

SNDT Women's University, Mumbai

S.N. D.T. College of Education, Pune

Best Practice 2

2025-2026

Title of the Best Practice -

Celebration of Mental Health day to create awareness regarding mental health & emotional balance in the campus & the community.

2. Objectives

- To de-stigmatize mental health discussions among student-teachers, institutional staff, and the community.
- To equip future educators with the psychological tools and coping mechanisms needed to manage stress and emotional challenges.
- To create public awareness about psychological well-being through creative outreach and community-focused student initiatives.
- To integrate mental health education into the regular teacher-training curriculum, creating empathetic classroom environments for the future.

3. Details of Activity Conducted

The S.N.D.T. College of Education, Pune, dedicates World Mental Health Day to driving structured mental health literacy. Recognizing that educators play a critical role in student psychology, the institution organizes a multi-leveled campaign targeting both internal academic development and external community awareness.

The initiative is executed systematically across several distinct phases to balance deep, internal learning with broad community impact:

1. Expert Seminars & Capacity Building: Academic Phase.

The college invites certified psychologists and mental health professionals to conduct interactive seminars. These sessions focus on identifying early signs of anxiety, depression, and learning stressors among students, preparing future teachers for empathetic classroom management.

2. Creative Screenings & Internal Expression: Expressive Phase.

Students of the Post Graduate Diploma in Disability Rehabilitation Management Programme participate in expressive art forms, street plays, short stage play and poster-making contests. These activities encourage individuals to voice personal experiences, break cultural taboos, and normalize conversations about psychological struggles.

3. Community Campaigns & Mobilization: Outreach Phase.

PGDDRM students take their awareness campaigns outside the campus. Moving into community spaces and local schools, they perform street plays, organize counselling camps and distribute informative literature emphasizing that mental health is a fundamental component of general health and well-being.

4. Mindfulness Workshops & Therapy Sessions: Practical Phase.

The campaign concludes with hands-on practice. Guided workshops on mindfulness, relaxation techniques, and emotional regulation are conducted to provide participants with immediate, actionable tools to protect their everyday peace of mind.

Longitudinal Growth and Locations

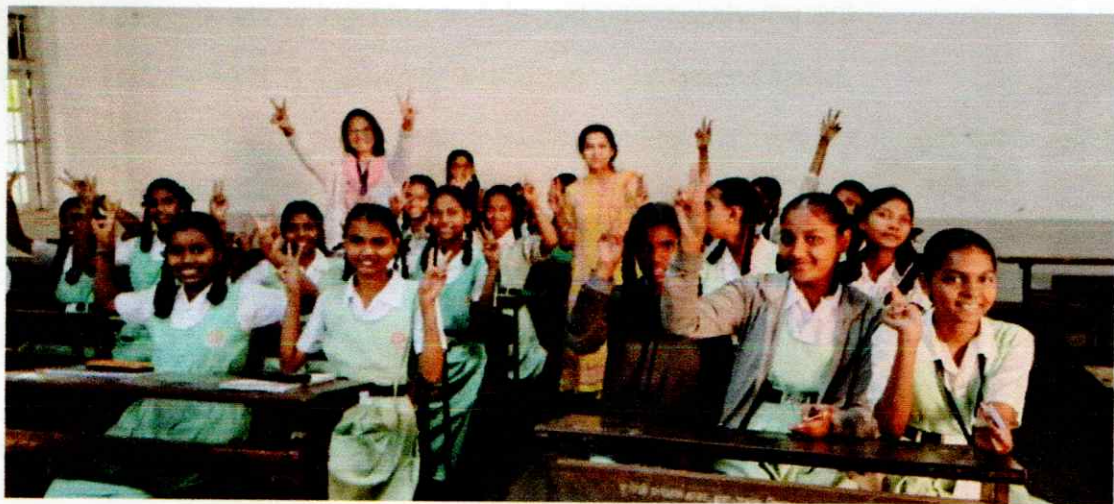
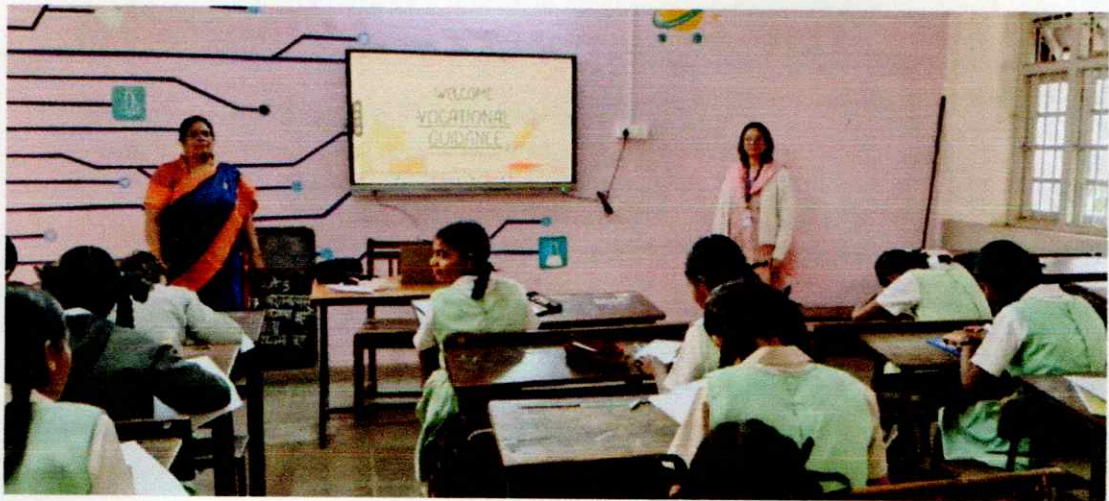
The institutional framework ensures that mental health advocacy remains a persistent priority, scaling its reach and focusing on diverse target groups over consecutive academic cycles:

Academic Year	Primary Focus Group	Core Outreach Activity	Impact & Scale
2024-2025 9-10 October 2024	Internal Institutional Focus	Peer Support Training, Campus Counselling Drives and Public Street Plays	150+ Student-Teachers & Staff Members
2025-2026 9 October 2025	External Community Expansion	School-Level Awareness and Stress Release Program (1st week of October 2025) and Lecture by Dr. Vasudeo Paralikar	300+ School Students & Community Members

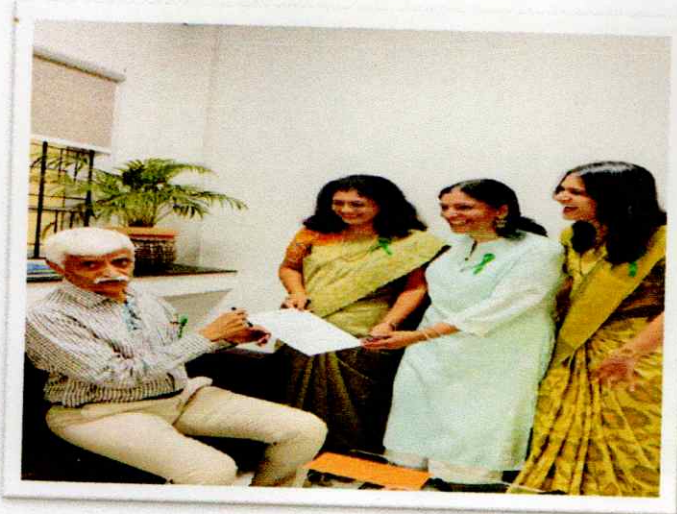
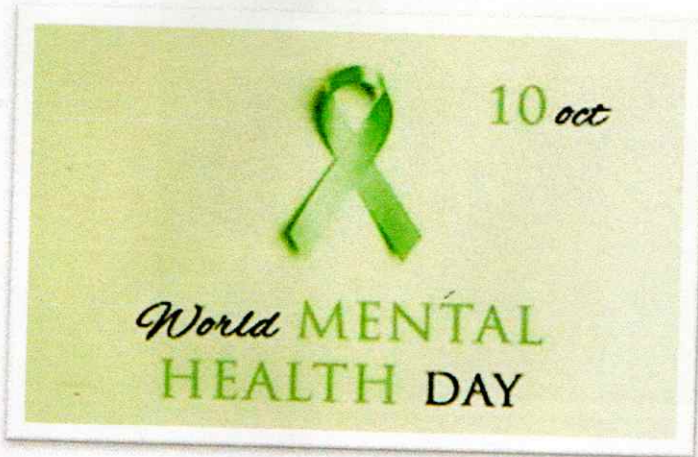
4. Sum Up

By celebrating Mental Health Day not merely as an event, but as a core institutional best practice, S.N.D.T. College of Education, Pune, addresses a critical gap in contemporary teacher education. The program successfully transforms passive awareness into practical advocacy, providing future teachers with the emotional literacy required for their professional careers.

Ultimately, this initiative nurtures resilient educators who are not only academically proficient but also emotionally prepared to build safe, compassionate, and supportive environments in their future classrooms and communities.



Photos of the Programme



Ango

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