

## **Best Practice I**

**Title:** Promoting Comprehensive Health Care for Mind and Body

**Objective:**

- To offer mental health services such as speech therapy, occupational therapy, and remedial support alongside counselling and psychiatric consultations, providing well-rounded care and support to all stakeholders.
- To raise mental health awareness by hosting expert talks and events for schools, colleges, and communities, emphasizing that mental health is an essential part of overall well-being.
- To focus on the emotional and mental well-being of students by adopting a proactive approach in shaping confident, mentally healthy future leaders.
- To promote a proactive approach to maintaining physical health, encouraging healthy lifestyle choices among students and individuals for long-term well-being.
- To raise awareness about physical health and wellness through expert talks, fitness workshops, and health campaigns

**Context:**

The expansion of the Mpower Counselling Cell marked a significant milestone in efforts to provide comprehensive support for students and individuals. The counselling services offered at Mpower include psychiatric consultations, counselling, speech therapy, occupational therapy, and remedial services. These services are essential in addressing various aspects of an individual's mental health and emotional well-being. The organization of Physical Health Camps in the college took place as part of an initiative to enhance healthcare accessibility for students and faculty. These camps provide essential medical screenings, preventive care, and expert consultations, ensuring early detection and management of health concerns. Services offered include general health check-ups and lifestyle counseling. By integrating these health services, the institution aims to promote a culture of physical wellness, ensuring that students and staff maintain a healthy and active lifestyle.

**Best Practice:**

- The Mpower Counselling Cell Celebrated World Suicide Prevention Day by organizing a street play in the college campus to raise awareness about suicide prevention on 9<sup>th</sup> September 2023
- The MPower Counselling Cell, BKBCK organized Mental Health March on the occasion World Mental Health Day 10<sup>th</sup> October 2023 with an aim to promote the importance of positive mental health.
- More than 650+ students and teachers from various other schools and Colleges participated in the rally with great enthusiasm and spirit.
- The Mpower Cell BKBCK organized an Orientation Program on Thursday, the 21<sup>st</sup> of December 2023 about the various Mental Healthcare Services for the Students, Faculty and Staff of selected schools and colleges at Mpower Counselling cell.
- Every year to contribute to noble cause 180 students from B. K. Birla College and Team MPower along with 10 faculty members volunteered in the TATA Marathon on 21<sup>st</sup> January 2024.
- The B. K. Birla College students participated and volunteered in the Ride to Mpower Cyclothon organized by Mpower- an initiative of the Aditya Birla Education Trust on 25<sup>th</sup> February 2024.
- Around 200 students from sports and Mpower participated in the cyclothon along with seven faculty members. Our esteemed patron Respected Dr. Neerja ji Birla, founder, and chairperson MPOWER appreciated the efforts and active participation of the College.

- The Department of Microbiology and School of Paramedical Science has organized a camp for blood group detection of school students on 11<sup>th</sup> August 2023, students from B. Voc MLT visited Nutan School.
- In this camp blood group of 76 students were detected and the reports were shared with incharge faculty immediately. With coordination of school and students the camp was gracefully completed with a good response.
- Blood group detection of Samarth Vidya School students done by PGADMLT Students of B.K. Birla College on 19<sup>th</sup> January 2024. In these two days camp blood group detection of 250 students was successfully done, the reports were immediately shared with incharge faculty and students. With coordination of school and students the camp was gracefully completed with a good response.
- The Department of Microbiology has organized a special lecture on ‘Cervical Health Awareness-learn, protect and screen’ on 20<sup>th</sup> January 2024. Dr. Sonali Patil, consultant pediatrician, neonatologist and vaccination consultant. Dr. Sonali Patil delivered a lecture on cause of cervical cancer, available vaccine, test required for screening, education & awareness for prevention cervical cancer. 130 students attended the lecture and took a positive note- cervical cancer can be prevented and if diagnosed in early stages can be cured.
- Workshop on “Cardiopulmonary Resuscitation- A life Saving Technique” was organized on 2<sup>nd</sup> February 2024 by Department of Microbiology and Fortis Hospital Kalyan. Dr Manjeet Singh Arora, General physician, Fortis hospital. He is a renowned medical advisor, consultant and counsellor. He has been doing training in First – Aid, CPR, Safety and Stress management for the past 30 years.
- With active participation of 167 students, he demonstrated best practice for cardiac attack, how to carry a victim to hospital. He Shared the knowledge regarding how to continue for CPR if response is seen in patient. Sir also shared about recovery position. He performed the Do’s & Don’ts for CPR & First Aid.
- Health Checkup Camp was organized on 3<sup>rd</sup> February 2024. The camp included measurement of height, weight, Bone Mineral Density, Blood Pressure, Blood Sugar, hemoglobin estimation, Eye checkup, ECG and Dr. Consultancy for all teaching and nonteaching staff of B.K. Birla College. The camp got an overwhelming response with 162 staff members taking advantage of it.

### Evidence of Success

Mpower facilitated over 3,000 counselling sessions in 2023-24, providing valuable support to 172 individuals. This initiative aims to create a comprehensive mental health support system that goes beyond basic counselling, incorporating additional therapeutic services for holistic development and well-being.

#### 1. WORLD SUICIDE PREVENTION DAY - 9<sup>th</sup> SEPTEMBER 2023



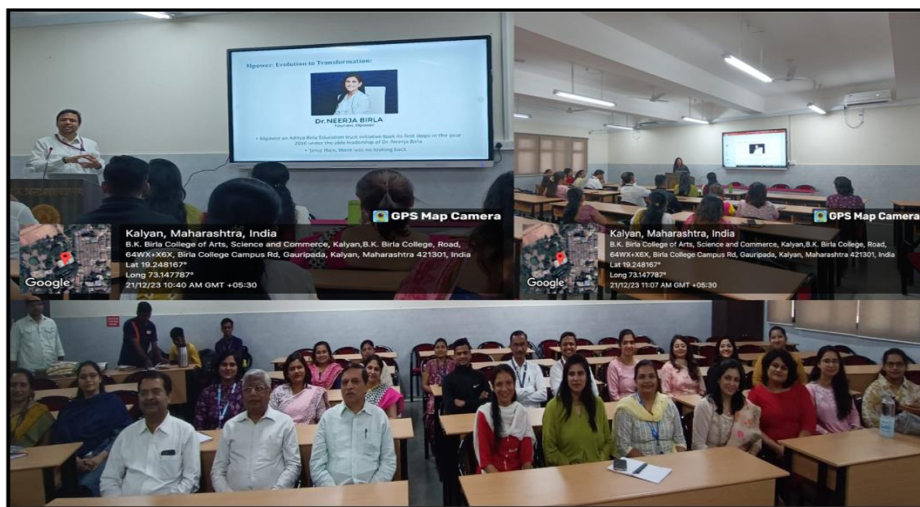
#### 2. WORLD MENTAL HEALTH MARCH 10<sup>th</sup> OCTOBER 2023



**DIGITAL INAUGURATION OF MPOWER COUNSELLING CELL – 22<sup>nd</sup> NOVEMBER 2023**



**WORKSHOP FOR OTHER SCHOOLS & COLLEGES**



**ORIENTATION PROGRAM FOR SICES COLLEGE, BADLAPUR 4<sup>th</sup> JANUARY 2024**



**TATA MARATHON MUMBAI DREAM RUN- 21<sup>st</sup> JANUARY 2024**



**RIDE TO MPOWER CYCLOTHON- 25<sup>th</sup> FEBRUARY 2024**



**Blood Group Detection Camp at College**



Blood Group Detection Camp at Samarth Vidyalaya



Workshop on CPR- A life Saving Technique



Health Checkup Camp

