

## Student Emotional Health and Wellbeing (SEHW) Program

### Objectives of the Practice

1. To screen all the students enrolled in FYBSc to identify students at risk of having emotional concerns.
2. To identify students at risk of having concerns related to emotional health and assess them on the causes leading to emotional health concerns
3. To plan and offer intervention programs to students on the basis of the causes of their emotional health concerns
4. To assess the outcome of the intervention program at the end of the year

### The Context

Mental health and wellbeing is emerging as a great concern amongst the adolescent and youth today. Working parents, antagonism between parents and adolescents, academic pressures, relationship issues with peers can lead to mental health concerns.

It was felt that the HEI can play an important role in early identification and intervention of students through screening of students to help prevent or enhance their emotional and mental wellbeing.

A systematic procedure of assessment and professional intervention was deemed essential not only for personal and academic success of students during college but also to ensure wellbeing and satisfaction in their later life.

### The Practice

All FYBSc students of 2020-21 were sent a consent form, which they signed and emailed to participate in the program.

- All students who had signed the consent form were asked to fill the information on Emotional Health Card Part I- Screening for AT RISK students for Emotional Health - (SASEH)
- The students were emailed the google doc link for filling the form on their college domain id (48 in all)
- The data collected was kept confidential on the college MIS system.
- The data was analysed by the experts of FACE Center to group students on the basis of -
  - ❖ Students enjoying good emotional health (16/39) 41.02%
  - ❖ Students at risk of having mild to moderate concerns with regard to their emotional health (14/39) 35.89 %
  - ❖ Students at risk of having major concerns with regard to their emotional health (9/39) 23.07%
- The assessment scores and interpretation of each student was documented by FACE Center and shared with the respective student in the form of a mental health card emailed to them on their college domain id.
- The students indicating a possibility of being at risk of having concerns related to emotional health were invited to fill the google form on Emotional Health Card Part II. Identification of Challenges Experienced by Students(ICES). The link was shared in the email
- The data collected was analysed by the experts in the FACE Center to group students on the possible cause of their concerns
  - ❖ Emotional concerns- 11 students
  - ❖ Cognitive concerns- 3 students
  - ❖ Social concerns- 5 students
  - ❖ Physical concerns- 7 students



- The FACE Center planned group intervention programs for the students based on the area of their concerns. The students were invited to attend and benefit from the intervention

SEHW Workshop 1- Coping with anxiety and stress F.Y.B.Sc. (22 May 2021) 10 students

SEHW Workshop 2 - Building Self Esteem (12 June 2021) 6 students

SEHW Workshop 3 - Memory Skills (26 June 2021) 5 students

### Evidence of Success/ Outcome

At the end of the year a post intervention assessment and feedback was carried out by the FACE Center to assess the success of the program

- 12 out of 21 students responded to the feedback form
- 10 out of 12 had indicated mild to moderate improvement in different categories.
- 3 students did not attend any workshops or undergo counseling in college. One student did not show any improvement
- It is evident that the students who had attended the intervention workshops and had continued their individual counselling sessions have improved.
- Following intervention, cognitive and emotional domains have improved the most.



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