

Mental Health Cell

Annual Report

Academic Year 2025–26

About the Mental Health Cell

The Mental Health Cell (Wellness Center) of DES Shri Navalmal Firodia Law College, Pune, was established with a sincere commitment to ensuring that every student has access to safe, compassionate, and professional mental health support. In a demanding academic environment where students navigate high-pressure examinations, competitive aspirations, complex interpersonal dynamics, and personal responsibilities — mental well-being is not a luxury but a necessity.

The Cell functions as a bridge between students' emotional needs and professional guidance. It operates on the pillars of confidentiality, empathy, and empowerment, fostering a campus culture where seeking help is seen as a sign of strength. The Cell also extends its outreach to the teaching and non-teaching staff of the college, recognising that mental wellness is a collective institutional responsibility.

The cell aims to create a mentally healthy, emotionally resilient, and academically thriving learning community where every individual feels heard, valued, and supported. It strives to provide accessible, professional, and confidential mental health support; to destigmatise conversations around psychological well-being; and to equip students and staff with tools needed to navigate stress, anxiety, and life challenges with clarity and inner strength.

The Year at a Glance

Academic Year 2025–26 has been one of the most active and impactful years for the Mental Health Cell. From the very first week of the session, the Cell sprang into action with a carefully planned calendar covering awareness sessions, skill-building workshops, one-on-one professional counselling, and faculty wellness initiatives. Key highlights of the year:

Activities Conducted During the Year

Activity 1: Orientation Session on Mental Health	
Date	19 July 2025 1:30 PM – 2:30 PM
Venue / Mode	Online (Virtual Platform)
Details	The academic year opened with an Online Orientation Session designed to introduce students to the Mental Health Cell and its offerings for the year ahead. The session built awareness about mental health, reduced stigma, and informed students about available resources. The newly introduced One-on-One Counselling Sessions were formally announced — a significant step towards personalised mental health support.

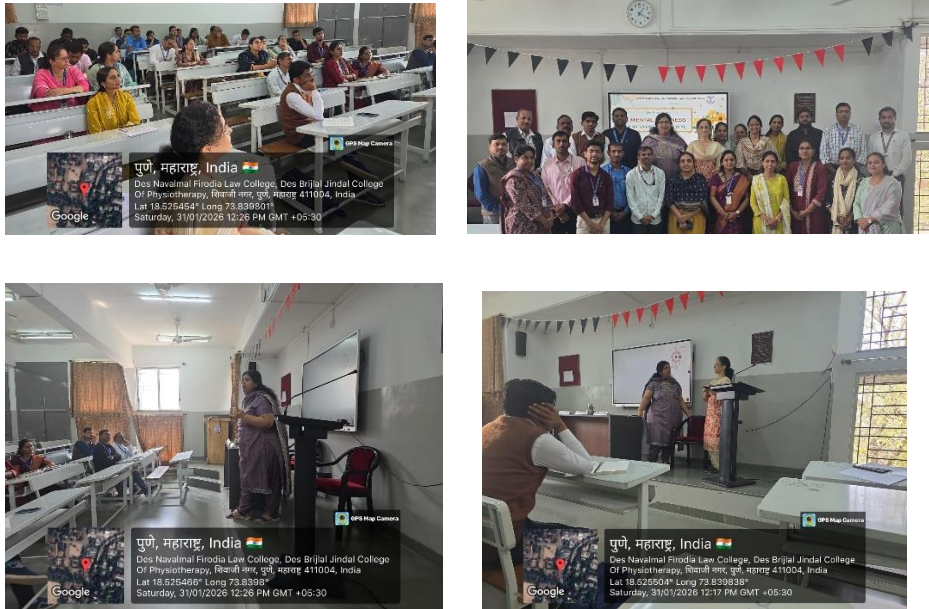
	To ensure complete confidentiality, students were guided to fill a Google Form to schedule private appointments with the counsellor. The session set a warm, welcoming tone, reassuring students that the college stands firmly behind their emotional well-being.
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Activity 2: One-on-One Professional Counselling Sessions	
Date	Every week throughout the Year
Venue / Mode	On Campus — Fully Confidential
Details	The most sustained and impactful intervention of the year has been the weekly One-on-One Counselling Sessions conducted by Dr. Nirjhara Wagh, a professionally qualified counsellor. These sessions are entirely confidential and non-judgmental, providing students a private, safe space to discuss concerns — academic pressure, anxiety, panic attacks, relationship difficulties, family stress, or personal challenges. During the vacation period, these sessions were conducted online/ in telephonic mode to continue to offer support to students. Approximately 40 to 50 students availed of the service during the year. A substantial number attended more than two sessions, reflecting both the quality of support and the trust students have placed in the Cell. The weekly sessions represent a meaningful shift from reactive support to proactive, ongoing mental wellness care.

Activity 3: Session on ‘Highway to Happiness: From Stress to Inner Strength’	
Date	23 August 2025
Venue / Mode	College Campus — LC XI
Details	The Cell organised an engaging session titled ‘Highway to Happiness: From Stress to Inner Strength’ to help students and staff build resilience at the start of the academic year. The resource person was BK Laxmi Didi from Shivshakti Bhavan, Bopodi, Pune — a distinguished speaker known for her transformative, interactive approach to mental wellness. BK Laxmi Didi conducted interactive activities and guided discussions on the importance of inner strength in tackling stress and external pressures. Her practical insights were both inspiring and immediately applicable. The session witnessed an outstanding turnout of approximately 90 participants — students and staff alike — making it a successful event.

Photos	   
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Activity 4: Session on ‘Lifestyle and Lifestyle Disorders’	
Date	4 September 2025
Venue / Mode	Legal Aid Centre, College Campus
Details	Recognising that mental wellness is deeply intertwined with physical health, the Cell organised a dedicated session for teaching and non-teaching staff on the theme of ‘Lifestyle and Lifestyle Disorders’. The session was conducted by Dr. Nirjhara Wagh, who addressed topics including anxiety, chronic stress, hypertension, sleep disorders, and the impact of modern lifestyle choices on overall well-being. Approximately 30 to 35 staff members attended and actively participated. Many expressed that the session offered valuable insights applicable both personally and in their interactions with students.
Photos	 

Activity 5: ‘Mental Wellness for Me and for the Teacher in Me’	
Date	31 January 2026
Venue / Mode	College Campus- LC III — For Teaching Faculty, Deccan Education Society (All Units)
Details	As a fitting culmination to the year’s activities, the Cell organised a special faculty wellness programme for teaching faculty members across all units of the Deccan Education Society. The resource person was Smt. Shilpa Joshi from the Institute for Psychological Health (IPH), Pune. She explored the unique psychological challenges faced by educators — including burnout, emotional labour, work-life balance, and the pressure to support students — while offering evidence-based strategies for self-care and resilience. The session was attended by 35 to 40 faculty members and was widely appreciated for its relevance, depth, and the reflective space it created for educators.
Photos	

Overall Impact and Reflections

Academic Year 2025–26 marks a significant milestone in the journey of the Mental Health Cell. What began as a developing initiative has grown into one of the most actively engaged and student-centric cells in the college. This year, the Cell successfully:

- Reached over 200 individuals through events, sessions, and counselling combined
- Introduced and sustained a professional, weekly, confidential counselling service
- Engaged both student and staff communities with thoughtfully curated programmes
- Collaborated with eminent resource persons from diverse domains of mental wellness
- Built a campus culture where mental health is discussed openly, without stigma or hesitation

The consistent and enthusiastic participation across all activities — from the 90 attendees at the August session to students who returned for multiple counselling sessions — is a testament to the growing trust in, and relevance of, the Cell's work.

As we look ahead, the Mental Health Cell remains committed to deepening its impact, expanding its reach, and continuing to be a compassionate and steadfast presence in the lives of every student and staff member of DES Shri Navalmal Firodia Law College.