



**Dempo Charities Trust's
Dhempe College of Arts and Science
Miramar, Panaji, Goa**

**JAGRUTI: MENTAL HEALTH AWARENESS PROGRAM
2017-2021**

DEPARTMENT OF PSYCHOLOGY

JAGRUTI: MENTAL HEALTH AWARENESS PROGRAM

Mental health is a major concern worldwide and India is not far behind in sharing this. Many individuals suffer from mental illness without seeking treatment, due to ignorance about treatment facilities as well as stigma attached to mental illnesses. Lack of knowledge about the mental illnesses poses a challenge to the mental health service system. Stigma and discrimination are negative consequences of ignorance and misinformation. Creating awareness holds the key to treatment and effective outcomes. Hence, it was planned to conduct awareness programs to educate people and reduce the stigma attached to mental illness and thus enable people to seek help from mental health professionals without any averseness. It was decided to collaborate with Sangath, a NGO committed to Mental Health research and community services in conducting these outreach programs

A meeting was held on 20th September, 2017 in the Principal's cabin with officials from Sangath. Dr. Abhijit Nadkarni and Ms. Miriam Sequeira, Dr. Vrinda Borker (Principal, Dhempe College of Arts and Science, Miramar – Goa), and Dr. Mukta Karamadi were present for the meeting. It was decided to conduct awareness programs to educate people and reduce the stigma attached to mental illness and thus enable people to seek help from mental health professionals without any averseness. For this purpose, a Memorandum of Understanding (MoU) was signed with Sangath, and a strategic plan was formulated to organize mental health awareness programs in the community.

After deliberations a strategic plan was formulated as below

The awareness program – Jagruti includes the following:

- **Street Play** – A street play by students showcasing an array of situations depicting symptoms of mental illness, social stigma, and myths associated with mental health. The play also highlights the role of compassionate care along with counselling and medication in the treatment of mental illnesses.
- **Power-point Presentation** – A presentation including videos 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** – Leaflets having information about mental health care centres in Goa.
- **YouTube Videos** – Due to the pandemic, the department has taken an initiative to reach out to people through online mode and create awareness through YouTube videos.

Execution of the plan:

The details of the programs (Jagruti) organised are as below:

- The Jagruti program was launched on 10th October, 2017, World Mental Healthday at Vithoba Temple, Betim – Goa.

| DATE | Event | Place |
|-------------|---|--|
| 10/12/2017 | Street play | NOMOZO, Porvorim |
| 10/02/2018 | Mental Health Awareness Programme | Our Lady of Merces School |
| 09/03/2018 | Workshop on Prevention of Child Sexual Abuse | Dr. K.B. Hedgewar High School Bambolim |
| 10/03/2018 | Workshop on “Prevention of Child Sexual Abuse: Breaking the Silence, Promoting Healing” in association with MUKTHA foundation, Bengaluru. | DCT’s Dhempe College of Arts and Science, Miramar-Goa. |
| 28/09/2018 | Street play | Merces Village Panchayat |
| 29/09/2018 | Street play | Merces Church ground |
| 10/01/2019 | Workshop on Prevention of Child Sexual Abuse | St. Michael School, Taleigao |
| | | DCT’s Dhempe College of Arts and Science, Miramar-Goa. |
| 10/07/2019 | Session by Alcoholic Anonymous | DCT’s Dhempe College of Arts and Science, Miramar-Goa. |
| 16/08/2019 | Cyber Bullying and Mental health awareness programme | Bal Bharati Vidya Mandir, Ribandar |
| 24/01/2020 | Let’s Talk, Mental health awareness programme for youth | DCT’s Dhempe College of Arts and Science, Miramar-Goa |
| 12/03/2020 | Cyber Bullying Awareness Programme | Government High School, Porvorim |
| 16/10/2021 | Webinar on Suicide Prevention and Stress Management | Our Lady of Merces High School, Merces – Goa |
| | | St. Cruz High School, St. Cruz – Goa |

Program Outcome:

- Clarified misconceptions related to causes of mental illnesses.
- Increased understanding that mental illnesses are treatable
- Informed about the facilities of mental health care services in Goa
- Psycho-education for parents, teachers and counsellors to identify signs of sexual abuse
- Empowerment of children to protect themselves and others from being abused
- Exposure to social support group for enhancing mental wellbeing among youth
- Enhanced awareness about protecting oneself from cyber bullying
- Developed ability to cope with stress

These awareness programmes will benefit participants immensely and reduce stigma associated with mental health related issues. Also participants will be better equipped to cope with difficulties and readily seek help when needed rather than suffering silently.



**The Jagruti program was launched on 10th October, 2017,
World Mental Health day at Vithoba Temple, Betim – Goa**



NOMOZO – No Motor Zone in Porvorim on 10th December, 2017



Our Lady of Merces School, Merces on 10th February, 2018



DCT's Dhempe College of Arts and Science, Miramar-Goa on 10th March, 2018



Merces Village Panchayat on 27th September, 2018



Merces Church ground on 28th September, 2018



Bal Bharati Vidya Mandir, Ribandar -Goa on 16th August, 2019



**Government High School, Porvorim
on 12th March, 2020**

Mukta

**Dr. Mukta Karamadi
Head of the Department**