

CIRCULAR

**ARKA JAIN**
University
Jharkhand

SCHOOL OF ALLIED HEALTH SCIENCE

Department of Optometry

CIRCULAR

Ref No: AJU/SOHAS/120/25

Date 30-04-2025

The Department of Optometry is organizing a **Mental Health Counselling session** to support the emotional well-being and mental resilience of students. The session aims to provide a safe space for discussing mental health concerns and promoting psychological wellness.

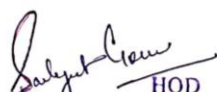
Date: - 02nd May 2025

Time: - 02:00pm

Venue: - B block (Susruta) Seminar Hall

Guest Speaker: - Ms Preeti Saini, University Counsellor

All students are encouraged to participate and take advantage of this initiative.



HOD
Sarbojeet Goswami
Department of Optometry
HOD & Assistant Professor
Department of Optometry
School of Health & Allied Science

Copy to

Office of the Registrar
IQAC
Class Coordinators In charge
Website
Office Record
Student Whatsapp group

Breaking the Stigma: Mental Health Counselling Session

Date of Event	02.05.2025
Name of the Event	Breaking the Stigma: Mental Health Counselling Session
Type of the Event	A Professional Development Program
Conducted by	Ms. Bhavana, DEPARTMENT OF OPTOMETRY in association with CCHRD, ARKA JAIN University
No. Of Students Participated	37

OBJECTIVE:

The session aimed to promote mental health awareness, encourage open conversations, and help break the stigma surrounding mental health issues. It was designed to equip participants with the knowledge and tools to support their own mental well-being as well as that of their peers and colleagues.

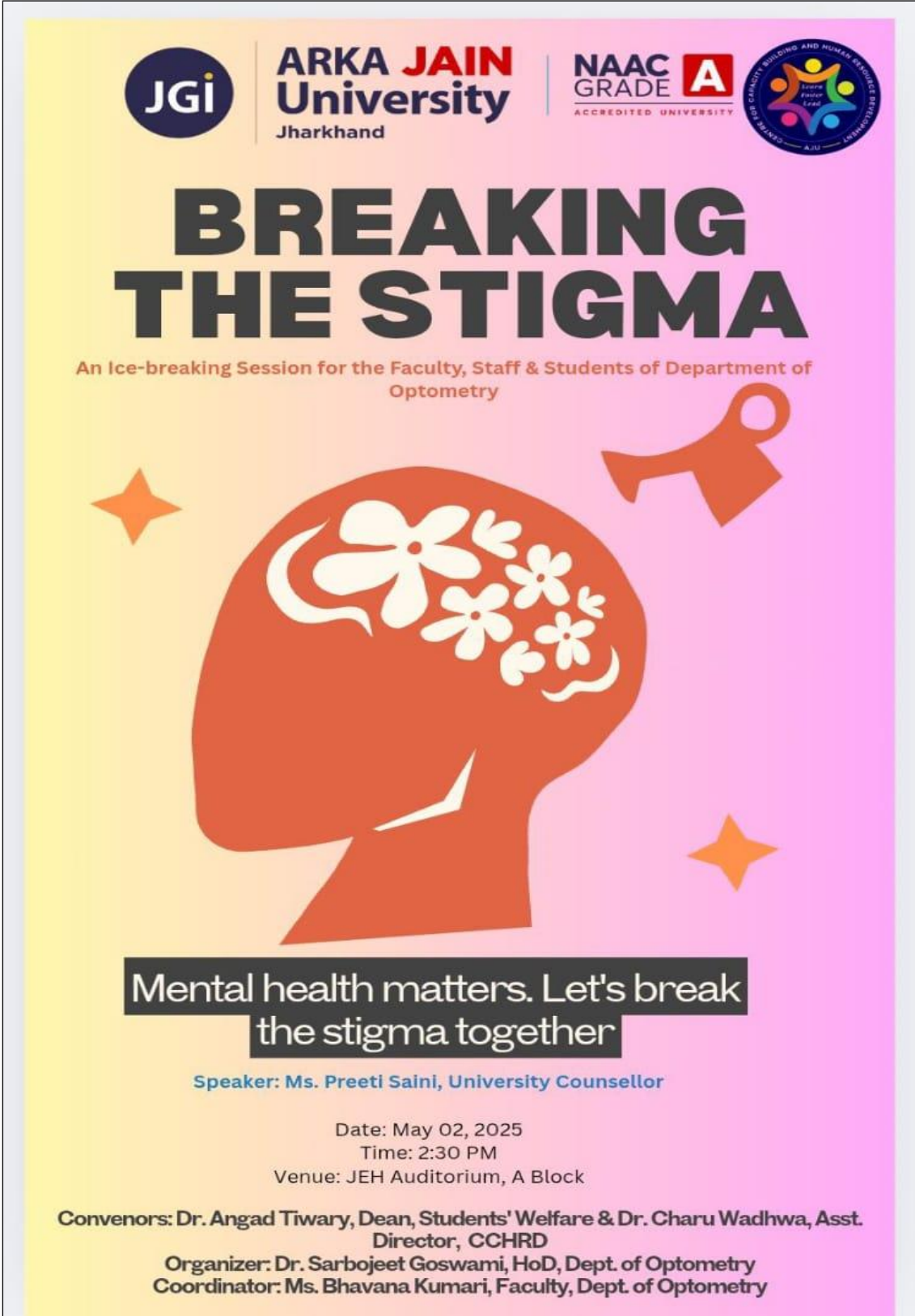
DETAILS:

On 2nd May 2025, the Department of Optometry in association with CCHRD, at ARKA JAIN University, organized an interactive ice breaking session on Mental Health. The session aimed to raise awareness about mental health, address the stigma surrounding mental health issues, and promote a culture of openness and support among students and staff. The event was coordinated by Ms. Bhavana and featured Ms. Preeti Saini, University Counsellor, as the esteemed resource person. Ms. Saini shared valuable insights on recognizing early signs of mental health challenges, stress management techniques, and the importance of seeking timely help. The session witnessed active participation from students, who engaged in meaningful discussions and activities focused on emotional well-being. The event underscored the university's commitment to fostering holistic development and highlighted the importance of continuous mental health support within academic institutions. Participants actively participated in Q&A sessions.

TAKEAWAY (OUTCOMES):

The session proved to be a highly impactful initiative, achieving its objective of fostering awareness and open dialogue around mental health. Students gained valuable insights into recognizing early signs of stress, anxiety, and emotional distress, and learned practical coping strategies such as mindfulness and self-care. The session encouraged participants to reflect on their own mental well-being and the importance of seeking help without fear of judgment. The interactive and empathetic nature of the discussion helped reduce stigma and promoted a supportive atmosphere among peers. Feedback from attendees indicated a strong appreciation for the session and a desire for more such programs in the future, highlighting the ongoing need for mental health support and education within the university setting.

POSTER OF THE EVENT



BREAKING THE STIGMA

An Ice-breaking Session for the Faculty, Staff & Students of Department of Optometry

Mental health matters. Let's break the stigma together

Speaker: Ms. Preeti Saini, University Counsellor

Date: May 02, 2025
Time: 2:30 PM
Venue: JEH Auditorium, A Block

Convenors: Dr. Angad Tiwary, Dean, Students' Welfare & Dr. Charu Wadhwa, Asst. Director, CCHRD
Organizer: Dr. Sarbojeet Goswami, HoD, Dept. of Optometry
Coordinator: Ms. Bhavana Kumari, Faculty, Dept. of Optometry

PHOTOS OF THE EVENT



Mr. Sarbojeet Goswami, HOD, Department of Optometry addressing the speaker- Ms. Preeti Saini



Resource Person, Ms. Priti, interacting with students



Resource Person, Ms. Priti, interacting with students



Group picture with the speaker

LIST OF PARTICIPANTS



SCHOOL OF ALLIED HEALTH SCIENCE

DEPARTMENT OF OPTOMETRY

Attendance Form

Name of the Event: Mental Health SessionDate of the Event: 02.05.25 TO _____

SL NO.	Name of the Candidate	Signature	How would you like this session/event?					Feedback				Attendance						
			E	VG	G	A	P	YES	NO	YES	NO	D1	D2	D3	D4	D5	D6	D7
01	Gavashor Kumar	Gavashor	✓					✓		✓								
02	Abhang Singh	Abhang	✓					✓		✓								
03	Smit Kulkarni	Smit	✓					✓		✓								
04	Chhetri Lal Kumar	Chhetri	✓					✓		✓								
05	Fakhar Amin	Fakhar	✓					✓		✓								
07	Prince Kr Sharma	Prince	✓					✓		✓								
08	Ratit Mandal	Ratit	✓					✓		✓								
09	Ravi Singh	Ravi	✓					✓		✓								
10	Shabnam Jais	Shabnam	✓					✓		✓								
11	Rishma Perween	Rishma	✓					✓		✓								
12	Vansha Verma	Vansha	✓					✓		✓								

* E=Excellent, VG=Very Good, G=Good, A=Average, P=Poor

Signature of Head
HOD
Department of Optometry
School of Health & Allied Science

Signature of Event Coordinator
21/5/25



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DEPARTMENT OF OPTOMETRY

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			E	VG	G	A	P	YES	NO	YES	NO	D1	D2	D3	D4	D5	D6	D7
01	Manjit	manjit	✓					✓		✓								
02	Poojati	Poojati	✓					✓		✓								
03	Sadiya Siddiqui	Sadiya	✓					✓		✓								
04	Jayanti Mandal	Jayanti	✓	✓				✓		✓								
05	Usha Bera	Usha	✓					✓		✓								
06	Riya Mandal	Riya	✓					✓		✓								
07	Nisha Kumar	Nisha	✓					✓		✓								
														</				

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			How would you like this session/event?					The speaker explained the topic clearly		Would you like to attend this type of session/ event in future			D1	D2	D3	D4	D5	D6	D7
			E	VG	G	A	P	YES	NO	YES	NO								
1	Mukul Kumar	Mk	✓					✓		✓			✓						
2	Rani Kumar	Rk	✓					✓		✓			✓						
3	Niraj Kumar	Nk	✓					✓		✓			✓						
4	Manish Kumar	Manish	✓					✓		✓			✓						
5	Milan Baidya	Milan	✓					✓		✓			✓						
6	Praveen Yadav	Praveen	✓					✓		✓			✓						
7	Rishabh Mishra	Rishabh	✓					✓		✓			✓						
8	Aisha Gopal	Aisha	✓					✓		✓			✓						
9	Tahsan Fatma	Tahsan	✓					✓		✓			✓						

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			How would you like this session/event?					The speaker explained the topic clearly		Would you like to attend this type of session/ event in future			D1	D2	D3	D4	D5	D6	D7
			E	VG	G	A	P	YES	NO	YES	NO								
1	Anushka Bishwas	Anushka	✓					✓		✓									
2	Disha Pamanik	Disha	✓					✓		✓									
3	Sabira Parween	Sabira	✓					✓		✓									
4	Riya Sharma	Riya	✓					✓		✓									
5	Safina Sharma	Safina	✓					✓		✓									
6	Deepak Kumar	Deepak	✓					✓		✓									
7	Anvesh Vikram	Anvesh	✓					✓		✓									
8	Mithulesh Kumar	Mithulesh	✓					✓		✓									
9	Muhammad Saadique Ali	Saadique	✓					✓		✓									
10	Sahab Khan	Sahab	✓					✓		✓									

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FEEDBACK ANALYSIS

