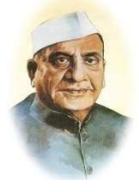




Shri Shivaji Education Society, Amravati's
Jijamata Mahavidyalaya, Buldhana
"Yuva Manasrang Club" "(युवा मानसरंग क्लब)"



SHRI SHIVAJI EDUCATION SOCIETY, AMRAVATI'S
JIJAMATA MAHAVIDYALAY, BULDHANA
DISTRICT : BULDHANA (M.S.)
YUVA MANASRANG CLUB
"युवा मानसरंग क्लब"
"इंद्र धनुचे सात रंग मानसिक आरोग्याचा एकच रंग मानसरंग, मानसरंग"

Committee

Chairman	: Dr. Prashant P. Kothe	Principal
Coordinators	: Mr. Subodh N. Chinchole	IQAC Coordinator
	Dr. Vikas G. Pahurkar	Asst. Professor
	Mrs. Mrunalini H. Sapkal	Teacher

Contact

Mr. Subodh N. Chinchole	subodhchinchole@gmail.com	9421394023
Dr. Vikas G. Pahurkar	vgpahurkar@gmail.com	9420147249
Mrs. Mrunalini H. Sapkal	mrunalsapkal@gmail.com	9420497369

Aim of the Yuva Manasrang Club

Day by day the problem of mental health is getting serious. We have also experienced the seriousness of this question during and after the outbreak of Corona. This is an important but neglected question that is bothering the youth generation of our country. Today the young generation is facing many mental problems. For example, many questions can be asked like breakup, friendship, attraction, violence, sexuality, suicide, relationship with parents, exams, career, social media, addiction, etc. Due to lack of proper communication, lack of direction, many youth are suffering from stress and mental illness and due to lack of stability of mind, we see their progress and personality stunting, hence this Yuva Manasrang project is to communicate with such youth. We are starting a Manasrang club in the college so that the youth can get immediate help and awareness about mental health at the college level by providing proper scientific training and skills to the students. It will also help you to improve students' mental health.

PARIVARTAN TRUST

- Established by Dr. Narendra Dabholkar and Shaila Dabholkar in 1989 for work in mental
- Has done pioneering work in mental health and de-addiction
- Recognized by WHO. National mental health policy and women commission
- Awarded in Satyamev Jayate program for mental health work.
- Received Maharashtra government de-addiction work award
- Developed a youth mental health friendly digital platform 'emind it' (<https://www.emindit.com/>)

MANASRANG

- Proposed collaboration between MSFDA and Parivartan Trust.
- Improve youth mental health through training and digital platform.

BACKGROUND

- Significant increase in stress and mental health related issues in students in HEI
- Increasing rates of suicides and addictions
- One in four students need mental health related help
- Covid Pandemic and disruption of educational activities have further worsened the

situation.

OBJECTIVES

- To establish MANASRANG clubs in colleges to improve mental health of students
- To start the Youth suicide prevention program and conduct gate keeper training for volunteers in college.
- Availability of mental health wellbeing & support resource training material through digital platform for HEIS

MANASRANG CENTER

- Establish MANSRANG center in college
- Each center will have team of seven people
- (Five students and two staff) trained as YUVA MANAS MITRA / MAITRIN
- Six mental health related trainings will be conducted in college through this club
- Parivartan will provide two face to face trainings three online mentoring sessions to college team.

TOPICS TO BE COVERED

- Stress management
- Listening skills
- Emotional first aid
- Gate keeper training for suicide prevention
- Emotional intelligence
- How to tackle issue of addictions
- How to address issues of bullying and sexual
- Harassment on campus

DIGITAL MENTAL HEALTH MENTORING PLATFORM

‘Emind it’ digital platform will be upgraded based on the mental health needs of students in HEIS. Online digital mental health mentoring will be available to students from all HEIS in stipulated time on daily basis.

Link: <https://www.emindit.com/>