



Oriental Education Society's College of Arts, Commerce and Science

Affiliated to University of Mumbai

Oriental Building Opp. Infinity Mall, Behind Lotus Petrol Pump New Link Road, Andheri (W)
Mumbai-400102 Mobile-9769599096 Email:- clerk@occm.edu.in Website: www.occm.edu.in

AISHE NO: C- 33858

Code: 589

DATE: 03/10/2024

NOTICE

This is to inform that the Guidance and Counselling Committee of Oriental Education Society's College of Arts, Commerce and Science is organizing a Mental Health Awareness Programme on 10/10/2024. The seminar will cover crucial topics including stress management, identifying signs of distress, the importance of seeking help, and available support resources within and outside the college. Students have to attend the seminar in room no 301 from 11:00 am to 1 pm. Kindly register your names with Asst. Professor Insiyyah Rizvi at the earliest.

AGENDA

1. To honour the bravery, dedication, and sacrifices of the Indian Armed Forces.
2. To promote awareness of mental strength as an essential pillar of military and student life.
3. To encourage values of discipline, leadership, and responsibility among students.
4. To foster open conversations around mental health and emotional well-being.
5. To provide students with effective coping strategies and resilience-building tools.
6. To inform students about available mental health support resources and access methods.

Members Present

SR.NO	DESIGNATION	NAME	SIGNATURE
1	Chairperson	Dr. Abdul Aziz Shaikh	
2	Coordinator IQAC	Mr. Nadeem Memon	
3	Cultural Committee In-charge	Ms. Insiyya	
4	Head of Guidance & Counselling Committee	Ms. Insiyyah Rizvi	
5	Other Faculty Members	Ms. Anuradha Jain Ms. Monika Adak Mr. Bhavesh Vishwakarma	
6	Administrative Staff	Ms. Anushka	



ATTESTED

PRINCIPAL

Principal

Oriental Education Society's College
Of Arts Commerce And Science
Andheri (W), Mumbai - 400 102



Oriental Education Society's College of Arts, Commerce and Science

Affiliated to University of Mumbai

Oriental Building Opp. Infinity Mall, Behind Lotus Petrol Pump New Link Road, Andheri (W)
Mumbai-400102 Mobile-9769599096 Email:- clerk@oecm.edu.in Website: www.oecm.edu.in

AISHE NO: C- 33858

Code: 589

Minutes of Meeting

Date: 15/10/2024

Time: 11:00 am

Venue: Staff Room

Agenda: Planning and organizing a Mental Health Awareness Seminar for students and faculty.

Proceedings:

1. **Introduction:** The meeting commenced with an introductory note by the Principal, Dr. Abdul Aziz Shaikh, emphasizing the importance of mental health awareness in the academic environment to create a supportive and informed community.
2. **Purpose of the Seminar:** The Coordinator of IQAC, Mr. Nadeem Memon highlighted the objectives of the seminar, including enhancing mental health literacy, reducing stigma, and providing coping strategies to students and staff.
3. **Proposed Date:** 10th October 2024. The date was finalized after consulting faculty schedules and availability of the guest speakers.
4. **Responsibilities Assigned:**

Ms. Insiyyah Rizvi

- Responsible for overall coordination of the seminar.
- Arranging for expert speakers from the field of mental health.

Mr. Bhavesh Vishwakarma

- Responsible for booking the seminar hall and ensuring proper seating arrangements.
- Managing audio-visual equipment for presentations.

Ms. Monika Adak

- Preparing and organizing brochures, posters, and information pamphlets.
- Collaborating with guest speakers to align presentations with seminar objectives.

Ms. Anushka

- Designing and disseminating promotional material to students and faculty.
- Using social media platforms to maximize seminar reach.

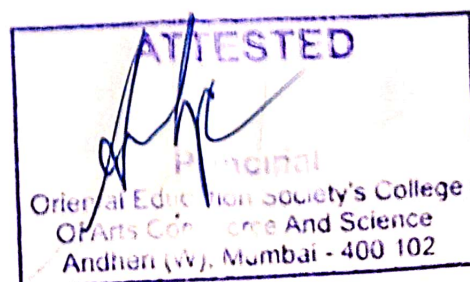
Ms. Anuradha Jain

- Selecting and training student volunteers for on-the-day assistance.
- Assigning roles such as registration, ushering, and Q&A facilitation.

5. **Conclusion:** The meeting ended with a unanimous agreement on the responsibilities distributed. The Principal appreciated the proactive participation of all members and emphasized the importance of timely execution.

Recorded by: Ms. Monika Adak, Asst. Professor

Approved by: Dr. Abdul Aziz Shaikh, Principal





Oriental Education Society's College of Arts, Commerce and Science

Affiliated to University of Mumbai

Oriental Building Opp. Infinity Mall, Behind Lotus Petrol Pump New Link Road, Andheri (W)

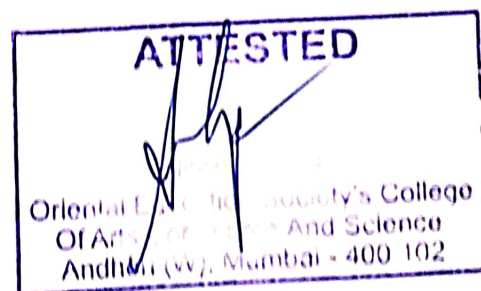
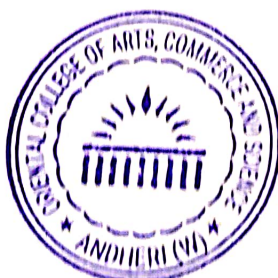
Mumbai-400102 Mobile-9789500090 Email:- clerk@oecm.edu.in Website: www.oecm.edu.in

AISHE NO: C- 33858

Code: 589

Members Present

SR.NO	DESIGNATION	NAME	SIGNATURE
1	Chairperson	Dr. Abdul Aziz Shaikh	
2	Coordinator IQAC	Mr. Nadeem Memon	
3	Cultural Committee In-charge	Ms. Insiyyah Rizvi	
4	Head of Guidance & Counselling Committee	Ms. Insiyyah Rizvi	
5	Other Faculty Members	Ms. Anuradha Jain Ms. Monika Adak Mr. Bhavesh Vishwakarma	
6	Administrative Staff	Ms. Anushka	





Oriental Education Society's College of Arts, Commerce and Science

Affiliated to University of Mumbai

Oriental Building Opp. Infinity Mall, Behind Lotus Petrol Pump New Link Road, Andheri (W)
Mumbai-400102 Mobile-9760509000 Email:- clerk@occm.edu.in Website: www.occm.edu.in

AISHE NO: C- 33858

Code: 589

GUIDANCE & COUNSELLING COMMITTEE ORGANIZES

MENTAL HEALTH AWARENESS

ON WORLD MENTAL HEALTH DAY



**DON'T LET THEM SUFFER
ALONE IN SILENCE.**

**Venue: Room No 301, 3rd Floor
Oriental Education Society.**

**Date:- 10th October 2024,
09:00 am Onwards.**

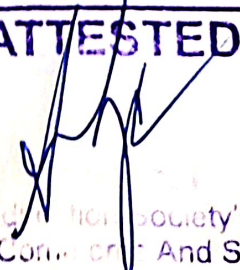


**CULTURAL INCHARGE
PROF. INSIYYAH RIZVI**

**PRINCIPAL
DR. ABDUL AZIZ SHAIKH**



ATTESTED


Oriental Education Society's College
Of Arts, Commerce And Science
Andheri (W), Mumbai - 400 102



Oriental Education Society's College of Arts, Commerce and Science

Affiliated to University of Mumbai

Oriental Building Opp. Infinity Mall, Behind Lotus Petrol Pump New Link Road, Andheri (W)
Mumbai-400102 Mobile-9769599096 Email:- clerk@occm.edu.in Website: www.occm.edu.in

AISHE NO: C- 33858

Code: 589

DATE: 15/10/2024

POST EVENT REPORT

Organizing Body: Guidance and Counselling Committee

Date: 10/10/2024

Venue: Room No 301, 3rd Floor, Oriental Education Society's College of Arts, Commerce and Science

A significant Mental Health Awareness Day event was successfully organized by the Guidance and Counselling Committee at Oriental Education Society's College of Arts, Commerce and Science on 10th October 2024. The central activity of the day was an insightful seminar on mental health, which witnessed enthusiastic participation from a large number of students.

The seminar, held in Class Room No 301 and it aimed to educate students about various aspects of mental well-being, including stress management, anxiety, depression, and the importance of seeking help. The event featured Dr. Sanober Contractor, a renowned clinical psychologist from K C College.

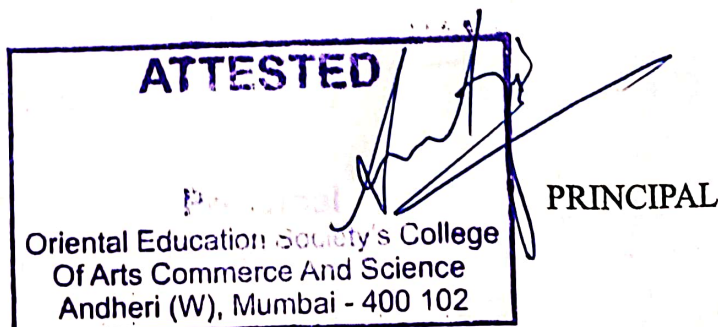
Dr. Sanober delivered an engaging and informative session, covering topics such as Awareness and Normalize Conversations about Mental Health, Coping Strategies and Resilience Tools. The presentation was followed by an interactive question-and-answer session, allowing students to address their concerns and gain further clarity on the subject.

OUTCOME:

The Mental Health Awareness Day seminar at Oriental Education Society's College of Arts, Commerce and Science served as a valuable platform for raising awareness and promoting open conversations about mental well-being among the student community.

Students gained knowledge about common mental health challenges faced by college students, such as stress, anxiety, academic burnout, and depression, including how to recognize early signs and symptoms in themselves and others.

The students were able to learn in detail about mental health and its causes and types. The students were equipped with coping strategies to deal with mental health issues.





Oriental Education Society's College of Arts, Commerce and Science

Affiliated to University of Mumbai

Oriental Building Opp. Infinity Mall, Behind Lotus Petrol Pump New Link Road, Andheri (W)
Mumbai-400102 Mobile-9769599096 Email:- clerk@occm.edu.in Website: www.occm.edu.in
AISHE NO: C- 33858

Code: 589



Students attending the seminar on Mental Health Awareness on 10th October 2024.

