

Centre for Mindfulness and Wellbeing

Activities conducted in 2020-21

RUIA RIPPLES CLUB

The COVID-19 pandemic put us all in a trance; a seemingly endless wave of emotional turmoil. Anxiety, sadness, grief, devastation and even several moments of joy, we experienced it all.

The lack of mental resilience awareness, training and self-help tools left most people vulnerable.

It took a pandemic for us to realise the importance of mental health and wellbeing in our lives.

Since its establishment in September 2019 under the Centre for Mindfulness and Wellbeing, **Ruia Ripples Club** has been fighting against Mental Health stigma through its peer support and engaging in mental health activities.

We aim to ensure the emotional and behavioural wellbeing of all Ruiaites on campus. We offer a safe space for all students to share their emotions, feelings and thoughts without the fear of being judged.

We envision a future where we are all surrounded by a mentally resilient, supportive and emotionally intelligent community. In the month of June 2021, Ruia Ripples Club was rebranded and now it is known as Ruia Centre for Mindfulness and Wellbeing

In the academic year 2020-21, the club consisted of **5 peer mentors and 4 Team Leaders** and **25 volunteers**. With an amazing team, we seamlessly transitioned to an online platform and successfully conducted **8 live activities** and **12 monthly themes**.

We engaged in the following Live Activity Sessions:

1. Suno Mere Dil Ki Pukar (Open Mic)
2. Quiz (Theme - body positivity)
3. Acclimatization to Campus: Induction Programme 2020-21
4. Write It Down
5. The Gratitude Tree
6. Meethi Boliya Sunna

We conducted online activities across 12 months, each month having a new theme:

1. August - Body-Shaming
2. September - Suicide Prevention Awareness
3. October - Superheroes Within Us

4. November - Stress Buster
5. December - Confessions
6. January - Depression
7. February - Boost Self-Esteem
8. March & April - Existing Mental Healthcare Awareness
9. May - Mental Health Awareness
10. June- Pride Month awareness
11. June continued- Men's Mental Health Awareness Month
12. June continued - Rebranding of Ruia Ripples Club
13. July- Recruitment of new volunteers and election of new President and Secretary for the academic year 2021-22
14. August- Coping up with Exam Stress (Collaboration)
15. September- Suicide Prevention Awareness Month
16. October- Importance of Mental Health
17. November/ December- Body Positivity x Self-Love

The following is a summary of all online activities conducted.

| Month/Theme | Date | Activity | Instagram Reach (Viewers) |
|-----------------------|------------------------|--|---------------------------|
| ONLINE | | | |
| August / Body Shaming | 04.08.20 - 05.08.20 | Introduction of theme 'Body Shaming' | 458 |
| | 09.08.20 | Myths and Facts - 6 | 1184 |
| | 14.08.20 - 16.08.20 | 3 Jumbled Words Puzzles - a passive online activity to create awareness about body shaming terminology. <i>Participants = 30</i> | 567 |
| | 18.08.20 - 19.08.20 | Instagram Reels depicting songs that promote body positivity | 11243 |
| | 25.08.20 | Open Mic - Suno Mere Dil ki Pukar Hosts - Peer Mentors Pranali Donekar and Smruti Sawant <i>Participants + Audience = 19</i> | 160 |
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| | 30.08.20 | End-of-Month Quiz Hosts - Peer Mentors Isha Doiphode and Pranali Donekar Platform - Zoom <i>Participants - 18</i> | |
| | 31.08.20 | International Overdose Awareness Day - Awareness post uploaded | 188 |
| September | 08.09.20 | International Literacy Day - Awareness post shared | 146 |
| | 10.09.20 | World Suicide Prevention Day - An original suicide prevention awareness song of a club volunteer "Keep Trying" was shared. | 177 |
| | 29.09.20 | World Heart Day - awareness post shared | 204 |
| October Superheroes within Us | 02.10.20 | International Day of Non-Violence - awareness post shared | 160 |
| | 06.10.20 | Theme Introduction | 502 |
| | 10.10.20 | World Mental Health Day - 3 awareness videos shared | 804 |
| | 15.10.20 - 17.10.20 | Posts about the soft skills each superhero teaches us. (For eg - Wonder Woman's superpower = compassion, an essential human quality) | 2640 |
| | 24.10.20 | Acclimatization to Campus: Induction Programme 2020-21 Hosts = Core Team Platform - Microsoft Teams <i>Audience - first year students of Ruia</i> | 668 |
| | 26.10.20 - 27.10.20 | Ripples Team + Heads Introduction for Academic Year 2020-21 | 2372 |
| November Stress Buster | 03.11.20 | Theme Introduction - Stress Buster November | 245 |
| | 04.11.20 | International Stress Awareness Day - 3 awareness posts shared 1. What is stress? 2. Ways to de-stress | 796 |

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| | | 3. Stress vs Anxiety | |
| | 10.11.20 | Myths and Facts - 6 | 1624 |
| | 13.11.20 | World Kindness Day - awareness post shared | 271 |
| | 21.11.20 | International Survivors of Suicide Loss Day - awareness post shared | 353 |
| | 03.12.20 | Steps to Manage Stress - curated from World Health Organization's 'Doing What Matters in Times of Stress: An Illustrated Guide' | 414 |
| December | 30.12.20 - 09.01.21 | Confessions - A passive online activity for people to acknowledge their thoughts and feelings via expressive writing/journaling <i>Participants = 10</i> | 913 |
| January Depression | 10.01.21 | New Year Posts - introduction to resolutions and positive affirmations on Instagram highlights - Mantras | 762 |
| | 15.01.21 - 18.01.21 | Theme Introduction - Depression | 1008 |
| | 19.01.21 | Myths busters about depression - 8 | 2878 |
| | 24.01.21 - 25.01.21 | Media Portrayal of mental health - 3 awareness posts | 682 |
| | 28.01.21 - 31.01.21 | Resolutions to battle depression - 6 Instagram Reels | 14244 |
| | 28.01.21 | 'कला Mela' - conducted a passive art activity <i>Participants - 10</i> <i>Total Artwork - 31</i> | |
| | 01.02.21 - 02.02.21 | Building Resilience against depression - 3 posts | 630 |
| | 11.02.21 | Celebrated 'National Make a Friend Day' | 173 |

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| February / International Boost Self- Esteem Month | 12.02.21 | Theme Introduction 'Self-Esteem' | 636 |
| | 14.02.21 | Myths and Facts - 6 | 1497 |
| | 17.02.21 | National Random Acts of Kindness Day - passive activity called ' Stories of Kindness ' conducted <i>Participants - 5</i> | 253 |
| | 22.02.21 | National Eating Disorders Awareness Week - awareness post shared from open access source @neda | 256 |
| | 05.03.21 | Write It Down - A live journaling session Platform - Zoom Hosts - Volunteers Divyal and Shravani <i>Participants = 15</i> | 200 |
| | 01.03.21 | Self-esteem resolutions - 3 habits | 570 |
| | 04.03.21 | Self-esteem resilience building - 3 habits | 710 |
| | March & April / Existing Mental Healthcare Awareness | 17.03.21 | Theme Introduction - Existing Mental Healthcare Awareness |
| 19.03.21 | | World Sleep Day - awareness post shared highlighting the importance of sleep for good health and well-being | 248 |
| 23.03.21 | | National Drug and Alcohol Facts Week + passive activity: asking viewers to mention the reasons they want to bust any myth related to mental health. | 278 |
| 30.03.21 | | World Bipolar Day - awareness post shared | 319 |
| 31.03.21 | | Top 10 International Mental Healthcare Organizations | 314 |
| 01.04.21 | | Top 10 NGOs | 306 |
| 04.04.21 | | Top 10 International Youth Organizations | 299 |
| 05.04.21 | | Top 10 Mental Health Instagram Pages | 305 |
| 06.04.21 | | Top 9 Indian Organizations | 229 |
| 07.04.21 | Top 10 Sources of Mental Health Information | 229 | |

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| | 07.04.21 | World Health Day - awareness post shared | 261 |
| | 09.04.21 | Trivia Time - online quiz on mental healthcare awareness <i>Participants - 27</i> | 243 |
| | 17.04.21 | Awareness post highlighting the role of WHO in mental healthcare awareness and access across the world | 212 |
| May / International Mental Health Awareness Month | 13.05.21 | Theme Introduction - 3 posts | 447 |
| | 15.05.21 | Notes of Hope - a passive activity where participants were asked to shared hopeful/inspirational notes for the general audience <i>Participants - 34</i> Peer mentor Isha also presented the best notes of hope via IGTV. <i>The number of views - 242</i> | 459 |
| | 16.05.21 - 19.05.21 | Collaboration with Ruia Students' Council - Story engagements + list of mental health helplines + lockdown recommendations of movies, books, podcasts and songs for all students | 817 |
| | 20.05.21 | The Gratitude Tree Instagram Live session Hosts - Isha Doiphode, Smruti Sawant, Khushali Bhanushali <i>Attendees - 277</i> Engagement with the audience via post & IGTVs - 603 | 603 |
| | 23.05.21 | Meethi Boliya Sunna Instagram Live session Hosts - Pranali Donekar, Divyal Salgaonkar <i>Attendees - 150</i> Engagement with the audience via post & IGTV - 142 | 383 |

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| June | 1.06.21 | Theme Introduction- Pride Month 3 posts | 295 |
| | 8.06.21 | Rebranding- Centre for Mindfulness and Wellbeing Ruia Ripples Club that was working under the Centre for Mindfulness club is now known as Centre for Mindfulness and Wellbeing as a body | 221 |
| June- Pride Month Awareness and Men's Mental Health awareness month | 9.06.21 10.06.21 11.06.21 | Instagram Posts on <ul style="list-style-type: none"> • LGBTQIA++ Terminologies • Use of proper Pronouns • Mental health resources for the LGBTQIA++ community | 445 |
| | 16.06.21 | Theme introduction- Men's Mental Health 3 posts | 256 |
| | 17.06.21 18.06.21 19.06.21 29.06.21 | Instagram post on <ul style="list-style-type: none"> • The need for addressingg Men's mental health • Current issues faced by men • Creating awareness about men's mental health • Summarising the techniques for getting better at men's mental health management | 414 |

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| July | | Recruitment of new volunteers and election of new President and Secretary for the academic year 2021-22 and assigning them new tasks and conducting meetings to clear the agenda and doubts regarding the center's functioning | 346 |
| August | 18.08.21 | Collaboration with The Rotaract Club of Ramnarain Ruia Autonomous College and conducted a session on 'Coping up with Exam stress and anxiety' with Assistant Professor of Dept. of Philosophy, Mr. Aditya Jadhav via Google Meet | 258 |
| September | 11.09.21 | Theme Introduction- Suicide Prevention Awareness Month 3 Posts | 256 |
| | 13.09.21 15.09.21 21.09.21 | <ul style="list-style-type: none"> ● Initiative taken by organizations worldwide to create awareness on Suicide Prevention ● Importance of Suicide Prevention Month ● Suicide Prevention resources for teens and Helpline/ hotline numbers | |
| October | 8.10.21 | Theme Introduction- Importance of Mental Health 3 posts | 396 |
| | 10.10.21 17.10.21 19.10.21 | Instagram Posts on <ul style="list-style-type: none"> ● World Mental Health Day X Importance of Mental Health Education ● Reel on taking care of mental health during the Pandemic by volunteer Zainab Shaikh ● Mental Health Taboos | 888 |
| November | 18.11.21 | Team Introduction- <ul style="list-style-type: none"> ● Head of the Centre for Mindfulness and Wellbeing ● President of the Centre for Mindfulness and Wellbeing for the academic year 2021-22 | 418 |

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| | | <ul style="list-style-type: none"> Secretary of the Centre for Mindfulness and Wellbeing for the academic year 2021-22 | |
| | 20.11.21 22.11.21 | <p>Introduction of the team leaders</p> <p>Introduction of the team members</p> | 314 |
| November/ December | 25.11.21 | <p>Theme Introduction- Body Positivity X Self-Love</p> <p>3 posts</p> | 261 |
| | 30.11.21 12.12.21 21.12.21 | <p>Instagram posts</p> <ul style="list-style-type: none"> What is Body Shaming? Self-Love Recommendations Chasing Perfection - Open Mic event via Google meet | 14 Participants |
| | | <ul style="list-style-type: none"> Weekly Affirmations on Instagram stories Reel by volunteer Samruddhi Sawant on Self-Love | 225 2370 |

Centre for Mindfulness and Wellbeing on Instagram

Under the guidance of the **President, Pranali Donekar**, the club **tripled** their reach and engagement on Instagram, a popular social media networking application among students.

As of 18th March 2022, we have **401 active followers** on Instagram.

We've curated more mental health content than ever, shared relevant Instagram Reels, IGTVs, Instagram Guides, and videos to engage with our audience online.

We have also received feedback from students of other institutions, thanking us for the work we do!

Being our primary online platform, we will continue posting mental health content on Instagram in the best way possible, and boost our growth across the Ruia campus.

Please do visit our Instagram page @ruiamindfulnesswellbeing:

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

Future Prospects

We constantly try to strengthen our team at Ruia Centre for Mindfulness and Wellbeing to effectively create awareness, share factual information about mental health, and provide a safe space for all our fellow Ruiaites.

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