



Delhi Metropolitan Education

Affiliated to GGSIP University, New Delhi & Approved by Bar Council of India



Best Practice One

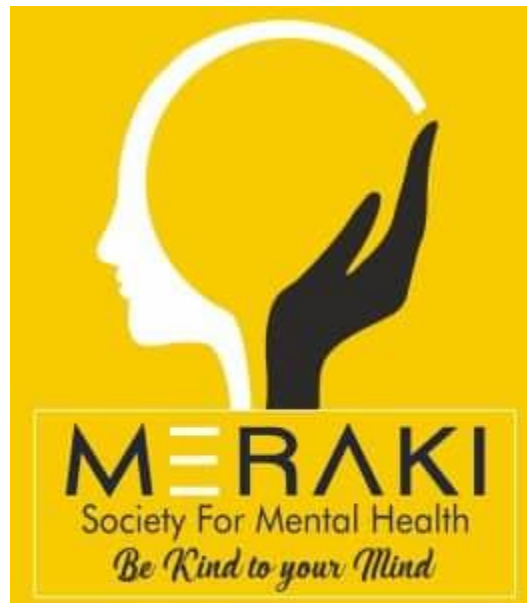
Mental Health and Wellness Initiative



Mental Health and Wellness Initiative

OBJECTIVES AND CONCEPT OF THE PRACTICE

World has become a rat race of unending competition. Youth is qualified, well-placed; yet in burnout condition and unhappy from within. DME emphasizes on creating professionals who aim to be professionally qualified, skilled, physically strong & mentally well, and radiate happiness around them. In this regard DME created a **Society for Mental Health – Meraki**



Objectives:

1. To sensitize students about Mental Health and Wellness.
2. To conduct provide easy and accessible mental health support to students
3. To equip students to manage stress and life challenges.
4. To spread community awareness by events, workshops about Mental Health and Wellness.



Objectives



Sensitize students
about Mental Health



Accessible Mental
Health support
to students



Equip students
to manage stress



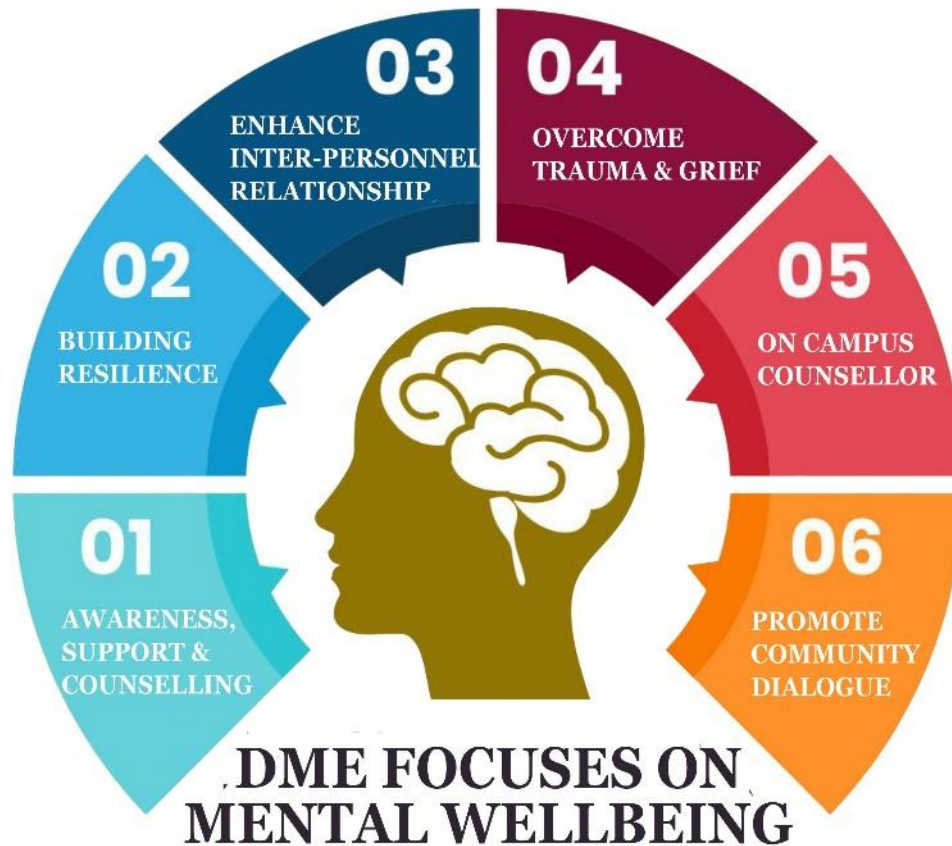
Spread community
awareness of
Mental Health

THE CONTEXT

What were the contextual features or challenging issues that needed to be addressed in designing and implementing this practice (in about 150 words)?

Mental Health is a stigmatized subject in India. Conversing it like common ailment and seeking help in this regard is considered a taboo. Owing to the social judgement, youth with mental health issues do not pursue mental wellness counselling. Due to dearth of parental understanding, teenagers and graduate students entomb their sentiments making them feel helpless, turmoiled, and miserable. Devoid of access to neighbouring counselling centres, students fall prey to grave mental health problems leading to depression, addiction, and suicide.

College is a place where students spend considerable amount of time in a day. Society for Mental Health – Meraki at was established at DME with the objective to spread awareness and make it easier for students to get help within reach. Name Meraki signifies to do tasks with soul, love, and compassion. The team members work with lot of passion and soul in spreading awareness about mental health and wellness.



THE PRACTICE

Describe the practice and its uniqueness in the context of Indian higher education. What were the constraints/limitations, if any, faced (in about 400 words)?

The school system is fixated on syllabus completion and board exam results adding burden on young minds. This anxious youth joins the higher education system post a grilling competitive exam. Indian higher education ecosystem largely focuses on academic excellence, placements and extra-curricular [Cultural, Sports]. This ecosystem mass produces professionally qualified workforce, entering the corporate rat race where packages, appraisals and rising in social status is focused. Current youth has forgotten to be good human but have been trained to be a skilled professional. The Higher Education system is neglecting the need of Mental Wellness in youth at the cost of professional growth.

The vision of DME is, “To nurture an inspirational setting and a global standard of learning for students that enables their intellectual, social and personal transformation into future leaders for the benefit of the nation.” **Hence focus on students’ mental health and wellness by DME is a unique initiative as it forms a balanced youth personality for good leadership and development of a happy nation.**



THE CHALLENGES

Challenge 1: Motivating faculty members to take up the cause was the immediate hurdle to cross since faculty already have assigned classes, ongoing research work and events to manage

Challenge 2: Creating student team for the said work at DME by inspiring students to join the cause also training them to understand and contribute in right way.

Challenge 3: Choice of location and setup for the above work at college was an initial challenge as students in need of counselling look for a place which is less crowded and away from public eye due to stated social stigma.

Challenge 4: Requirement of counsellor for professional help was raised at Director's office since faculty members and student team can help in initial identification of those who need help but cannot provide professional counselling.

Challenge 5: Hospital involvement as and when required in teams of doctor led workshops and referencing cases for treatment which are beyond therapy.

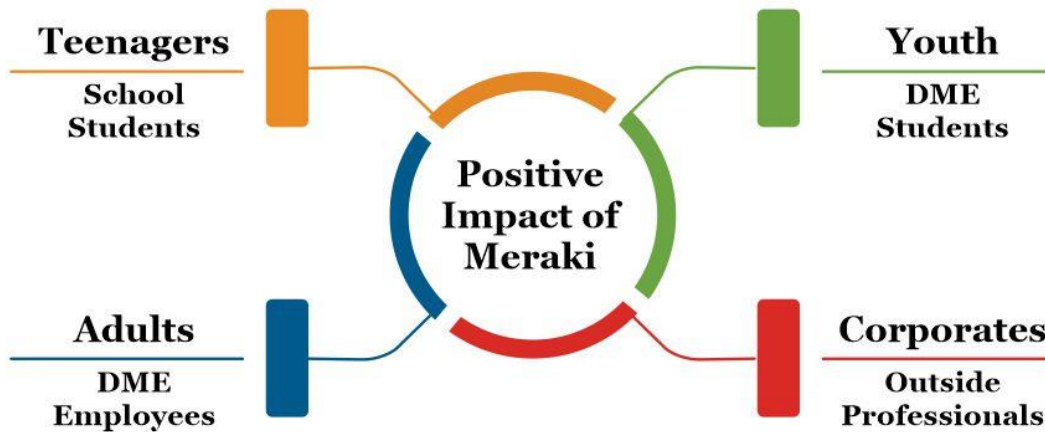
Challenge 6: Reluctance of Parents to support in the cause as parents live in constant denial about the mental health situation of their ward.

Challenge 7: School leadership involvement to join the cause as we realized that the youth entering college in the first semester is coming with baggage of unaddressed feelings and anxiety. Hence the problem is deep rooted and it became a collective responsibility to jointly work towards this cause.



EVIDENCE OF SUCCESS

Provide evidence of success such as performance against targets and benchmarks, review/results. What do these results indicate? Describe in about 200 words.



Positive Impact of Meraki – Mental Health and Wellness Initiative	
Teenagers: School Students	<ul style="list-style-type: none"> Regular sessions are several schools have been conducted to handle Board exam pressure for 10th-12th classes. This has helped students an ease of pressure building on theme to obtain high percentage.
Youth: DME Students	<ul style="list-style-type: none"> DME students participate in our workshops and open mic sessions, and they share their issues with the professionals during the sessions or in person with Dr. Ragini Singh, Psychotherapist on-campus. Students who have reached for help in coping with the grief in right way post pandemic-losses, and focusing back on academics. Students release a Collage Magazine – Santulan dedicated to this cause.
Adults: DME Employees	<ul style="list-style-type: none"> Employees seek help when they are facing personal loss situation. Post-partum depression issues have also been resolved ensuring the name of employee is never made public. COVID isolation times many employees used to connect with the counsellors to resolve their anxiety.
Corporates: Professionals	<ul style="list-style-type: none"> On the spread of positive word Meraki good work, society team has been invited by some companies to hold open-mic sessions at offices where the idea was to ease out the work pressure and build resilience

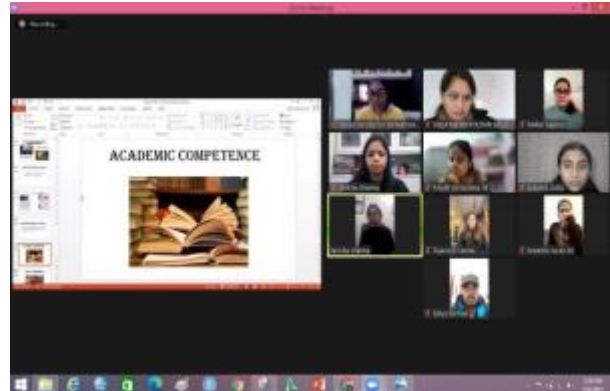


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GURU GOBIND SINGH
INDRAPRASTHA UNIVERSITY



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M-RAKI
Society for Mental Health

THRIVE
THE MENTORING CELL

Society for Mental Health in collaboration with DME Mentoring Cell
Invites you to an encouraging and healing discussion on

Coping with Traumatic Stress: Together with Peers & Mentors

Monday April 25, 2022
03:00 PM

Venue: Seminar Hall

Dr. Anjali Mahalke
Clinical Psychologist

Dr. Sarita Khan
Peer Mentoring Cell

Ms. Shweta Jais
Peer Mentoring Cell

8/12, Sector 62, Noida
Tel.: 9942667931, 7042667938

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M-RAKI
Society for Mental Health

Meraki: Society for Mental Health at DME invites you for an Insightful and Motivational Session with

Dr. Sandeep Vohra
(India's leading Delhi-based psychiatrist, psychotherapist and digital emotional & mental wellness entrepreneur)

Theme
Academic Challenges:
Managing Burnout through Motivation

Date: 15/04/2022
Time: 3:00-4:00 PM

No Registration Fees & certificates to all the participants

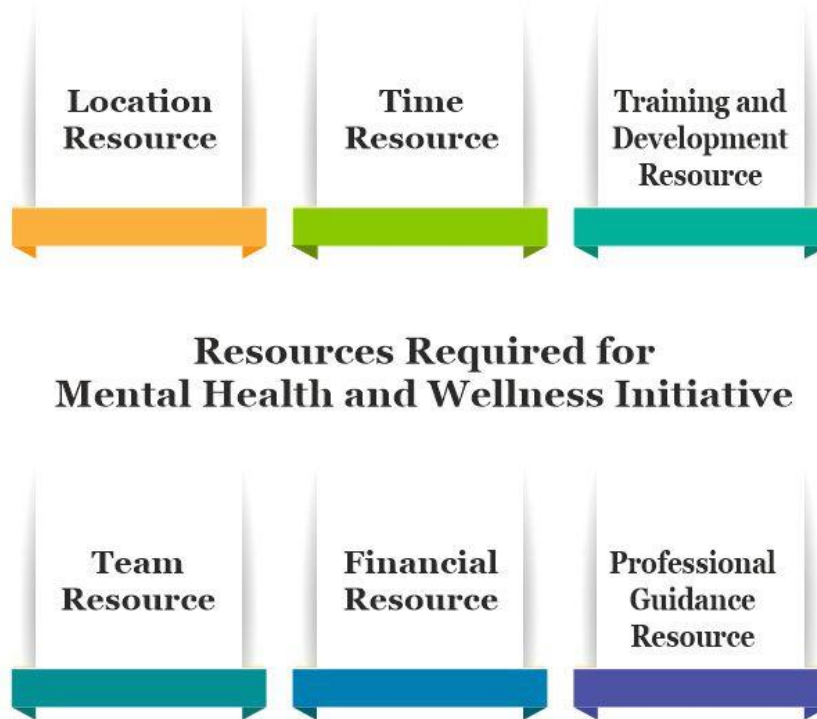
To Register: <https://www.dme.ac.in/DrVohra>

8/12, Sector 62, Noida
Tel.: 9942667931, 7042667938

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PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED



Resources Required for Mental Health and Wellness Initiative

Problems Encountered and Resources Required	Solutions and Resources Arranged
Location Resource	A cabin was identified and allocated to Create a dedicated counseling room on campus, where only one-to-one interaction will be done with confidentiality.
Time Resource	Faculty members associated with Meraki were given less workload and training sessions were held post-classes.
Team Resource	Faculty and Students have explained the cause and are motivated to join the team. This created the joining of self-motivated team members working wholeheartedly for a good cause.
Training and Development Resource	Worked towards collaborations with hospitals for the training of the Meraki Team to help in such issues.
Financial Resource	Adequate financial support by the college is with the Meraki team for the salary of the Psychotherapist and hiring of other professionals for workshops
Professional Guidance Resource	Dr. Ragini Singh, Psychotherapist & Counsellor in DME is now available to help on campus and has a regular seating