
P R O G R A M M E R E P O R T

Mental Health and Well-Being Awareness Programme

27 November – 08 December 2025

Organised By:

JAWAHARLAL NEHRU RAJKEEYA MAHAVIDYALAYA

Sri Vijaya Puram, Andaman & Nicobar Islands

In Collaboration With

**State Health Society (UT Health Mission)
Tele-MANAS, National Tele Mental Health
Programme
&**

Department of Psychiatry, ANIIMS

1. Introduction

Jawaharlal Nehru Rajkeeya Mahavidyalaya (JNRM), Sri Vijaya Puram, conducted a 10-day Mental Health and Well-Being Awareness Programme from 27th November to 8th December 2025, in association with the State Health Society, the National Tele-Mental Health Programme (Tele-MANAS) and the Department of Psychiatry, ANIIMS.

This programme was organised in light of growing concerns regarding students' mental health and the need for structured, expert-led interventions on campus. Sessions were conducted for all 18 academic departments, as well as the Boys' and Girls' Hostels inmates.

2. Objectives of the Programme

- a) To promote emotional well-being among students.
- b) To create awareness about common mental health issues.
- c) To provide coping strategies for stress and academic pressure.
- d) To encourage early help-seeking behaviour.
- e) To strengthen psychological resilience and communication skills.
- f) To introduce students to the Tele-MANAS support system.

3. Organising Team

A. Institutional Coordination

1. Dr. Pearl Devdas, Principal, JNRM
2. Dr. Dipon Sharmah, Assistant Professor (Overall Coordinator)
3. Dr. S.K. Jha, Assistant Professor
4. Dr. Abdul Salam, Assistant Professor
5. Dr. N.C. Vinod, Assistant Professor
6. Dr. Kandimuthu, Assistant Professor
7. Dr. C. Parthiban, Assistant Professor
8. Dr. Kusum Kumari, Assistant Professor
9. Dr. Rasbehari Banerjee, Assistant Professor
10. Dr. Ratna Kushwaha, Assistant Professor

B. Resource Team (Tele-MANAS & Psychiatry Department)

1. Ms Ambika Paul - Project Coordinator, Tele-MANAS
2. Ms. Shyamli Singh - Clinical Psychologist, Tele-MANAS
3. Ms Rakshanda Dubey, Clinical Psychologist, ANIIMS
4. Ms. Madhavi N - Counsellor, Tele-MANAS
5. Dr. Sumithra Mandal - Counsellor, Tele-MANAS
6. Ms. Aysha Sherin - Counsellor, Tele-MANAS
7. Ms. Geeta Rani Saha - Counsellor, Tele-MANAS
8. Mr. Mani Balan - Counsellor, Tele-MANAS
9. Ms. Shabnam Begum - Psychiatry Social Worker
10. Ms. Hemlata - Trained Psychologist, GB Pant Hospital

4. Programme Schedule

The programme covered daily interactive sessions from 27.11.2025 to 08.12.2025, held from 10.30 AM to 12.00 PM in the Lecture Gallery, JNRM, for various departments. The departments are Geography, Botany, Political Science, Zoology, B.Com, BCA, BBA (Tourism), Economics, English, Tamil, Home Science, Physics, History, Maths, Bengali, Hindi, Chemistry, Physical Education and both boys' and girls' hostel inmates.



Date	Departments
27.11.2025	Geography & Botany
28.11.2025	Pol. Science & Zoology
29.11.2025	B.Com & Chemistry
01.12.2025	BCA, BBA & Hindi
02.12.2025	Economics & Maths
03.12.2025	English, Tamil & Home Sc
04.12.2025	Bengali & Physics
05.12.2025	Physical Edn & History
06.12.2025	All Boys Hostel inmates
08.12.2025	All Girls Hostel Inmates

5. Summary of Daily Sessions

Day 1 – 27 November 2025

Participating Department: Geography & Botany

Resource Persons: Ms. Shyamli Singh, Clinical
Psychologist, Tele-MANAS.

Dr Sumithra Mandal, Counsellor,
Tele-MANAS.

Address by Dr. Pearl Devdas, Principal, JNRM

Dr. Pearl Devdas, Principal, JNRM stated that today students of JNRM are performing extremely well in various fields like academics and extracurricular activities. However, mental health is emerging as an important concern for all. She noted that these issues need to be addressed because young minds are often affected by negative thoughts. She stressed that mental well-being must not be ignored and should be treated with the same seriousness as our physical health.

She pointed out that issues like negative thinking, stress, etc often remain unaddressed. Over time, these can affect student's overall well-being. Therefore, she highlighted the need to reach every student. She noted that students must be given opportunities to listen to experts. She encouraged them to interact freely and seek help whenever needed.

The sessions by different experts mainly emphasized mental health issues, warning signs and symptoms, stress management, emotional regulation, coping strategies, and encouraging early help-seeking.

The students were briefly explained about mental health and the key role each participant can play in breaking the stigma attached to mental health. Focus on factors or stressors affecting mental health were elaborately discussed.

Continuing the session, the participants were engaged in a Deep Breathing exercise and checking their mental health condition by answering a few questions related to their daily life routine. Furthermore, the functions of Tele-MANAS were explained to the gathering with a presentation of a demo call for easy accessibility when needed.

Overall, the aim was to create awareness among the participants and psycho-educating on decision making, time management, planning, goal-setting, etc. The programme concluded with pledge-taking. Queries related to mental health and overall well-being were also addressed.

Feeling Anxious?



Don't Worry...
We are here to listen
and relax you.



Tele
MANAS
1 4 4 1 6

Day 1 Session



Dr. Pearl Devdas, Principal, JNRM addressing the students



Geography & Botany Department Students attending the session

Day 2 - 28 November 2025

Participating Department: Political Science and Zoology

Resource Persons: Ms. Hemlata, Trained Psychologist,
Department of Psychiatry, GB Pant
Hospital

Ms Geeta Rani Saha, Counsellor,
Tele-MANAS

Ms Ambika Paul, Project Coordinator,
Tele-MANAS

Dr. Pearl Devdas, Principal JNRM, in her opening remarks, emphasised the importance of mental health in students. She mentioned that meditation helps in calming our mind. It also leads to improve our focus. She encouraged students to listen to the experts attentively and practice the lessons learnt to cultivate emotional balance.

The session by Ms. Hemlata, Trained Psychologist focused on emotional management, coping with stress, expressing feelings, and understanding personal responsibility in maintaining mental well-being. She advised students to reach out to elders, teachers, or mental health professionals whenever they are unable to manage their emotions on their own.

Ms. Geeta Rani Saha, Counsellor, Tele-MANAS, conducted an interactive session. She encouraged students to openly share their thoughts and feelings. She explained that emotions like stress and sadness are normal. These emotions must not be seen as weaknesses. She highlighted the importance of mental health. She warned that long-lasting sadness or withdrawal may be early signs of mental distress.

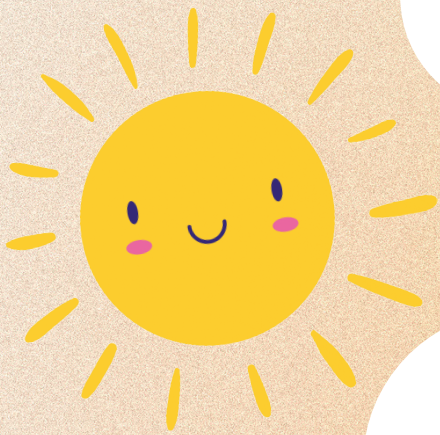
She advised students to seek help from elders or professionals when needed. She suggested practising yoga, meditation, exercise and breathing techniques daily. She also advised them to reduce screen time. She demonstrated calming exercises and informed students about mental health support available through Tele-MANAS.

Ms Ambika Paul advised students that asking for help is a sign of strength, not weakness. She encouraged students to follow healthy habits every day. Finally, she informed the students about the mental health support available through Tele-MANAS. She urged them to use this service whenever they or someone they know needs guidance or emotional support.

Mental health is not a destination, but a process. It's about how you drive, not where you're going.

BREATHING EXERCISE

BREATHE IN PEACE, BREATHE OUT WORRY.



Inhale

Hold

Exhale

Day 2 Session



Political Science & Zoology Dept students attending the session



Students interacting with the counsellors

Day 3 – 29 November 2025

Participating Department: B.Com & Chemistry

Resource Persons: Ms. Shyamli Singh, Clinical
Psychologist, Tele-MANAS.

Ms. Aysha Sherin, Counsellor,
Tele-MANAS

Ms Ambika Paul, Project Coordinator,
Tele-MANAS

The resource persons of the different sessions stressed on the importance of emotional well-being, early identification of stress, and the development of healthy coping strategies essential for academic and personal growth.

The session emphasised that mental health is equally important as physical health. It must be prioritised by every individual. Students were guided on recognising early signs of stress and anxiety. They were introduced to various coping mechanisms like relaxation practices, mindfulness, maintaining a structured routine, seeking social support, and adopting healthy lifestyle habits. The importance of expressing one's feelings openly and seeking timely help was strongly highlighted.

Additionally, a brief introduction to Tele-MANAS was provided. Students were informed that Tele-MANAS offers free, 24/7, confidential mental health support through trained counsellors and mental health professionals. Detailed guidance was shared on how they can access the helpline whenever they feel overwhelmed or require emotional support.

To familiarise the students a live demo call was made to demonstrate the functioning of Tele-MANAS. This demonstration helped students understand how easily and confidently they can reach out to the helpline. The students were also taught basic breathing techniques to calm the mind.



It's Okay to Feel



CURIOUS



HAPPY



SCARED



CRY



ANGRY



SAD



TIRED



CONFUSED



ANXIOUS

Day 3 Session



B.Com & Chemistry Department students attending the session



Students participating in different session activities

Day 4 – 01 December 2025

Participating Department: BCA, BBA (Tourism) and Hindi

Resource Persons: Ms. Shabnam Begum,
Psychiatric Social Worker

Mr. Mani Balan, Counsellor,
Tele-MANAS

Ms Ambika Paul, Project Coordinator,
Tele-MANAS

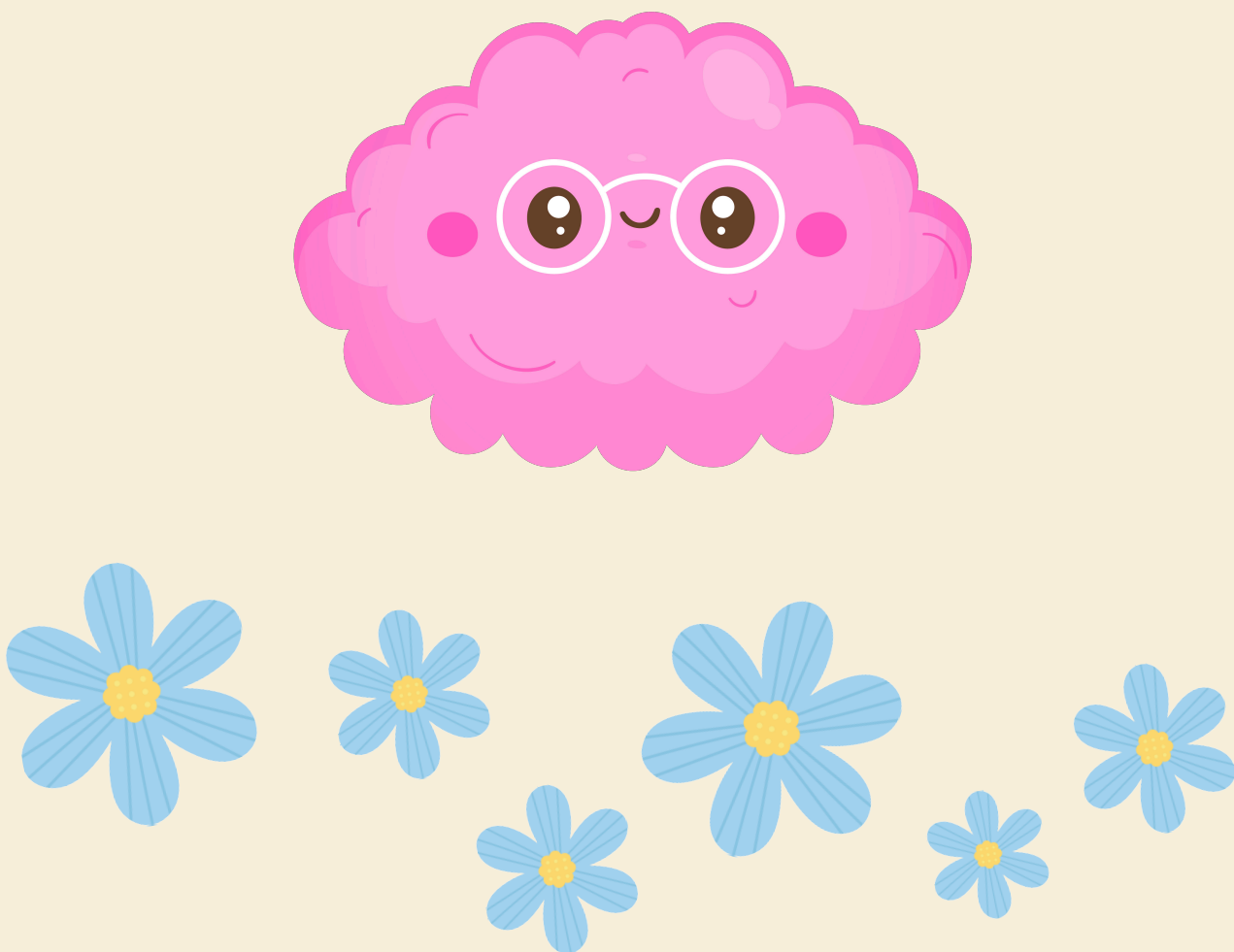
The programme began with a presentation on mental health. It covered common issues like stress, anxiety and depression. It emphasized the importance of seeking help and encouraged students to prioritize their mental well-being.

The different sessions were aimed to sensitize students about mental health issues. They were also introduced to Tele-MANAS. They engaged in discussions on common mental health issues and the importance of asking for help.

Students learned about the benefits of Tele-MANAS. The counsellors highlighted its easy accessible and support services. This included its 24/7 availability and anonymity. This also highlights its confidentiality.

The counsellors promoted the idea that students should prioritize their mental well-being. They were counselled on how to seek help during difficult times to get professional assistance. The Tele-MANAS app was also discussed. This app help students to learn about mental health.

A demo call was made to Tele-MANAS. This helped students to understand the process of seeking help. A number of videos were shown to students on mental health. This was aimed to raise awareness and reduce stigma associated with mental health.





Signs of Stress in Students

RECOGNIZE THE SIGNS



sleep changes



mood swings

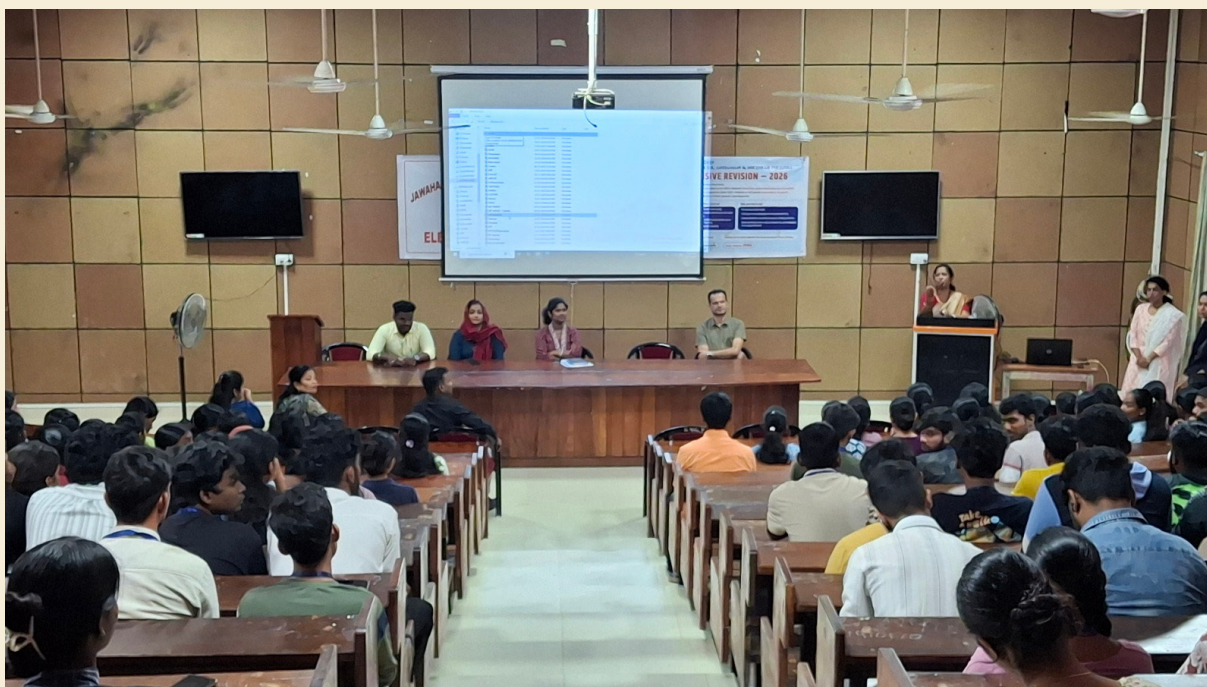


appetite loss



social withdrawal

Day 4 Session



Dr. Pearl Devdas, Principal, JNRM addressing the students



BCA, BBA & Hindi Department students attending the session

Day 5 – 02 December 2025

Participating Department: Economics & Mathematics

Resource Persons: Ms Rakshanda Dubey, Clinical
Psychologist, ANIIMS

Ms Geeta Rani Saha, Counsellor,
Tele-MANAS

Ms Ambika Paul, Project Coordinator,
Tele-MANAS

The session began with opening remarks by Dr. Pearl Devdas, Principal, JNRM. She highlighted the growing need to prioritize mental health in today's fast-paced world. She emphasized that awareness, early identification and timely support can significantly improve one's quality of life.

Ms. Rakshanda Dubey, Clinical Psychologist, ANIIMS delivered a session focusing on depression, lifestyle modification, screen-time management and the importance of maintaining a healthy sleep routine. She explained these concepts using relatable examples. She shared several short stories to help students understand that psychiatrists and psychologists are not meant only for treating mental disorders, but also play a major role in supporting emotional well-being.

Ms. Geeta Rani Saha, Counsellor, Tele-MANAS conducted an interactive session. She encouraged students to openly share their thoughts and emotional states. She emphasized that feelings like sadness, stress, and anxiety are normal experiences for everyone, and should not be considered weaknesses.

She spoke about the importance of mental health. She explained that it is as essential as physical health for leading a balanced life. She highlighted how prolonged emotional distress like continuous sadness or pain can lead to mental health concerns if not expressed or shared.

She also discussed early warning signs such as: Withdrawal or loss of interest in regular activities, Inability to concentrate, Changes in sleep cycle and Changes in eating habits. She stressed that such changes should be identified early and shared with elders or professionals.

How to Maintain Good Mental Health

She suggested simple daily practices: yoga, meditation, regular exercise, breathing exercises, and a balanced diet. She reminded students that these should not be done occasionally but must become a part of their daily routine.

Other Key Points

The counsellors emphasized that screen time should be limited to maintain mental clarity and emotional balance.

Ms. Geeta Rani Saha demonstrated a breathing exercise. This exercise can help students learn how to calm their minds during stressful moments. She also explained grounding techniques (5-4-3-2-1 method), describing how they help maintain emotional stability and manage overwhelming thoughts. She also created awareness about the mental health support available through Tele-MANAS.

Ms. Ambika Paul, Project Coordinator, Tele-MANAS discussed the equal importance of physical and mental health. She emphasized that students should give the same attention to their mental well-being as they give to their physical fitness.

She encouraged students to speak with their relatives, friends, or adults whenever they feel overwhelmed. She explained that sharing emotions helps reduce mental pressure. She also urged them to freely utilize the facilities provided by Tele-MANAS for professional guidance and support.

Mental Health for Students

Warning Signs to Watch Out For



**Difficulty
Concentrating**

**Intense
Emotional Responses**



**Drastic
Physiological Changes**

**Substance
Abuse**



**Temper and
Anger Management Issues**

Day 5 Session



Economics & Mathematics Dept students attending the session



Students actively engaged in the interactive session

Day 6 – 03 December 2025

Participating Department: English, Tamil & Home Science

Resource Persons: Ms. Shyamli Singh, Clinical
Psychologist, Tele-MANAS.

Ms. Madhavi N, Counsellor,
Tele-MANAS

The session started with opening remarks by Dr. Pearl Devdas, Principal, JNRM. She expressed that this was a very important awareness programme. For the first time, it was conducted for all 18 departments of the college. She highlighted that students would soon realise how significant this programme is for their well-being.

Ms. Shyamli Singh focused on the importance of expressing one's mental state just as openly as we talk about our physical health. She discussed the stigma attached to mental health as well as the judgemental attitudes often seen in society. She stressed the need to break this stigma. She also noted that awareness programmes like this one greatly help in creating an open culture.

She also pointed out that mental health development begins early in childhood; therefore, nurturing mental well-being from infancy is crucial.

Identifying Warning Signs: Ms. Shyamli advised students to learn to recognize early indicators of mental health difficulties. Some key points: (A) Build trust and approach others with a non-judgmental attitude. (B) Speak to individuals showing warning signs and offer empathy and support. (C) Warning signs persisting continuously for 15 days should not be ignored.

Common Warning Signs: Loss of sleep, loss of appetite, overthinking, irritability or withdrawal, Lack of interest in routine activities.

Support Systems: She encouraged students to identify their support networks. Primary support like parents, siblings; Secondary support like friends, teachers; Tertiary support like clinical psychologists, counsellors and professional services like Tele-MANAS

Ms. Madhavi N, Counsellor, Tele-MANAS began by introducing the concept of health as defined by the World Health Organization: a state of complete physical, mental and social well-being. She highlighted the importance of mental health and how it shapes emotions, thoughts and daily functioning. Students were introduced to Tele-MANAS, launched by the Government of India in October 2022 as the country's largest mental health helpline.

She mentioned that the service is free, confidential, available 24x7 and accessible in multiple languages through the numbers 14416 or 1800-891-4416.

She shared key statistics about Tele-MANAS, such as over 35 lakh calls received and 48 active Tele-MANAS cells across India. She also highlighted statistics of mental health conditions of Andaman and Nicobar Islands, as the islands consistently report one of the highest suicide rates in India, ranking 2nd after Sikkim.

Students were encouraged to save Tele-MANAS helpline number in their mobile phone and to make use of it in times of distress. They were also asked to download Tele-MANAS app as it provides them self assessment tools and resources. The need for Tele-MANAS was explained using significant data, including the NCRB report citing over 13,000 student suicides annually and WHO's finding that 1 in 7 Indians faces mental health challenges, though 80% do not seek help due to stigma or lack of access.

The calling mechanism, types of issues students can seek help for academic stress, anxiety, relationship concerns, loneliness, family conflicts, and thoughts of self-harm were discussed in detail.

The session concluded by emphasizing that seeking help is a sign of strength and encouraging students to break the stigma and support one another.

How to help a friend suffering from anxiety

Bear no judgment

Offer to listen

No toxic positivity

Be patient

Be present

What to do during a **panic attack?**

Panic attacks can feel overwhelming — but there are simple steps that can help you stay grounded. Here's what you can do in the moment:

Breathe In, Breathe Out

Take slow, deep breaths. In through your nose for 4 counts, hold for 4, out through your mouth for 4. Repeat until your breathing slows.

Ground Yourself

Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste.

You're Safe

Tell yourself: "This will pass. I am okay." A panic attack feels scary, but it's not dangerous.

Reach Out

You're not alone. Talk to someone you trust, or call Tele-MANAS at 14416 or visit GB Pant Hospital.

Day 6 Session



English, Tamil & Home Science Dept students attending the session



Students actively engaged in the interactive session

Day 7 - 04 December 2025

Participating Department: Bengali & Physics

Resource Persons: Ms. Shyamli Singh, Clinical
Psychologist, Tele-MANAS.

Mr. Mani Balan, Counsellor,
Tele-MANAS

Ms. Shyamli Singh began by emphasising that gaining knowledge about mental health is important for students. She explained that when we become physically unhealthy, we visit a doctor. However, the same approach is not commonly followed for mental health because there is still a stigma attached to it. She stressed that this stigma needs to be addressed.

Students were shown videos related to mental health. The audio-visual impact was profound, and the message was clear:

"You have the power to be heard, you have the power to heal."

Breaking Stigma: Acceptance of mental health issues is still very low in society. Ms. Shyamli emphasised the need to break the stigma associated with seeking help for mental health concerns. She reminded students that equal importance must be given to mental health, just like we do for physical health.

She highlighted that mental health development starts from infancy. Therefore, it is important that we take care of our home environment from the very beginning. She stressed the importance of recognising common warning signs, such as: withdrawal from normal activities, mood swings, sleep disorders, substance abuse, talking about death, feelings of hopelessness.

Mr. Mani Balan, Counsellor, Tele-MANAS provided a detailed explanation of how Tele-MANAS functions and why it is an essential mental health support system for the people of the Andaman & Nicobar Islands and the rest of India.

He began by explaining that Tele-MANAS is a nationwide mental health helpline designed to offer immediate psychological support to anyone experiencing distress. The service is available 24x7 and can be accessed easily through a phone call. This makes mental health assistance reachable even in remote locations like island territories.

He highlighted that, unlike traditional mental health services that may require appointments or physical visits, Tele-MANAS allows an individual to speak immediately with a trained professional, making it particularly useful during moments of acute stress or emotional crisis.

He reassured students that Tele-MANAS is a highly confidential service, and every conversation is handled with utmost care and professionalism. He highlighted that many individuals feel hesitant to visit a counsellor due to stigma or fear of judgment, and Tele-MANAS bridges this gap by offering a safe, anonymous, and stigma-free space to talk.

CHECKING IN

how am I feeling
right now ?

Anxious

Proud

Happy

Bored

Peaceful

Annoyed

Scared

Cheerful

SELF CARE

For Your Body

Stretch

Take a Shower

Eat Some Fruit

For Your Mind

Go for a Walk

Journal

Meditate

For Your Soul

Dance

Paint

Listen to Music

Day 7 Session



Bengali & Physics Department students attending the session



Students actively attending the session

Day 8 – 05 December 2025

Participating Department: Physical Education & History

Resource Persons: Ms. Shyamli Singh, Clinical
Psychologist, Tele-MANAS.

Dr. Sumithra Mandal, Counsellor,
Tele-MANAS

The session began with opening remarks by Dr. Pearl Devdas, Principal, JNRM. She observed that mental health issues are often not addressed openly. She emphasised that students must learn to take care of themselves and concentrate on their overall well-being.

She stated that this exclusive programme, conducted by experts from Tele-MANAS, is designed especially for the students. She is confident that they will greatly benefit from it. She also stressed the importance of students opening up and expressing their feelings to their parents, relatives, siblings, classmates, seniors, and faculty members. She stressed that communication is essential for emotional health.

Ms. Shyamli Singh, Clinical Psychologist, delivered an informative and interactive talk on various aspects of mental health. She explained the concept of mental health and clarified common misconceptions and stigma associated with it.

She further discussed practical strategies for handling stress like time management, emotional regulation, and maintaining a balanced routine. Participants were taught to recognize warning signs such as persistent sadness, withdrawal, irritability, fatigue, and changes in sleep or appetite. The speaker encouraged everyone to take breaks when overwhelmed and to practise relaxation techniques like deep breathing to reduce anxiety.

She also shared a powerful tool for prioritizing tasks based on urgency and importance. It divides work into four categories: Do Now, Plan, Delegate and Eliminate. By organizing tasks this way, one can focus on what truly matters, reduce stress and manage time more effectively every day.

Dr. Sumithra Mandal provided detailed information about the Tele-MANAS service. She mentioned that during the COVID-19 pandemic, many people experienced mental health challenges and the Government of India launched Tele-MANAS, a mental health service offering counselling and psychological support to individuals in distress. She explained that Tele-MANAS offers nationwide mental health support through trained psychologists and mental health professionals.

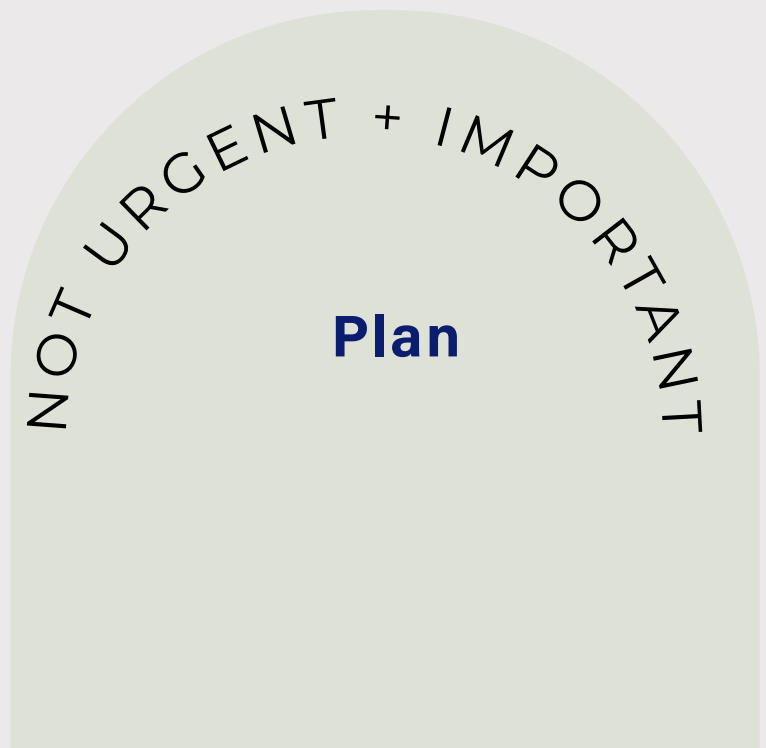
She informed the audience about the Tele-MANAS helpline number 14416, through which anyone experiencing emotional distress can receive immediate assistance.

Eisenhower Matrix

This Matrix helps you sort tasks by urgency and importance. It is a simple but powerful tool for better task management.

URGENT

NOT URGENT



Day 8 Session



Physical Education & History Dept students attending the session



Students actively engaged in the interactive session

Day 9 – 06 December 2025

Participating Department: All Boys Hostel inmates

Resource Persons: Ms. Shyamli Singh, Clinical
Psychologist, Tele-MANAS.

Ms. Shabnam Begum, Psychiatric
Social Worker

Ms Ambika Paul, Project Coordinator,
Tele-MANAS

Dr. Pearl Devdas, Principal JNRM addressed the hostel inmates on different aspects like cleanliness, discipline and personal well-being. She emphasized the importance of maintaining a clean environment, which is essential for clarity of mind and overall productivity. According to her, proper organisation of one's room and surroundings promotes hygiene and uplifts mood. This contributes to long-term personal development. She reminded the students that keeping their rooms tidy would positively impact their mental well-being as well.

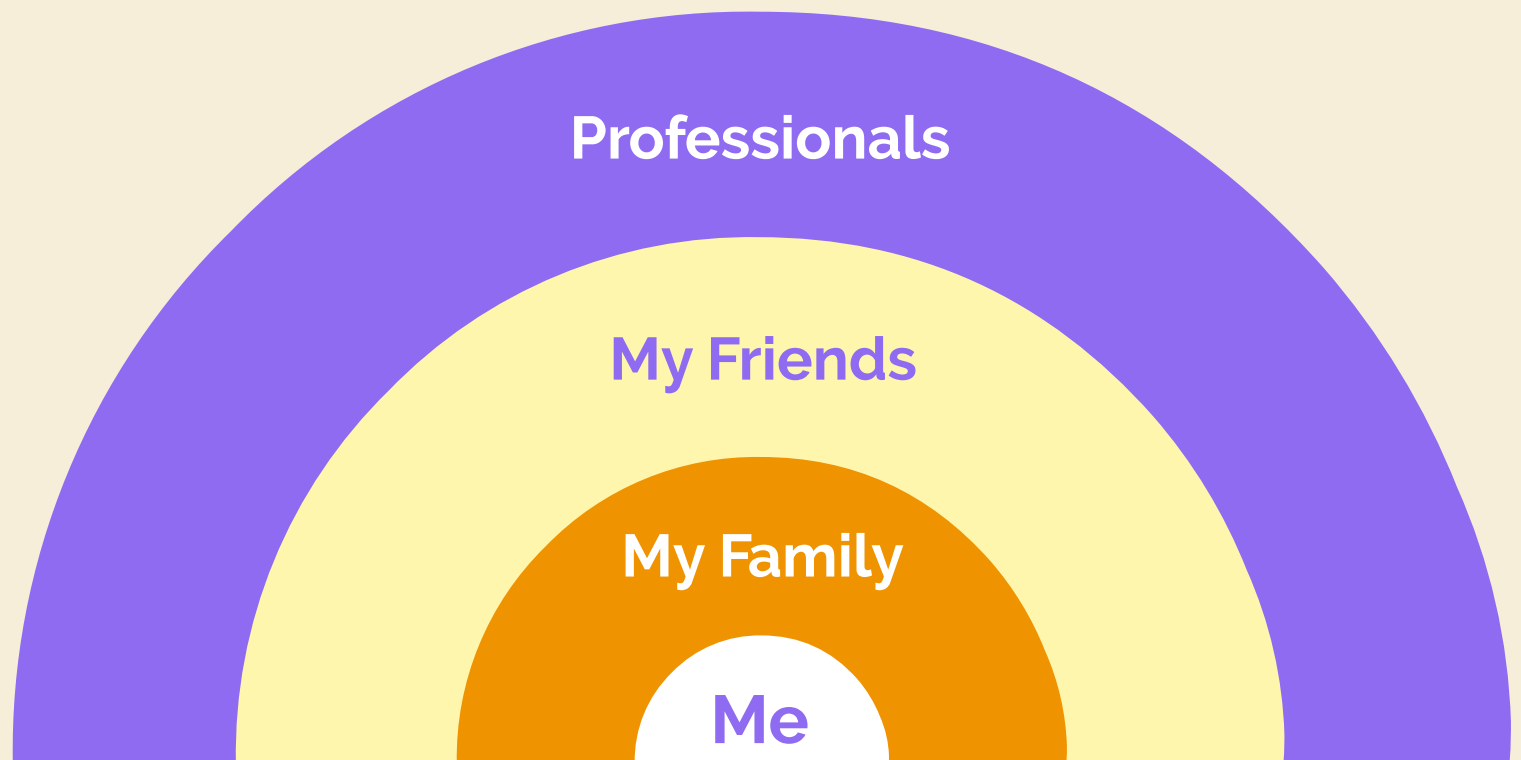
She also highlighted the importance of choosing friends wisely. She stressed that students should distance themselves from individuals involved in substance use. Concluding her address, she encouraged every hostel inmate to take ownership of their space, cultivate discipline and contribute positively to the hostel environment.

Ms. Shabnam Begum delivered a talk on suicide prevention. She stressed that self-harm can never be a solution. She began by discussing global suicide statistics. She urged students to recognise warning signs in themselves and others. She explained that emotional distress like sadness, failure, or feelings of rejection is often shown through subtle behavioural changes. These changes must not be ignored. According to her, individuals experiencing depression frequently give out warning signals. Therefore, timely acknowledgement can save lives. She encouraged students to be good listeners, non-judgmental, and proactive in offering help. She also suggested engaging in positive activities such as meditation, sports, meaningful conversations, or leisure activities to reduce stress.

Ms. Shyamli Singh conducted an informative session on mental health awareness. Through her presentation, she highlighted the evolution of mental health issues and the impact of accumulated stressors such as academic pressure, relationship difficulties etc. She emphasised the importance of recognizing warning signs that may indicate distress or suicidal thoughts. The session further encouraged participants to adopt healthy lifestyle practices and practice gratitude. Overall, her talk provided practical guidance and fostered a deeper understanding of mental well-being.

Ms. Ambika Paul exhorted students to adopt a healthy lifestyle and remain focused on their goals. She urged them to understand and recognise distress signals and to help themselves or anyone in need.

CIRCLE OF SUPPORT



My Circles of Support

Primary Support: **MY FAMILY**

Secondary Support: **MY FRIENDS**

Tertiary Support: **PROFESSIONALS**

Day 9 Session



Boy's Hostel inmates attending the session



Boy's Hostel inmates attending the session

Day 10 - 08 December 2025

Participating Department: All Girls Hostel inmates

Resource Persons: Ms. Hemlata, Trained Psychologist,
Department of Psychiatry, GB Pant
Hospital

Ms. Geeta Rani Saha, Counsellor,
Tele-MANAS

Ms. Shabnam Begum, Psychiatric
Social Worker

Ms Ambika Paul, Project Coordinator,
Tele-MANAS

Dr. Pearl Devdas, Principal, JNRM, addressed the Girls Hostel inmate with a message on the significance of creating a positive living environment. She emphasized that cleanliness and organized states are closely linked to emotional clarity. She remarked that a clean room reflects a clean mind. She also announced prizes for students who maintain their rooms neatly and organized. This was received with great enthusiasm by the girls.

She reassured them that feeling homesick, anxious or uncertain is natural. She encouraged students to reach out to Principal, wardens and teachers whenever they need guidance.

Ms. Hemlata began by asking the students to reflect on their priorities as young women living away from home. She explained that many girls experience emotional strain due to academic pressure, adjustment issues, relationships, homesickness and overthinking.

She emphasised that girls often choose emotions over situation. This leads to stress. She mentioned that our emotional well-being depends on understanding three key areas: emotions, behaviour, and thoughts. She also discussed that taking responsibility for oneself is of paramount importance.

Ms. Shabnam focused on helping students identify their emotions like fear, loneliness, anxiety, frustration or stress. She conducted two activities:

Activity 1: Students were asked to recognise and label what they were feeling at that moment.

Activity 2: Students were encouraged to share their emotions with a trusted person like parents, siblings, friends or teachers. She reminded them that sharing emotions helps prevent impulsive decisions and emotional outbursts.

She stressed that problems are temporary situations. Worries troubling them today will not remain forever, so students should not act impulsively.

Ms. Geeta Rani guided students on balancing their emotions by practising mindfulness. She encouraged students to: start their day with positive thinking; maintain positive connections with peers and elders; avoid isolation and set personal boundaries to protect their emotional space.

Ms. Ambika reminded students that hostel life brings independence. But it also bring new emotional challenges. She stressed that it is important for students to understand their feelings, recognise signs of stress and seek help when necessary.



Struggling with stress, anxiety, or burnout? We're here to help
— find support, talk to someone, take a breath.



1 4 4 1 6

**Tele
MANAS**

5 SENSES GROUNDING EXERCISE

**IF YOU'RE FEELING ANXIOUS OR
STRESSED, TRY AND FOCUS ON:**

5

THINGS YOU CAN SEE

4

THINGS YOU CAN HEAR

3

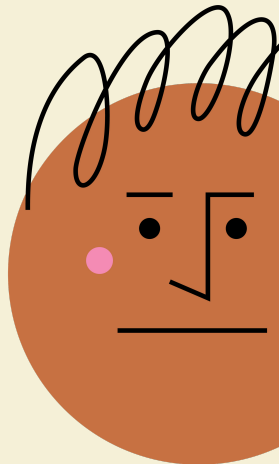
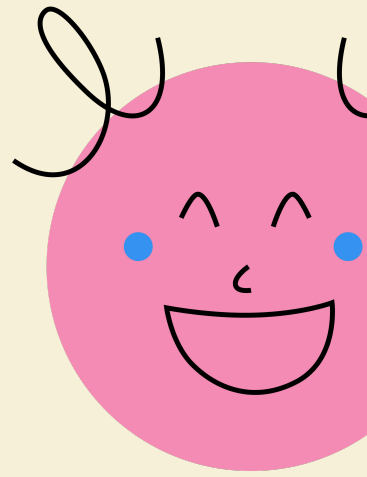
THINGS YOU CAN TOUCH

2

THINGS YOU CAN SMELL

1

THING YOU CAN TASTE



KEY TAKE AWAYS

MENTAL HEALTH SESSIONS

It's okay to
take a break

Connect
with others

Practice
mindfulness

Get enough
sleep

Remember
that it's okay
to not be
okay

Practice
gratitude

Limit
social media
consumption

Exercise
regularly

Get enough
sleep

Day 10 Session



Girl's Hostel inmates attending the session



Students interacting with counsellors

6. Participation

Across all 10 sessions, more than 2300 students from all departments and hostels actively participated. Students engaged in activities like:

- a. Stress-relief exercises
- b. Roleplays
- c. Question-answer discussions
- d. Psychological first-aid demonstrations

7. Outcomes of the Programme

- a. Increased awareness about mental health symptoms.
- b. Improved openness among students to seek professional help.
- c. Reduction in stigma related to counselling.
- d. Activation of safe communication channels on campus.
- e. Strengthened collaboration between JNRM & Health Department.

The programme played a significant role in building a supportive atmosphere on campus. It also helped in promoting proactive mental health practices.

8. Acknowledgements

Principal JNRM extends sincere thanks to:

1. State Health Society – Tele-MANAS
2. ANIIMS & GB Pant Hospital
3. All clinical psychologists, counsellors & social workers deputed
4. All Heads of Departments, JNRM
5. All coordinators
6. Student volunteers

Their cooperation ensured the successful completion of this important initiative.

Take Care of Your Mind

- Reflect on your accomplishments at the end of each day to boost self-esteem.
- Celebrate milestones and achievements with small rewards to stay motivated.
- Practice mindfulness meditation to increase self-awareness and reduce anxiety.
- Create a reading list of motivational or inspirational books for personal growth.
- Spend time in nature during breaks to refresh your mind and reduce stress.

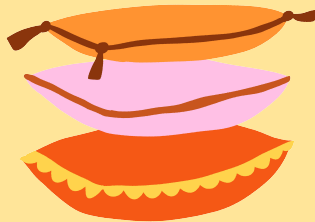


Healthy Habits for a Happy Mind

Daily choices that make a difference.



Drink Water



Sleep Well



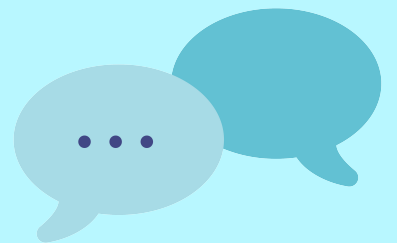
Eat Fresh



Move Daily



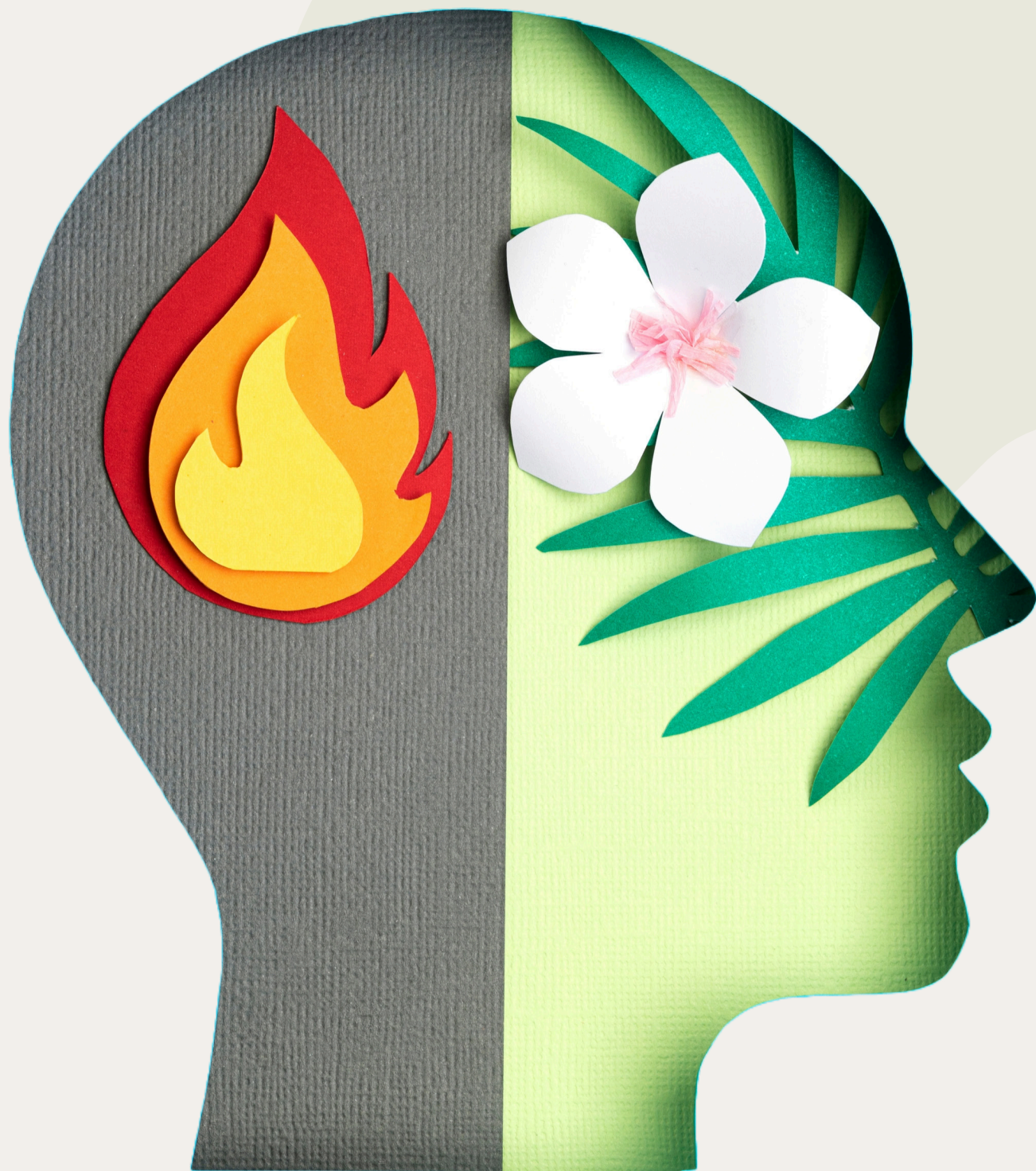
Take Breaks



Stay Connected

Healthy Mind, Healthy Life.

JAWAHARLAL NEHRU RAJKEEYA MAHAVIDYALAYA



BE KIND TO
YOUR MIND

JAWAHARLAL NEHRU RAJKEEYA MAHAVIDYALAYA
SRI VIJAYA PURAM
ANDAMAN & NICOBAR ISLANDS