



Well-Being *Matters*

AUGUST 2023

Ashoka Centre for Well-Being (ACWB)

a non-aligned Centre offering counselling and psychological support for students, staff and faculty at Ashoka University.

It is the only Centre of its kind in India with its focus on multi-level capacity building.



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Stories of Support & Strength:

Individual Counselling & Crisis Intervention



The Ashoka Centre for Well-being offers individual as well as group counselling sessions to students, staff and faculty to address their emotional and mental health concerns.

Creating an emotionally safe space and providing a confidential & compassionate environment is the essence of the counselling work done at the centre.

We collaborate with the people who reach out to us to uncover their strengths to cope with immediate as well as long term concerns effectively through counselling sessions.

During the Academic Year 2022-2023, **778 people** approached the centre for concerns related to anxiety, interpersonal issues, identity related problems, academic stress, social adjustment issues and grief among others.



The centre provides emotional and psychological support to all Ashokans with the goal of timely response to crisis. This is done by offering **in-person and online appointments** and the option of **walk-in and helpline sessions through the year**. Over the last academic year, the centre has offered **3690 counselling sessions** and has timely responded to **94 crisis situations**.



A student shares:

"I must tell you this, I am so fortunate to have this space. Empathy and safety felt here, I haven't felt in any other place before."

A Teaching Fellow shares:



"The counseling room served as a space where I could say things without having to fear any judgement. My counselor helped think more rationally about some of the negative, self destructive beliefs I held. I figured things about myself which I wouldn't have otherwise. I am glad I pushed myself to seek counseling. It helped"



Gatekeeper Training

First Responders Training in Mental Health Concerns

The Gatekeeper training is designed to offer sensitivity training to various student groups, residential advisors, cohort leaders, and student representatives. It aims to train students in being first responders in mental health crisis. The flagship program equips student volunteers with the skills to identify anxiety and distress sources, respond with empathy, offer peer support, motivate individuals to seek professional help as needed, and connect them with relevant resources.



GATEKEEPER PROGRAM

First Responder
Training for
Mental Health
Concerns

Date: Thursday, 13th April 2023
Time: 12 pm to 1.30 pm
Venue: to be announced

OPEN TO ALL STUDENTS AND
TFs



CLICK

to hear about Gatekeeper's experience!

*ACWB has trained close to
500 first responders from
amongst the campus
community till July 2023*



Unlocking Potential

Capacity Building for a Vibrant Ashoka Community

ACWB spearheaded numerous workshops, training sessions, and advocacy initiatives for the benefit of various stakeholders, including students, parents, faculty, university staff and leadership. Thoughtfully executed during pivotal moments in the academic year, these endeavors facilitated significant capacity building within the university community and garnered positive and encouraging feedback.



ASHOKA
UNIVERSITY

CENTRE FOR
Well-Being



YIF'22

Lodha Genius Programme



Orientation '22



Young Scholars' Programme



Q Conversations about Mental Health



Orientation '22



Coffee & More session with students



CMGGA



Q Trainings in handling Mental Health Concerns





Well-being at Workplace

The Well-Being at Workplace is an initiative by ACWB to address the well-being needs of all staff at Ashoka University. In line with our mission of building capacity at all level of organization, the Centre routinely conducts training and workshops with non-teaching staff, housekeeping staff, faculty and TFs. These focus on creating conversations around the mental health challenges faced by them while providing them with space to introspect, reflect and share their unique ways of dealing with stress as well as. The workshops and trainings are highly interactive and receive overwhelmingly positive engagement for the staff.



"Tension se Raahat" with housekeeping staff



On campus



At the Vasant Kunj Office





Spotlight on ACWB

National and International Recognition of Impact



Times Higher Education's inaugural (THE) Digital Universities Asia (DUASIA)

ACWB made notable strides by being invited to participate in renowned conferences, fostering partnerships with distinguished universities, and getting featured in influential research, resulting in widespread recognition and a strengthened global presence. The Centre gained both national and international recognition for its impactful work in supporting the well-being of members at Ashoka and the ACWB model of campus mental health.

Be-Inspired - Festival of Ideas



LIFE-EVERLASTING: FINDING THE MAZE OF THE MIND

Dr Sanjay Chugh, Psychiatrist Mathew Cherian, Global Ambassador for Ageing, HelpAge international, Chair of CARE India, Dr Achal Bhagat, Senior Consultant, Psychiatry, Apollo Hospitals In conversation with Arvinder J. Singh, Founder-Director, Ashoka Centre for Well-being

Session description: Sanitation, education, and medicines that include vaccines and antibiotics, have increased human life and reduced early and mid-life mortality. Research needs to now focus on mental health as we age, and deal with Alzheimer's, dementia and more. How can we track the maze of the mind as our bodies age?



ARVINDER J. SINGH



DR SANJAY CHUGH



DR. ACHAL BHAGAT



MATHEW CHERIAN



Spotlight on ACWB

PEER PROGRAMS IN COLLEGE STUDENT MENTAL HEALTH

An Essential Approach to Student Well-Being In Need
of Structure and Support

Commissioned by the Ruderman Family Foundation and the Mary Christie Institute



Dana Humphrey, MPH
Associate Director, the Mary Christie Institute

Marjorie Malpiede, MPA
Executive Director, the Mary Christie Institute

Zoe Ragouzeos, PhD
Clinical Director, the Mary Christie Institute
EVP of Counseling and Wellness Services, New York University



ACWB stands out as the **only** Indian University initiative featured in the white paper titled "Peer Programs in College Student Mental Health," authored by the Mary Christie Institute, USA, in collaboration with the Ruderman Family Foundation.



CLICK

to read the paper!

SPOTLIGHT: ASHOKA CENTRE FOR WELL-BEING

Trained and supervised "befrienders" guide and support other students

Ashoka University, in Sonapat, Haryana, India, utilizes peer education programs, along with mentoring and peer listening, as part of a community-based, mental health and well-being strategy sourced at the Ashoka Centre for Well-Being. Directed by Dr. Arvinder Singh, the programs include student "befrienders" and "gatekeepers," resident life training, student-led help lines and group sessions – all aimed at addressing what Singh describes as the enormous gap between the number of professionals that are available and the student population in need of mental health services and supports.



Dr. Arvinder Singh, Director of the Ashoka Centre for Well-Being



Spotlight on ACWB



The Edutech Asia International Conference, Singapore



One Earth Many Faiths Conference by Hope for Creation, Oxford, UK



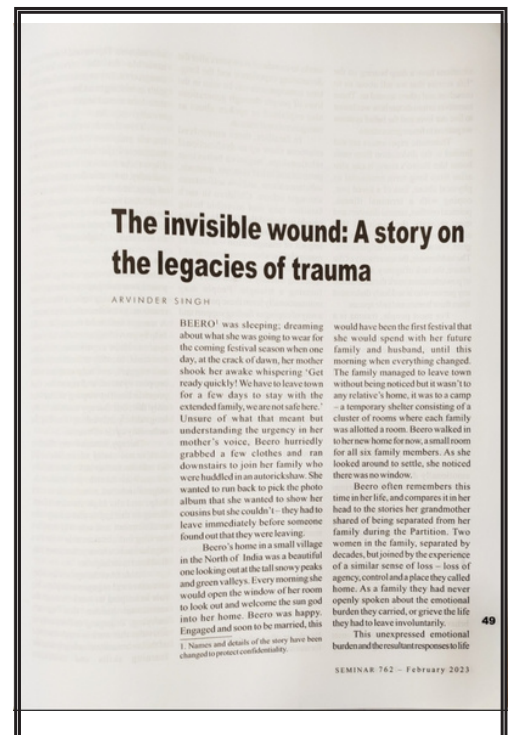
Revisiting Wellbeing: Perspectives, Challenges and the Road Ahead: Keynote Speaker at University of Delhi Centenary Celebration at Gargi College



Collaborative research partnership between Ashoka University and Cambridge University



Dr. Arvinder J. Singh's paper, "The invisible wound: A narrative on the enduring impact of trauma," was published in the February issue of the Journal Seminar titled "Mental Health Landscapes."





Growing Together

ACWB Counselors Engage in In-House Training

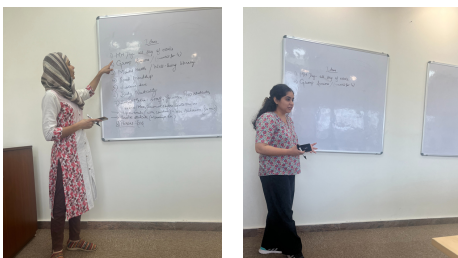
The ACWB staff engaged in a comprehensive range of professional development experiences, including attending training sessions conducted by experts in neuroscience of emotions, data analysis and consolidation. They also benefited from a workshop on cultivating enhanced wellbeing, one-on-one supervision, participated in case presentations, and received valuable peer feedback on client work.



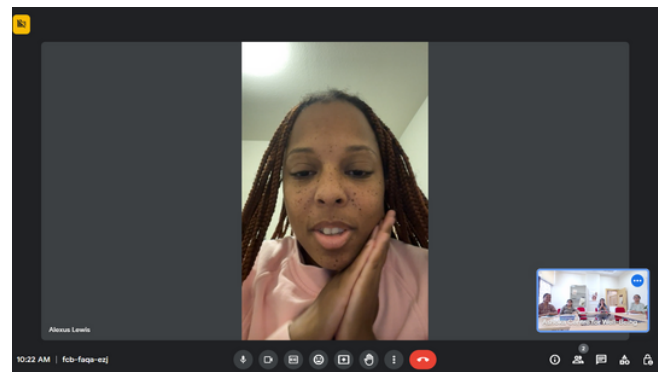
Metta practice workshop for enhanced well being by Marguerite Theophil



Training session for counsellors by Dr. Ajay Bakshi



Collaborate, Innovate, Elevate: Annual Ideation Meeting 2023



Online training on Eating Disorders by Alexis Lewis, Licensed Professional Counsellor



A Glimpse of the Mental Health World

A professional's perspective through the ACWB Internship



One of ACWB's core endeavors has been to provide internships for final year undergraduate students within Ashoka University and driven students from external institutions. The Centre completed four batches of internships with students from the department of psychology at Ashoka in 2022 and has since seen participation from students across different disciplines.

CLICK

to view a video made by our interns as a part of the social media advocacy programme!



We are thrilled to share that in February 2023, the Centre has extended these opportunities to other departments, promoting the spirit of multidisciplinary learning that Ashoka embodies.

The internship offers interns a holistic understanding of Mental Health and Counseling, incorporating interactive sessions, skill-building workshops, literature review, the creation of mental health advocacy campaigns, and an opportunity to engage in a research project within a related field.





Living with Purpose

Lessons from Psychology, Neuroscience & Community Well-being

A specialised course curated for the Young India Fellowship'23



YIF'23 cohort for 'Living with Purpose' course



Session with Dr. Ajay Bakshi, Neuroscientist



Peer Discussion



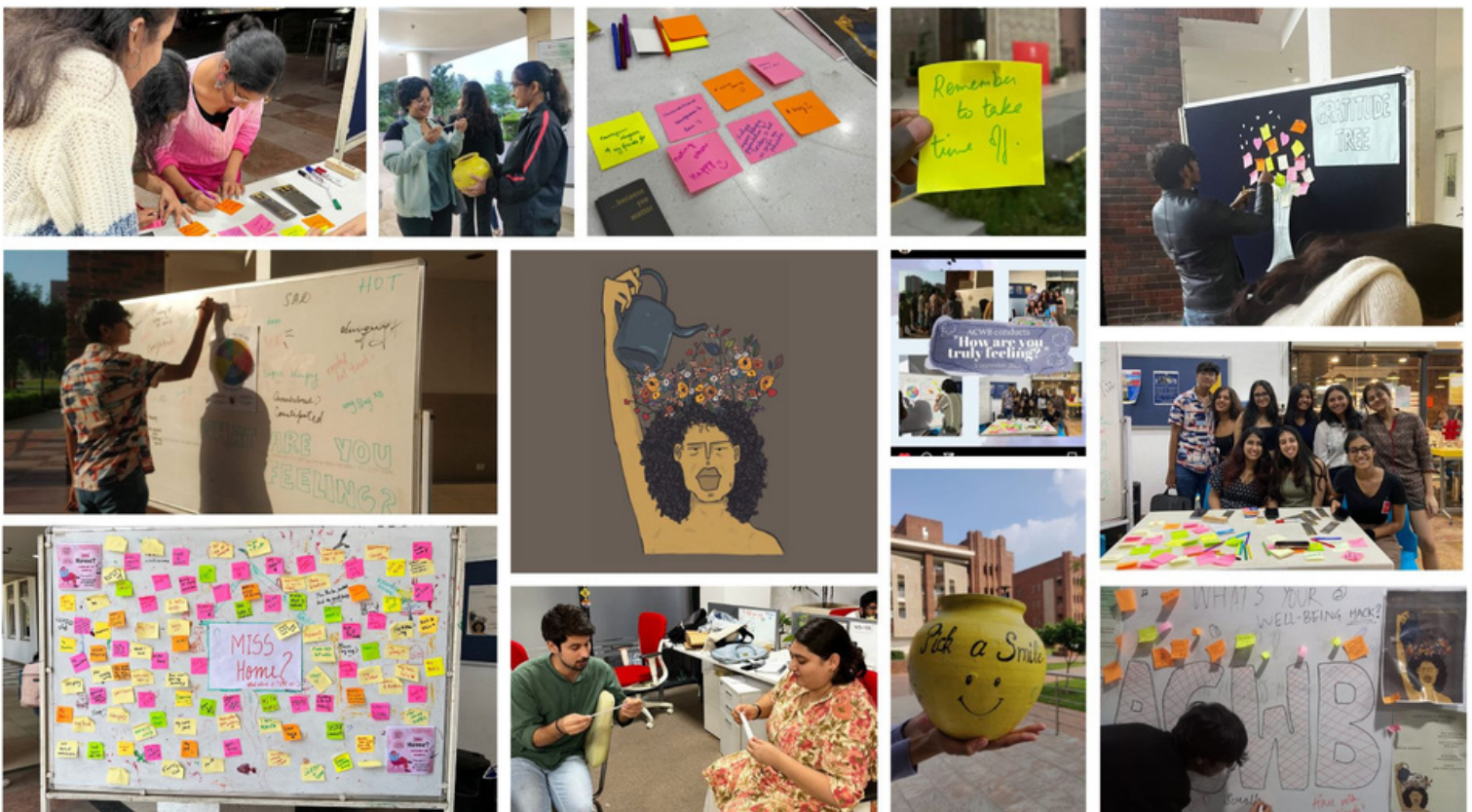
Volunteer Work

In February 2023, the Center introduced a 2-credit course designed exclusively for the Young India Fellowship, Batch of 2022-23. Led by Dr. Arvinder J Singh, this integrative program was put together by inputs from faculty from India and Stanford University. The course encouraged students to explore their personal, social, and creative potential. The course emphasized navigating wellbeing amidst challenges and stress, combining scientific insights from neuroscience with experiential self-reflection exercises. Students gained valuable tools to manage stress, build resilience, foster creativity, and develop meaningful relationships, all contributing to a purposeful life.



Youth Advocates for Mental Health

With ACWB's support, the impact of student-led mental health initiatives on campus has been transformative and uplifting. Through their passionate efforts, the students have raised awareness about mental health issues, breaking down stigmas and encouraging open conversations. Their events and campaigns have fostered a supportive and inclusive campus culture, where students feel empowered to seek help when needed. By actively engaging their peers and the wider community, these initiatives have been instrumental in normalizing the emotional difficulties that may arise in the student community like stress, anxiety, grief, etc., while also promoting the importance of seeking professional help. The dedication and commitment of the mental health advocates have not only improved the well-being of individual students but have also contributed significantly to building a healthier and more compassionate campus environment.





How is finals week preparation going for you?



MANAGING YOUR MENTAL HEALTH DURING O-WEEK



OHANA

means family. Family means nobody gets left behind.



Instagram



Your story young_india_... centreforentre... ashokaunivalu... at

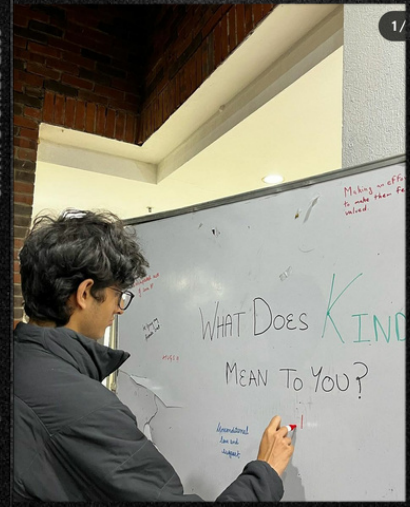
acwb_ashoka

Digital Change Makers

Social Media Advocacy in action



acwb_ashoka With a compassionate and informative approach, we use our digital presence to raise awareness about mental health issues and share valuable resources.



acwb_ashoka

Emotions can fall into a spectrum



acwb_ashoka

MAYBE SOMEONE HELD THE DOOR FOR YOU

MAYBE THEY MADE YOU LAUGH

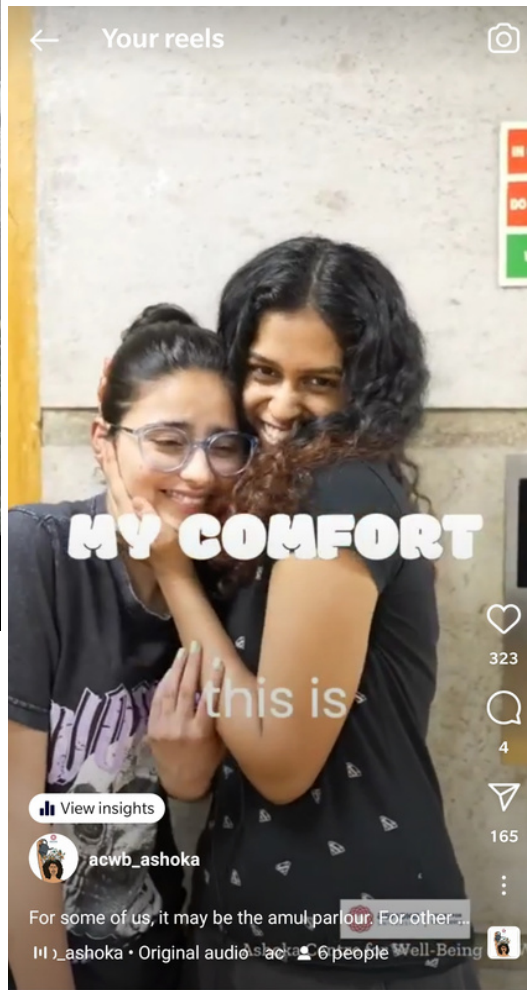
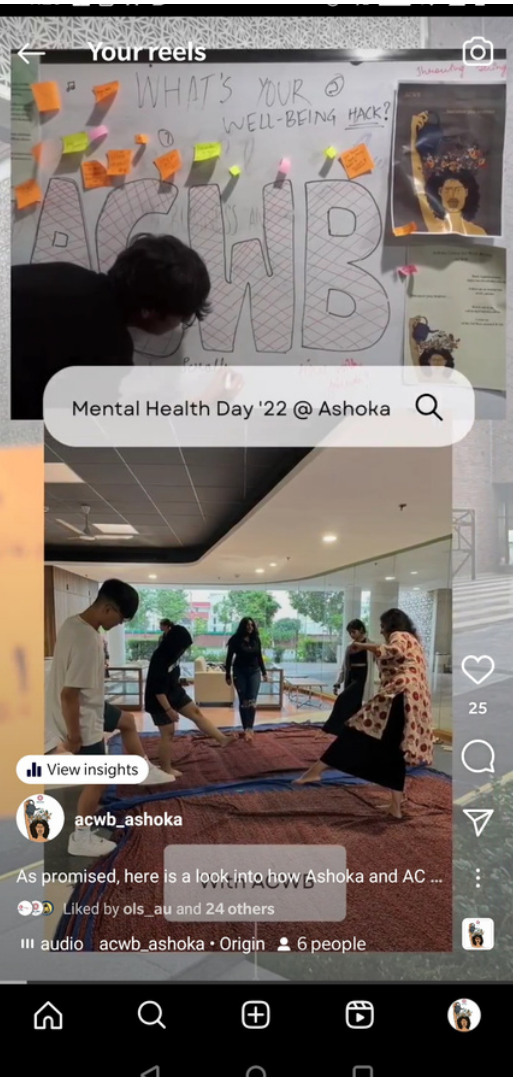
MAYBE THEY WATERED THE PLANTS

MAYBE THEY TOLD YOU HOW WARM YOUR SMILE IS



Social Media Advocacy

Our proactive engagement with followers fosters a supportive community, providing a safe space for individuals to share experiences and seek guidance



CLICK

to see all that we do on Instagram!

By harnessing the power of social media, ACWB is reaching a wider audience, breaking down barriers, and fostering a culture of empathy and understanding towards mental health.



Beyond Words

The Impact of ACWB

"I feel confident that I'm capable of navigating my future, on my own. A large part of this confidence comes from the conversations we had. And I'm very grateful for your support so far."

"Even in the few sessions we had, you helped me look at things from a new perspective. I really appreciate that."

"Thank you for helping several of us make it through some of the most turbulent periods of our lives."

"I am slowly able to work on my things, I am able to identify my patterns. I smile more often."

"My counselor helped think more rationally about some of the negative, self destructive beliefs I held."

"With the help of my counsellor, I have been able to overcome certain really troubling emotions and challenges."

The environment - waterfall sounds, calming aesthetics, smooth induction process- I felt comfortable and safe the moment I walked in."

"For just listening to me when I needed to get things off my chest, thank you".



Reach out to us..



Location: AC04, 3rd floor, across LR-310



Timings: Monday to Friday

(9.30am - 7.30pm)



Email: well.being@ashoka.edu.in



CLICK
to reach us on
Instagram!



CLICK
to book an
appointment!



CLICK
to see our
website!

