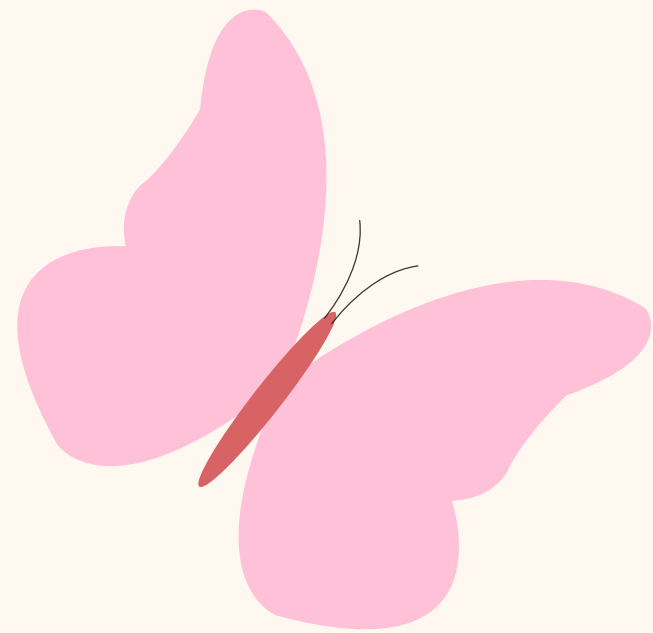




# MITR ACTIVITIES

THE OBJECTIVE OF MITR IS TO BE THERE FOR THE STUDENTS WHO MAY BE FACING ANY CURRICULUM AND ACADEMIC RELATED, PERSONAL, SOCIAL, OR OTHER PROBLEMS WHICH HAVE A NEGATIVE EFFECT ON STUDENTS' OVERALL WELLNESS. MITR WORKS TO SUPPORT STUDENTS WHEN THEY ARE GOING THROUGH ANY MENTAL HEALTH RELATED ISSUES VARYING FROM STRESS TO DEPRESSION, ETC., IN A WAY TO IMPROVE THE MENTAL HEALTH CONDITIONS ON THE CAMPUS.





## Barefoot Counselling Training Sessions

- 3 Part mandatory training session
- Identifying, talking to and listening to students in need
- Being a Mitr Volunteer
- Mental Health Training
- Common psychological problems and coping mechanisms.

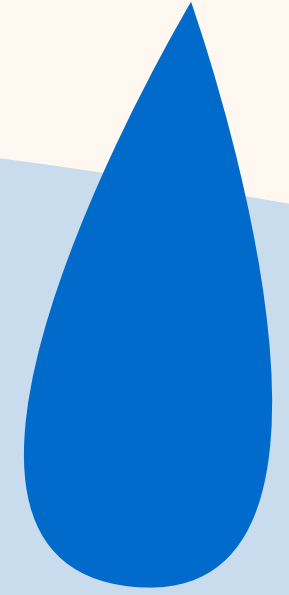
## Students Mental Health Survey



- To understand the issues faced by students during pandemic
- Total of 218 responses
- 24 students connected with Mitr coordinators for seeking help
- 139 students directed to Wellness Team and YourDost for seeking professional help.

# Session on Mental Health

## Initiative - Part 1



- Ensuring physical wellbeing,
- Routine building,
- Dealing with deficient social support and networking,
- Easy to use coping techniques to face an array of challenges.

# Session on Mental Health Initiative - Part 2

- Dealing with uncertainty about the future,
- Handling negative thoughts,
- Learning to be with ourselves,
- Handling academic stress.

