DCT's
Dhempe College of Arts and Science
Miramar - Goa

Mental health includes emotional, psychological, and social well-being. It affects how one thinks, feels, and acts. It also helps determine how to handle stress, relate to others, and make choices. Mental health is a major concern worldwide and India is not exception to it. In the state of Goa, the incidences of suicide are on the rise and the most common cause of suicide is found to be depression, which is a form of mental illness. Another common mental health issue in Goa is alcoholism the use of which is rampant not only among adults but also among school and college students. The use of alcohol besides harming the consumer, also leads to many other issues like financial crises and domestic violence.

There is a great misconception for the mentally ill. Raising awareness can reduce misconceptions. Awareness also eliminates stigma for these people. If we are aware of their limitations and strengths, stigma may disappear. Awareness can also create new improvements for the mentally ill.Awareness is a form of education and knowledge is power. This power can cause a positive effect in community. Awareness is key for understanding what mental health is and how families can receive the help they need.

Dhempe college of Arts and Science identified this need and "Jagruti Awareness programme' emerged as an initiative taken by Psychology department of the College in collaboration with Sangath (NGO). This programme was started with certain objectives.

- To create awareness about mental health in community.
- To inculcate empathy and skill among students.
- To develop a sense of social responsibility amongst the students.

"Jagruti"- Awareness programme comprises of:

- Street Play – A street play showcasing an array of situations depicting symptoms of mental illness, social stigma, and myths associated with mental health. The play would also highlight the role of compassionate care along with expert advice and medication in the healing of mental illnesses.
- Power-point Presentation – A presentation including videos (Prakash Dhoot) and information relating to the symptoms and causes of various mental illnesses.
- Group Discussion – Interaction of participants with psychiatrist and psychologist from Sangath to clarify their doubts about mental health issues.
- Distribution of Leaflets – Participants to be given leaflets consisting of information on places of mental health care services.

The Jagruti program was launched on World Mental Health day, 10th October, 2017, at Vithoba Temple, Betim – Goa, with the help of the Sarpanch of the said village. The programs (Jagruti) were then organised in several other places. The details are as under:

- NOMOZO – No Motor Zone in Porvorim on 10th December, 2017
- Our Lady of Merces School, Merces on 10th February, 2018
- Merces Village Panchayat on 27 th September, 2018
- Merces Church ground on 28th September, 2018
- BalBharatiVidyaMandir, Ribandar – Goa on 16th August, 2019.

Activities as per the plan were conducted at the above cited venues'

Other activities conducted under ' Jagruti Programme' are as under:

- A talk on 'Academic and Career Orientation' was organized on 25/9/2018and the speaker was Ms. Miriam Sequiera, Clinical Psychologist, Sangath, Porvorim – Goa. The primary purpose of the talk was to make students self-aware and based on this, choose jobs most suitable to them. The students were also helped to formulate a personal plan and were suggested various techniques in which they could improve their study skills.
- A poster making workshop cum competition was organized for Psychology students on 9/10/2018, by World Comics India in association with Sangath, Porvorim as a part of the World Mental Health Day celebrations. The workshop was conducted by Mr.Sharad Sharma, Cartoonist and Founder World Comics India. Through the use of Grassroots comics, Mr. Sharma, taught students to express their thoughts regarding mental health and other social, health, and political issues.
- A slogan competition was organized for Psychology students on 9/10/2018 in association with Sangath, Porvorimas a part of the World Mental Health Day celebrations. The slogan competition was on the topic 'Young people and alcohol – 1 line that can inspire change'• The TYBA students along with
- The TYBA students attended Mindscope 3rd Mental Health Film Festival on 16th December 2018 at the Entertainment Society of Goa, Panaji – Goa organised by Sangath. Several movies related to mental health were screened that was followed by an expert panel discussion which provided a platform for people to know, talk, and discuss about the mental health, stigma, treatment, and burden associated with mental illness.
- A Certificate course on 'Counselling for Alcohol Problems' was organized by the department in association with Sangath from 27/10/2018 to 31/10/2018.

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