

Mental Wellbeing program for  
St. Mira's College for Girls, Pune

Initiated by: Department of  
Psychology

- Students face stress due to various events some of which includes academics, career-related issues, social relationships, parental conflict, emotional abuse and addiction.
- 37.7% of the students were suffering from moderate depression in Indian Universities. (Asian Journal of Psychiatry)
- India also has one of the highest student suicide rates in the world, and on an average, one student commits suicide every hour. (National Crime Records Bureau)
- We need a Preventive Program which integrates with intervention model

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Why do we need a mental wellbeing program?

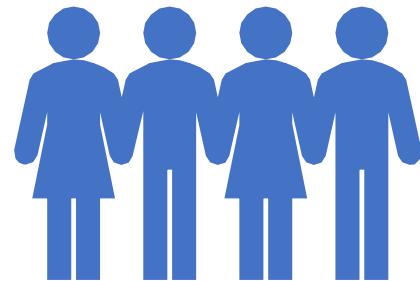




Mental wellbeing program-  
Needs assessment

# Mental wellbeing program-Needs assessment

- A survey was conducted to explore existing beliefs, help seeking behaviours and mental wellbeing concerns faced by students of St. Mira's college for Girls, Pune.
- 860 Students participated in the online survey through google form



# Some key findings

What do you feel are the most common problems faced by you and your peers?

Stress	Anxiety	Anger	Phone addiction	Poor Body image	Loneliness	Thoughts about suicide	Self harm
71.2% (607)	36.2% (311)	43.5% (374)	29.9% (257)	19.2% (165)	30.9% (266)	8.1% (70)	7.4% (64)

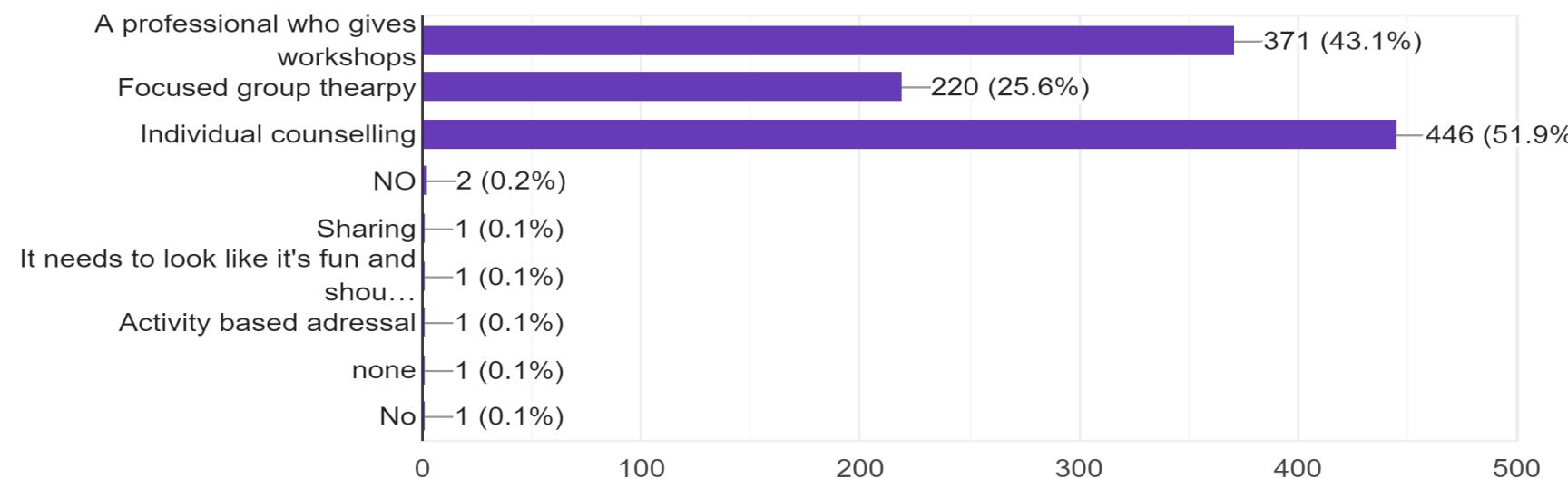
If available, would you access/want mental health support and education programs conducted in college?

Yes	Maybe	No
62.1 % (534)	23.4% (201)	14.5% (125)

# If you feel you want/need more education and support about mental health, how do you think it should look?

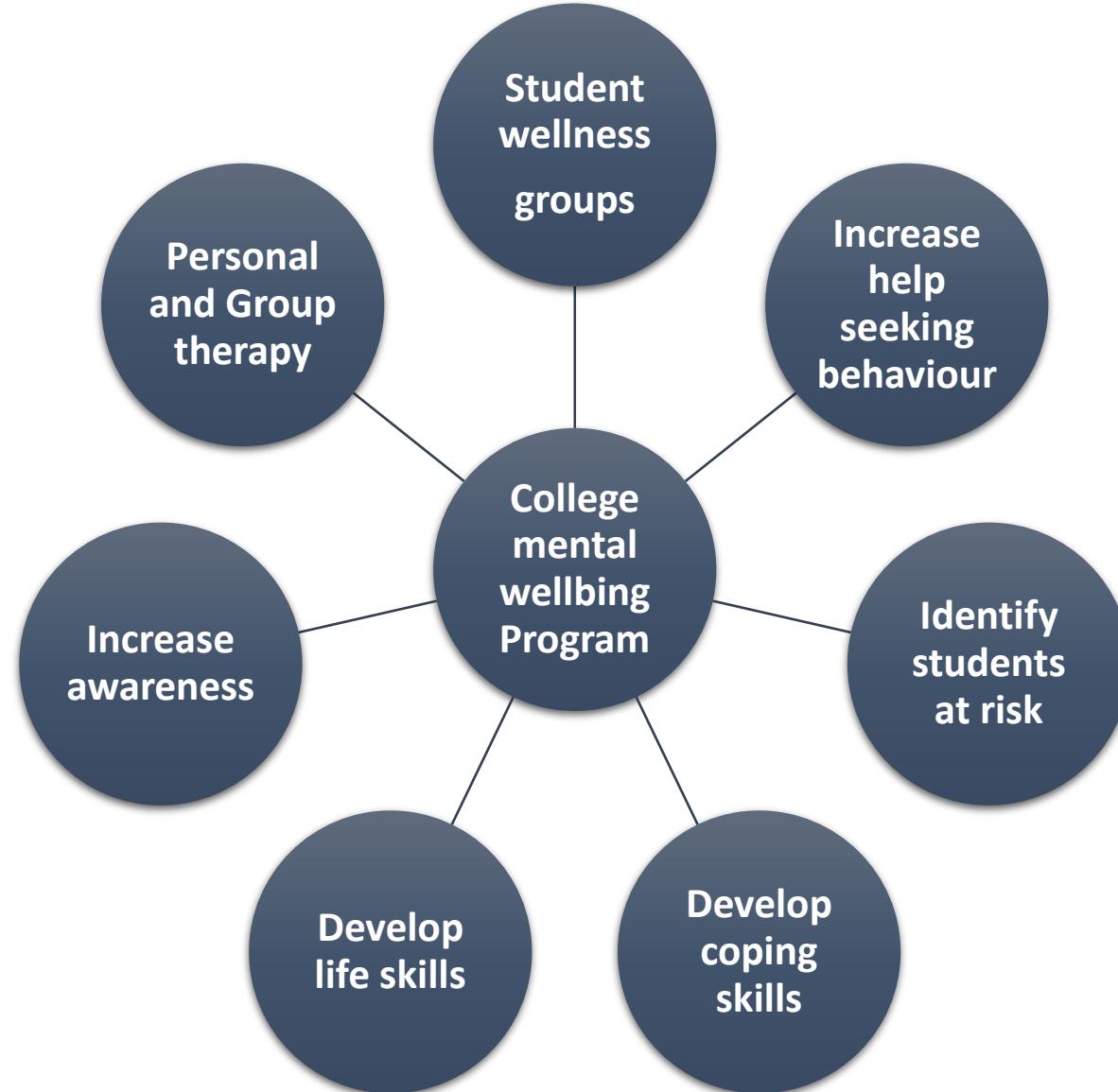
If you feel you want/need more education and support about mental health, how do you think it should look?

860 responses



# Mental Wellbeing Program: Objectives

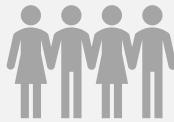
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# Structure of the Program



Individual counselling



Focused group therapy-topics  
raised in awareness sessions.



Awareness sessions

# Highlights of the program



Counsellor on call available on campus everyday of the academic year



Two part time counsellors available two days every week for individual counselling services



Student centric as well as staff centric program



Open ended program so emerging issues can be addressed as per the immediate needs



It's a unique tailor-made program for St. Mira's College using contextual framework.



Based on resilience and ecological framework