

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

BEST PRACTICES

Best Practice 1:

1. **Title:** Mental Well-being Program – Integrating Promotion, Prevention and Early Intervention

2. **Objectives:**

- Develop multi-level integrated framework for Mental health Promotion, Prevention, and Intervention.
- Improve awareness and access to ethical and affordable mental health care for all.

3. **Context:**

- Integrating mental health work into academic calendar with mandatory classroom awareness sessions
- Engaging key stakeholders like college administration, academic staff, and students for mental health services.
- Contextualizing the program using social-justice framework and student participation

4. **Practice :** There are three major arms to our mental wellbeing program: Promotion, Prevention, and Intervention.

- Mental health promotion: Online Classroom Awareness Sessions
- Prevention: Group therapy sessions, Support group sessions and Awareness sessions aim at identifying risk factors for student's mental health and enhancing protective factors like peer support, sense of trust and resilience.
- Intervention: Online individual counselling sessions that identify people displaying the early signs of a mental illness.

5. **Evidence of Success:** In 2019-20, 1560 students benefitted from awareness sessions, 215 students accessed counselling sessions and 410 students accessed online support group sessions during outbreak of Covid-19. 699 students attended online awareness session during 2020-21. Students reported increased awareness, reduction in stigma and rise in help seeking behaviours. This program has important policy implications indicating that integrative frameworks can lead to prevention and intervention with minimal resources.

6. **Problems Encountered and Resources Required**

- Need for trained and experienced mental health professionals to offer services
- Identifying students at higher risk due to gender, caste and other psychosocial disabilities
- Engaging Parents as stakeholders

7. **Notes:** This program uses a continuum approach to mental health and identifies students as active participants of society and not just passive recipients of the program with an intention to develop a mental health care policy for college.

Best Practice 2:

1. **Title:** Centre for Women's Entrepreneurship (CWE); Educate Empower Elevate

2. **Objectives** - Vision Statement

CWE aims to create an environment that promotes and stimulates the spirit of entrepreneurship among the students of the College.

3. **The Context** : To achieve the spirit of entrepreneurship through educational programs, events, and research. Keeping the students motivated and encouraging them to explore career opportunities in entrepreneurship is need of the hour.

4. **The Practice:** Establishment of IIC and conducting activities as laid down by MoE. Ensuring sessions by practitioners on contemporary topics like Design Thinking, Social Entrepreneurship and organizing competitions on Ideation, Business plan preparation and conducting activities on par with Technical institutes. Also fulfilling/ complying with the uploading guidelines for events on IIC portal.

5. **Evidence of Success:** Establishment of the Startup Club and IPR cell, we have created a of Catalogue of 25 student entrepreneurs. They are self-employed with a steady income. CWE provides handholding support in social media marketing, TM Registrations, packaging and branding etc.

6. **Problems Encountered and Resources Required** : Generating funds for organizing more impactful sessions and costs of legal formalities like TM Registrations etc. Support from Alumni Network in raising funds for various initiatives will be a great leveler.

7. **Notes:** We need more dedicated staff focusing on organizing activities at the National level and explore other initiatives of MoE, GoI like NISP & ARIIA Ranking.