them.* As an example, this can include being too dependent on someone, being too independent, and not being able to communicate your thoughts and needs. *Session was conducted by Dr. Sonam Dullat. 12 students attended the session. Conducted on 4<sup>th</sup> February 2023 in g-block common room.*

**13. Open Let's Talk Session: Setting Boundaries:** The session goal was to be mindful that we require boundaries in the same amounts that others do. What impact does it have on our mental and interpersonal well-being? By defining our boundaries, we make clear what we expect from others and what actions we will not stand for. *Session was conducted by Dr. Sonam Dullat, Anushka Lalwani, Shavivika and Palack. 75 attended the sessions. Conducted on 8<sup>th</sup> February 2023 in C-hall. Activities:*

- *Art therapy-* participants were asked to visualise how they feel when they set healthy boundaries and draw their empowered self.
- *Role play-* a conversation between two friends was showed to highlight the two problems people face while setting boundaries.
- *Chits-* 7 chits with some situations written on them were randomly asked to be picked by the participants. On each chit, a situation was written where people find it difficult to set boundaries. Audience was asked to give possible solutions to the problems in the chits. *Outcome: The session ended with a positive note, explaining the importance of defining relationships. Boundaries should be flexible, if we know that the other person is genuinely on our side.*



**14. Open Let's Talk Session: Self Esteem:** This session's goal was to encourage us to reflect critically on how we see ourselves and how our self-esteem has developed. Participants were urged to discuss their strengths and weaknesses and come up with ideas for how to boost their self-esteem when they are feeling low. They were also asked to consider how their sense of self-worth impacts how they interact with others in social situations. To comprehend and explain how current self-esteem may be shaped by prior experiences. *Session conducted by Dr. Sonam Dullat, Avantika Garg and Manikya Puri. 53 attended the sessions. Conducted on 13<sup>th</sup> February 2023, in c-hall.*

- *Activity 1:* Make 9 boxes on a sheet of paper, and write the following things: Middle square will be your name, a compliment that someone gave you, nice things your friends and family would say about you, for fun you like to do, 2 words to describe yourself are, 2 things you are good at, something nice you have done for someone else, one thing most don't know about you *and one* thing that makes you laugh.
- *Activity 2:* Make chits about some relatable situations and ask the students to answer how to increase self-esteem in those situations.
- *Activity 3:* Make a circle and write things that one can control inside the circle and then write things that are out of one's control outside the circle.

- Activity 4: Pass on colorful placards to everyone and then ask each one of them to write 2 compliments about the person sitting at the right of him/her.
- Outcome: *The session started by a role play and went on with discussing about the concept of self-esteem. The session included 4 activities which had an active participation by the audience. Many people shared their opinions and asked questions as well. In all, it can be seen as a successful session filled with discussions, participation, and laughs.*



**15. Open Let's Talk Session: Overthinking:** To provide insight into the inner workings of overthinking, prevalent over thinker behavioural patterns, an awareness of why we overthink, and techniques for minimising it. Assisted by mental health student ambassadors. *Session conducted by Dr. Sonam Dullat, Jasneer and Kanika. 60 students attended the session. Conducted on 20<sup>th</sup> February 2023, in TAN-Audi.*

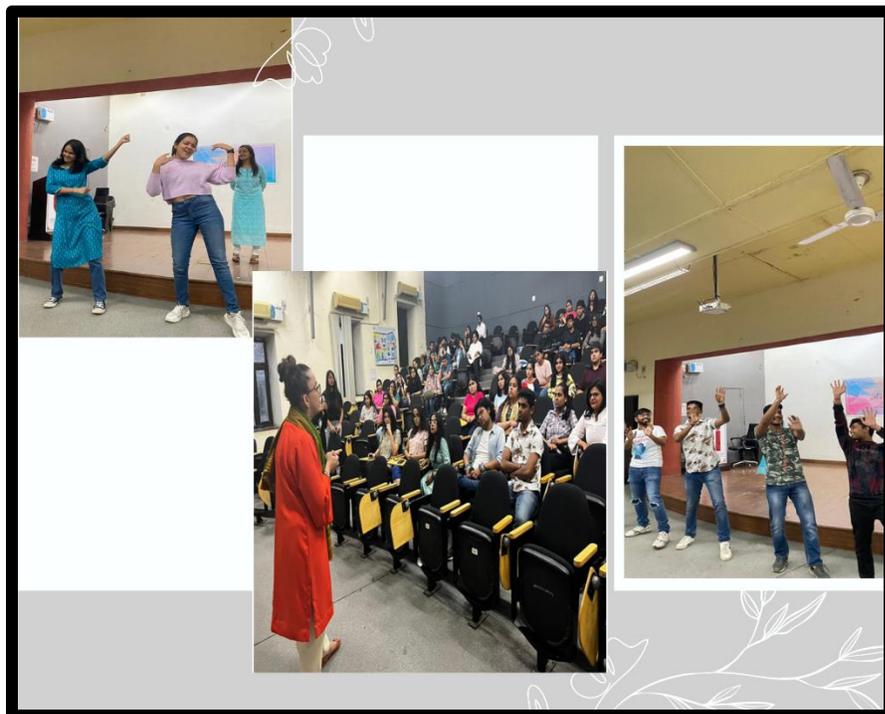


**16. Open Let's Talk Session: Dance Therapy:** We tried to keep the session light and enjoyable, taking into account the forthcoming exams and making sure that the audience experienced the space in a positive state of mind. The session focused on understanding dance therapy's principles and practical applications to foster their ability to express themselves freely and interact with others, improve self-image, spontaneity, bodily awareness, and creativity, and encourage and incorporate emotional stability (such as stress management and anger management). The activity taught them how to convey their feelings through their bodies rather than using words, emphasizing self-expression through movement. We were thrilled to see the audience engaged, smiling, and enjoying themselves all the way through. *Session conducted by Dr. Sonam Dullat, Udit Lamba, Pranathi and Jhanvi. 84 students attended the session. Conducted on 27<sup>th</sup> February 2023 in C-hall.*

- *Activity 1 - Knowing the hookstep:* We played a few songs and then we asked the audience to guess and perform the hookstep of the same song.
- *Activity 2 - Create your own dance:* We called up a few volunteers on the stage and each one of them had to do a specific step and later in the end all of them had to do the steps

together in a continuous chain and as a result, they eventually came up with their own dance.

- *Activity 3 - Just Not Laugh:* Few individuals were chosen from the audience who managed well to keep poker faces throughout the session and then few volunteers were picked and they were supposed to make these individuals with poker faces laugh.
- *Activity 4 - Bhangra performance:* The highlight of the show was the Bhangra performance done by a group. They performed on several songs.
- *Activity 5 - Audience dance:* We asked the whole audience to dance on a song that reminded them of their early childhood days (Bum Bum Bole).
- *Activity 6 - Take home message:* The audience was asked to describe the whole session in a single word.
- *Outcome:* We were astonished to see the audience actively participating in all the above listed activities. They were all smiling and laughing throughout the session. During the end they were all pumped up and requested us to conduct more such sessions as they felt these sessions help them develop insight.



**17. Let's Talk Session: Anger Management:** The session was attended by all the Mental Health Student Ambassadors. Objectives: To educate the audience about what anger is, how it can be identified, the different ways in which different people react to different situations, and ways to manage it. *Conducted by Avantika Garg, Rupal Singh, Dr. Sonam*

*Dullat and Ms. Samira Singh. 58 attended the sessions. Conducted on 27<sup>th</sup> March 2023 in Tan 102. Activities:*

- *Activity 1 Self-assessing one's angry behavior:* The activity included a questionnaire which consisted of 22 questions related to different anger behaviors. The activity was performed to have an idea about the extent to which people showed different anger behaviors.
- *Activity 2 Dice Game:* A dice was rolled by 6 volunteers in the audience. Each number of the dice was associated with a particular question which had to be answered by the volunteer himself/herself. The activity was performed in general to know the different experiences the students have had with anger, things that make them angry, etc.
- *Activity 3 Chit Game:* A total of 11 situations were given to volunteers. Each chit had a situation related to daily life aspects which in most cases yield anger behavior. The volunteers were asked to answer what would they do in the situation and how would they express their anger or manage it.
- *Outcomes:* One of the first outcomes that came out of the session was the increased knowledge of the audience and ourselves about the topic. New methods of taming one's anger in a positive manner was also learned. Although some activities were kind of giving a reality check, it was important for them to understand the problems one could face after getting angry. Audience was also made to understand that it is totally normal to be angry and show your emotion but it is important to do it in a healthy way so as to not only not harm the other person but to also maintain one's calm and temper in a situation that can be resolved positively.



**18. Identifying Emotional Triggers:** The session focused on understanding our emotional triggers, recognizing our unmet needs, how trauma effects hidden emotions, identifying toxicity in relationships, and strategies for managing emotions. *Session was Conducted by Dr. Sonam Dullat. Conducted on 28<sup>th</sup> March 2023 in G-block common room. 17 students attended the session.*



**19. Open Let's Talk Session: Rejection and How to deal with it:** The goal was to educate the audience on what rejection is and how to handle it effectively . Since rejection is unpleasant and challenging to take, we wanted to handle it in this session in a way that would help the audience deal with it and come out of the experience stronger. Rejection is something that all people encounter at some point in their life. *Conducted by Palkin Gupta, Ambar Abaas, Dr. Sonam Dullat and assisted by Ms. Samira Singh. Conducted on 5<sup>th</sup> April 2023 in C-hall. 57 students attended the sessions.*

- *Activities: Meditation activity:* In this activity, the audience was made to sit in a comfortable space and was requested to close their eyes and relax. After they were completely relaxed, they were asked to imagine a situation in which they were rejected and were required to feel every single emotion of the situation. Following the recall of the situation, they were asked to slow their breathing and repeat the following sentences in their minds or out loud: "May I be kind to myself in this moment of difficulty? May I give myself the compassion I need right now?" The activity was performed in order to help the

audience deal with rejection in a more calming and soothing way, which promotes a healthy mind.

- *Chit Game:* A total of seven situations were given to volunteers. Each chit had situations related to common daily rejections. The volunteers were asked to randomly pick one chit and enlighten us about what strategies they would themselves use if they were in that same situation.
- *Outcomes:* The first outcome was the higher understanding of the audience about rejection and that there are possible strategies to overcome it and come out stronger on the other side. As we all know, rejection makes us feel like we are the only ones going through a situation like this, which further makes us feel stressed and isolated. Thus, this session allowed the audience to voluntarily talk about the situations in which they were rejected, help create a safer space to share their experiences, and make others aware that rejection is inevitable but there are ways to cope with it. The chit-chat game made them aware of their own capabilities and capacities to deal with rejection that they might or might not have known beforehand.



**20. Embracing our Individuality:** The session focused on understanding our individuality, recognizing our unmet needs, how to embrace your individuality for the sake of better

mental health. Embracing individuality is about acceptance. Accepting not only our favourite parts of ourselves, but also our least favourite parts - and knowing that they equally make us who we are. Another important part of embracing individuality is understanding that everyone has different perspectives and preferences. *Session was conducted by Dr. Sonam Dullat. Conducted on 13<sup>th</sup> April 2023 in Tan 104. 17 students attended the session.*



**21. Let's Talk Session: Body Image:** The aim of this session was to create awareness about body image and body image issues and how they affect the mental health of an individual. Understanding one's relationship with one's body and how eating disorder behaviours and impulses are frequently caused by how emotions express themselves in one's physical body are among the goals of the Body Image Group. Members will receive encouragement for learning how to control their emotions during the week and how to treat themselves with care during a therapeutic process. The group will promote awareness of how identity is impacted and how change is challenged by negative body image, a lack of self-awareness, and low self-esteem. *Conducted by Sristhi, Aditya Chaudary, Dr. Sonam Dullat and assisted by Ms. Samira Singh. 52 students attended the sessions. Conducted on 12<sup>th</sup> April 2023 in LT.*

- *Activity 1: Stop Labelling:* Paper Girl and Paper Boy were labelled by the volunteers based on any comment they received or had heard somebody get them. Every time the volunteers pasted a label the girl and the boy paper were crushed. This activity implied that even though from the exterior the paper girl and paper boy looked fine, but internally they had a lot going on which was depicted by the crushed and torn paper.

- *Activity 2: List down the positive comments that you have received that you'd like to remember when you're feeling low:* Volunteers were made to understand how to balance the negative comments out by remembering the positive comments that someone must've told them.
- *Activity 3: Positive Mirror Reflection: Cognitive Restructuring Activity:* The volunteers were picked and they shared in front of a mirror their insecurities. The things that they don't like about themselves, things about their body that bother them. The mirror then helped them restructure their thoughts using positive affirmations and highlighting what's the good in them.
- *Outcome:* The session was a great learning experience. The audience got to learn how this is a universal phenomenon and everyone at a certain point of time faces body image issues regardless of gender, age and body type. They learnt how to balance the negatives and how labelling an individual can lead to a greater mental harm even if they looked fine on the outside.



**5). DEPARTMENTAL/SCHOOL INITIATIVES:** *Conducted by Dr. Sonam Dullat.*

- *Organized and conducted 'Mental Wellness Session' for M.SC. Chemistry and Biochemistry 1<sup>st</sup> and 2<sup>nd</sup> year students on 5<sup>th</sup> September, 2022. Conducted by Dr. Sonam Dullat and Mental Health Ambassador -Aafreen Singh. 41 students attended the session.*



- *Organized and conducted session for MA Psychology First Year student's resident of PG-Hostel students on the 'Importance of Mental Health & Seeking Help' on 6<sup>th</sup> September 2022 from 6.00pm-7.20pm. Session conducted by Dr. Sonam Dullat.*



- *Organized and conducted 'Mental Health Matters' for M.SC. Maths 1<sup>st</sup> and 2<sup>nd</sup> year students on 7<sup>th</sup> September, 2022. Conducted by Dr. Sonam Dullat and Mental Health Ambassador – Tisha Kalra, Uday Lomesh and Pranathi Singh. 23 students attended the session.*



#### 6). CENTRE INITIATIVES:

**CENTRE FOR TRAINING & DEVELOPMENT (CTD):** *Conducted by Dr. Sonam Dullat.*

- *TICC collaborated with CTD (Centre for Training and Development) for their 'Placement Symposium' from August 1<sup>st</sup> - August 7<sup>th</sup> 2022 onwards for the student mental wellness interventions on need basis.*
- *Conducted one-on-one personalised counselling session for students enrolled at CTD for "Summer School Program", from 14th June -16th July, 2023.*



**7). PARENTAL & STAFF/FACULTY COUNSELLING:** In number of cases where it was seen that parental support was needed, parents were called for counselling sessions and in detail discussions were done so as facilitate them better with their child mental health and well-being. Developmentally, an important transition takes place between childhood and adulthood with young people expected, and expecting, to take far more responsibility for all aspects of their lives. Some embrace this challenge, others find it hard. TICC offered a strong support network which included DoSA, DoAA, Faculty, Wardens of hostels where they all worked as team to help students and their parents to understand their child welfare (*data is available and can be turned in when asked for*).

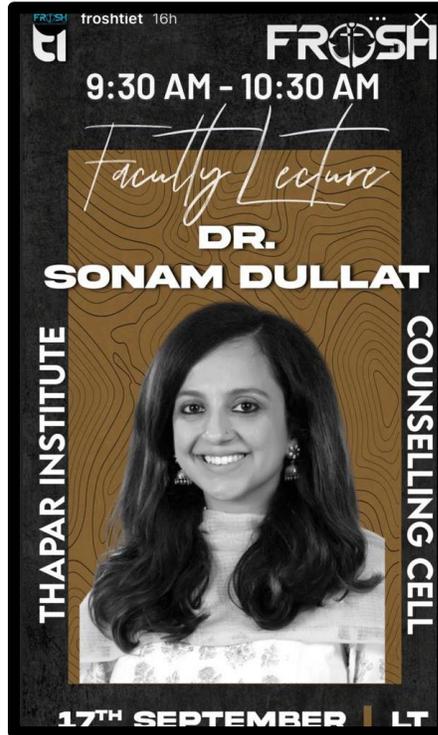
**8). OTHER OUTREACH COUNSELLING ACTIVITIES:**

1). **Proem Week:** *Conducted by Dr. Sonam Dullat*

- *Conducted Psychological Orientation session on sensitizing students with respect to 'Psychological Well-Being and Existence of Thapar Institute Counselling Cell (TICC)' in the Proem Week 2022 for LMTSOM Derabassi on (16<sup>th</sup> September) an orientation program for the new entrants for B.Tech CSE 1<sup>st</sup> Year students.*



- *Conducted Psychological Orientation session on sensitizing students with respect to 'Psychological Well-Being and Existence of Thapar Institute Counselling Cell (TICC)' in the Proem Week, 2022 on (17<sup>th</sup> September) an orientation program for the new entrants.*



## 2). Hostels:

- *Organized and conducted 'Psychological Well Being Support Session' for the Student Executive Committee Team of PG Hostel on 29th November 2022 from 6pm-7pm. Conducted by Dr. Sonam Dullat.*
- *Organized and conducted 'Psychological Well Being Support Session for the Student Executive Committee Team for G & E Hostel on 30th November 2022 from 5.30-6.30pm. Conducted by Dr. Sonam Dullat.*
- *Organized and conducted 'Psychological Well Being Support Session' for the Student Executive Committee Team of I and N Hostel on 1st December 2022 from 6pm-7pm. Conducted by Dr. Sonam Dullat.*
- *Organized and conducted 'Psychological Well Being Support Session' for the Student Executive Committee Team for Q Hostel on 2nd December 2022 from 2.30-3.30pm. Conducted by Dr. Sonam Dullat.*



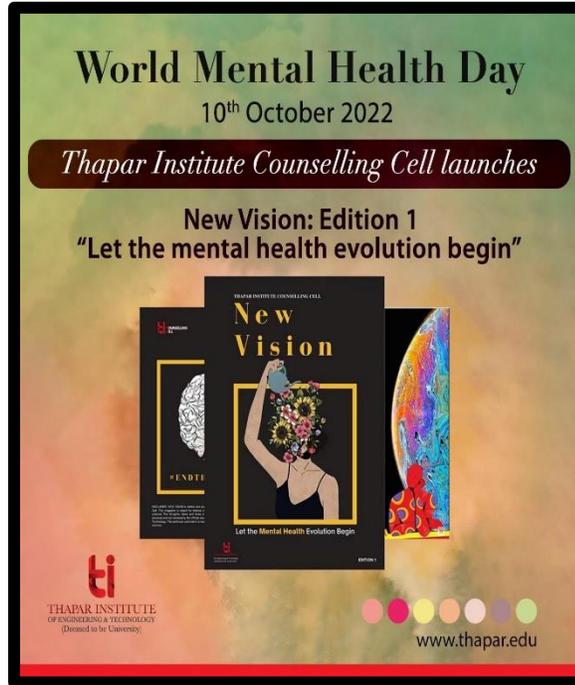
### 3). Other Activities:

- *TICC MHSA's participated in Society Fair, organized by FROSH in the Proem Week, on 17<sup>th</sup> September, 2022.*



- *On October 10, 2022, World Mental Health Day, the TICC e-magazine 'New Vision' was conceptualised and released. <https://www.yumpu.com/en/document/read/67285410/new->*

[vision-edition-1](#). A semester publication. The magazine provides a unique and enriching perspective regarding the fight against the most common mental illnesses.



- *Organized and conducted a Workshop on Self-Love & Care (Celebrating World Mental Health Day 2022 on 12<sup>th</sup> Oct 2022), Thapar Institute Counselling Cell (TICC) in association with Rotaract Club, TIET and Echoes Club, TIET @ Aged Day Care and Wellness Centre, Village Rongla, Patiala - Gray-haired people are the red-colored diamonds in the necklace of life, and to embrace the most precious jewels and to promote our Mental Health Day 2022 campaign of “Make Mental Health & Well Being for all a Global Priority”, we at TICC, along with Rotaract Club of TIET and Echoes organized a day out to Aged Day Care and Wellness Centre, Rongla. The visit resulted in some fruitful conversations and has had an everlasting impact on the members of all three organizations.*

Mental Health Student Ambassadors (MHSAs) from TICC spent quality time with elderly people and listened to them pour their hearts out, as they shared with us their routines, habits, and the younger days of their life. MHSAs made sure that they carried out conversations with every old aged person living there, giving them a chance to vent out their feelings and emotions. Members of the Rotaract Club carried out recreational activities hence bringing smiles and cheering up the elderly people. Members of Echoes played an important role by recording and capturing the wholesome moments for everyone to cherish. The entire team functioned smoothly under the very able guidance of Dr. Sonam Dullat, who, along with managing the team, lent the old people a fit ear to hear them talk about their lives and problems. MHSAs from TICC itself got the delegation sponsored by Goel Provision Store, Rattan Bhandaar, and Elysian Bakery and donated food items namely, rice, gram flour, and cupcakes respectively. *Total of 19 MHSAs from TICC, 19 students from Rotaract Club and 7 students from Echoes Club participated in this workshop.*



- *Organized and conducted a Workshop on Self-Love & Care (Celebrating World Mental Health Day 2022 on 13<sup>th</sup> Oct 2022), Thapar Institute Counselling Cell (TICC) in association with Rotaract Club & Echoes Club, TIET @Ryan International School, Patiala.*

Extraordinary sculptures are carved out from ordinary rocks, and to add our contribution to the carving of kids to become good human beings, and to promote our Mental Health Day 2022 campaign of “Make Mental Health & Well Being for all a Global Priority”, we, at TICC along with Rotaract Club of TIET and Echoes planned out interactive sessions to be held at Ryan International School, Patiala. We humbly thank Mrs. Pooja Sharma, the principal of Ryan International School, for providing us with this opportunity. We are also grateful to the school for providing us with transportation and we also thank the staff for enabling the smooth flow of sessions. The sessions had an everlasting impact on the student’s minds. They opened up and connected with us while we delivered some thoughtful talks.

We held three sessions, for 120 students from class 9, 120 students from class 10, and a combined session for 100 students from classes 11 and 12. Mental Health Student Ambassadors from TICC kicked off the session with an interactive talk, including topics like mobile phone addiction, less concentration, short attention span, behavior and family

issues, and hyperactive behavior, followed by a magical experience of mindful meditation. The talk was followed by another very interactive and inclusive talk on “Self Love and Self Care”, enabling the students to understand and implement in their lives the practical ways of self-love. The talk was also facilitated with activities for students to better understand the concept. Along with the MHSAs, Dr. Sonam Dullat also addressed the students about self-love and the correct way to practice it. She also answered the doubts that students had, hence making them less reluctant to talk more about Mental Health. The session by MHSAs was followed by an interactive session on “Soft Skills and Communication”, by the members of the Rotaract Club of TIET. We were also accompanied by the very professional and able members of Echoes, who recorded and captured the sessions for everyone to cherish. The members of Echoes worked tirelessly and did a phenomenal job in capturing the admirable moments from all three sessions. The entire team functioned as smoothly as oiled machinery under the able guidance of Dr. Sonam Dullat. The entire team will be forever grateful to her. *Total of 18 MHSA’s from TICC, 12 students from Rotaract Club and 8 students from Echoes participated in this workshop.*



- TICC organized and conducted a workshop on **‘Mental Health Awareness Support Training’** on **November 16, 2022, from 10.30 a.m. to 12 p.m.** This workshop was **organized for the caretakers of all the hostels.** The workshop concentrated greatly on comprehending mental wellness and underlining its significance in an effort to make the participants feel more at ease discussing mental health. The primary goals of this training were to increase understanding of psychological first aid (PFA) and awareness of it. 39 participants attended the workshop. *The workshop was delivered by Dr. Sonam Dullat (Manager Student Counsellor).*



- **TICC enhanced its technological capabilities and offered more comprehensive and effective series of workshop to the members, The Bootcamp Series, by Technical Department of TICC from 4<sup>th</sup>- 13<sup>th</sup> April 2023 in Tan-104:** *The workshops provided hands-on experience in building interactive web interfaces, improving technical skills, and enhancing the user experience of web applications. In addition, the supportive environment improved communication and teamwork skills, and increased self-esteem and confidence. These were held in Tan-104, and the footfall was around 40–50 in every workshop. The details are as follows:*
  - **Ui/ux:** This workshop was held on April 4 and was given by MHSA’s Omisha Gupta and Rimjhim Mittal. The workshop was attended by 30 students. The workshop on UI/UX design had a significant impact on both the technical functionality and the mental health

of individuals seeking support. *By incorporating best practises in design, such as clear language and intuitive navigation, mental health resources became more accessible and easier to navigate. This, in turn, reduced barriers to seeking support and created a more comfortable and reassuring environment for vulnerable individual.* In addition to these benefits, the technical improvements resulting from the workshop, including reduced development time and increased user engagement, further enhanced the overall effectiveness of mental health resources. By tailoring the design to meet the specific needs of users and incorporating feedback early in the design process, developers were able to create more personalised and engaging experiences for users, leading to more positive outcomes and increased user satisfaction.

- **Devops:** This workshop was held on April 7 and was given by MHSA Gunjeev Singh. The workshop was attended by 50 students. The DevOps workshop had positive impacts on both the technical functionality of software development and the mental health of individuals involved in the process. By implementing DevOps practises such as continuous integration and deployment, automation, and monitoring, the speed and reliability of software delivery can be significantly improved, which can reduce the potential for human error and increase the speed of development. *The implementation of DevOps practises can also lead to a more collaborative and productive work environment, which positively impacts the mental health of individuals involved in the process. The use of agile methodologies and frequent feedback can increase job satisfaction and reduce the potential for burnout, leading to improved mental health and well-being.*
- **Intro to Development:** This workshop was hosted on April 11 and was given by MHSA's Abhinav Garg, Uday Beswal, and Rimjhim Mittal. The workshop was attended by 30 students. The introduction to web development workshop had positive impacts on both technical functionality and the mental health of the individuals involved. Participants gained foundational knowledge in HTML, CSS, and JavaScript, which can enhance the speed and quality of web development. *The workshop also provided an opportunity for participants to collaborate and connect with others, reducing social isolation and enhancing feelings of belonging. Additionally, learning a new skill can increase self-esteem and confidence, leading to overall improved mental health and well-being. By improving technical skills and social connections, participants can positively impact both their professional and personal lives.* Overall, the workshop on introduction to web development provided a valuable learning opportunity that had benefits beyond just technical proficiency.
- **Hands-on frontend development:** This workshop was held on April 13 and was given by MHSA's Utkarsh Tripathi and Alisha Chauhan. The workshop was attended by 25 students. The hands-on front-end development workshop had a positive impact on both technical proficiency and the mental health of participants. *The workshop provided*

*hands-on experience in building interactive web interfaces, improving technical skills, and enhancing the user experience of web applications. In addition, the supportive environment improved communication and teamwork skills, and increased self-esteem and confidence. By improving both technical skills and social connections, participants can positively impact both their professional and personal lives.*

*By providing training opportunities to the members of the counselling cell in various technical fields, the cell enhanced its technological capabilities and offered more comprehensive and effective services to students seeking support. For instance, improved UI/UX design can make it easier for students to access the counselling cell's resources and reduce the barriers to seeking help. Furthermore, by improving the mental health and well-being of the individuals involved in the counselling cell, the workshops created a supportive and productive work environment. Overall, these workshops provided the Thapar Institute Counselling Cell with the tools and skills needed to offer more effective and accessible mental health support to students.*



- **Thapar Institute Counselling Cell in collaboration with the Creative Computing Society organized an Internship Talk on 19<sup>th</sup> April 2023 in C-Hall from 5.30pm-7.45pm:** Students from CCS and TICC who have been offered internships have gotten together as the internships are about to begin in order to support you as you deal with your conflicted feelings and to provide you with clarity regarding the internships. This talk was designed around technical skills and emotional intelligence. The internship talk consisted of a panel of students from Thapar Institute of Engineering and Technology who had secured internships at coveted organizations such as Pranjal Arora, Sidharth Bahl, Surabhi Mishra, and Divija Arora (**JP Morgan and Co.**), Gunjeev Singh (**LinkedIn**), Divija Arora (**Samsung**), Harkirat Singh (**Texas Instruments**), Abhinav Sehgal (**STOA**), and Surabhi Mishra (**Arcesium**), who were interviewed by MHSA's Rimjhim Mittal and Rohan Varshney about the essentials one should keep in mind to secure an internship at a prestigious organization. A set of two interviewers belonging to TICC and CCS interviewed the panel on some basic rudiments that would help students acquire good internships, like what skills they should hone, things they should keep in mind while applying, how they should manage their time and stress while applying, how they should effectively reach out to recruiters, and what their profiles should look like. After the interview, the panellists interacted with the audience during the live questioning segment, where students reached out to the panellists to clear their respective doubts about applying to internships and the effective methods to ace internship tests and interviews. The session concluded with a small speech by the TICC Lead Mental Health Ambassador and the MHSA Technical Head, under the able guidance of Dr. Sonam Dullat, on the importance of emotional intelligence in navigating the internship or placement process and focused on the ability to manage both your own emotions and the emotions of those around you. The session helped students gain insight into profile building and applying to internships, along with learning how to regulate and cope with their emotions. Talk was attended by 158 students.



- To commemorate World Healing Day on April 29, 2023, the Thapar Institute Counselling Cell (TICC) organized a visit to the Government Senior Secondary Smart School in Model Town, Patiala. Guided by the belief that small acts of compassion, love, and kindness by a community can make a difference, the TICC delegation aimed to promote mental health awareness and healing among the students.

A team of 20 Mental Health Student Ambassadors (MHSAs): *Mannandeep Sondh (Lead Ambassador), Nitin Sehgal (Lead Ambassador), Uday Lomesh (Vice-Lead Ambassador),*

*Kirtveer Kharoud (Content Head), Maanavi Arora (Content Head), Tanya (Design Head), Udita Lamba (Lets' Talk Head), Nanki Singh (Head of Magazine Department), Sezalpreet Kaur (Head of Magazine Department), Asavri Kaur (Research and Advocacy Head), Jasveen Kaur (Research and Advocacy Head), Devansh Verma (Social Media Head), Yuvraj Gupta (Social Media Head), Abhinav Garg (Head of Technical Department), Uday Beswal (Head of Technical Department), Ananta Sharma (Design Head), and assisted by MHSA's Rudhir Pratap Singh, Saranya Aggarwal, Tushar Gupta, Alisha Chauhan, Nusaibul Hasan and Hardik Pawar from TICC along with Pancham Aggarwal, Harsh Malhotra and Armaan Garg who helped in covering our event. They all engaged with students in the 11th and 12th grades. The MHSA's employed various techniques to teach essential skills such as time management and goal setting. They utilized skits and art therapy to actively involve the students, enabling them to recognize their strengths and weaknesses. To address stress and anxiety, guided meditation exercises were incorporated.*

The delegation also discussed strategies for enhancing focus and study skills, emphasizing the importance of focused attention, goal setting, and self-awareness. These approaches collectively supported the students in setting realistic objectives and achieving desired outcomes.

Dr. Sonam Dullat, Manager - Student Counsellor at TICC, delivered a speech to the students, highlighting the significance of the mind-body connection, community collaboration, environmental sustainability, self-care, and self-compassion. The delegation received support from the school Principal, Mr. S. Balbir Singh Jaura, in their efforts to promote healing and introspection among the students.

The impact of this initiative was evident through the students' happiness and contentment, which cannot be adequately expressed in words. The TICC remains committed to undertaking similar endeavours in the future, continually striving to make a positive difference in the lives of students.





- **The Centre for Training & Development organized a one-day training program on 'Pastoral Care Training' for caretakers** on June 9, 2023, from 10 a.m. to 5 p.m. in Lp 109. *Module IV of the program aimed to develop Psychological First Aid (PFA) skills and enhance the ability to handle distressing situations. Dr. Sonam Dullat, Manager (Student Counsellor), conducted concept and application sessions during the program.* These sessions covered various aspects of Psychological First Aid (PFA), equipping participants with essential skills to provide immediate and compassionate support to individuals in emotional distress or crisis.

The training included educating participants about understanding emotional distress and the core principles of PFA. The impact of trauma on mental health was emphasized, along with the importance of providing non-judgmental and compassionate support. Participants were encouraged to be mindful of cultural beliefs, practices, and norms that influence individuals' experiences of distress and trauma.

The program focused on teaching participants how to assess the immediate safety of individuals in crisis and guide them in creating safety plans. It also highlighted the significance of recognizing warning signs, identifying potential risks, and supporting individuals in developing effective coping strategies during critical situations.

Participants were encouraged to establish networks, establish referral pathways, and coordinate efforts to provide comprehensive support to those in need. They were guided in developing self-awareness and implementing self-care strategies to maintain their own well-being while offering support to others.

The training utilized role-playing to enhance its effectiveness. Additionally, the program emphasized the importance of fostering partnerships between pastoral workers and mental health professionals. This interdisciplinary approach facilitated ongoing collaboration, knowledge exchange, and supervision, thereby improving the quality of support provided to individuals in distress.

Creating a culture of empathy and understanding within the pastoral community was highlighted as crucial for the well-being of individuals experiencing emotional distress or trauma. *The Mental Health Student Ambassadors Jaisika Bhatia, Sanchit Nanda, and Devansh Verma provided assistance during the training session as well. 38 caretakers attended the session in two batches from 10 a.m. to 1 p.m., 2 p.m. to 6.30 p.m.*



- **The Dean Outreach Office organised the Educators for Excellence-Counsellors' Conclave**, which took place at TIET from June 21 to 22, 2023. *The topic for open discussion was "Bridging the Gap: Preparing Students for Life in University/College" which took place on June 21, from 2.30 p.m. to 5 p.m. at the CILP Seminar Hall.*

*Dr. Sonam Dullat, the Manager (Student Counsellor),* shared her views, focusing on thoroughly understanding the specific needs and concerns of students as they enter college. She highlighted how TIET is implementing comprehensive strategies that cater to their diverse backgrounds, aspirations, and learning styles. These strategies encompass various initiatives such as academic support programs, mentoring, fostering a sense of community, and providing extensive mental health resources backed by technology. Dr. Dullat emphasized the importance of the Thapar Institute Counselling Cell (TICC) and the Mental Health Student Ambassadors in aiding transitioning students. The Thapar Institute Counselling Cell (TICC) plays a vital role in offering professional mental health counselling services and assistance to students who may face challenges not only during the transition phase but also in the subsequent years. Meanwhile, the Mental Health Student Ambassadors act as peer mentors, offering guidance, empathy, and a relatable perspective to help fellow students navigate the challenges they may face during this period. Together, these initiatives create a comprehensive support system to ensure the well-being and successful transition of students at the Thapar Institute. She further explored the range of actions undertaken by TIET, sharing best practices and real-world examples that demonstrate the remarkable efforts and positive outcomes achieved in making the lives of transitioning students more manageable, sustainable, and enriching.

*Dr. Ankush Pathania, the Associate Dean of Student Affairs (ADoSA),* highlighted the importance of societies, clubs, and chapters in the personal and social growth of first-year students. These faculty-student-led organizations provide valuable platforms for individuals to explore their interests, develop new skills, and forge meaningful connections with like-minded peers. By actively participating in these extracurricular activities, students can expand their horizons, gain leadership experience, and enhance their overall development outside the academic realm. Dr. Pathania emphasized the transformative role these societies play in nurturing well-rounded individuals and creating a vibrant and inclusive campus community at the Thapar Institute.

*Dr. Ashish Purohit, the Coordinating Warden,* emphasized the positive influence of hostel life on nurturing autonomy and encouraging healthy decision-making. He highlighted how residing in hostels empowers individuals to become more conscious of making choices that contribute to their overall well-being. Dr. Purohit acknowledged the collective efforts of hostel wardens, administrative officers, and caretakers who work

collaboratively to provide assistance and ensure the welfare of all hostel residents. Their support plays a crucial role in creating a conducive and secure environment that fosters personal growth and a sense of belonging within the Thapar Institute community.



**VII. For The Year 2022-2023: (Support & Engagement Activities Conducted by TICC):**

**Support Activities:**

**Support Activities (August 2022):**

- Sensitization for students on *'Be a Mental Health Student Ambassador! - TICC'* was circulated to all the students through email on 01.08.2022.
- Sensitization for students on *'Your Relationship with Food and Its Effect On Self-Image'* was circulated to all the students through email on 10.08.2022
- Sensitization for students on *'Incorporating Gratitude into Your Daily Life'* was circulated to all the students through email on 16.08.2022.
- Sensitization for students on *'Reframing Negative Thoughts?'* was circulated to all the students through email on 22.08.2022.

**Support Activities (September, 2022):**

- Sensitization for students on *'Declutter: The Art of Reducing Excessive Stimuli'* was circulated to all the students through email on 06.09.2022.

- Sensitization for students on *‘Trust the magic of new beginnings’* was circulated to all the students through email on 19.09.2022.
- Sensitization for students on *‘Being at ease with Anxious Thoughts’* was circulated to all the students through email on 22.09.2022.
- Sensitization for students on *‘Importance of Self-care to Your Overall Mental Health’* was circulated to all the students through email on 27.09.2022.

#### **Support Activities (October 2022):**

- Sensitization for students on *‘Launch of e-Magazine - ‘New Vision’* on the occasion of World Mental Health Day, 10th October 2022.  
<https://www.yumpu.com/en/document/read/67285410/new-vision-edition-1>.

*A semesterly publication, this magazine contains content curated to acquaint you with various aspects of mental wellness. The magazine provides a unique and enriching perspective regarding the fight against the most common mental illnesses. Whether you enjoy reading articles and opinion pieces, navigating through insightful interviews, or making efforts to enhance the quality of your life through articles by experts - this magazine has something for everyone!!*

- Sensitization for students on *‘Get Your Unwanted Emotion’s Under Control’* was circulated to all the students through email on 12. 10. 2022.

#### **Support Activities (November, 2022):**

- Sensitization for students on *‘How to move on from a difficult relationship’* was circulated to all the students through email on 14. 11. 2022.
- Sensitization for students on *‘Understanding Fears That Are Holding You Back’* was circulated to all the students through email on 22. 11. 2022.
- Sensitization for students on *‘Tackling Performance Anxiety’* was circulated to all the students through email on 29. 11. 2022.

#### **Support Activities (December, 2022):**

- Sensitization for students on *‘Steps You Can Take Every Day to Boost Your Mental Resilience’* was circulated to all the students through email on 07.12.2022.
- Sensitization for students on *‘Are we listening to our emotions’* was circulated to all the students through email on 19.12.2022.

- Sensitization for students on '*Clarifying Your Personal Values*' was circulated to all the students through email on 22.12.2022.

#### **Support Activities (January, 2023):**

- Sensitization for students on '*Fighting or Accepting Our Demons*' was circulated to all the students through email on 13.01.2023.
- Sensitization for students on '*Identifying Your Inner Power*' was circulated to all the students through email on 24.01.2023.
- Sensitization for students on '*Forgiveness: Path to a peaceful Mind*' was circulated to all the students through email on 27.01.2023.
- Sensitization for students on '*Stepping Outside the Comfort Zone*' was circulated to all the students through email on 30.01.2023.

#### **Support Activities (February, 2023):**

- Sensitization for students on '*Embracing Your Sensitive Side*' was circulated to all the students through email on 01.02.2023.
- Sensitization for students on '*Managing Negative Thoughts*' was circulated to all the students through email on 06.02.2023.
- Sensitization for students on '*Changing Unhealthy Habits*' was circulated to all the students through email on 14.02.2023.
- Sensitization for students on '*Positivity: Healthy or Toxic?*' was circulated to all the students through email on 20.02.2023.

#### **Support Activities (March, 2023):**

- Sensitization for students on '*Art of Visualization*' was circulated to all the students through email on 01.03.2023.
- Sensitization for students on '*Changing Unhealthy Habits*' was circulated to all the students through email on 02.03.2023.
- Sensitization for students on '*Prioritising Yourself Over a Relationship*' was circulated to all the students through email on 22.03.2023.
- Sensitization for students on '*Building Resilience*' was circulated to all the students through email on 27.03.2023.

#### **Support Activities (April, 2023):**

- Sensitization for students on '*Overcoming Addiction*' was circulated to all the students through email on 03.04.2023.

- Sensitization for students on '*Practicing Self-Compassion*' was circulated to all the students through email on 25.04.2023.

**Support Activities (May, 2023):** *All other activities were suspended in lieu of EST's.*

- Sensitization for students on '*TIET Commitment Towards Creating Compassionate Campus Experience*' was circulated to all the students through email on 16.05.2023.

### **Engagement Activities:**

#### **Engagement Activities (August 2022):**

**1. One-on-One Counselling Sessions for August (All these sessions were done through walk-ins):**

- Students/parents/staff/faculty opted for personal counselling sessions (walk-ins).
- Registrations done through slot booking form for personal counselling session.
- In every email from TICC, students are getting this link for registration <https://bit.ly/tietticc>

**2. TICC collaborated with CTD (Centre for Training and Development) for their 'Placement Symposium' from August 1<sup>st</sup> - August 7<sup>th</sup> 2022 onwards for the student mental wellness interventions on need basis – Conducted by Dr. Sonam Dullat**

**3. Organized and conducted 'Let's Talk Session: Assertiveness' on 09 August, 2022 from 5.30-7pm in Tan-102.** An offline event for the Mental Health Student Ambassadors present in the campus. The focus of this session, which was intended for the Mental Health Student Ambassadors, was on what assertiveness is, how it can be passive, aggressive, or assertive, how to recognise its nonverbal components, how to avoid passive and aggressive nonverbal behaviours, and how to spot irrational beliefs and aggressive communication. *Conducted by Dr. Sonam Dullat and Jashandeep Kaur (Mental Health Student Ambassador). 18 attended the session.*

**4. Organized and conducted group counselling session on 'Grief' on 25<sup>th</sup> August 2022 by Ms. Garima Garg in G-Block Common Room. 4 attended the session.**

#### **Engagement Activities (September, 2022):**

**1. One-on-One Counselling Sessions for August (All these sessions were done through walk-ins):**

- Students/parents/staff/faculty opted for personal counselling sessions (walk-ins).

- Registrations done through slot booking form for personal counselling session.
  - In every email from TICC, students are getting this link for registration <https://bit.ly/tieticc>
2. ***Organized and facilitated ‘Mental Wellness Session’ for MSc. Chemistry and Biochemistry 1<sup>st</sup> and 2<sup>nd</sup> year students at the School of Chemistry & Biochemistry. The session was conducted on September 5, 2022, from 5.15 p.m. to 6.15 p.m in the seminar room of School of Chemistry & Biochemistry. Conducted by Dr. Sonam Dullat and Mental Health Ambassador -Aafreen Singh. 41 students attended the session.***
  3. ***Organized and conducted group counselling session on ‘Anxiety’ on 5<sup>th</sup> September 2022 from 5.30pm -6.15pm in G-Block Common Room. By Ms. Garima Garg. 6 attended the session.***
  4. ***Organized and conducted session for MA Psychology First Year student’s resident of PG-Hostel students on the ‘Importance of Mental Health & Seeking Help’ on 6<sup>th</sup> September 2022 from 6.00pm-7.30 pm in PG- Hostel. Session conducted by Dr. Sonam Dullat.***
  5. ***Organized and conducted ‘Mental Health Matters’ for M.SC. Maths 1<sup>st</sup> and 2<sup>nd</sup> year students on 7<sup>th</sup> September, 2022 in the seminar room of School of Mathematics from 5.30 p.m. to 6.45 p.m. Conducted by Dr. Sonam Dullat and Mental Health Ambassador – Tisha Kalra, Uday Lomesh and Pranathi Singh. 23 students attended the session.***
  6. ***Conducted Psychological Orientation session on sensitizing students with respect to ‘Psychological Well-Being and Existence of Thapar Institute Counselling Cell (TICC)’ in the Proem Week 2022 for LMTSOM Derabassi on (16<sup>th</sup> September) an orientation program for the new entrants for B.Tech CSE 1<sup>st</sup> Year students. Conducted by Dr. Sonam Dullat.***
  7. ***Conducted Psychological Orientation session on sensitizing students with respect to ‘Psychological Well-Being and Existence of Thapar Institute Counselling Cell (TICC)’ in the Proem Week, 2022 on (17<sup>th</sup> September) an orientation program for the new entrants. Conducted by Dr. Sonam Dullat.***
  8. ***TICC MHSA’s also participated in the FROSH Society Fair on 17<sup>th</sup> September, 2023 from 3pm-7.30pm***
  9. ***Organized and conducted group counselling session on ‘How Does Therapy Work’ on 26<sup>th</sup> September 2022 in G-Block Common Room from 5.30 p.m. to 7 p.m. The session focused on developing the client-professional relationship, clarifying and assessing the presenting problem or situation, identifying and setting counselling or treatment goals, designing and implanting interventions, and confidentiality norms. Conducted by Ms. Sonam Dullat. 74 attended the session.***

### Engagement Activities (October, 2022):

1. *One-on-One Counselling Sessions for October (All these sessions were done through walk-ins):*
  - Students/parents/staff/faculty opted for personal counselling sessions (walk-ins).
  - Registrations done through slot booking form for personal counselling session.
  - In every email from TICC, students are getting this link for registration <https://bit.ly/tietticc>
2. *On October 10, 2022, World Mental Health Day, the TICC e-magazine 'New Vision' was conceptualised and released.* <https://www.yumpu.com/en/document/read/67285410/new-vision-edition-1>. A semesterly publication. The magazine provides a unique and enriching perspective regarding the fight against the most common mental illnesses.
3. *The Workshop on Self-Love & Care was organized and conducted by the Thapar Institute Counselling Cell (TICC) in association with the Rotaract Club, TIET, and Echoes Club, TIET. The event was held on October 12, 2022, to celebrate World Mental Health Day.* The venue for the workshop was the Aged Day Care and Wellness Centre in Village Rongla, Patiala. The theme of the workshop was "Gray-haired people are the red-colored diamonds in the necklace of life," which aimed to highlight the value and importance of the elderly in society. The objective was to promote the campaign of "Make Mental Health & Well Being for all a Global Priority."

The Mental Health Student Ambassadors (MHSAs) from TICC played a crucial role in the workshop. They spent quality time with the elderly people at the center, providing a listening ear and a supportive presence. The MHSAs engaged in conversations with each elderly person, allowing them to express their feelings and emotions. This provided an opportunity for the elderly individuals to share their routines, habits, and memories from their younger days. Members of the Rotaract Club organized recreational activities to bring smiles and cheer to the elderly people. These activities aimed to create a joyful and uplifting environment for the participants. On the other hand, members of Echoes Club played a vital role in documenting and capturing the wholesome moments of the

workshop. They recorded the interactions, conversations, and activities, ensuring that the memories could be cherished by everyone involved. The workshop was well-coordinated under the guidance of Dr. Sonam Dullat, who not only managed the team but also actively listened to the old people, providing them with a compassionate ear to discuss their lives and problems. The collaboration among the three organizations, TICC, Rotaract Club, and Echoes Club, ensured the smooth functioning of the entire event. In addition to their active participation, MHSAs from TICC secured sponsorship from Goel Provision Store, Rattan Bhandaar, and Elysian Bakery. They donated food items, including rice, gram flour, and cupcakes, to the Aged Day Care and Wellness Centre, further enhancing the experience for the elderly individuals. A total of 19 MHSAs from TICC, 19 students from the Rotaract Club, and 7 students from Echoes Club actively participated in the workshop, making it a meaningful and impactful event. The visit to the Aged Day Care and Wellness Centre resulted in fruitful conversations and left a lasting impression on the members of all three organizations involved.

4. *The Workshop on Self-Love & Care, celebrating World Mental Health Day 2022, was organized and conducted by the Thapar Institute Counselling Cell (TICC) in collaboration with the Rotaract Club and Echoes Club, TIET. The workshop took place on October 13, 2022, at Ryan International School in Patiala.* The workshop aimed to contribute to the development of children into good human beings and promote the campaign of "Make Mental Health & Well Being for all a Global Priority." TICC, Rotaract Club, and Echoes planned interactive sessions at Ryan International School, and they express their gratitude to Mrs. Pooja Sharma, the principal of the school, for providing the opportunity. The school also supported the workshop by providing transportation and ensuring the smooth flow of the sessions.

The sessions conducted during the workshop had a lasting impact on the minds of the students. Three sessions were held, with 120 students from class 9, 120 students from class 10, and a combined session for 100 students from classes 11 and 12. The Mental Health Student Ambassadors (MHSAs) from TICC initiated the sessions with an

interactive talk covering various topics such as mobile phone addiction, lack of concentration, short attention span, behavior and family issues, and hyperactive behavior. The students were then guided through a mindful meditation experience, creating a sense of calm and mindfulness. Following the talk, there was another interactive session on "Self Love and Self Care." The students were provided with practical ways to understand and implement self-love in their lives. The session included activities that helped the students grasp the concept better. Alongside the MHSAs, Dr. Sonam Dullat also addressed the students, emphasizing the importance of self-love and guiding them on the correct ways to practice it. She also addressed any doubts or concerns the students had, creating a safe space for them to discuss mental health topics openly. After the MHSAs' session, the members of the Rotaract Club conducted an interactive session on "Soft Skills and Communication." This session aimed to enhance the students' communication abilities and develop important soft skills. The members of Echoes, the club responsible for recording and capturing moments, accompanied the team and did a phenomenal job documenting the sessions for everyone to cherish. Their dedication and professionalism were commendable.

The entire team, including the MHSAs, members of the Rotaract Club, and Echoes, functioned smoothly under the guidance of Dr. Sonam Dullat. The team is immensely grateful for her leadership and support throughout the workshop. In total, 18 MHSAs from TICC, 12 students from the Rotaract Club, and 8 students from Echoes actively participated in the workshop, making it a successful and impactful event. The interactive sessions held at Ryan International School provided the students with valuable insights into mental health, self-love, self-care, and soft skills, leaving a positive impression on their minds.

### **Engagement Activities (November, 2022):**

- 1. *One-on-One Counselling Sessions for November (All these sessions were done through walk-ins):***
  - Students/parents/staff/faculty opted for personal counselling sessions (walk-ins).
  - Registrations done through slot booking form for personal counselling session.
  - In every email from TICC, students are getting this link for registration <https://bit.ly/tietticc>
- 2. *Organized and conducted a group counselling session on “The importance of Prioritization’ on 2<sup>nd</sup> November 2022 from 5.30pm-7pm in G-Block Common Room.*** The discussion focused on establishing priorities, removing roadblocks that interfere with priorities, and reaching for big rocks, pebbles, and sand (when defining daily tasks). *Session was conducted by Dr. Sonam Dullat. 23 students attended the session.*
- 3. *Organized and conducted ‘Let’s Talk Session: Adjustment Issues’ on 04 November, 2022 from 5.30pm-7pm in TAN-102.*** This session was attended by all the Mental Health Student Ambassadors, and it was based on our understanding of what adjustment is, how adjustment problems impact our overall health, and the approaches we may use to deal with them when social and peer pressures have an impact on our ability to go about our daily lives. This session was also assisted by mental health student ambassadors. *Conducted by Dr. Sonam Dullat, Somya and Srishti (Mental Health Student Ambassador). 48 attended the session.*
- 4. *Organized and conducted a Workshop on ‘Mental Health Awareness Support Training’ on 16<sup>th</sup> November 2022 from 10am-12pm in Activity Space Centre 2 near DoSA Lounge Area.*** *This workshop was organized for the caretakers of all the hostels.* Workshop focused on: Understanding of what mental health is and why it matters, increased confidence to have a mental health conversation and knowledge of mental health resources for either self or supporting others. Building awareness, responding skills, collaborating, understanding what Psychological First Aid (PFA) were the main themes of this workshop. *Conducted by Dr. Sonam Dullat. 39 attended the workshop*
- 5. *Organized and conducted ‘Psychological Well Being Support Session’ for the Student Executive Committee Team of PG Hostel on 29<sup>th</sup> November 2022 from 6pm-7pm.*** *Conducted by Dr. Sonam Dullat.*

### **Engagement Activities (December, 2022):**

- 1. *One-on-One Counselling Sessions for December (All these sessions were done through walk-ins and few online-audio call):***

- Students/parents/staff/faculty opted for personal counselling sessions (walk-ins).
  - Registrations done through slot booking form for personal counselling session.
  - In every email from TICC, students are getting this link for registration <https://bit.ly/tieticc>
2. ***Organized and conducted a group counselling session on ‘Overcoming Procrastination’ on 5<sup>th</sup> December 2022 from 5.30pm-7pm in G-Block Common Room.*** The discussion focused on what procrastination is, various types of procrastinators, and strategies for overcoming procrastination. *Session was conducted by Dr. Sonam Dullat. 16 students attended the session.*
  3. ***Organized and conducted a group counselling session on ‘Art to practice Detachment’ on 12<sup>th</sup> December 2022 from 5.30pm-7pm G-Block Common Room.*** The session emphasised understanding attachment and detachment, how attachment affects emotions, various attachment styles, and how to practise detachment depending on each style. *Session was conducted by Dr. Sonam Dullat. 26 students attended the session.*
  4. ***Organized and conducted ‘Psychological Well Being Support Session’ for the Student Executive Committee Team of I and N Hostel on 1<sup>st</sup> December 2022 from 6pm-7pm.*** *Conducted by Dr. Sonam Dullat.*
  5. ***Organized and conducted ‘Psychological Well Being Support Session’ for the Student Executive Committee Team for Q Hostel on 2<sup>nd</sup> December 2022 from 2.30-3.30pm.*** *Conducted by Dr. Sonam Dullat.*

#### **Engagement Activities (January, 2023):**

1. ***One-on-One Counselling Sessions for January (All these sessions were done through walk-ins and few online-audio call):***
  - Students/parents/staff/faculty opted for personal counselling sessions (walk-ins).
  - Registrations done through slot booking form for personal counselling session.
  - In every email from TICC, students are getting this link for registration <https://bit.ly/tieticc>
2. ***Organized and conducted a group counselling session on ‘How to Stop Overthinking in a Relationship’ on 17<sup>th</sup> January 2023 from 5.30pm-7pm in G-Block Common Room.*** The session's main objectives were to increase awareness of toxic behaviour, attachment types, core values underlying toxic relationships, and the effects of toxic behaviour. It also focused on identifying triggers and the frequency of thoughts and feelings, as well as

monitoring and documenting them. *Session was conducted by Dr. Sonam Dullat. 18 students attended the session.*

- 3. Organized and conducted 'Let's Talk Session: Art Therapy' on 20<sup>th</sup> January 2023 from 5.30pm-7pm in Tan-101.** This session was intended for all the MHSAs. This session's goal was to improve participants' self-communication. Aid them in interpreting, articulating, and resolving their feelings and thoughts. To utilise art to help students explore their emotions, comprehend the difficulties or feelings that are upsetting them, and find a solution. Activities - 3:

- Activity 1: Ice Breaking and warm up activity to make the students comfortable.
- Activity 2: Designed for self-communication and helping individuals express themselves and have a close relationship with self (drawing any random picture/wrote a song name and associate it with their feelings).
- Activity 3: Drawing a tree and the roots, which further represented things we wanted to get rid of. Along with the drawing of leaves/flowers/fruits represented our strengths. The end activity was designed to leave everyone on a lighter note and ease them. Outcome- Everyone was very interactive during the activities and throughout the session. We received a positive response, and it was helpful for insight about self. *Conducted by Ameet, Udita and Dr. Sonam Dullat. 45 attended the session.*

### **Engagement Activities (February, 2023):**

- 1. One-on-One Counselling Sessions for February (All these sessions were done through walk-ins and few online-audio call):**
  - Students/parents/staff/faculty opted for personal counselling sessions (walk-ins).
  - Registrations done through slot booking form for personal counselling session.
  - In every email from TICC, students are getting this link for registration <https://bit.ly/tietticc>
- 1. Organized and conducted 'Let's Talk Session: Emotions' on 3<sup>rd</sup> February 2023 from 5.30pm-7pm in TAN-104.** All the student ambassadors for mental health attended the session. Assisted by student ambassadors for mental health. The session objective was to provide knowledge of the idea of emotions to the audience, to ensure that the participants understood the significance of appropriately regulating emotions, and to familiarise them with their own set of feelings. An offline event for the Mental Health Student Ambassadors. *Conducted by Dr. Sonam Dullat, Udita Singh Lamba and Palkin Gupta. 48 attended the sessions.*

- *Activities: Activity 1 - Weather Report: Aim-* To become conscious of how they were feeling right then. Here the audience had to describe what they were feeling in terms of weather. Examples: I feel like I am in the eye of Tornado things swirling around me though I am calm. I feel I am walking through a sunny field with spring petals drifting down all around me.
  - *Activity 2: Feeling Dice Game: Aim -* To aid them in understanding a certain feeling they experienced at a specific time. Each side of an Origami dice with various emotions was distributed to the crowd. Those in the audience had to roll the dice, and depending on where it landed, a specific emotion would appear. They then had to describe a period when they had that emotion.
  - *Activity 3: An anonymous message: Aim -* To take a message which is meaningful, uplifting, or inspiring home with them. The audience was shown how to fold an Origami heart in just five easy steps. Following that, they were instructed to put a message on it. After that, the hearts were gathered and dispersed at random among the audience.
  - *Outcome:* The aim of this activity was to understand how we process emotions and how we label them in negative manner which further distorts our sense of worth.
2. ***Organized and conducted a group counselling session on ‘Importance of Boundaries’ on 6<sup>th</sup> February 2023 from 5.30pm-7pm in G-Block Common Room.*** The session focused on what are boundaries, understanding co-dependent and interdependent relationships, understanding how to define values, focusing on attachment styles and 4 activities for the group to understand how to practically formulate them:
- ***Spend time discussing how our values are connected with our boundaries.*** The discussion emphasized the concept of boundaries, co-dependent and interdependent relationships, how to identify values, attachment styles, and four activities to help the group learn how to effectively articulate them. Based on 3 activities:
  - ***Spend time exploring concerns that group members have about setting boundaries.*** This can include fear of losing the relationship, fear of angering the other person, fear of being lonely, guilt, wanting approval from the other person, or feeling as though they “owe” the other person for previous actions. Ask the group to discuss their concerns, and validate their reasons. Spend time discussing how they can work towards addressing their reasons in a way that feels safe to them.
  - ***Spend time discussing how our thoughts impact our emotions which lead to our behaviours.*** Provide the group with an understanding of cognitive distortions, and explore any cognitive distortions that impact group members’ ability to establish and maintain healthy boundaries.
  - ***Spend time discussing unhealthy relationship patterns, and explore group members’ experiences with them.*** As an example, this can include being too dependent on

someone, being too independent, and not being able to communicate your thoughts and needs.

*Session was conducted by Dr. Sonam Dullat. 12 students attended the session.*

**3. Organized and conducted 'Open Let's Talk Session: Setting Boundaries' on 8<sup>th</sup> February 2023 from 5.30pm-7pm in C-Hall.** The session goal was to be mindful that we require boundaries in the same amounts that others do. What impact does it have on our mental and interpersonal well-being? By defining our boundaries, we make clear what we expect from others and what actions we will not stand for. *Session was conducted by Dr. Sonam Dullat, Anushka Lalwani, Shavivika and Palack. 75 attended the sessions.*  
Activities:

- *Art therapy-* participants were asked to visualise how they feel when they set healthy boundaries and draw their empowered self.
- *Role play-* a conversation between two friends was showed to highlight the two problems people face while setting boundaries.
- *Chits-* 7 chits with some situations written on them were randomly asked to be picked by the participants. On each chit, a situation was written where people find it difficult to set boundaries. Audience was asked to give possible solutions to the problems in the chits.
- *Outcome:* The session ended with a positive note, explaining the importance of defining relationships. Boundaries should be flexible, if we know that the other person is genuinely on our side.

**4. Organized and conducted 'Open Let's Talk Session: Self Esteem' on 13<sup>th</sup> February 2023 from 5.30pm-7pm in C-Hall.** This session's goal was to encourage us to reflect critically on how we see ourselves and how our self-esteem has developed. Participants were urged to discuss their strengths and weaknesses and come up with ideas for how to boost their self-esteem when they are feeling low. They were also asked to consider how their sense of self-worth impacts how they interact with others in social situations. To comprehend and explain how current self-esteem may be shaped by prior experiences. *Session conducted by Dr. Sonam Dullat, Avantika Garg and Manikya Puri. 53 attended the sessions.*

- *Activity 1: Make 9 boxes on a sheet of paper, and write the following things:* Middle square will be your name, a compliment that someone gave you, nice things your friends and family would say about you, for fun you like to do, 2 words to describe yourself are, 2 things you are good at, something nice you have done for someone else, one thing most don't know about you *and one* thing that

makes you laugh. *This activity helped the students to think about positive things about themselves. This also reflected that everyday has something positive to offer and instead of focusing on negative aspects, we should surround ourselves with positivity.*

- *Activity 2: Make chits about some relatable situations and ask the students to answer how to increase self-esteem in those situations. This activity helped the students to think rationally and in a positive manner in relatable and daily life situations which can tend to decrease one's self-esteem.*
- *Activity 3: Make a circle and write things that one can control inside the circle and then write things that are out of one's control outside the circle. This activity was performed to keep in mind that it is important to focus on things that can be controlled by an individual instead of focusing on those aspects which are out of one's control. By doing this one can inculcate more positive thoughts and avoid thinking and burdening oneself with situations that one has no control over.*
- *Activity 4: Pass on colorful placards to everyone and then ask each one of them to write 2 compliments about the person sitting at the right of him/her. This activity was performed to end the session with a compliment for everyone and to make their evening end with a smile on their faces.*
- *Outcome: The session started by a role play and went on with discussing about the concept of self-esteem. The session included 4 activities which had an active participation by the audience. Many people shared their opinions and asked questions as well. In all, it can be seen as a successful session filled with discussions, participation, and laughs.*

5. ***Organized and conducted 'Open Let's Talk Session: Overthinking' on 20<sup>th</sup>February 2023 from 5.30pm-7pm in TAN-Audi.*** To provide insight into the inner workings of overthinking, prevalent over thinker behavioural patterns, an awareness of why we overthink, and techniques for minimising it. Assisted by mental health student ambassadors. *Session conducted by Dr. Sonam Dullat, Jasneer and Kanika. 60 students attended the session.*
6. ***Organized and conducted 'Open Let's Talk Session: Dance Therapy' on 27<sup>th</sup>February 2023 from 5.30pm-7pm in C-Hall.*** We tried to keep the session light and enjoyable, taking into account the forthcoming exams and making sure that the audience experienced the space in a positive state of mind. The session focused on understanding dance therapy's principles and practical applications to foster their ability to express themselves freely and interact with others, improve self-image, spontaneity, bodily awareness, and creativity, and encourage and incorporate emotional stability (such as stress management and anger management). The activity taught them how to convey their feelings through their bodies rather than using words, emphasizing self-expression

through movement. We were thrilled to see the audience engaged, smiling, and enjoying themselves all the way through. *Session conducted by Dr. Sonam Dullat, Udita Lamba, Pranthi and Jhanvi. 84 students attended the session.*

- *Activity 1 - Knowing the hookstep:* We played a few songs and then we asked the audience to guess and perform the hookstep of the same song.
- *Activity 2 - Create your own dance:* We called up a few volunteers on the stage and each one of them had to do a specific step and later in the end all of them had to do the steps together in a continuous chain and as a result, they eventually came up with their own dance.
- *Activity 3 - Just Not Laugh:* Few individuals were chosen from the audience who managed well to keep poker faces throughout the session and then few volunteers were picked and they were supposed to make these individuals with poker faces laugh.
- *Activity 4 - Bhangra performance:* The highlight of the show was the Bhangra performance done by a group. They performed on several songs.
- *Activity 5 - Audience dance:* We asked the whole audience to dance on a song that reminded them of their early childhood days (Bum Bum Bole).
- *Activity 6 - Take home message:* The audience was asked to describe the whole session in a single word.
- *Outcome:* We were astonished to see the audience actively participating in all the above listed activities. They were all smiling and laughing throughout the session. During the end they were all pumped up and requested us to conduct more such sessions as they felt these sessions help them develop insight.

**Engagement Activities (March, 2023):** *Most of the activities were suspended in lieu of MST's.*

1. *One-on-One Counselling Sessions for March (All these sessions were done through walk-ins and few online-audio call):*
  - students/parents/staff/faculty opted for personal counselling sessions (walk-ins).
  - Registrations done through slot booking form for personal counselling session.
  - In every email from TICC, students are getting this link for registration <https://bit.ly/tieticc>
2. ***Organized and conducted 'Let's Talk Session: Anger Management' on 27<sup>th</sup> March 2023 from 5.30pm-7pm.*** The session was attended by all the Mental Health Student Ambassadors. Objectives: To educate the audience about what anger is, how it can be identified, the different ways in which different people react to different situations, and

ways to manage it. Activities:

- *Self-assessing one's anger behavior.* The activity included a questionnaire which consisted of 22 questions related to different anger behaviors. The activity was performed to have an idea about the extent to which people showed different anger behaviors.
- *Dice Game.* A dice was rolled by 6 volunteers in the audience. Each number of the dice was associated with a particular question which had to be answered by the volunteer himself/herself. The activity was performed in general to know the different experiences the students have had with anger, things that make them angry, etc.
- *Chit Game.* A total of 11 situations were given to volunteers. Each chit had a situation related to daily life aspects which in most cases yield anger behavior. The volunteers were asked to answer what would they do in the situation and how would they express their anger or manage it.
- *Outcomes:* One of the first outcomes that came out of the session was the increased knowledge of the audience and ourselves about the topic. New methods of taming one's anger in a positive manner was also learned. Although some activities were kind of giving a reality check, it was important for them to understand the problems one could face after getting angry. Audience was also made to understand that it is totally normal to be angry and show your emotion but it is important to do it in a healthy way so as to not only not harm the other person but to also maintain one's calm and temper in a situation that can be solved positively.

*Conducted by Avantika Garg, Rupal Singh, Dr. Sonam Dullat and Ms. Samira Singh 58 attended the sessions.*

3. *Organized and conducted a group counselling session on 'Identifying Emotional Triggers' on 28<sup>th</sup> March 2023 from 5.30pm-7pm in G-Block Common Room.* The session focused on understanding our emotional triggers, recognizing our unmet needs, how trauma affects hidden emotions, identifying toxicity in relationships, and strategies for managing emotions. *Session was conducted by Dr. Sonam Dullat. 17 students attended the session.*

### **Engagement Activities (April, 2023):**

1. *One-on-One Counselling Sessions for April (All these sessions were done through walk-ins and few online-audio call):*

- students/parents/staff/faculty opted for personal counselling sessions (walk-ins).
- Registrations done through slot booking form for personal counselling session.
- In every email from TICC, students are getting this link for registration <https://bit.ly/tieticc>

2. **Organized and conducted ‘Open Let’s Talk Session: Rejection and How to deal with it’ on 5<sup>th</sup> April 2023 from 5.30pm-7pm in C-Hall:**

The goal was to educate the audience on what rejection is and how to handle it effectively . Since rejection is unpleasant and challenging to take, we wanted to handle it in this session in a way that would help the audience deal with it and come out of the experience stronger. Rejection is something that all people encounter at some point in their life. *Conducted by Palkin Gupta, Ambar Abaas, Dr. Sonam Dullat and assisted by Ms. Samira Singh. 57 students attended the sessions.*

- *Activities: Meditation activity:* In this activity, the audience was made to sit in a comfortable space and was requested to close their eyes and relax. After they were completely relaxed, they were asked to imagine a situation in which they were rejected and were required to feel every single emotion of the situation. Following the recall of the situation, they were asked to slow their breathing and repeat the following sentences in their minds or out loud: "May I be kind to myself in this moment of difficulty? May I give myself the compassion I need right now?" The activity was performed in order to help the audience deal with rejection in a more calming and soothing way, which promotes a healthy mind.
- *Chit Game:* A total of seven situations were given to volunteers. Each chit had situations related to common daily rejections. The volunteers were asked to randomly pick one chit and enlighten us about what strategies they would themselves use if they were in that same situation.
- *Outcomes:* The first outcome was the higher understanding of the audience about rejection and that there are possible strategies to overcome it and come out stronger on the other side. As we all know, rejection makes us feel like we are the only ones going through a situation like this, which further makes us feel stressed and isolated. Thus, this session allowed the audience to voluntarily talk about the situations in which they were rejected, help create a safer space to share their experiences, and make others aware that rejection is inevitable but there are ways to cope with it. The chit-chat game made them aware of their own capabilities and capacities to deal with rejection that they might or might not have known beforehand.

3. *Thapar Institute Counselling Cell enhanced its technological capabilities and offered more comprehensive and effective series of workshop to the members, The Bootcamp Series, by Technical Department of TICC from 4<sup>th</sup>- 13<sup>th</sup> April 2023 in Tan-104: The workshops provided hands-on experience in building interactive web interfaces, improving technical skills, and enhancing the user experience of web applications. In addition, the supportive environment improved communication and teamwork skills, and increased self-esteem and confidence. These were held in Tan-104, and the footfall was around 40–50 in every workshop. The details are as follows:*

- **Ui/ux:** This workshop was held on April 4 and was given by MHSA's Omisha Gupta and Rimjhim Mittal. The workshop was attended by 30 students. The workshop on UI/UX design had a significant impact on both the technical functionality and the mental health of individuals seeking support. *By incorporating best practises in design, such as clear language and intuitive navigation, mental health resources became more accessible and easier to navigate. This, in turn, reduced barriers to seeking support and created a more comfortable and reassuring environment for vulnerable individuals.* In addition to these benefits, the technical improvements resulting from the workshop, including reduced development time and increased user engagement, further enhanced the overall effectiveness of mental health resources. By tailoring the design to meet the specific needs of users and incorporating feedback early in the design process, developers were able to create more personalised and engaging experiences for users, leading to more positive outcomes and increased user satisfaction.
- **Devops:** This workshop was held on April 7 and was given by MHSA Gunjeev Singh. The workshop was attended by 50 students. The DevOps workshop had positive impacts on both the technical functionality of software development and the mental health of individuals involved in the process. By implementing DevOps practises such as continuous integration and deployment, automation, and monitoring, the speed and reliability of software delivery can be significantly improved, which can reduce the potential for human error and increase the speed of development. *The implementation of DevOps practises can also lead to a more collaborative and productive work environment, which positively impacts the mental health of individuals involved in the process. The use of agile methodologies and frequent feedback can increase job satisfaction and reduce the potential for burnout, leading to improved mental health and well-being.*
- **Intro to Development:** This workshop was hosted on April 11 and was given by MHSA's Abhinav Garg, Uday Beswal, and Rimjhim Mittal. The workshop was attended by 30 students. The introduction to web development workshop had positive impacts on both technical functionality and the mental health of the

individuals involved. Participants gained foundational knowledge in HTML, CSS, and JavaScript, which can enhance the speed and quality of web development. *The workshop also provided an opportunity for participants to collaborate and connect with others, reducing social isolation and enhancing feelings of belonging. Additionally, learning a new skill can increase self-esteem and confidence, leading to overall improved mental health and well-being. By improving technical skills and social connections, participants can positively impact both their professional and personal lives.* Overall, the workshop on introduction to web development provided a valuable learning opportunity that had benefits beyond just technical proficiency.

- **Hands-on frontend development:** This workshop was held on April 13 and was given by MHSA's Utkarsh Tripathi and Alisha Chauhan. The workshop was attended by 25 students. The hands-on front-end development workshop had a positive impact on both technical proficiency and the mental health of participants. *The workshop provided hands-on experience in building interactive web interfaces, improving technical skills, and enhancing the user experience of web applications.* In addition, the supportive environment improved communication and teamwork skills, and increased self-esteem and confidence. By improving both technical skills and social connections, participants can positively impact both their professional and personal lives.

*By providing training opportunities to the members of the counselling cell in various technical fields, the cell enhanced its technological capabilities and offered more comprehensive and effective services to students seeking support. For instance, improved UI/UX design can make it easier for students to access the counselling cell's resources and reduce the barriers to seeking help. Furthermore, by improving the mental health and well-being of the individuals involved in the counselling cell, the workshops created a supportive and productive work environment. Overall, these workshops provided the Thapar Institute Counselling Cell with the tools and skills needed to offer more effective and accessible mental health support to students.*

4. **Organized and conducted a group counselling session on 'Embracing our Individuality' on 13<sup>th</sup> April 2023 from 5.30pm-7pm in Tan-104.** The session focused on understanding our individuality, recognizing our unmet needs, how to embrace your individuality for the sake of better mental health. Embracing individuality is about acceptance. Accepting not only our favourite parts of ourselves, but also our least favourite parts - and knowing that they equally make us who we are. Another important part of embracing individuality is understanding that everyone has different perspectives and preferences. *Session was conducted by Dr. Sonam Dullat. 17 students attended the session.*

5. **Organized and conducted ‘Let’s Talk Session: Body Image’ on 12<sup>th</sup> April 2023 from 5.30pm-7pm in LT-302:** The aim of this session was to create awareness about body image and body image issues and how they affect the mental health of an individual. Understanding one's relationship with one's body and how eating disorder behaviours and impulses are frequently caused by how emotions express themselves in one's physical body are among the goals of the Body Image Group. Members will receive encouragement for learning how to control their emotions during the week and how to treat themselves with care during a therapeutic process. The group will promote awareness of how identity is impacted and how change is challenged by negative body image, a lack of self-awareness, and low self-esteem. *Conducted by Srishthi, Aditya Chaudary, Dr. Sonam Dullat and assisted by Ms. Samira Singh. 52 students attended the sessions.*

- *Activities: Stop Labelling:* Paper Girl and Paper Boy were labelled by the volunteers based on any comment they received or had heard somebody get them. Every time the volunteers pasted a label the girl and the boy paper were crushed. This activity implied that even though from the exterior the paper girl and paper boy looked fine, but internally they had a lot going on which was depicted by the crushed and torn paper.
- *List down the positive comments that you have received that you'd like to remember when you're feeling low:* Volunteers were made to understand how to balance the negative comments out by remembering the positive comments that someone must've told them.
- *Positive Mirror Reflection: Cognitive Restructuring Activity:* The volunteers were picked and they shared in front of a mirror their insecurities. The things that they don't like about themselves, things about their body that bother them. The mirror then helped them restructure their thoughts using positive affirmations and highlighting what's the good in them.
- *Outcome:* The session was a great learning experience. The audience got to learn how this is a universal phenomenon and everyone at a certain point of time faces body image issues regardless of gender, age and body type. They learnt how to balance the negatives and how labelling an individual can lead to a greater mental harm even if they looked fine on the outside.

6. **Thapar Institute Counselling Cell in collaboration with the Creative Computing Society organized an Internship Talk on 19<sup>th</sup> April 2023 in C-Hall from 5.30pm-7.45pm:** Students from CCS and TICC who have been offered internships have gotten together as the internships are about to begin in order to support you as you deal with your conflicted feelings and to provide you with clarity regarding the internships. This

talk was designed around technical skills and emotional intelligence. The internship talk consisted of a panel of students from Thapar Institute of Engineering and Technology who had secured internships at coveted organizations such as Pranjal Arora, Sidharth Bahl, Surabhi Mishra, and Divija Arora (**JP Morgan and Co.**), Gunjeev Singh (**LinkedIn**), Divija Arora (**Samsung**), Harkirat Singh (**Texas Instruments**), Abhinav Sehgal (**STOA**), and Surabhi Mishra (**Arcesium**), who were interviewed by MHSA's Rimjhim Mittal and Rohan Varshney about the essentials one should keep in mind to secure an internship at a prestigious organization. A set of two interviewers belonging to TICC and CCS interviewed the panel on some basic rudiments that would help students acquire good internships, like what skills they should hone, things they should keep in mind while applying, how they should manage their time and stress while applying, how they should effectively reach out to recruiters, and what their profiles should look like. After the interview, the panellists interacted with the audience during the live questioning segment, where students reached out to the panellists to clear their respective doubts about applying to internships and the effective methods to ace internship tests and interviews. The session concluded with a small speech by the TICC Lead Mental Health Ambassador and the MHSA Technical Head, under the able guidance of Dr. Sonam Dullat, on the importance of emotional intelligence in navigating the internship or placement process and focused on the ability to manage both your own emotions and the emotions of those around you. The session helped students gain insight into profile building and applying to internships, along with learning how to regulate and cope with their emotions. *Talk was attended by 158 students.*

- 7. In celebration of World Healing Day on April 29, 2023, the Thapar Institute Counselling Cell (TICC) organized a delegation to the Government Senior Secondary Smart School in Model Town, Patiala: "We can't heal the world today, but we can begin with a voice of compassion, a heart of love, and an act of kindness." Small actions by a community make a difference, not just one person. To celebrate World Healing Day on April 29, 2023, Thapar Institute Counselling Cell organized a delegation to the Govt. Sen. Sec. Smart School Model Town, Patiala. 20 Mental Health Student Ambassadors(TICC) engaged with students in classes 11th and 12th to promote mental health awareness and healing. The MHSA's used different techniques to teach skills like time management and goal setting to students. They used skits and art therapy to engage the students and help them identify their strengths and weaknesses. To manage stress and anxiety, they incorporated guided meditation exercises. The delegates also discussed ways to improve focus and study skills, emphasizing techniques like focused attention, goal setting, and self-awareness. Overall, these approaches helped students set realistic objectives and achieve desired outcomes. Dr. Sonam Dullat, Manager - (Student Counsellor), TICC spoke to the students about the importance of the mind-body connection, community collaboration and unity, environmental sustainability, self-care,*

and self-compassion. With the support of the school Principal, Mr. S. Balbir Singh Jaura, the delegation aimed to promote healing and introspection among the students. The students' happiness and contentment cannot be expressed in words, and TICC will continue to make similar efforts in the future.

**Engagement Activities (May, 2023):** *All other activities were suspended in lieu of EST's.*

- 1. One-on-One Counselling Sessions for May (All these sessions were done through walk-ins):**
  - students/parents/staff/faculty opted for personal counselling sessions.
  - Registrations done through slot booking form for personal counselling session.
  - In every email from TICC, students are getting this link for registration <https://bit.ly/tiesticc>
  - *All other activities were suspended in lieu of EST's.*

**Engagement Activities (June 2023):**

- 1. One-on-One Counselling Sessions for June (All these sessions were done through walk-ins/audio/video calls):**
  - students/parents/staff/faculty opted for personal counselling sessions (both walk-ins/online).
  - Registrations done through slot booking form for personal counselling session.
  - In every email from TICC, students are getting this link for registration <https://bit.ly/tiesticc>
- 2. TICC collaborated with CTD (Centre for Training and Development) for their 'Summer School Program' starting from June 14th - July 16th 2023 onwards for the student wellness interventions.**
- 3. The Centre for Training & Development organized a one-day training program on 'Pastoral Care Training' for caretakers on June 9, 2023, from 10 a.m. to 5 p.m. in Lp 109. Module IV of the program aimed to develop Psychological First Aid (PFA) skills and enhance the ability to handle distressing situations. Dr. Sonam Dullat, Manager (Student Counsellor), conducted concept and application sessions during the program. These sessions covered various aspects of Psychological First Aid (PFA), equipping participants with essential skills to provide immediate and compassionate support to individuals in emotional distress or crisis.**

The training included educating participants about understanding emotional distress and the core principles of PFA. The impact of trauma on mental health was emphasized, along with the importance of providing non-judgmental and compassionate support. Participants were encouraged to be mindful of cultural beliefs, practices, and norms that influence individuals' experiences of distress and trauma.

The program focused on teaching participants how to assess the immediate safety of individuals in crisis and guide them in creating safety plans. It also highlighted the significance of recognizing warning signs, identifying potential risks, and supporting individuals in developing effective coping strategies during critical situations.

Participants were encouraged to establish networks, establish referral pathways, and coordinate efforts to provide comprehensive support to those in need. They were guided in developing self-awareness and implementing self-care strategies to maintain their own well-being while offering support to others.

The training utilized role-playing to enhance its effectiveness. Additionally, the program emphasized the importance of fostering partnerships between pastoral workers and mental health professionals. This interdisciplinary approach facilitated ongoing collaboration, knowledge exchange, and supervision, thereby improving the quality of support provided to individuals in distress.

Creating a culture of empathy and understanding within the pastoral community was highlighted as crucial for the well-being of individuals experiencing emotional distress or trauma. *The Mental Health Student Ambassadors Jaisika Bhatia, Sanchit Nanda, and Devansh Verma provided assistance during the training session as well. 38 caretakers attended the session in two batches from 10 a.m. to 1 p.m., 2 p.m. to 6.30 p.m.*

**4.The Dean Outreach Office organised the Educators for Excellence-Counsellors' Conclave**, which took place at TIET from June 21 to 22, 2023. *The topic for open discussion was "Bridging the Gap: Preparing Students for Life in University/College" which took place on June 21, from 2.30 p.m. to 5 p.m. at the CILP Seminar Hall.*

*Dr. Sonam Dullat, the Manager (Student Counsellor), shared her views, focusing on thoroughly understanding the specific needs and concerns of students as they enter college. She highlighted how TIET is implementing comprehensive strategies that cater to their diverse backgrounds, aspirations, and learning styles. These strategies encompass various initiatives such as academic support programs, mentoring, fostering a sense of community, and providing extensive mental health resources backed by technology. Dr. Dullat emphasized the importance of the Thapar Institute Counselling Cell (TICC) and*

the Mental Health Student Ambassadors in aiding transitioning students. The Thapar Institute Counselling Cell (TICC) plays a vital role in offering professional mental health counselling services and assistance to students who may face challenges not only during the transition phase but also in the subsequent years. Meanwhile, the Mental Health Student Ambassadors act as peer mentors, offering guidance, empathy, and a relatable perspective to help fellow students navigate the challenges they may face during this period. Together, these initiatives create a comprehensive support system to ensure the well-being and successful transition of students at the Thapar Institute. She further explored the range of actions undertaken by TIET, sharing best practices and real-world examples that demonstrate the remarkable efforts and positive outcomes achieved in making the lives of transitioning students more manageable, sustainable, and enriching.

*Dr. Ankush Pathania, the Associate Dean of Student Affairs (ADoSA),* highlighted the importance of societies, clubs, and chapters in the personal and social growth of first-year students. These faculty-student-led organizations provide valuable platforms for individuals to explore their interests, develop new skills, and forge meaningful connections with like-minded peers. By actively participating in these extracurricular activities, students can expand their horizons, gain leadership experience, and enhance their overall development outside the academic realm. Dr. Pathania emphasized the transformative role these societies play in nurturing well-rounded individuals and creating a vibrant and inclusive campus community at the Thapar Institute.

*Dr. Ashish Purohit, the Coordinating Warden,* emphasized the positive influence of hostel life on nurturing autonomy and encouraging healthy decision-making. He highlighted how residing in hostels empowers individuals to become more conscious of making choices that contribute to their overall well-being. Dr. Purohit acknowledged the collective efforts of hostel wardens, administrative officers, and caretakers who work collaboratively to provide assistance and ensure the welfare of all hostel residents. Their support plays a crucial role in creating a conducive and secure environment that fosters personal growth and a sense of belonging within the Thapar Institute community.

## VIII. MENTAL HEALTH STUDENT AMBASSADOR PROGRAM



### Mental Health Student Ambassadors (TICC)



TICC believes that Mental Health services are not an accessory to a healthy lifestyle, but they form the foundation for leading a wholesome way of life. Founded in 2016, Thapar Institute Counselling Cell continues to deliver quality mental health services to its students. However, being a student has its own set of challenges that can be understood by no one better than a student himself. Keeping in mind the inherent bonhomie that students share among them, TICC launched its Ambassador Program in May 2020, under the aegis of DOSA.

#### WHO ARE THEY?

- They are the students who are passionate about Mental Health and its propagation with guidance from the Institute's Counsellors.
- These ambassadors are given training on how to conduct themselves as mental health representatives under the leadership of Mental Health Professionals.
- They are someone who you can go to for any matter, even for just venting out.

## WHY DO THEY EXIST?

- They have the aim of making the campus free from stigmas around mental health.
- Endeavoured at making Reaching Out easier, the Ambassador Program is an initiative for all. The Ambassadors are the ones who get your problems, your sufferings because they have been at your place and they know how it feels.
- They are your confidantes with whom you can share and discuss anything at any time.

## HOW TO APPROACH ONE OF THEM?

- Contacting them is super easy. Just ping them on their Instagram account, or at @ticc.official and they will be there.
- No worries if you don't have an Instagram account. You can mail them anytime and they will reach out to you as early as possible. (Contact Details available on TICC's website and IG account)

## WHY SHOULD YOU TRUST THEM?

- They promote TICC services and serve as a link between the students and professional counsellors.
- They have received proper training and guidance from the counsellors.
- They are someone who along with companionship, maintain a sense of professionalism, so fingers locked, your secrets are safe with them. They are the chosen ones: The Ambassadors are recruited based on an evaluation by the professional counsellor herself. Zealous and enthusiastic students who have a desire to learn, help and promote a positive environment, get selected. The Student Ambassador program aims at making TIET a safe space for its pupils, where they can be their authentic selves without any predisposed prejudice. The Ambassador program aims at erasing the stigma surrounding Mental Health one step at a time. MHSA team consists of students from first, second, third and MA Psychology students who actively wish to eradicate the stigma which comes along with mental well-being.

***TICC Mental Health Student Ambassador Program is in the third successful year of running.***

- *Akarsh Munshi (3<sup>rd</sup> Year BE MEE) Lead Ambassador (Mental Health Student Ambassador Program). E-Mail ID: amunshi60\_be18@thapar.edu (Contact No. +91-8800668215, Tenure from August 2020 - February, 2021).*

- *Bhavya Girdhar (3<sup>rd</sup> Year B.Tech Biotechnology) Lead Ambassador (Mental Health Student Ambassador Program).E-Mail ID: [bgirdhar\\_btech18@thapar.edu](mailto:bgirdhar_btech18@thapar.edu) (Contact No. +91-7027366077, Tenure from March 2021 - August, 2021).*
- *Shreya Jain (3<sup>rd</sup> Year BE CHE) Lead Ambassador (Mental Health Student Ambassador Program) E-Mail ID: [sjain1\\_be19@thapar.edu](mailto:sjain1_be19@thapar.edu) (Contact No. +91- 9783514845, Tenure from August 2021 - February 2022).*
- *Palak Modi (2<sup>nd</sup> Year BE COE) Lead Ambassador (Mental Health Student Ambassador Program) E-Mail ID: [pmodi\\_be20@thapar.edu](mailto:pmodi_be20@thapar.edu) (Contact No. +91- 7004438086, February 2022 - August 2022).*
- *Aashutosh Dubey (3<sup>rd</sup> Year BE COE) Lead Ambassador (Mental Health Student Ambassador Program) E-Mail ID: [adubey3\\_be20@thapar.edu](mailto:adubey3_be20@thapar.edu) (Contact no. +91-8368219958, September 2022- February 2023)*
- *Mannandep Sondh (4<sup>th</sup> Year MBA) Lead Ambassador (Mental Health Student Ambassador Program) E-Mail ID: [msondh\\_bemba20@thaapr.edu](mailto:msondh_bemba20@thaapr.edu) (Contact no. +919805686251)*
- *Nitin Sehgal (3<sup>rd</sup> Year Electrical) Lead Ambassador (Mental Health Student Ambassador Program) E-Mail ID: [nsehgal\\_be21@thapar.edu](mailto:nsehgal_be21@thapar.edu) (Contact no. +918826244011)*





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## Department Heads

**SHEFALI DUTTA**  
THIRD YEAR, EIC

**ABOUT ME**

Along with writing, reading and public speaking, I am good at building relationships. I joined TICC so that no one has to go through what I do, alone and I am here to make sure no one does. Mental health goes beyond illness. It's understanding your emotions and moving on. I believe everything happens for good reason and sometimes not getting what you want is a huge stroke of luck. I abide by this every single day, and always look at that brighter side to every situ.

WE ARE LISTENING

**Content Department**

**BHAVYA GIRDHAR**  
THIRD YEAR, BIOTECH

**ABOUT ME**

I love to read books as I believe they give me a lot of insight into the world. I wanted to learn more about human psychology and how to solve problems at the level of mind, which is why I joined TICC. For me, mental health refers to well-being of emotional thoughts and the mind. I believe that being resilient goes a long way, which is why I keep reminding myself - "You will face many defeats in life, but never let yourself be defeated".

WE ARE LISTENING

**Design Department**

WE ARE LISTENING

**TANYA SOOD**  
SECOND YEAR, ENC

**ABOUT ME**

I am a tech enthusiast and an artist. I am passionate about the high-contrast colors and textures that can be found in the natural world. I joined TICC to help make the journey of those discovering a profession. According to me, good mental health is when you are able to understand the importance of being resilient and embrace the challenges of life as a process. Stand by a friend. You could go the distance. You could run the mile. You could walk through the hell with a willow.



Web Development Department

WE ARE LISTENING

**TANMAY CHANDAN**  
SECOND YEAR, MECHANICAL

**ABOUT ME**

I'm an automobile enthusiast who is irrevocably in love with dogs and gaming. I believe that being mentally fit is a person's strongest suit. I wish to eradicate the taboo pertaining to counselling and mental health. Hence, I became part of this cell. I maintain a high regard for making things out, as the team empowered with handling their situations since they identify with them. Hence, I can be found storytelling and having impactful conversations as "we should" be days. It should be a lot of fun.



Social Media Department

WE ARE LISTENING

**SAMIRA SINGH**  
SECOND YEAR, MA (PSYCH)

**ABOUT ME**

I like to get involved in things that require either physical or mental effort such as park, painting, dancing, playing some sports. Encouraging people, being a fan of them. My biggest wish is to give and work with TICC in the form of my connection to leadership as a discipline. Mental health is one of the cornerstones of each, mental, emotional, intellectual, physical, and intellectual aspects of life. The dimensional aspect of mental health remains the same. ABOUT SAMIRA said, "You cannot solve a problem with the same kind of thinking that created it."



Research & Advocacy Department

# Content Department

WE ARE LISTENING

**DIVYANSHI GUPTA**  
THIRD YEAR, COE

**ABOUT ME**

I love all. I love art of the world, people, food, and beautiful things. I've always strived to experience and create as much as I can. I've also learned the value of the arts of music, painting, drawing, and poetry. But believe that one of the most important forms of art is caring for people in the way they may need to be cared for. This is why I'm a part of TICC as there is a team that has the potential of the art of writing. I have the opportunity to help others in the way of the world. I have the opportunity to help others in the way of the world. I have the opportunity to help others in the way of the world.



WE ARE LISTENING

**SRISHTI KAPOOR**  
THIRD YEAR, ECE

**ABOUT ME**

I like public speaking. I joined TICC to share the taboo related to mental health, and normalize the concept of therapy. To me, mental health means my emotional well-being. The one quote that changed my life would be "To the mind that is still the whole universe surrenders. Empty yourself of everything and let your mind become still."



WE ARE LISTENING

**DEVANNSH BHATNAGAR**  
SECOND YEAR, MTX

**ABOUT ME**

I have many hobbies, starting from being a good listener, to playing and drawing. I joined TICC to make a difference, to understand people and help them. But the most important thing about being a part of TICC is that it has helped me to be a better person. I have the opportunity to help others in the way of the world. I have the opportunity to help others in the way of the world. I have the opportunity to help others in the way of the world.



WE ARE LISTENING

**CLIFTON FESTUS MALVEA**  
SECOND YEAR, COE

**ABOUT ME**  
I have multidimensional interests like sports, music and books. I wanted to get TIC to help improve the social circle, preventing people from seeking therapy. To grow and become more empathetic and open-minded. Sports is something that is just another aspect of life that we need to be careful about. Like physical well-being, mental health is important as well. Sometimes that failure or falling down is our friend as that makes us learn. But trying to get back up is what makes us great.



WE ARE LISTENING

**SUPARNIKA GUPTA**  
SECOND YEAR, MEE

**ABOUT ME**  
I have various hobbies, TIC provides me a space where you share my thoughts with other thoughts and human nature. I like to know about various situations, my thoughts and feelings. My hobbies are my way of escape of pressure and mental stress, which gives me the ability to survive and move together the same. Hence, I realize that most activities are... "There are various activities that I can do and I am enjoying it. There are many things that I can do and I am enjoying it."



WE ARE LISTENING

**URVEE AGGARWAL**  
SECOND YEAR, COE

**ABOUT ME**  
Reading gives happiness to every person in a great culture to me. I hope that in the future of my career and education, TIC will help me as a person who is always about mental health. I'll try to be a person who is always about mental health. I'll try to be a person who is always about mental health. I'll try to be a person who is always about mental health.



WE ARE LISTENING

**SIDHARTH MATHUR**  
SECOND YEAR, CSE

**ABOUT ME**  
I love to do a lot of different things like reading, playing guitar and playing chess. I love to do a lot of different things like reading, playing guitar and playing chess. I love to do a lot of different things like reading, playing guitar and playing chess. I love to do a lot of different things like reading, playing guitar and playing chess.



## Design Department

WE ARE LISTENING

**AKANSHA TAKKAR**  
SECOND YEAR, COSE

**ABOUT ME**  
I love to do photography, and I like to sing too. The reason behind starting TIC was clear - I had the concept of openly talking about mental health in an atmosphere and society where people try to hide their mental illness. According to me, mental health means state of mind where you don't feel pressured and is able to express how they feel about various things related to them. I believe in living life to the fullest. Life shouldn't be a race, doesn't matter how long it is.



WE ARE LISTENING

**DEEPA NSHI SRIVASTAVA**  
SECOND YEAR, COEM

**ABOUT ME**  
I'm a designer who also writes content. Mental health is a topic of safety and awareness of mind. I consider it as a goal which is constantly growing with the right mindset. It's important to have a life to live in this world of ours. In the end, to have a better world to live in that's why I resonate with the motto "The right life is not just about money, but how it helps you to live the life you're trying. What matters is how well you are living."



WE ARE LISTENING

**SALONI ASRANI**  
SECOND YEAR, COE

**ABOUT ME**  
I am an enthusiastic person who enjoys writing and editing content. I joined TIC to create a safe place for every one, especially women, to have a group of people to talk back to, who believe in the right things. Mental health to me is feeling calm and supported. Not to be afraid that it's going to bring change. But because I feel equipped enough with the skills, tools or having resources, knowing the purpose to have the job and skills which I will believe that "There is no need to fear that you cannot do it. You can do anything you want to do."





WE ARE LISTENING



**PRAGYA  
KAPOOR**  
SECOND YEAR, MA (PSYCH)

**ABOUT ME**

I find it hard to admit, as it is a way of survival for me. I decided to join TICCC only to have something away from therapy, actually music and singing from the 80s to 90s where they can open themselves. Mental health is the biggest talking point of myself, doing things which they are passionate about which helps me grow, self awareness to why you're not in my position, as added by the saying, change the way you look at things and the things you look at change.

WE ARE LISTENING



**JAHANAVI  
KHATRI**  
SECOND YEAR, MA (PSYCH)

**ABOUT ME**

I have a variety of interests, I love Photography, Drawing and Dancing. I had a chance to be giving TICCC, to contribute in spreading awareness regarding mental health and decrease the stigma associated with it. For me mental health represents a state of equilibrium, a state in which we are in control of how we respond to different situations. It isn't any feature that everything can be taken from a map but one thing is that we can't take it any greater of circumstances, it includes one's own self.

WE ARE LISTENING



**NIDHI  
ANAND**  
SECOND YEAR, MA (PSYCH)

**ABOUT ME**

I have a keen interest in Psychology and counselling. As a person who is a student, I have been actively involved in spreading awareness regarding mental health, especially those who are suffering from depression and anxiety. In my personal life, I have been involved in various activities such as singing and dancing. I believe that happiness and contentment can be achieved by a successful study, as per a book and a good hobby.

# TICC Mental Health Student Ambassadors

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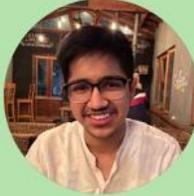
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**IX. TESTIMONIALS:** *(Copy available and if asked can be turned in):*

We, here at TICC strongly believe everyone has a story to tell, a lesson to teach, wisdom to share. You can be an inspiration to others by sharing your experience here at Thapar Institute Counselling Cell (TICC).

Keeping this in mind, TICC did a 'Testimonial Series'. A testimonial statement summarizing student's experience with TICC.

**Disclaimer:** *Anonymity was strictly maintained and only with the consent of the student was their name, year, branch stated. All experiences shared by students are strictly by their own will.*