



# SGT UNIVERSITY

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## Event

## Community Mental Health Program

*Randhir*



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**Program In charge : Brig Randhir Singh Yadava**

**Topic : Community Mental Health Program**

**Faculty/Department: Faculty of Behavioral and Social Sciences**

**Date : 07 April 2024**

**Time : 11.30 AM to 3.30 PM**

**Venues : Govt Model Sanskriti Sr Sec School, Farrukhnagar**

*Randhir*





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K-225  
4/4/24



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SGT/FBSC/CL.Psy/2024/3<sup>rd</sup>

Date: 02 Apr 2024

To  
The Registrar,  
SGT University, Haryana

Subject: Permission for weekly visits to schools for community outreach program by students of M Phil (Clinical Psychology) and Professional Diploma in Clinical Psychology

Respected Sir,

The Department of Clinical Psychology, Faculty of Behavioural and Social Sciences, is planning to take students of M Phil Clinical Psychology (batches 2022-24 and 2023-25) and Professional Diploma in Clinical Psychology (batch 2023-2024) to Sanskriti Senior Secondary School, Farrukh Nagar for a Community Outreach Program. Apart from imparting general awareness on mental health, individual cases will be seen and suitable counselling/therapies will be administered.

Every Tuesday, 12 students will depart by bus at 10.30 AM from A Block and return by 3.30 PM. The trip is being planned as part of their course curriculum with the aim of giving them exposure in community based psychological interventions. Brig Randhir Singh Yadava will be the coordinator.

Seeking your approval for the program and necessary arrangements as per university norms on following days:

- 09 April 2024
- 16 April 2024
- 23 April 2024
- 07 May 2024

Activate W  
Go to Settings

Administrative support required - Vehicle for 15 persons (1 Bus) on the days of the visit

Dean

FBSC

Coordinator

Brig Randhir Singh Yadava  
Assistant Professor  
Department of Clinical Psychology

Dean  
Faculty of Behavioural Sciences  
SGT University  
Gurgaon (Delhi NCR) Pin: 122002

*Kindly share the visit approval from the concerned school.*

- Dean (FBSC)

Talwar  
Joint Registrar  
SGT University  
Budhera, Gurugram

*Randhir*



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**Background:** Keeping the University resolve of 'Samazik Vikas SGT ka Paryas' in view, the Faculty of Behavioral Sciences has been organizing regular community outreach program. This event was also an exercise in that direction. A Community Mental Health Program was organized at Farrukhanagar on 07 April 2024.

**Organizers:** Faculty of Behavioral and Social Sciences, SGT University.

**Participation:** The following faculty/students participated in the event:

Brig Randhir Singh Yadava	Assistant Professor
Ms Yashika Choudhary	PG Diploma in Clinical Psychology
Ms Abhya Sharma	PG Diploma in Clinical Psychology
Ms Anjali Srikanth	PG Diploma in Clinical Psychology
Mr Aditi Saxena	PG Diploma in Clinical Psychology
Ms Avleen Kaur	PG Diploma in Clinical Psychology
Ms Vadee Sharma	PG Diploma in Clinical Psychology
Ms Sweta Jain	PG Diploma in Clinical Psychology
Mr Viraj	PG Diploma in Clinical Psychology
Ms Shivani Dhruv	M Phil Clinical Psychology I year
Ms Parmeshwari	M Phil Clinical Psychology I year
Ms Barkha Soni	M Phil Clinical Psychology I year
Ms Kamakshi Sabharwal	M Phil Clinical Psychology I year
Ms Mitisha Banerjee	M Phil Clinical Psychology I year

### **Report of the Event:**

- Introduction.** School going children have their own set of problems pertaining to developmental, scholastic and social issues. Their personality has just begun to take shape. This is a vulnerable time as they are seeking to acquire some kind of identity but their role and participation level in the society is minimal. This is the stage that they be screened for various types of problems they faced and same need to be resolved.
- With that in view, a Govt school were visited at Farrukh Nagar on 07 Jul 2024 and fruitful interactions.

*Randhir*





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**c) Objectives of the Event :**

1. To screen the students for various types of developmental, scholastic and social issues they face.
2. To provide education to the students and teachers on problems of adolescence and counsel them as required.
3. To involve trainees of Faculty of Behavioral and Social Sciences in community outreach services.

**d) Brief description of the activities-**

- A faculty member and 13 students of M Phil Clinical Psychology and PDCP reached Sanskriti Sr Sec School at Farrukh Nagar at 11.30 AM where they interacted with the principal, teachers and students.
- The group was divided into seven teams and were allotted a class each with 10 -15 students.
- Clarification on various queries raised by students were given by the team members.
- The major problems faced by the students are academic difficulties, anxiety and emotional and behavioural issues.
- The response from the students in the school was very encouraging. They showed lot of inquisitiveness and wanted to have such interactions regularly.
- The Principal also suggested to prepare mental health profile of students for which he would draw out a comprehensive plan.

*Ranjan*

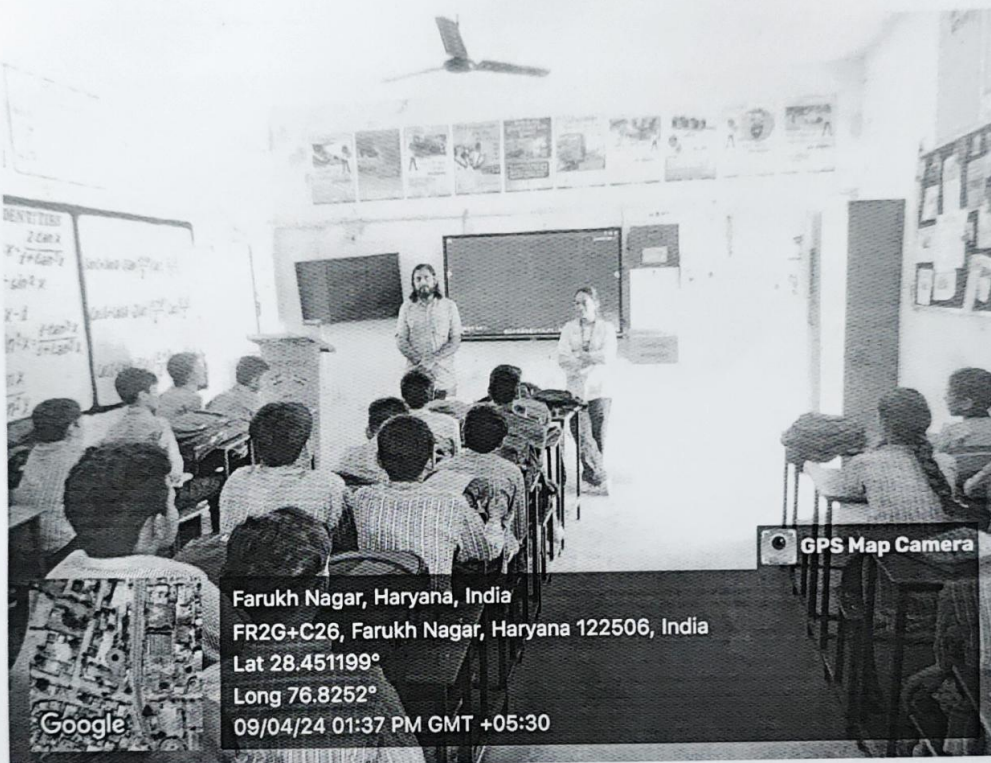


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e) Screenshots of Webinar/ Picture of Event:



Farukh Nagar, Haryana, India  
FR2G+C26, Farukh Nagar, Haryana 122506, India  
Lat 28.451199°  
Long 76.8252°  
09/04/24 01:37 PM GMT +05:30

*Ranjan*





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Gurugram, Haryana, India

FR2F+GX2, Gurugram, Farukh Nagar, Haryana 123506, India

Lat 28.45155°

Long 76.824451°

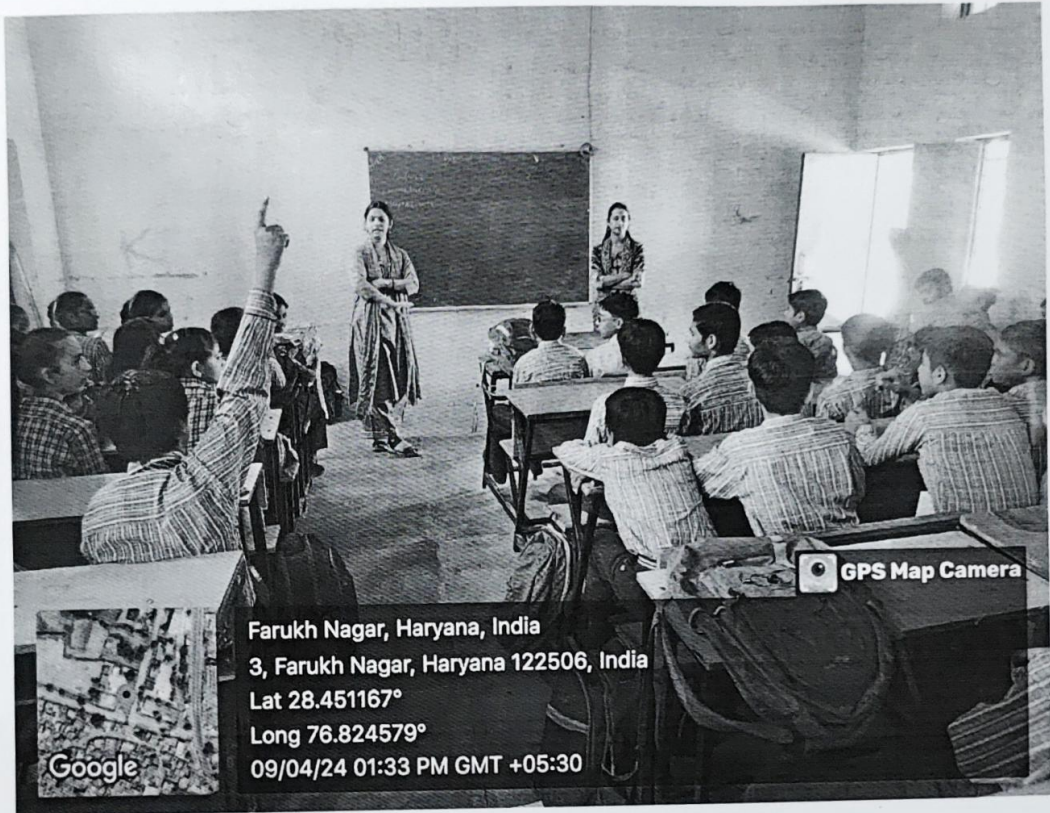
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*Ranjan*



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Farukh Nagar, Haryana, India  
3, Farukh Nagar, Haryana 122506, India  
Lat 28.451167°  
Long 76.824579°  
09/04/24 01:33 PM GMT +05:30

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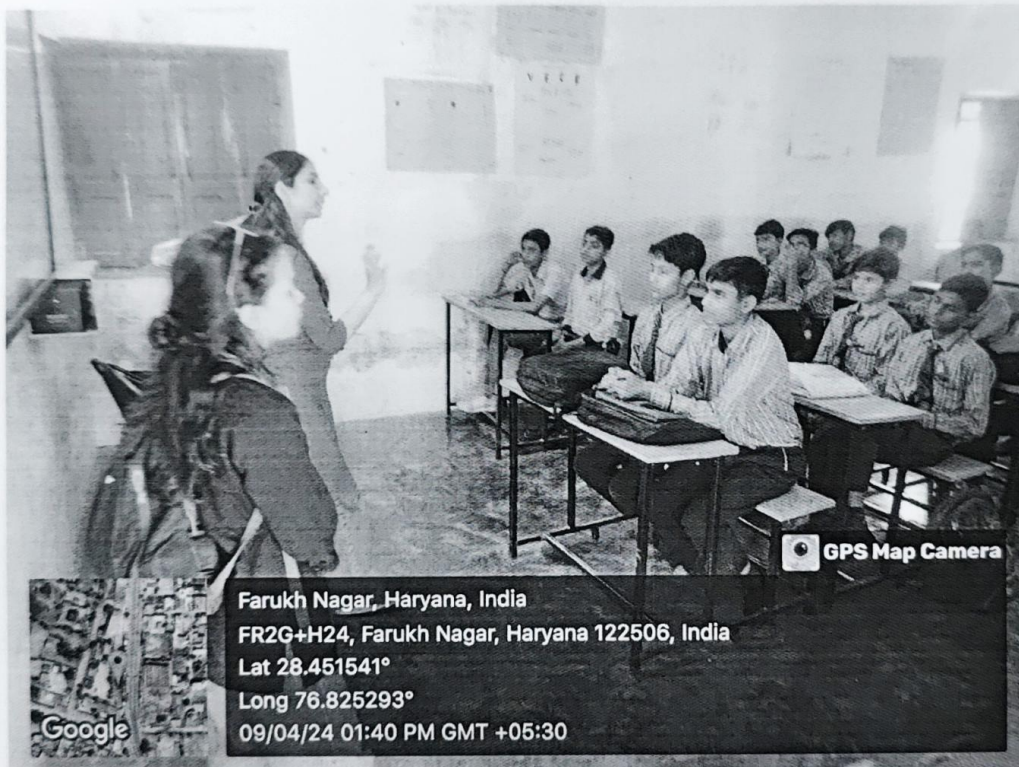
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Farukh Nagar, Haryana, India  
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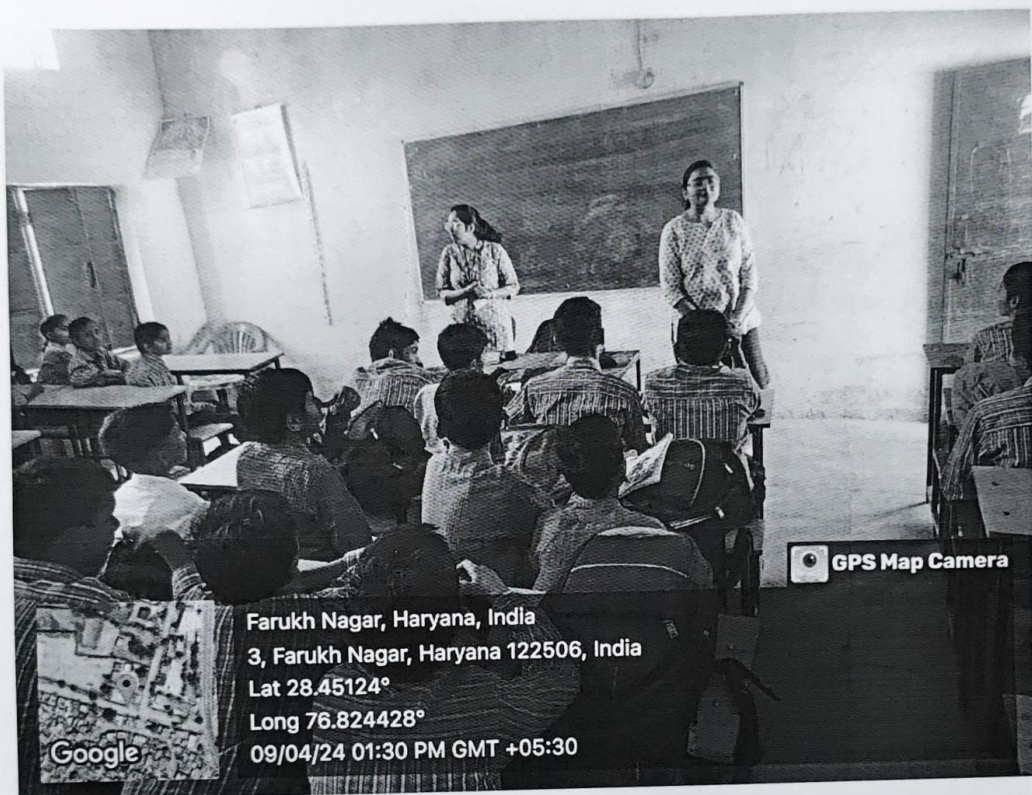
GPS Map Camera

*Ran-dhu*



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GPS Map Camera

Google

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*Randhi*





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*Ranghina*



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Randhina



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04

गुरुवार, 11 अप्रैल 2024

प्रादेशिक

## राजकीय मॉडल संस्कृति वरिष्ठ माध्यमिक विद्यालय फर्रुखनगर में विक्रम संवत् शुक्ल पक्ष प्रतिपदा अनुसार हिंदू नव वर्ष के उपलक्ष्य में एक यज्ञ का आयोजन किया गया

इलाहाबाद आज तक/अनिल कुमार फर्रुखनगर। राजकीय मॉडल संस्कृति वरिष्ठ माध्यमिक विद्यालय फर्रुखनगर में विक्रम संवत् शुक्ल पक्ष प्रतिपदा अनुसार हिंदू नव वर्ष के आयोजन किया गया। प्रचार्य जितेंद्र वादव के विशेष आग्रह पर नव वर्ष के उपलक्ष्य में स्वामी ईश मुनि जी और उनके साथी डाक्टर गजेन्द्र वादव योगी, महावीर ने आज विद्यालय में पूरे विद्यार्थियों और कर्मचारियों से युक्त कार्यक्रम किया। इस यज्ञ में विद्यालय का समस्त छात्राध्यक्ष व जैन लोचन स्टूडेंट और विद्यार्थी शामिल रहे। इस मौके पर प्रचार्य जितेंद्र वादव ने सभी को पूरे ज्ञान और अकार्यविशय के साथ संबंधित करते हुए हिंदू नव वर्ष विजय संवत् 2081 को हार्दिक शुभकामनाएं प्रेषित कीं। उन्होंने अपने ज्ञान के माध्यम से सभी को बताया कि हिंदू नववर्ष के अगमन पर हम अपने पुराने तपस्व अनेक प्रकार के बदलाव देखते हैं जैसे- पेड़ फीकी के अंदर नया जीवन, जलमय नई-नई बंजरता आ रही होती है। हमें इसे नई फसल घर में आती है जो हमारे जीवन का अंश है। आज विद्यार्थी नई कक्षा



में नई ऊर्जा और नए संस्कारों के साथ प्रवेश करते हैं जो आपको निरंतर तरक्की और विकास को प्रदीपित करता है। इसी प्रकार अनेक बदलाव हमें नए नए संस्कार देते हैं। चंद्र मास से शुरू होने वाले इस हिंदू नव वर्ष को विशेषता बताते हुए उन्होंने सभी संस्कारों को अपनी समझ और संस्कृति को जानने और इसके विकास व संरक्षण में प्रयास करने के लिए प्रेरित किया। उन्होंने हवन सभी को बुराई छोड़ने और अच्छाई को अपने मन के लिए संकल्प लेने को प्रेरित किया। सभी संस्कारों ने प्रचार्य

के मार्गदर्शन में आने को सभी मानकर अपने अंदर मौजूद किसी न किसी एक दुष्टाई को छोड़ने का प्रण लेकर आहुति जाली और एक नया संकल्प लिया। अपने वाक्य को जारी रखते हुए प्रचार्य ने बताया कि आज से नववर्षों का भी जुबारण हो रहा है। पूरे 9 दिन तक चलने वाले नववर्षों के बारे में बताते हुए उन्होंने कहा कि त्योहार और रीति रिवाज हमें हमारे संस्कारों से जोड़े रखते हैं और घर में सुख शांति लाने और चरु और सुंदर वातावरण बनाए रखने में सहायक होते हैं। प्रचार्य जितेंद्र वादव ने विद्यार्थियों को इस नव वर्ष

में नवीन ऊर्जा, नए संकल्प, नई ताकत और मजबूत इच्छा के साथ अपनी पढ़ाई को पहले में कर गुना गनाद देकर बचने के लिए विशेष रूप से आग्रह किया। विद्यालय के जीव विज्ञान प्राध्यापक किशोर कुमार ने भी नववर्ष की हार्दिक शुभकामनाएं प्रेषित करते हुए सभी संस्कारों को संस्कृति के क्षेत्रों के माध्यम से महत्वपूर्ण जानकारी भारतीय संस्कृति और संस्कृति के विषय में दी। इसी कड़ी में उन्होंने हिंदू पंचांग विज्ञान संकाय के अनुसार आने वाले 12 महीने के बारे में सभी संस्कारों को बताया और वैश्वलीशाल गुज

को पर्वतों के चषम से संस्कारों में देवर्षियों की भाषा को भी जगने का मुद्र प्रवास किया। प्रचार्य के आग्रह पर नववर्ष के मौके पर संस्कारों ने छात्रों काई भी अपने घरों से बचनाकर लाए थे। इन सभी संस्कारों ने अपने अपने विशेष प्रकार से देव स्वयं देकर प्रचार्य जितेंद्र वादव और अपने अध्यापकों को इस नववर्ष की हार्दिक शुभकामनाएं दी। आज के दिन कार्यक्रम को विशेष बनाने के लिए आधे स्वामी देवर मुनि और उनके साथी डाक्टर गजेन्द्र वादव योगी, महावीर का प्रचार्य ने आभार व्यक्त किया। आज के विशेष दिन जो विद्यालय में एसजीटी मुनिवर्षों में युद्धा ने डाक्टर लक्ष्मी सिंह के नेतृत्व में मनीषादेवियों को टीम विद्यार्थियों के मानसिक स्वास्थ्य को जानकारों और उनके स्तर का आकलन करने के लिए आई। जिन्होंने विज्ञान कक्षाओं में जाकर इसी संबंधित आवश्यक जानकारीयों को प्रदान की। इसके बाद सभी ने प्रचार्य जितेंद्र वादव के साथ प्रांगण में सैर के दौरान इन महत्वपूर्ण बातों जैसे- संस्कारों को खाने जल्दी गुस्सा आना, परेशान होना और वाद-

विवाद, बर्बाद होना, अपने करियर के प्रति चिंता होना, एक दूसरे का बलाक उठाना, विषय यादों वाद नहीं होने की समस्या और कुछ विषय समझने में दिक्कत होना आदि पर चर्चा की। प्रचार्य जितेंद्र वादव ने इन बातों को सटीक करके विद्यार्थियों को हर संभव सतर्क को जगरी। उन्होंने पूरे दिन का उनके विद्यालय में आने पर पूरे विद्यालय को तहस से धन्यवाद व्यक्त किया और आग्रह किया कि वे आगे भी निरंतर विद्यालयों को कार्यवाही करने का सहयोग करें। डाक्टर लक्ष्मी सिंह ने आभार व्यक्त किया कि वे लक्ष्मी सभ्य समय पर आकर विद्यार्थियों का मार्गदर्शन करें। आज के दिन विद्यार्थियों को कार्यवाही करने का कार्यक्रम में और एसजीटी मुनिवर्षों में आई टीम के सदस्यों में विद्यालय के सभी विद्यार्थी और अध्यापकों नवीन, कक्षा, अन्तरांग, दीपक दांडिया, भगवान सिंह, मंजू बाणा, गुणजान, अशोक, प्रदीप, दीपक, शिवान, केशव, प्रदीप, मीना डाक्टर सीता, निवास, विजय, रमेश और मीनू थे।

Ranjan





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## Feedback

**Kamakshi Sabharwal,**

MPhil. Clinical Psychology (1<sup>st</sup> year) On 9<sup>th</sup> April 2024, students of Department of Clinical Psychology SGT Hospital got the opportunity to visit GMSSS School (Government Model Sanskriti Senior Secondary School), Farrukhnagar for Community Outreach Training. It is a Co-Ed school affiliated to Central Board of Secondary Education (CBSE), functioning effectively under the guidance of the honorable principle, Mr Jitender Yadav.

Initially I, along with my classmate, interacted with a child and his parents as they and the principal were concerned about his academics. History was explored and MSE of the student was done. The parents were advised for IQ Assessment of the child and were referred to SGT Hospital for the same.

I also got the opportunity to interact with class 7 students of the school along with my colleague in order to better understand their concerns and areas where we can facilitate them to improve. We initiated by talking about different emotions and there associated physical signs. We also talked about how these emotions are expressed. Two major emotions reported to be experienced by the students were anger and anxiety. When angry students feel like hitting others. Anxiety experienced revolves around academics, like, concerns about remembering material, writing correct answers, etc. One student even reported experiencing headaches when studying alone in school. Breathing and grounding techniques were even taught to the students. The

grounding technique was even practiced in the classroom with the students. Apart from this, we even talked about role models (some students wanted to talk about cricket and their favorite cricketers).

Students were happy with the school and loved to attend it. They liked studying and playing with their friends in school. However, they did report that teachers sometimes do hit

*Ranphi*



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them. In the classroom there was presence of teasing, name calling among the students. Some students are aware of technology and are even active users of social media platforms.

Some areas that we can focus on in our next visit are as follows-

- Anger Management
- Relaxation Techniques
- Learning and Memorizing Strategies
- Improving communication

#### **Vadee Sharma (PDCP)**

The trip to the government school was enriching. The students and the school staff upheld good discipline. The students showed eagerness to learn new things and were curious in discussing psychology and mental health. The initial visit was productive as we successfully built rapport with the students, covering various emotions and topics relevant to teenagers. This sets a good foundation for future interventions to support the students' growth.

#### **Avleen kaur(PDCP)**

During our trip to the government school, we engaged with students in open discussions about various topics, including emotions and mental health. We used relatable examples to explain how emotions work and addressed any challenges they might be facing. By fostering a supportive environment, we encouraged students to share their experiences and concerns,

paving the way for meaningful dialogue and potential interventions to support their well-being.

#### **Sweta Jain (PDCP)**

The trip to the government school provided a valuable learning experience, enriching our understanding. The children showed great enthusiasm and actively engaged in the discussions. The primary focus of the discussions revolved around emotions and their impact on our thoughts and behavior. This allowed us to explore the emotional well-being of the children and understand how they perceive and manage their emotions. We maintained an open ground for discussions, encouraging children to share their views on topics such as peer pressure. This facilitated a deeper understanding of the challenges they face and the influences shaping their behavior. The visit provided us with invaluable insights into the target areas that require intervention.

*Randhi*





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## **Parmeshwari (M Phil 1st year)**

Visit at GMSSS School, Farrukh Nagar was very informative. School campus was clean, well maintained, and organized with discipline. There we had pleasant interaction with School Principal, teachers and students. School is looking for holistic development of children by including different cultural activities, sports, health with academics. In our interactions with group as well as individual, children showed enthusiasm and curiosity to know about mental health and reported many issues they are facing, such as peer pressure, interpersonal issues at home with siblings and parents, difficulty in remembering study materials and anger issues. We tried to address some of them and other will be addressed in next visit. Overall students reported to be happy and satisfied with school and good relationship with teachers.

## **Yashika (PDCP)**

I had the opportunity to visit GMSSS School, Farrukh Nagar which offered a profound glimpse into the psychological landscape of both students and faculty. Observing the interactions and dynamics within the school environment provided valuable insights into the social and emotional well-being of the community. Engaging in conversations with students allowed me to delve into their inner worlds, exploring their dreams, anxieties, and coping mechanisms. This experience underscored the significance of psychological support systems in promoting resilience, fostering healthy relationships, and cultivating a thriving academic atmosphere. It reaffirmed my commitment to advocating for the holistic well-being of students and collaborating with educators to create an environment conducive to personal growth and academic success.

## **Abhya Sharma (PDCP)**

The school visit to GMSSS, Farrukhnagar was a fascinating experience. We got to interact with a new demographic, students from a certain socio-economic stratum and had the opportunity to peek into their mental and emotional well-being and the factors that impact the same. The fact that we got to interact with the children in a group as opposed to a one-on-one mode also opened avenues for us to look for more creative ways to engage with them. It was a learning experience for us as therapists as we not only got a more holistic view of the psychological and emotional well-being of students, but also shed light on the scope and need for creating more interventions tailor-made for their needs.

*Randhi*





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### **Aditi Saxena (PDCP)**

The visit to the school was a very enriching experience. During the visit, we facilitated open discussion on emotions and mental health, using relatable examples to connect with students and address any challenges they might face. The students showed enthusiasm for learning and a keen interest in discussing topics related to psychology and mental well being. By creating a supporting environment, we encouraged them to share their experiences and concerns, fostering meaningful communication and potentially identifying areas where intervention is necessary. Overall, the experience was enriching, and it sets a promising stage for continued efforts to enhance the wellbeing of the students.

### **Mitisha Banerjee (Mphil 1 year)**

The students as well as the Principal of GMSSS, Farrukhnagar provided a rich and fruitful experience in terms of the student population and their clinical or non-clinical issues. Numerous students asserted their 'love' for the school but when explored further, it was due to the lack of resources back home. Many male students professed the pressure to be financially independent to help their parents. Female students, on the other hand, had issues regarding pressures to do household chores. Moreover, as observed in the classroom environment, peer induced teasing and name calling were prevalent and normalized. Students were educated about how such an environment can hamper one's respect and how needful respect is. They were also educated about the concepts of mental health and its importance in our day-to-day life. The students showed enthusiasm and curiosity in knowing more about the same and wanted such visits to continue in the future.

### **Barkha Soni (M.Phil. Year 1)**

During our visit at GMSSS, we got the opportunity to interact with students of Class 7th. We discussed emotions and how they have different impacts on our body and behavior. We discussed mind-body connection while emphasizing the need to express emotions in a healthy way. Students were encouraged to express their experiences where they shared how the fear of failing in exams makes them feel anxious. Students were then taught about how worry works and how it hampers our performance. Some relaxation exercises were taught in the class. It was observed that this examination anxiety was mainly due to the fear that they might forget what they have learnt and also due to problems in memorizing.





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Further, some students shared instances of peer conflict that often intensified into physical altercations.

Lastly, it was seen that students avoided sharing their concerns with the teachers. They often avoided discussing issues related to the personal challenges affecting their studies and mental health. They hesitated because they were either afraid of them or perceived their teachers as not receptive.

Therefore, for our next visit we can plan to work on topics related to Anger, Examination Anxiety, Strategies for memory retention, Importance of healthy peer relationship, Developing a positive and supportive relationship between teachers and students.

**Anjali Srikanth (PDCP Trainee)**

#### **Objective of the Visit:**

- To visit Government Model Sanskriti Senior Secondary School (GMSSS), Farrukhnagar and interact with students to understand their difficulties.
- To interact with the faculty and administrator to understand the status of students and their educational progress.

The School visit was an extensive experience that gave us insight into the on ground reality of the Government School. The Administration has made tremendous strides towards the development of their school.

An opportunity to interact with the students of 10th standard was a constructive one. The students were very welcoming and energetic during the interaction. The session entailed discussing about their daily routines, peer relations, student-teacher relationships, education performance and their study plan and future education life. While interacting with the students we were able to discuss and identify potential issues and difficulties, to create intervention strategies to aid the students and school during our future visits.

#### **Observation:**

- The current principal, Mr. Jitendar Yadav, has undertaken improvement projects throughout the school. With the recent development of the new corridor of classrooms and Library.
- Most of the children reported that they enjoy attending school and classes.
- Most students were happy and stated that they enjoyed the interaction with the trainees.

*Ranghri*



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## Recommendation:

Future Trip Recommendation for the school visit. For Trainees could include:

- 
- Providing Soft skills training for the students (including emotion recognition, regulation and management, social skills training, communication skills, problem solving skills, coping strategies, and time management).
- Occupational and Career guidance (for the students of 10th standard - understanding the path to various careers along with realistic planning and goal setting)

## Viraj report (PDCP)

The visit to GMSSS, Farrukhnagar was engrossing. It was a small window into the educational experience of rural Haryana children. We were acquainted with the difficulties of administration of such institutions and challenges to education and learning that children belonging to lower-middle and middle SEC face. Through a brief interaction with the students, faculty and other stakeholders of the school we were able to see hints as to the kind of psychological interventions that could be implemented by us.



# SGT University

## Faculty of Education

(Department of Special Education)  
(As per mandate of Institution's Innovation Council - SGT University)

### Event Report

**Academic Year: 2023-2024**

**Activity Vertical : Self Driven Activities**

**Quarter (Dropdown options): Quarter 3**

**Date of Submission: July 03 2024**

**Date of Event: \_ May 16 & 17 2024**

1. **Program / Activity Name (Title) :** Assessment Camp to screen and identify specific conditions in Children with Special Needs, (CWSN)
2. **Select appropriate program type from below mentioned under level 1 to level 4: \_** Level 3 vide 3.1
3. **Select the appropriate theme of the event (dropdown options):** Self Driven - Entrepreneurship & Startup
4. **Introduction to event:** The assessment camp so planned envisions an intensive and immersive program designed to foster innovation and entrepreneurial thinking among students. The primary purpose of this assessment camp is to provide participants with hands-on experience, practical skills, and a mindset geared towards innovation and entrepreneurship. In other words, the camp intends to equip educators with the tools and strategies needed to foster innovation in teaching methods, curriculum design, and educational leadership. Student participants will learn to screen and identify the specific conditions within children with special needs in collaboration with other rehabilitation professionals, this collaboration will facilitate the exchange of ideas, best practices, and collaboration opportunities among educators from different institutions. This camp will foster the educators develop the skills, mindset, and networks needed to drive innovation in teaching and learning practices. 50 children with special needs will attend the camp from across the villages like Baslambi, Khera Khurampur, Gadoli Khurd, Mundakhera, Sultanpur and Farukhnagar Special School.
5. **Objective of the event (Maximum 100 letters):** Foster innovation, entrepreneurship & collaboration via an immersive program cultivating an entrepreneurial mindset.
6. **Key Outcome** Successful screening and identification of specific conditions in Children with Special Needs (CWSN) during the Assessment Camp.
7. **Benefit in terms of learning/skill/knowledge obtained (Maximum 150 letter):** Provides targeted interventions, enhances educators' skills in recognizing diverse needs, and improves outcomes for Children with Special Needs (CWSN) through precise, individualized support.
8. **Event general information**

Attributes	Details 1	Remarks
<b>Organizer's detail (Faculty/Department)</b>	Faculty of Education	
<b>Coordinator's detail (Name, Designation, Organization, Contact No., Email id)</b>	<b>Mr. Abhra Mukhopadhyay,</b> Asst.Prof.Faculty of Education SGT University, Gurugram, NCR Delhi <a href="mailto:abhra_fedu@sgtuniversity.org">abhra_fedu@sgtuniversity.org</a> contact : 9432175766 <b>Mr. Chandan Kumar Dubey</b> Asst.Prof.Faculty of Education SGT University, Gurugram, NCR Delhi <a href="mailto:chandan_fbsc@sgtuniversity.org">chandan_fbsc@sgtuniversity.org</a> Contact: 8999389171	
<b>Associating Partner Details (Name, Designation, Organization, Contact No., Email id)</b>	IQAC , SGTU	

