



**Centre for Mindfulness and Wellbeing**  
Activities conducted in 2019-20

**RUIA RIPPLES CLUB**

In the beginning of this academic year, Ramnarain Ruia Autonomous College signed an MoU with Roundglass College Wellbeing, a socially conscious global firm spurring innovation in holistic wellbeing and meaningful living.

Under their guidance, 10 Peer Mentors (students of Ruia), established Ruia Ripples Club in September 2019, under the Centre for Mindfulness and Wellbeing.

Ruia Ripples Club aims to ensure the emotional and behavioural wellbeing of all Ruiaites on campus. We strive to fight against the stigma surrounding Mental Health via one-one peer support and engaging monthly activities.

We offer a safe space for all students to share their emotions, feelings and thoughts without the fear of being judged, along with providing access to mental healthcare services.

**ACTIVITIES:**

In the year 2019-20, the club successfully conducted **two** on-campus activities, **eight** online activities and **one** awareness campaign.

Date	Activity	Hosts	Details	Response
<b>ON-CAMPUS</b>				
28.09.19	Open Mic	Core Team	The aim of this event was to create awareness about body shaming among the students, provide a safe platform to discuss the diversity of understandings around the topic, equip the participants with practical skills of self and peer support and develop body positivity.	Students performed poems, write-ups, sang songs & shared their experiences. We got a positive response from all the participants as well as the audience. They were very happy to be able to express themselves freely.
07.02.20	Disconnect to Connect	RG Health Coaches - Arijita Sen and Shahana Siddhiqui. + Core Team	The aim of the event was to educate students about how we are negatively impacted by excessive Internet and social media usage, and the different ways in which we can control this. An Internet Addiction Test (IAT) developed by Dr. Kimberly Young was also distributed among all participants to test their level of Internet addiction and for future references.	Participants and the hosts together came up with effective solutions to control Internet usage. The IAT was a very useful addition.
<b>ONLINE</b>				
18.04.20	A Game of Housie	Peer Mentors Isha Doiphode and Manasi Kadam	The aim of the event was to emphasise the importance of self-care in such dire times. Each housie no. was linked to one self-care tip. A participant had to strike off a no. from the ticket, only if he/she practiced the task mentioned regularly.	In addition to the self-care tips in the game, participants came up with several more surprisingly easy tips as well!

25.04.20	Thankathon	Peer Mentor Isha Doiphode	We explained the importance of 'gratitude' and how we can practice it in our daily lives. To make the session fun, it was coupled with a small activity that included drawing a gratitude tree.	Participants really enjoyed the activity and some even shared their trees on Instagram stories!
27.04.20	Physical Health Poll	Peer Mentor Darshana Thanekar	Polls were based on the exercise frequency of people, their perception of 'healthy', satisfaction of their own physical health, and if they get enough sleep at night.	The results obtained were used to plan the two exercise sessions - Vibrant You, to encourage people to exercise indoors to keep themselves physically fit and healthy during the nationwide lockdown.
29.04.20 13.05.20	Vibrant You	Peer Mentor Yash Koppula	The aim of these two sessions was to tell people the importance of exercising regularly and to motivate them to exercise indoors to stay physically and mentally fit during the nation-wide lockdown.	Participants reported that the explanation for each of the exercise movements given by Yash were so clear and easy to understand. They found the activity very refreshing.
09.05.20	Aapka Hukum Sar Aankhon Par	Peer Mentors Pranali Donekar and Anushka Shiktode	The Instagram Live music session was conducted based on the theme 'Nostalgia'. The aim of the event was to create an atmosphere where people could relax with the soothing songs and take a trip down the memory lane, recollecting their happy memories and dancing off the beats of their favourite songs.	While sending in requests, many participants also shared their memories or emotional connections with their songs. This made the event personal and special for everyone present at the live session.
08.06.20	Get Set Rise!	Peer Mentor Isha Doiphode	Isha explained how (in the current pandemic situation) we can focus on the things in life that make us happy or lift us up, along with taking good care of ourselves and the people around us. She included a few simple ways to overcome the things that make us feel low.	It was made interactive by combining it with drawing a hot-air balloon. The audience found the session very useful and a great stress buster.
29.06.20	What's in my Name?	Peer Mentor Smruti Sawant	Peer Mentor Smruti talked about Positive Affirmations and how they're an important part of taking a step further towards mastering Emotional Intelligence. This was made a lot more interactive and personal by asking the participants to write their names on a sheet of paper and to think of one positive adjective that describes them, for each of the alphabet of their name.	People loved the session! It made them think more and see themselves from a different perspective (which is a very crucial aspect of EI— Self Awareness). Once they started pondering about words to describe themselves, they realised that there were so many, it was hard to choose one!

31.08.20	Huddle	Peer Mentor Isha Doiphode	Peer Mentor Isha talked about what Social Anxiety is and incorporated 5 discussion questions related to it. 10 effective self-care tips for worrying excessively were discussed as well.	The session was made lively and interactive via addition of a theme—Harry Potter, and several references to the books and movies.
July 2020 Awareness Campaign Agenda				
13.07.20	Mental Health Quiz	Core Team and Ripples Volunteers	10 questions shared via Google Forms.	We received a total of 116 responses for the quiz.
	Myths & Facts		8 common myths and facts related to mental health were shared on Instagram.	These posts increased awareness among the audience & our 'reach' across Instagram.
	Poster, message		Mentor recruitment poster and message were circulated via both Instagram and WhatsApp.	The poster was extremely catchy and hence, we also received <u>40</u> new mentor registrations for the Mentorship Programme.
14.07.20	FAQ videos		5 important FAQs about the club were addressed and shared on Instagram and WhatsApp.	The videos explained what Ruia Ripples Club is and what it does in a very effective way.

#### **Ruia Ripples Club on Instagram:**

We have been regularly posting creative and informative content about mental health awareness, its importance, self-care tips and resolutions based on monthly themes.

Please do visit our Instagram page @ruiaripples:

<https://www.instagram.com/ruiaripples/>

#### **Future Prospects:**

We constantly try to strengthen our team at Ruia Ripples Club to effectively create awareness, share factual information about mental health, and provide access to mental health services to all our fellow Ruiaites.

We strive to live up to our motto, "We are HEAR for you".