

**REPORT ON ACTIVITIES CONDUCTED BY**

**ICC (Internal Complaint Committee)**

**IN THE ACADEMIC YEAR 2020-2021(1<sup>st</sup> June 2020-31<sup>st</sup> may 2021)**

**First Prgram- On 24<sup>th</sup> June 2020, webinar Titled “Mind Over Matters” was organised. The resource person of this webinar was renowned & well known psychiatrist Dr. Harish Shetty. The objective of the program to remind the strength of the mankind –TO conquer over the situation and to help students to overcome anxiety and stress developed due to covid pandemic through this webinar.**

Through mythological stories he reminded us about the blessings, human being gifted by nature and God, which we have forgotten to practice during this pandemic. He strongly warned that more than virus, its fear among us, harming us. He gave simple tips by practicing it; one can keep check on their mental & physical health. He mentioned that we have limitation of physical assess to outside world, but through technology we can access the world and learn many things . He motivated the students to tap your talent and polish it during this pandemic period through online learning. He said with time, this problem will be go away but till we must maintain our physical and much more mental health. Program was well attended and responded by the students.

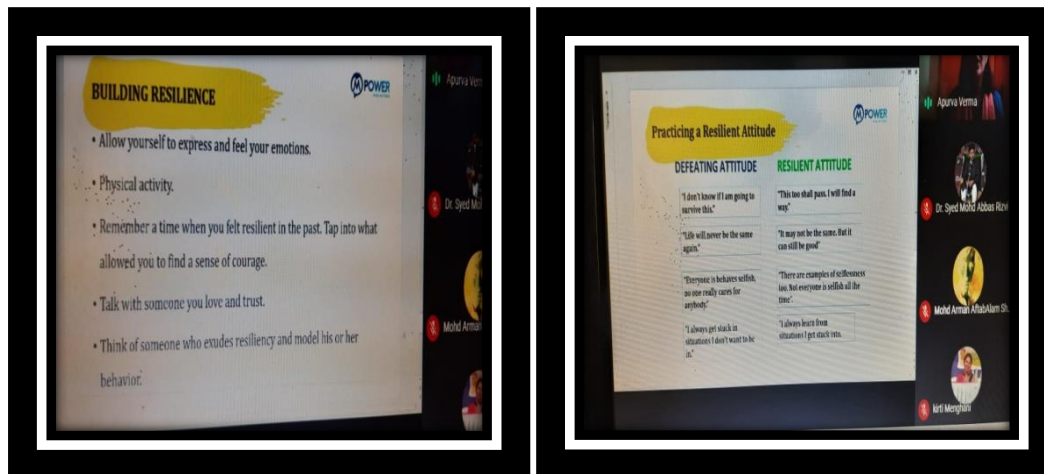


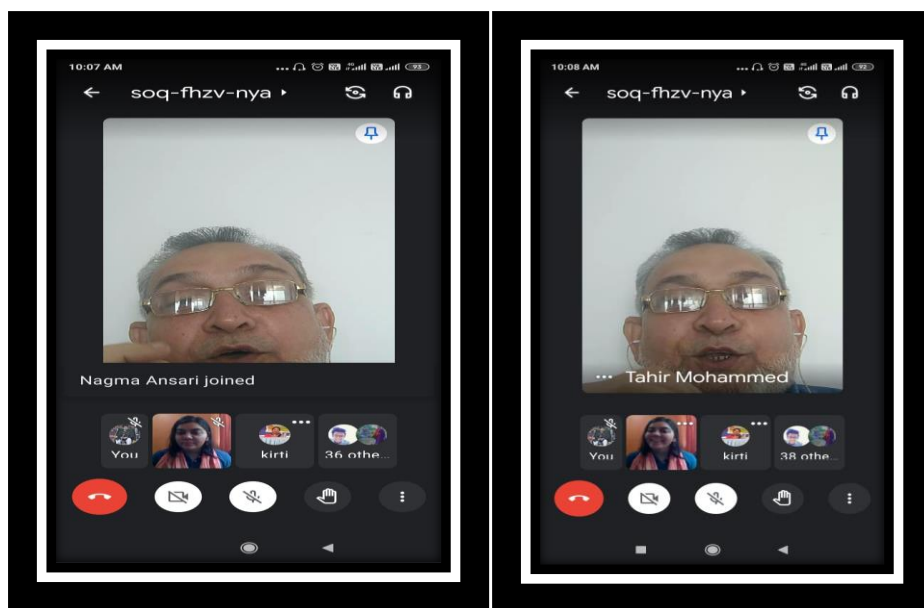
**Second Activity-**On the eve of INTERNATIONAL WOMEN’S DAY, in association with Mpower (Mental Health Awareness Organisation), has organised a programme on Monday 8<sup>th</sup> March 2021 from 10am to 11 am through virtual platform. The Guest-speaker of the Programme was MS. APURVA SINGH VERMA, (Psychologist) and she spoke on the topic “BUILDING RESILIENCE”.

Through her motivational speech, she highlighted the best quality of human being- the capacity to recover quickly from difficulties. She asked us to do self talk to realize the strength and achievement. She asked us to recall the learning out of failures and the most important to be thankful to everyone and every situation. Through her PPT she discussed the defeating and resilience attitude.

The simplicity of language and content through PPT was uniqueness of this program. During session various questions were asked by the students and it was well answered by her.

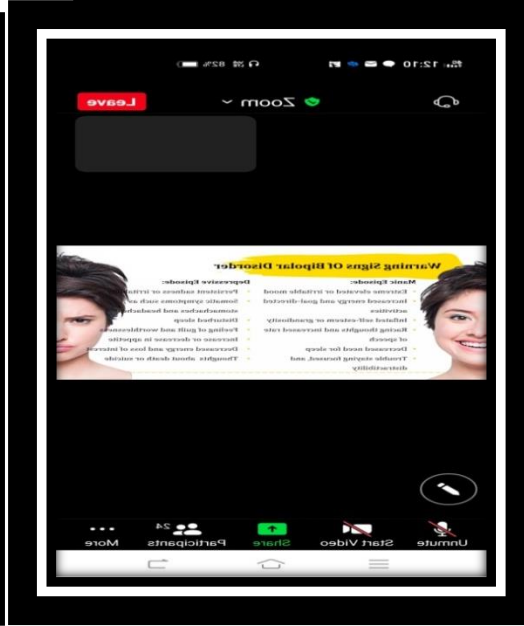
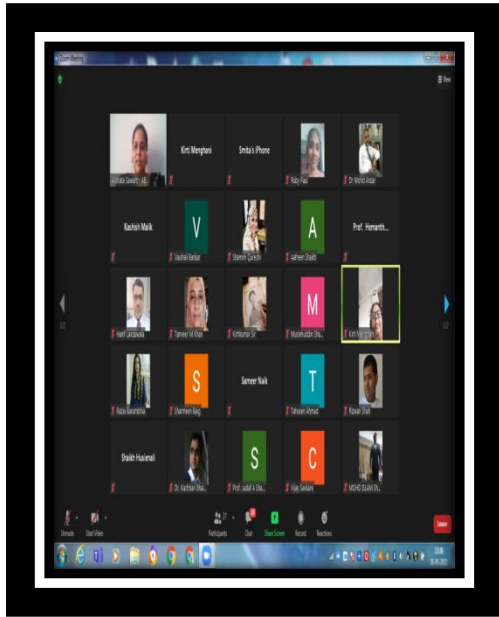
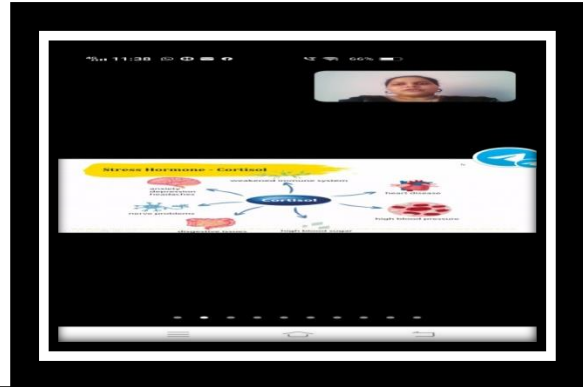
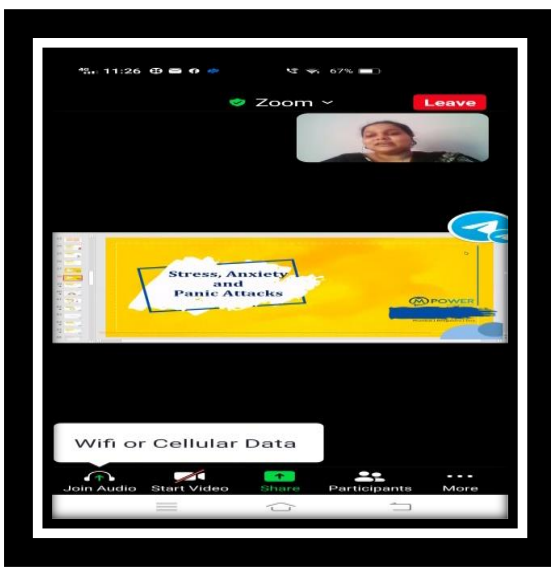
Everyone was feeling great as the discussion developed again the energy and faith in everyone and each one promised to relook again at their strength and move on.





**Third Activity-** Under the guidance of IQAC, The Internal Complaint Committee of our college in association with Mpower (Mental Health Awareness Organization) conducted a One Week- **MENTAL HEALTH LITERACY TRAINING FOR THE TEACHING** and non-teaching staff from Monday 24<sup>th</sup> May 2021 to Saturday 29<sup>th</sup> March 2021 through virtual platform. It was a 12 hours module encompassing all the important and relevant aspects of understanding and Promoting Mental health, awareness and prevention amongst students. The aim of the program was to equip the teachers with knowledge about various Mental health issues in students and promote prevention & intervention at an early age. The resource person of the training program was Akshata sawant, Associate-outreach & content from Mpower Mumbai. Topics like what is mental illness? Mental disorders, difference between depression, anxiety & panic attack etc. As sixth day was concluding of this session, it was graced by virtual presence of our honourable chairperson **Ms. Yasmeen saifullah**. She also participated in exercise asked by resource person. Her presence sparked the environment with more energy & enthusiasm. She appreciated this program and participants as during pandemic, taking care of mental health is must for everyone. She mentioned that such kind of program helps teachers to learn mechanism & strategies to help students going through stress or anxiety. She expressed her thank you to everyone.

It was well planned and executed program. The pace maintained by the resource person was excellent to understand every session in depth. Many sessions were like ME TALK and helped participants to open up for their issues. It was well attended and responded by the participants. The program was grand successful in terms of learning.



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