BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201 ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

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DETAILED REPORT OF THE ACTVITY 2023-2024

ACADEMIC SESSION	2023-2024
ORGANIZING INSTITUTION/COLLABORATING INSTITUTIONS	Bhiwapur Mahavidyalaya, Bhiwapur
NAME OF THE ACTIVITY	Students' Awareness Programme on "Emotional First Aid" Website
CORE AREAS COVERED	 Understanding Emotional First Aid Recognizing Emotional Distress Techniques and Strategies Creating a Supportive Environment Emotional Crisis Management
SCHEDULE	9 th January, 2024
VENUE	Ground Floor, Annex Building
MODE OF ACTIVITY (ONLINE/OFFLINE (IF ONLINE, GIVE WEBLINK)	OFFLINE
ORGANIZING COMMITTEE	Students' Counseling Centre
CHIEF COORDINATOR	Asst. Prof. Dr. Ravikant Mishra
COMMITTEE MEMBERS	Asst. Prof. Dr. Anita Mahawadiwar
KEYNOTE SPEAKER/RESOURCE	Asst. Prof. Dr. Ravikant Mishra
PERSON/PERSONS (Furnish a Brief Report on the Keynote	Member Secretary Students' Counselling Centre
Diff. Report on the Reynote	Students Counselling Centre

Speaker's Expertise)	
BENEFICIARIES/TARGET GROUP	Entire Students of our College
NUMBER OF STUDENTS/BENEFICIARIES	150
DETAILED REPORT OF THE ACTIVITY	'Emotional First Aid' [Link: https://myemotionalfirstaid.org/] is an important initiative dedicated to providing essential Psychological Resources and Tools, Mental Health Screening, and Primary-level Assistance to college students. The initiative is catered to young students in Maharashtra. With the target audience in mind, this comprehensive Website is bilingual, with a Marathi-first interface. Students will find a wealth of information addressing stressors and offering practical strategies and tools for effective coping. The platform extends its support beyond young individuals, catering to the needs of Parents and Teachers / Instructors who are important stakeholders in navigating the complexities of mental health challenges. To make all the students of our College aware of the Website and its functioning, a Students' Awareness Programme on "Emotional First Aid Website" was organized under the aegis of IQAC on 9 th January, 2024 at 11.00 a.m. in the Ground Floor of ANNEX Building. Asst. Prof. Dr. Ravikant Mishra, Head,

Department of Mathematics, was the Keynote Speaker of the Programme. Asst. Prof. Dr. Vinita Virgandham, the IQAC Coordinator, presided over the Event. The Dais was also graced with the presence of Asso. Prof. Dr. Motiraj Chavhan, Programme Officer, National Service Scheme (NSS) and Asst. Prof. Dr. Yogesh More, Programme Officer, National Cadet Corps (NCC), of our College.

Asst. Prof. Dr. Yogesh More delivered the Introductory Speech.

The Keynote Speaker, Asst. Prof. Dr. Ravikant Mishra, enlightened the students about the profound importance of Emotional First Aid Website in our daily lives. "Emotional First Aid" is an initiative that provides the youth with psychological assistance, mental health screening and primary-level treatment. The Website contains lots of information regarding stressors and how to deal with them with some basic strategies and tools. Parents and Instructors of young people with mental problems can also find information and help from this Website. We can also find tips on how to assist a student or a friend who is under emotional stress.

In his speech, Asst. Prof. Dr. Motiraj Chavhan, emphasized the significance of the Website in

	the Digital age. Asst. Prof. Dr. Vinita
	Virgandham marked the importance of mental
	health, emotional resilience and the proactive
	steps fruitful to address emotional crises.
	Asst. Prof. Dr. Ashwini Kadu conducted the
	Proceedings of the Programme. Asst. Prof.
	Darshana Dhamdar delivered the formal Vote
	of Thanks. In all, 150 students marked their
	attendance in this Event.
PROGRAMME OBJECTIVES	To educate the students about the concept
	and importance of emotional first aid.
	• To empower students with techniques to
	handle their own emotional health and
	support others.
	• To promote a supportive and open
	environment for discussing mental health
	issues.
	• To reduce the stigma associated with
	mental health challenges among students.
PROPIEMS EASED IE ANY	
PROBLEMS FACED, IF ANY	Problems with internet connectivity or
	technical glitches during the demonstration
	of the Website.
	Despite the bilingual interface, some
	students might still face difficulties in
	understanding the content due to language
	preferences or literacy levels.
	• Keeping the students engaged and

interested throughout the programme, especially when the content was too dense or not interactive enough.

 Students, parents, or teachers might have preconceived notions or stigma around mental health that could hinder their acceptance of the initiative.

However, the Organizing Committee addressed these challenges through careful planning, effective communication and contingency strategies, which ensured the smooth execution of the Programme.

IMPACT/OUTCOME ACHIEVED

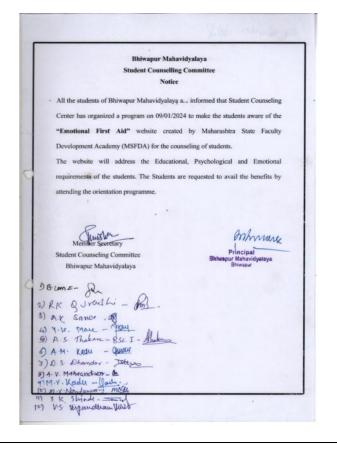
- Educated the students about the concept and importance of emotional first aid.
- Empowered the students with techniques to handle their own emotional health and support others.
- Promoted a supportive and open environment for discussing mental health issues.
- Reduced the stigma associated with mental health challenges among students

ANALYSIS REPORT OF THE FEEDBACK OBTAINED FROM STUDENTS/ BENEFICIARIES/ ACADEMIC PEERS ETC.

The participants provided Feedback, with most of them praising the Institution's efforts and expressing a strong desire for more similar initiatives in the future.

Bhiwapur Mahavidyalaya, Bhiwapur Students Counselling Center Organizes Awareness programme on "Emotional First Aid" Website Feedback Form Name of Students: Vanashase Fulchand Grajbhiye Name of College: Bhiwapux Mahavidyalaya, Bhiwapux Class: B.A Told year Whatsapp No. 9359582412 Please Tick √ the option you find more suitable Extremely Particular Quite No. Poor Good Good Arrangement of Programme Website made it comfortable for me to relate my problems How useful to you was the counselling experience How satisfied were you with 4. the way your counselor helped with your issues What are your overall experience on "my emotional first aid" Website Suggestions if any_ Signature of Participant

GEOTAG PHOTO GALLERY WITH CAPTIONS (Only GEOTAG photos covering the entire gamut/span of the activity will be accepted)



Asst. Prof. Dr. Ashwini Kadu conducting the Proceedings of the Programme



Asst. Prof. Dr. Yogesh More delivering his Introductory Speech



Asst. Prof. Dr. Ravikant Mishra delivering his Keynote Address



Asst. Prof. Dr. Vinita Virgandham delivering her Presidential Address



Students of the College witnessing the Event



Asst. Prof. Darshana Dhamdar delivering the formal Vote of Thanks



NEWS PAPER COVERAGE /MEDIA COVERAGE

Daily Lokshahi, Dated: 12th January, 2024

महाविद्यालयात भावनिक प्रथमोपचार कार्यक्रम संपन्न लोकशाही वार्ता/भिवापुर

स्थानिक भिवापूर महाविद्यालयाच्या विद्यार्थी समुपदेशन केंद्रातर्फें आयोजित 'भावनिक प्रथमोपचार' कार्यक्रम मंगळवारी पार पडला. महाविद्यालयीन विद्यार्थ्यांना आवश्यक मानस शास्त्रीय संशोधन आणि साधने, मानसिक आरोग्य तपासणी आणि प्राथमिक स्तरावरील सहाय्य या विषयाची माहिती देण्याकरिता कार्यक्रमाचे आयोजन करण्यात आले होते. अध्यक्षस्थानी रासेयो समन्वयक प्रा. विनिता वीरगंधम तर प्रा. मोतीराज चौहान, एन. सी.सी. समन्वयक प्रा. योगेश मोरे तसेच विद्यार्थी समुपदेशन कार्यक्रमाला प्रा. मंगेश कडू, प्रा. अनिता महावादीवर, प्रा. कुरेशी प्रा. ठाकरे प्रा. नंदनवार, प्रा. सारवे, प्रा. वासेकर, प्रा. कामडी उपस्थित होते. प्रास्ताविक प्रा. अश्वनी कडू तर आभार प्रा. दर्शना धमदर यांनी मानले. कार्यक्रमास मोठ्या संख्येने विद्यार्थी उपस्थित होते.

Daily Navrashtra, Dated: 12th January, 2024

नवराष्ट्र

महाविद्यालयात भावनिक प्रथमोपचार कार्यक्रम

विद्यार्थी समुपदेशन केंद्राचे आयोजन

भिवापूर, प्रतिनिधी. भिवापूर महाविद्यालयाच्या विद्याश्यां समुप्रदेशन केंद्रातर्के भावतिक प्रथमोपचार कार्यक्रम स्वप्यत आला. यामच्ये महाविद्यालयीन विद्यार्थ्यात आला. यामच्ये महाविद्यालयीन विद्यार्थ्यात आर्थे महाविद्यालयीन विद्यार्थ्यात आर्थे महाविद्यालयीन आर्थे मानस्थार्थ्या व्यापसणी आणि प्राथमिक स्तरावरील सहाव्यं या विषयवार माहिती देण्यात आर्ली. अध्यक्षस्थानी प्रा.डॉ.विविता वीरगंध्यम तर प्रमुख पाहुणे रूणम् रासेयो समन्ययक प्रा.डॉ.विविता चेरगंध्यम तर प्रमुख पाहुणे क्षणम् रासेयो समन्ययक प्रा.डॉ.विविता चेरगंध्यम तर प्रमुख पाहुणे क्षणम् स्वयं एनसीसी समन्ययक प्रा.डॉ.विविता चेरगंध्यम मोरं, विद्यार्थी समुप्रदेशन केंद्राचे सदस्य सचिव प्रा.डॉ.विविताण वांनी भावतिक आरोगयाचा



सांभाळ व समुपदेशनाची आवश्यकता, यावर मार्गदर्शन केले, प्रा.डॉ.मोरे यांनी धकाधकीच्या जीवनात येणाऱ्या भावनिक समस्येवर चर्चा केली, प्रा.डॉ.मिश्रा यांनी 'माय इमोशनल फस्ट एड' या संकेतस्थळाच्या माध्यमातृन तणावाचे निराकरण आणि प्रभावीणणे सामना करण्यासाठी कसे उपयोगी पडू शकते, यावर विद्यार्थ्योंना मार्गदर्शन केले. प्रा.डॉ.बीरांभम यांनी मानसिक आरोग्याच्या आवहानमधील

गुंतागुंतीचा सामना करण्यासाठी महत्त्वपूर दुवा महणजे पालक आणि शिक्षक असत्याये सांगीतले. प्रास्ताविक प्रा.डॉ.अश्विनी कहु तर आभार प्रदर्श प्रा.डॉ.मोशा कहु, प्रा.डॉ.ऑनन् महावादिवर, प्रा.डॉ.कुर्ग, प्रा.ठांस्ते प्रा.डॉ.संवरवार, प्रा.डॉ.कुर्ग, प्रा.ठांस्ते प्रा.डॉ.संवरवार, प्रा.डॉ.कुर्ग, प्रा.ठांस्ते

Orange City Metro Edition 12 January 2024 Page No. 2 epaper.navarashtra.com

SCANNED COPY OF ATTENDANCE SHEET

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BHIWAPUR MAHAVIDYALAYA, BHIWAPUR STUDENT COUNSELLING CENTER AWARNESS PROGRAMME ON "EMOTIONAL FIRST AID" WEBSITE ATTENDACE LIST Name of Student Class Sign 1 Shines Karwii meshram 2. Shewhit Sjaldheath hushite BASA year Thine B. P. 1 4 your Shoule BASTER TOUR 17 Very Sweet Obeyer 5) Shekhar Dama Dang Bhukare o) whi 3 trant BAILYENS SHEET D month skills me Rambui B. A. I then muratice 8) Good V. Kudenson B.A.T year Capalkidege Brother And BA Widge Observale 201 Kajal K. Bhone 1) Protikaha R. Vaidya Bratism & Doshmulch Brom Hy Palman 8 St I year (Macoane. 8 com II year Gard 14) VIVEK - R. Bawane 15) Vivek d Shiribame 16) Asshul u pasallul B. P. P and proposed to 17) Prancy S. I lamker B. Sc 2nd D 20) Hubert & Fabrate 22) Vinny W Knowle B-A Las por desper B. A. 1st year about

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