



# AMITY UNIVERSITY MUMBAI

Established vide Maharashtra Act No.13 of 2014, of Government of Maharashtra, and recognized under Section 2 (f) of UGC Act 1956.

**Ref.: AUM/Circular/032**

**17/08/2023**

## CIRCULAR

As approved by the competent authority, Amity University Maharashtra is providing free '**Mental Health and Illness**' counselling and guidance services at A1 Block, AIBAS, Room No. 505 for the university students.

The university services can be opted out via emailing on this ID:

[aumccway4wellbeing@amity.edu](mailto:aumccway4wellbeing@amity.edu)

### Other helpline numbers:

**iCALL:** 022-25521111/09152987821 (All India Suicide Prevention)

**Kiran:** 1800-599-0019 (All India Mental Health Rehabilitation)

**Aasra:** 09820466726 (All India Suicide Prevention and Psychological Support)

**Psychosocial Support and Mental Health Services (PSSMHS)** helpline:  
08046110007

**Vandervala Foundation:** 9999666555 (All India Suicide Prevention and Psychological Support)

**Fortis Hospital National Helpline:** 08376804102 (All India Suicide Prevention and Psychological Support)

This is for information to all concerned at AUM, including students, faculties, and staffs.



Dr. H S Vyas  
Registrar, AUM



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**Circular No. 032 of 17th August 2023**

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**From** Registrar, AUM <registraraum@mum.amity.edu>

**Date** Thu 17/08/2023 4:00 PM

**To** AUM HOIS <aumhois@amity.edu>; AUM-NON teaching <aum-nonteaching@amity.edu>; AUM Faculty <aumfaculty@amity.edu>; AUM Staff- Non teaching <aumstaff-nonteaching@amity.edu>

**Cc** Vice Chancellor, AUM <vcaum@mum.amity.edu>; Dr Hira S. Vyas <hsvyas@mum.amity.edu>; VC- Office <vcoffice@mum.amity.edu>

 1 attachments (194 KB)

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Dear All,

Attached herewith is the Circular No. 032 dated August 17, 2023, regarding the 'Mental Health and Illness' counselling and guidance services at AUM.

Warm regards,

**Registrar**  
**Amity University Mumbai**

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### 1. Raigad Zila Parishad School, Bhatan. Community Radio - November 11, 2022

The Community Educational Outreach Program-IQAC is organized by Amity School of Communication, at Location: Raigad Zila Parishad School, Bhatan. Students pursuing master's from Amity School of Communication visited Raigad Zila Parishad school in Bhatan. The school consisted of students from grade 1 to grade 7. This visit was a part of their curriculum. The motive behind it was to communicate with students residing in the neighboring village of the University and spread basic awareness. There were 14 students from ASCO divided into 3 groups and each team interacted with students from all grades. Grades 1, 2, 3 combined together consisted of 34 students. Grade 4 and 5 together consisted of 28 students while grade 5 and 6 together consisted of 37 students.

The topics for awareness chosen by the 3 groups were Mental and physical wellbeing, First aid safety and waste management respectively. Each group spent nearly 30 mins with every class of students. The sessions were interactive, and the students seemed to enjoy it. Later for the community week on Instagram the students have recorded offline programs- songs and poems from the school students. The visit ended with all smiles in a group photograph. In the feedback session students from ASCO shared their experiences and gave inputs and suggestions for their next visit. Students are in fact eagerly looking forward to their next arrangement with the school.



## 2. Community Radio Students Interaction with School Students



Community Radio students with Raigad Zilla Parishad Prathamik Vidyalay students and teachers

### 3. On Campus Clinic & Counselling Centre





## Mental Health Week Events - 10/10/2022 - 14/10/2022









Overview of events:

Event 1: Stress Management Seminar (10th October)

Time and Venue: 10 am to 12 noon, Seminar Hall

Co-Ordinator: Dr. Gautam Gawali and Dr Poonam Sharma and the Event team

Resource Person: Ms. Sandra Francis

Participants: Non-Teaching staff and Office Assistants from various schools, Exam Department.

Event 2: Wellbeing Screening and first aid (From 10th to 14th October)

Co-Ordinator: Event team, Buddy program coordinators.

Description: Throughout the campus, there will be some links/posters posted that contain a link for short Warwick Edinburgh wellbeing scale, along with a notice of wellbeing classes for 3 days from 4 to 5 (run by the buddy program coordinators).

Event 3: Film Screening (14th October)

Time and Venue: 2:00 PM to 5:00 PM, Auditorium

Co-Ordinator: Mr. Mahimna and Dr Raffle

Description: The movie - "A Beautiful Mind" is about John Nash, a brilliant but asocial mathematical genius, finds his life changing for the worse after he accepts an assignment from the FBI.

IQAC Events:

Event 4: Nukkad-Natak

Time and Venue: 7th Oct, Friday. 2pm – 3pm, Atrium

Co-Ordinator: Ms. Sreeta Nair

Description: Street-play to increase awareness regarding ragging, bullying & substance dependence

Event 5: Happiness Wall

Time and Venue: 13th Oct 2022, Thursday

Co-Ordinator: Ms. Sreeta Nair

Description: Students were given a chance to express their thoughts & feelings through art. Some stationary supplies were placed close to a soft board and students were encouraged to pin their art on the soft board.

Mental Health Awareness Week was established in 1990 recognition of efforts to educate and increase awareness about mental illness. The overall objective of World Mental Health Week is to raise awareness of mental health issues and to help mobilize efforts in support of mental health on an individual level. This week provided an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. These events also allow individuals who are not from a psychology

background, to gain novel insights regarding various “Health Behaviours” that facilitate mental health.

Participants learned about the daily stressors in their life and work. They also discovered various techniques to cope with these stresses. In other events, the participants realized the importance of mental health and various factors affecting it, effects of diagnosis etc. the celebration of mental health awareness week has seen numerous benefits. It has provided a better understanding of how mental illness can affect a person's life, helped to reduce the stigma of mental illness, it has given confidence when helping those who are suffering in the capacity of a friend or as a budding mental health professional. Overall, these activities also helped all the participants to recognize early signs and risks of mental illness and what steps to take to prevent the onset of these diseases or how to seek help once they are diagnosed. Awareness and Health Camp at Bhatan Village - 30 September 2022 and 4 October 2022

On 30th September 2022: Students of AILA participated in the awareness camp. They made posters and delivered lectures for the women in the village. The topics included: Health and Cleanliness, Water Pollution and Management, PM Kisan Yojana and Kisan Vikas Patra.

On 4th October 2022: Health Camp was organized by AILA in Collaboration with Medi Check Pvt. Ltd in Bhatan Village. In this Camp, 70 patients were screened for General Health Check-up (height, weight, pulse, blood pressure, random blood sugar, complete eye check-up, and ECG (based on findings) was done by the medical team from Medi Check Pvt Limited. The camp organized was free of cost. In this camp 5 ECGs (patients who had high Blood Pressure and other complaints) were taken and concerned patients were consulted for further follow-up. 2 patients were advised MRI and one home visit (for Myopathy patient) was performed by a senior doctor. The Medical Camp gave good exposure to students of Liberal Arts and Social Work. They got hands on experience for community mobilization, conducting home visits, logistical arrangements, note keeping and report writing, and practical experience of conducting a medical camp. The event was organized in continuation of the dialogue initiated with the Sarpanch and Gram Sevika of Bhatan village. They requested for an awareness program and health camp to be organized for the villagers. Both the events were



attended by 53 students of AILA, 7 faculty members and nearly 100 villagers. The students of AILA got a hands-on experience of creating content for awareness camp, community mobilization, conducting home visits, logistical arrangements, note keeping and report writing, and practical experience of conducting a medical camp alongside medical professionals.