



**SIES College of Commerce and Economics, Sion (East), Mumbai – 400 022.**

### **Institutional Distinctiveness**

### **Mental Health & Wellness Initiatives**

The college is committed to the health and well-being of its students, teaching and non-teaching staff. It focuses on the physical, emotional and mental factors that contribute to health and wellness. The spiritual quotient is also taken into consideration for a more holistic approach.

To ensure that basic hygiene practices are followed, facility management services ensure cleanliness and sanitization of the premises. Drinking water quality is also tested from time to time. Health check-up for non-teaching staff was conducted. A webinar was organized to observe World Health and Safety Day. World Immunization Day was observed by organizing a national level quiz on Pandemics, Epidemics and Importance of Immunization. A quiz competition on Covid- 19 was organized to create awareness among students. An online workshop on breathing techniques for boosting immunity, was organized for team SIES.

Counselling services, Mentoring, Buddy system and an open door policy helps students and their parents deal with emotional health issues. The college provides free counselling services through a specially appointed college counsellor. Students and parents are briefed about the counselling services during the orientation/ induction process by the college counsellor and informed that they can directly approach the Principal, faculty or counsellor with their problems.

The counselling committee organised, Antarman – An intra- collegiate interactive programme on mental health and well- being, and conducted various events such as Poster making, elocution and essay writing on the themes: Mental health and social media, status of mental health in India, substance abuse etc. Students across courses participated in these events. These activities helped to sensitise students towards mental health issues and coping mechanisms. Mental health professionals who came as the judges of Antarman events shared their valuable expertise with students.

To help students cope with exam stress, a three- day session on “Heartfulness

Meditation” was organized. The college collaborated with Heartfulness Foundation to

organise a “Dhyan Utsav – The search for Sukh, Shanti, Satya and Ahimsa: An inward journey”

All these activities created increased awareness, understanding and practice of health and wellness issues among the students and staff.