



Centre for Community Mental Health Newsletter

FALL SEMESTER 2025

Community, care, and connection in practice

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JIBS & CCMH



The Jindal Institute of Behavioural Sciences (JIBS), founded in 2014, is a leading multidisciplinary institute committed to understanding human behaviour through research and education. With expertise spanning mental health, neuroscience, forensic studies, social psychology, and management sciences, JIBS also offers specialised programmes including the M.A./M.Sc. in Applied Psychology and M.Sc. in Psychosocial Rehabilitation. To extend this mission into **Centre for Community Mental Health (CCMH)** communities, Established in 2017, the centre aims to promote community well-being through education, training, and knowledge dissemination for students, professionals, and other stakeholders.

Guided by a preventive approach, the Centre focuses on fostering positive mental health and supporting the well-being of communities.. CCMH advances research in key domains, such as social and religious orientation, arts, music, and clinical psychology, while maintaining a strong applied focus. Addressing contemporary mental health and social priorities remains central to the Centre's mission. Ultimately, CCMH strives to innovate, transform, and elevate the quality of community health through evidence-based research and impactful initiatives.

COMMUNITY EVENTS



Together, We Begin: Building connection, belonging and community

Date: 5th August 2025

Venue: Crossover Commons,
O.P. Jindal Global University

In the **opening week of the semester**, CCMH hosted Together, We Begin, a **fresher-senior community event** designed to **nurture early belonging and meaningful dialogue** on campus. Over **160 students joined** in, many arriving ahead of time, eager to meet new faces and settle into their first week with comfort and curiosity.

The **evening featured light, reflective, and interactive activities**

including a note exchange wall between freshers and seniors, a **doodle station** to express first-day emotions, a **first-impressions exchange**, and a **guided 3-minute “Sit. Ask. Connect.” mixer**, where strangers became conversation partners.

As the walls filled with drawings, handwritten notes, and thoughtful reflections, the **event transformed into a warm, welcoming space** where students could talk, listen, and feel at ease.

If even a few students left with new friendships, reassurance, and someone to lean on, then Together, We Begin truly fulfilled its purpose, marking the start of a semester grounded in community, care, and connection.

COMMUNITY EVENTS



Talk Circle: “Things I Wish People Knew About Being Young Today”

Date: 12th August 2025
Venue: Buddha Statue Area,
O.P. Jindal Global University

The talk circle began with a **grounding introduction** focused on **empathy, confidentiality, and respect**. Chairs were arranged in a **circle to create a safe, open space, and consent was taken** from all participants. The **purpose** of the session was **to reflect on what it means to be young today**.

Students shared that **youth** feels both **challenging and hopeful**. Many spoke about feeling **underrepresented**, the **pressure of high expectations, social media comparison, and rigid family timelines**.

At the same time, participants expressed **hope** through youth-led spaces, **open conversations** on mental health, and **acceptance of mistakes** as part of growth. The session ended with a sticky note reflection, where participants shared feedback. **The safe space was valued because it made them feel less alone through shared experiences, and they appreciated the balance of honesty and hope.**

COMMUNITY EVENTS



Letters, Loss and Letting Go on Grief Awareness Day

Date: 30th August, 2025

Venue: Prithviraj Jindal Academic Block
O.P. Jindal Global University

To mark the **Grief Awareness Day**, the **Peer Educator Initiative of the Centre for Community Mental Health** organised the screening of the movie **"UP."** The movie beautifully portrays the themes of **love, loss and rediscovery**. This encouraged moments of **quiet reflection** and **shared experience**.

To add value to the movie screening, the evening opened with a **letter writing activity** that encouraged **open expression of grief**, addressed to

someone participants had lost or even words of encouragement to be left behind for someone else. This created a **safe outlet** for **personal reflections of loss**.

The atmosphere was **deeply moving** and the evening ended with the participants picking the **encouragement letters**. They were also provided with **hand written affirmation cards**, a token of hope to take back home. **The event offered a compassionate pause to acknowledge loss and find shared comfort.**

COMMUNITY EVENTS



Reflections for Resilience: A Suicide Prevention Month Initiative

Date: 29th September 2025

Venue: Crossover Commons,
O.P. Jindal Global University

Two events were planned as part of the initiative: **an interactive Knowledge Board installation and an evening Open Mic**. The Knowledge Board became a meaningful space where research, awareness, and student voices came together. Students engaged by responding to **short surveys** on help-seeking, leaving messages of encouragement on the **Good Vibes Board**, and adding words of hope to the **Tree of Hope**.

Colourful posters addressed myths, warning signs, and ways to support peers, while the **photobooth added moments of lightness and connection**. The **Open Mic** extended this space into the evening, allowing students to share poetry, music, and reflections on resilience and healing. **Together, these spaces encouraged honest conversations and reinforced that support is always within reach.**



WORLD MENTAL HEALTH DAY 2025:

PATHWAYS TO CARE



PANEL DISCUSSION

Panel Discussion on Community Well-being: Pathways to Care

Venue: Imaginarium, O.P. Jindal Global University

CCMH and the Jindal Institute of Behavioural Sciences hosted a panel on **Community Well-being: Pathways to Care**, bringing together practitioners, students, and mental health advocates to explore how **mental health support** in India can become more **accessible, affordable, and culturally rooted**. Speakers shared insights from across the mental health landscape.

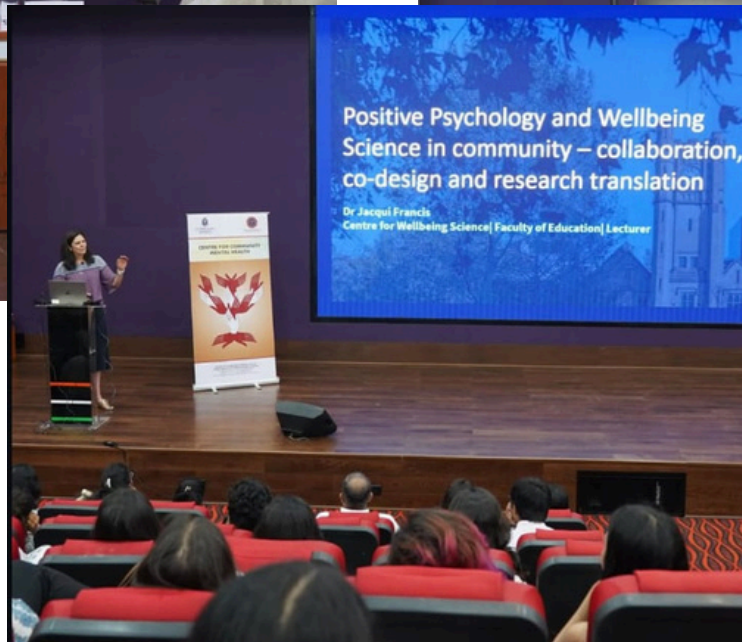
Gaurav Sirohi, Head of Business and Partnerships at **Lissun**, spoke about **reach and integration**, stressing that support becomes meaningful when it's embedded in people's everyday spaces. He highlighted how **combining digital and in-person care** makes help more scalable.

Diksha Gajria, Senior Programme Coordinator at **Sangath**, focused on **accessibility** and the role of **counsellors**. She shared how **community-led interventions**, supported by **ASHA workers** and **culturally attuned practices**, make mental health care more relatable and accessible.

Adithya Kiron, an M.A./M.Sc. Applied Psychology student, highlighted **vision and advocacy**, stressing **collective effort** and the need for **stronger outreach** in **rural and underserved areas**.

When asked to describe community mental health in India in one word, the panel chose **Evolving**. Their message to aspiring psychologists was to **stay curious, think big, embrace diverse perspectives**, and use **technology wisely** while staying **grounded** in **real-world experience**.

FUTURE FORUM



Future Forum

Venue: Performing Arts Academy, O.P. Jindal Global University

Dr. Jacqui Francis, Senior Lecturer, Centre for Wellbeing Science, Faculty of Education, University of Melbourne, led the **Future Forum** on the theme “**Positive Psychology and Wellbeing Science in Community**”. Her talk emphasized how **wellbeing science** can be woven into **community spaces** to foster **resilience** and **collective care**. The event also saw the release of the **Mental Health Joy Kit- “Just Own Yourself”**,

a **student-created wellness resource** designed as **everyday first-aid for the mind**. It brings together simple tools such as affirmations, reflection prompts, mindful activities, and support information to encourage self-awareness, emotional care, and accessible mental health support through small, everyday actions. **Overall, wellbeing science was brought closer to everyday care.**

POSTER PRESENTATION



Poster Presentation on Community Well-Being: Pathways to Care

Venue: G79, Aruna Abhey Oswal Academic Block, O.P. Jindal Global University

As part of the World Mental Health Day Seminar, **CCMH (JIBS)**, organised an engaging poster presentation, on the theme “Community Well-Being: Pathways to Care”.

Six posters were presented, encapsulating **diverse perspectives** on community mental health, ranging from **humour in therapy and resilience through play**, to **workplace well-being, support systems, and community-based approaches to care**. Each presenter offered thoughtful insights, grounded research, and hopeful possibilities for how mental health support can become more humane, inclusive, and accessible.

The presentations were **chaired** by **Dr. Soumya Thankam Varghese** from JIBS and **Dr. Sudhir Babu S** from Jindal School of Psychology & Counselling.



The event concluded with a **prize distribution ceremony** celebrating exceptional research contributions:

-  Kashish Khurana, JIBS
-  Sakshi Khatri, Christ University
-  Urvi Singh Panwar, JGLS

Overall, the poster presentation was insightful, inspiring, and deeply enriching. It highlighted the evolving possibilities within community mental health and reaffirmed CCMH's vision.

COMMUNITY EVENTS



Goal-Wrapping and Craft-Case

Date: 3rd November, 2025

Venue: T-3, G-41, O.P. Jindal Global
University



Goal-Wrapping and Craft-Case

As the semester draws to a close, academic pressure often leaves students feeling fatigued and disconnected from creativity. And so, the Centre for Community Mental Health (CCMH) hosted a small, open art workshop event for the students of JGU, creating a calm, warm, and of course, welcoming and inclusive space for relaxation and reflection. **This event was dubbed the “Goal-Wrapping & Craft-Case.”** which was designed to help students destress while acting as a creative outlet which would help them map out their goals.

The workshop brought together a close-knit group of participants in an atmosphere of focus and shared creativity. The event was marked by active engagement and thoughtful expression. **Professor Iryna joined the workshop as a special invitee, offering insightful reflections on the artwork and appreciating the intention behind their initiatives.** The event concluded on a warm note with **participants carrying with them tokens of appreciation and a renewed sense of clarity.**

THE PEOPLE OF CCMH



DR. PULKIT KHANNA

Director, CCMH



DR. FINITA G. ROY

Deputy Director, CCMH

Assistant Directors



MS. SONIA RANI L.



**DR. ASIM UR REHMAN
GANIE**

Faculty Coordinators



DR. DAHUNLYNE SHYLLA



MS. MARIA ZAFAR



DR. VASUNDHRAA NAIR



DR. VERNON D'MELLO

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Senior Student Executives



AASTHA SARDA



ANOUSHKA NAIR



MAHEK AGARWAL



MUSKAN SHARMA



PRACHI MISRA



PRAKRITI GUPTA



PRISHA SHARMA



SANNIDHI KINI M

THE PEOPLE OF CCMH

Junior Student Executives



ADITHYA KIRON



DRISTI RATHI



IMNASONG LONGKUMER



KASHISH SAIGAL



MAHIMA GUPTA



MANSI BHATIA



PALAK SURANA



PRIYANSHU LODHA



RITISHA RAJAN

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Junior Student Executives



SRISHTI BARUA



V. VARUNI



LOOKING BACK, MOVING FORWARD

The Fall Semester 2025 was marked by meaningful conversations, collective reflection, and community-led initiatives that brought mental health closer to everyday student life. Each event created space for connection, dialogue, and care, reinforcing the importance of accessible and compassionate community mental health.

As we reflect on the semester gone by, we remain committed to building inclusive spaces, strengthening pathways to care, and continuing conversations that matter. We look forward to bringing more such initiatives that centre well-being, belonging, and shared growth.