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CCMH

17 PAGES

CENTRE FOR COMMUNITY MENTAL HEALTH

SPRING' 26 NEWSLETTER

Little Cupids Fest • Women's Day Seminar • Indian Sign Language Workshop • Denim Day Observation



ABOUT JIBS AND 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 communities, the **Centre for Community Mental Health (CCMH)**, established in 2017, 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.

LITTLE CUPIDS FEST



CCMH organized **Little Cupids Fest** at Crossover Commons to commemorate **Valentine's Day**. The event centered on two activity stalls set up for the campus community. The first was a community canvas, open to everyone who wanted to stop by and contribute a drawing, building a shared piece of art through the evening. The second was an origami space where visitors could sit down and fold their own pieces. The event saw a great turnout, with students dropping by throughout the evening to take part in both activities. Everyone who visited the stalls received a small token card along with candy, as a simple thank you for taking part.

DENIM DAY OBSERVATION



DENIM DAY 2026: A DAY OF SOLIDARITY

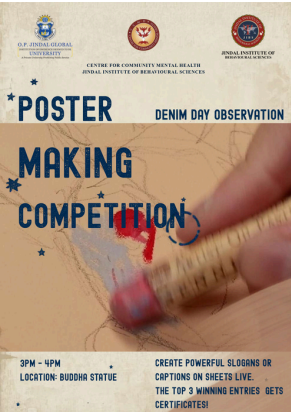
The Centre for Community Mental Health (CCMH), Jindal Institute of Behavioural Sciences, observed Denim Day on 30 April 2026, joining the global campaign against victim-blaming and the myths surrounding sexual violence.

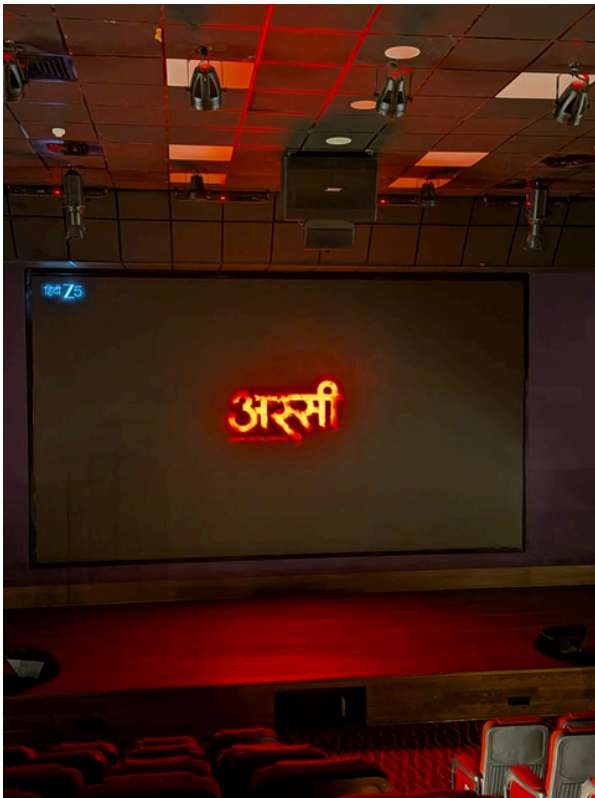
Denim Day traces back to 1992, when an Italian Supreme Court ruling overturned a rape conviction on the grounds that the survivor's tight jeans implied consent. The verdict sparked international protest, and wearing denim became a lasting symbol of solidarity with survivors and resistance to narratives that silence them. The JGU community turned up in denim to mark the day.



WHY IT MATTERS

Sexual violence remains heavily stigmatised in India, and survivors continue to face significant social and institutional barriers to reporting. NCRB data for 2022 recorded 31,516 rape cases, a figure widely understood to under-represent the true scale due to underreporting. Sexual violence against men remains largely invisible in public discourse. Denim Day created space to acknowledge all survivors, challenge stigmatising narratives, and renew commitment to consent, bystander intervention, and respectful relationships.



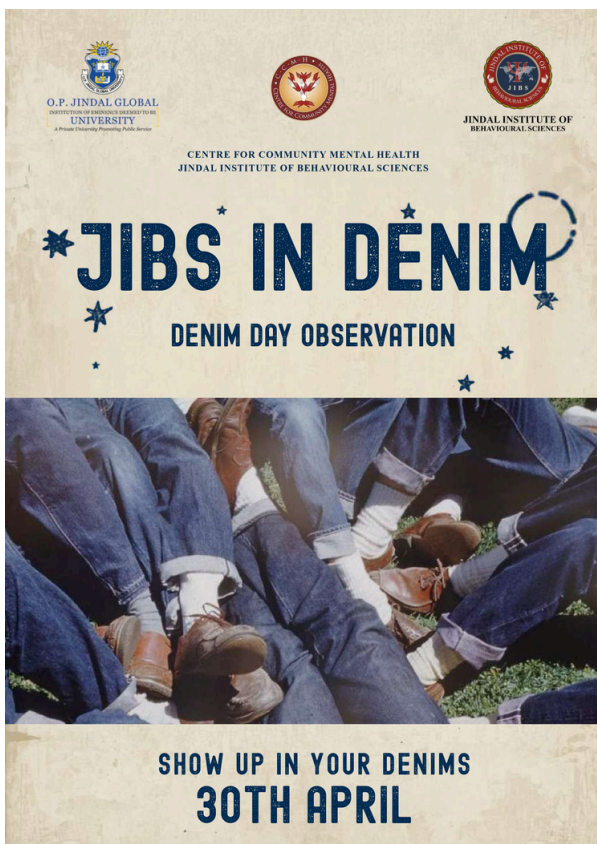


THE DAY'S EVENTS

Peer Education Initiative (PEI) Awareness Event 11:00 AM to 1:00 PM, Buddha Statue Students engaged with a Knowledge Board on gender-based violence, a Consent Wall, a Quiz Booth, and a Video Pledge Station. Denim Day stickers and affirmation cards were distributed throughout.

Poster Making Competition 3:00 PM to 4:00 PM, Buddha Statue Participants created live posters with slogans and captions on consent. The top three entries received certificates, and students shared their work on social media, tagging the JIBS handle.

Movie Screening: Assi 7:00 PM onwards, Vigyan Kala Kendra, T1 First Floor The evening closed with a screening addressing the realities of sexual assault in India, followed by reflection and discussion.



INDIAN SIGN LANGUAGE WORKSHOP



On 6th April 2026, the **Centre for Community Mental Health (CCMH)** at the Jindal Institute of Behavioural Sciences opened a window into a language too few of us speak, but one that connects an entire community often left on the margins of everyday conversation. **The Indian Sign Language: Skills and Awareness Workshop**, held in collaboration with the **Indian Sign Language Research and Training Centre (ISLRTC)** under the Ministry of Social Justice and Empowerment, brought together members of the JGU community for a two-hour session that was as much about awareness as it was about skill-building.

Three ISLRTC representatives led the workshop: Mrs. Khushboo Soni, Master Trainer, opened with a theoretical session tracing the history and standardization of ISL, the challenges the Deaf community faces in education and communication, and the grammatical weight carried by facial expression and posture in signing.

She spoke about the foundations of deafness from both medical and cultural perspectives, and did not shy away from naming the systemic barriers the Deaf community continues to face in everyday communication.

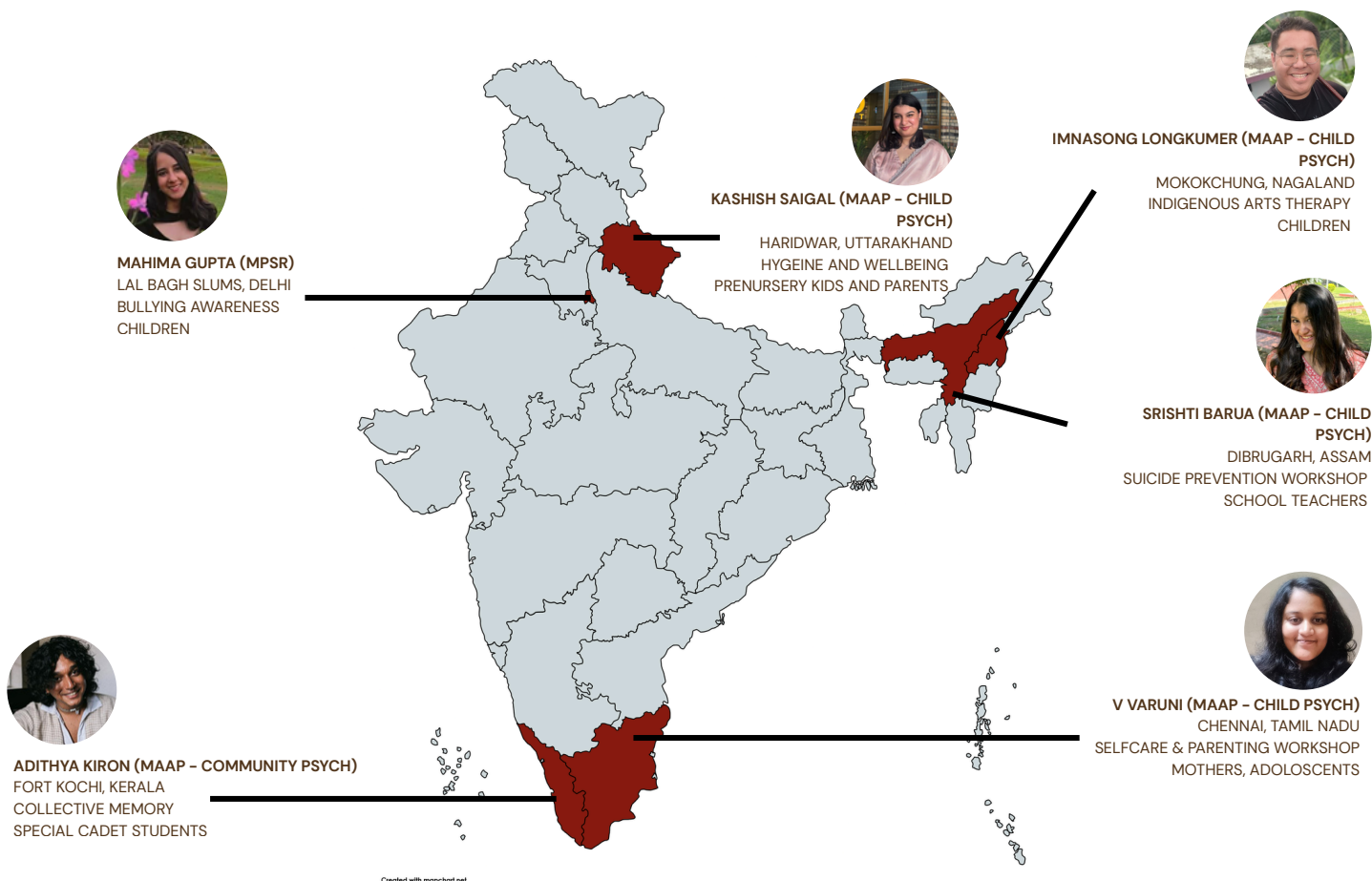
She offered invaluable guidance on etiquette for interacting with Deaf individuals and paid moving tribute to the indispensable role interpreters play in bridging two worlds. In a quiet but powerful demonstration of the very inclusion the workshop champions, interpreter Mrs. Dharna translated the entire presentation into ISL in real time for Mrs. Anu S. Nair, the session's Deaf ISL instructor. S

The energy in the room only grew as Mrs. Nair took the floor for the interactive segment, and it's safe to say this was the heart of the workshop. She taught participants greetings, polite expressions, and everyday conversational phrases. One of the most memorable moments came when attendees learned the ISL sign for their own home states, turning a language lesson into something personal and celebratory. A screening of an ISLRTC video on finger-spelling rounded out the session, with participants eagerly learning the language.

Beyond teaching a few signs, the workshop planted something more lasting: a renewed appreciation for the many forms communication can take, and a beautiful reminder that inclusion begins with the simple, generous act of learning someone else's language. As CCMH continues to build bridges across the JGU community, this remarkable session marks just the beginning of what promises to be a rich and ongoing collaboration with ISLRTC.



COMMUNITY MENTAL HEALTH BEYOND BORDERS: A SERIES OF WORKSHOPS ACROSS THE COUNTRY

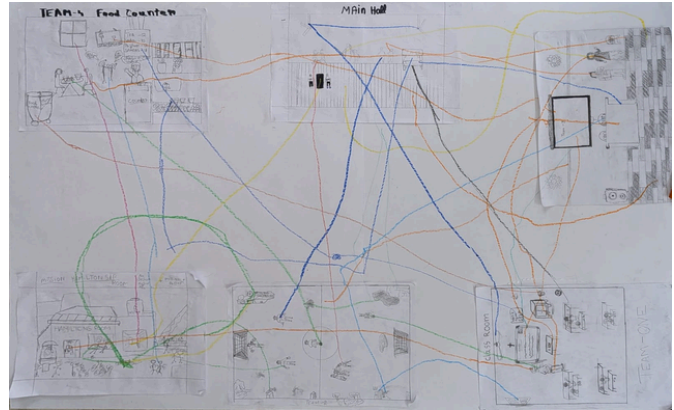


COMMUNITY MENTAL HEALTH BEYOND BORDERS

Mental health support in India remains concentrated in urban centres and institutional settings, leaving large populations, from parents in small towns to children in under-resourced neighborhoods, with little access to basic mental health awareness. Community mental health work exists to close that gap. It moves psychology out of the classroom and into the settings where people actually live: schools, homes, slums, and local networks, meeting communities on their own terms rather than asking them to seek out a clinic or a specialist.

Workshops and awareness sessions matter because they build the first layer of mental health literacy that formal services often assume already exists. A parent who learns to manage their own stress passes on more secure caregiving to a child. A teenager who hears that bullying leaves lasting emotional marks is more likely to intervene the next time they see it happen. These are small, local interventions, but they build the everyday vocabulary that makes people more willing to recognize distress, support each other, and eventually seek help when it is needed. Taking this work beyond the campus is what allows CCMH's reach to extend past the students it trains and into the communities those students come from.

This summer, CCMH members carried that work into six states across their internship placements and hometowns. Each member designed and ran a small mental health workshop for an audience they already had access to, from schools and slums to prenursery classrooms. The result is a decentralized series that turned the summer's geographic spread into a shared body of community work.



Adithya Kiron (Fort Kochi, Kerala): Led a collective memory mapping session exploring shared spaces and belonging for student cadet students.



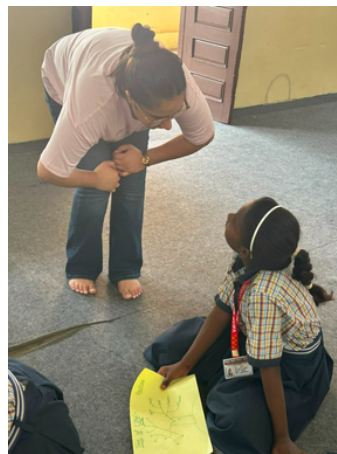
Kashish Saigal (Haridwar, Uttarakhand): Ran a personal hygiene and wellbeing workshop for prenursery kids and parents, focused on managing parental stress.



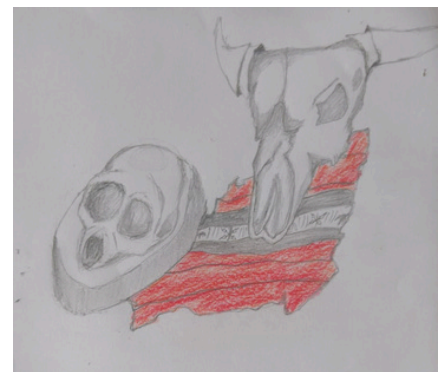
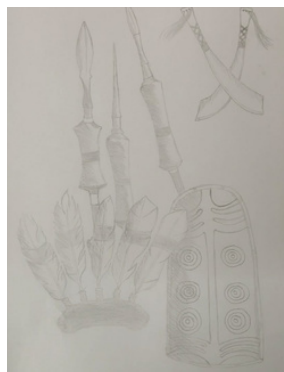
V. Varuni (Chennai, Tamil Nadu): Worked with children, adolescents, and parents on healthy habits, communication, and boundary setting.



Srishti Barua (Dibrugarh, Assam): Conducted an expressive arts therapy workshop for teachers, building emotional awareness and resilience through creative expression.



Mahima Gupta (Delhi): Ran a bullying-awareness session for children aged 8 to 14 using games, role play, and reflective activities.



Imnasong Longkumer (Mokokchong, Nagaland): Facilitated an indigenous-style art therapy session with secondary students on coping and cultural connection.

INTERNATIONAL WOMEN'S DAY COMMEMORATIVE SEMINAR (2026) **GIVE TO GAIN: WOMEN, PRACTICE, AND PATHWAYS TO CHANGE**



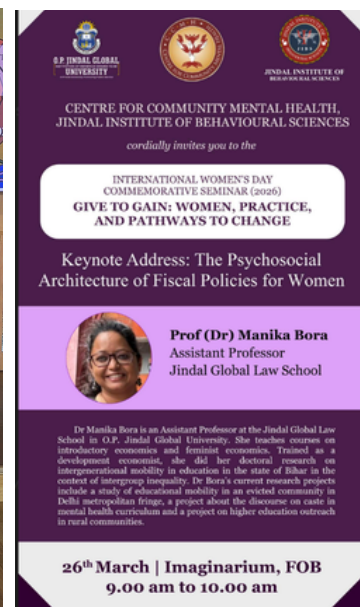
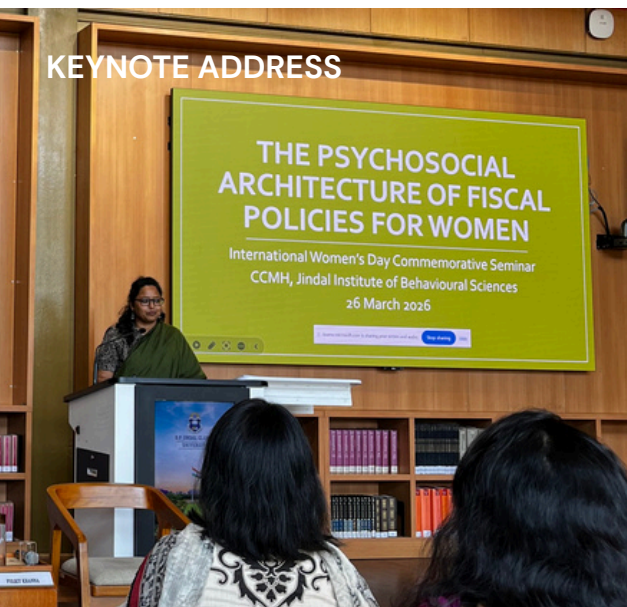
INTERNATIONAL WOMEN'S DAY SEMINAR: GIVE TO GAIN

The Centre for Community Mental Health marked International Women's Day 2026 with a seminar built around the campaign theme "Give to Gain," a call centred on reciprocity and support. The seminar reflected CCMH's own commitment to preventive approaches that promote positive mental health.

The seminar extended the spirit of International Women's Day beyond a single date, affirming that gender justice and women's wellbeing need engagement every day. For a developing country like ours, the seminar argued, proactive advocacy for a comprehensive, interdisciplinary approach to women's wellbeing takes precedence over waiting on the sidelines.

Students, scholars, and academicians came together to give their insights on gaining gender equality in mental health. Through dialogue, the seminar worked toward meaningful change for women's mental health and wellbeing, with the shared understanding that giving voices and expertise today builds a more just and mentally healthy tomorrow.

KEYNOTE ADDRESS



The seminar opened with a keynote address on "**The Psychosocial Architecture of Fiscal Policies for Women**" by **Prof (Dr.) Manika Bora**, Assistant Professor at Jindal Global Law School. Dr Bora, a development economist who teaches introductory economics and feminist economics, drew on her doctoral research on intergenerational mobility in education in Bihar. She examined how fiscal policy shapes women's lives at a psychosocial level, connecting economic structures to everyday wellbeing.

PANEL DISCUSSION



The seminar's panel discussion, "**Redesigning Shared Liberation**," brought together four voices from law, policy, and academia. **Aparajitha Raja**, National Assistant Secretary of the National Federation of Indian Women, joined **Niyati Sharma**, Founder of the Pratisandhi Foundation, and **Vandana Yadav**, a student at the Jindal Institute of Behavioural Sciences, in conversation moderated by **Maria Zafar**, Lecturer at JIBS. The panel worked through what shared liberation demands in practice, across advocacy, ground-level work, and lived student experience.



The seminar's paper presentation session brought together 28 presenters, 10 in person and 18 online. Presentations engaged with the seminar's sub-themes, spanning invisible labour and burnout, indigenous identity and gender equality, epistemic injustices in mental health, community-based interventions for women's wellbeing, the intersection of mental health with occupational health and gender, shared care models in parenting, and consent and reproductive rights. The session reflected the breadth of the call for papers, with presenters approaching women's mental health and wellbeing from across disciplines and contexts

The conference saw papers addressing the themes of reducing invisible labour and preventing burnout, strengthening indigenous identity through knowledge and intervention for gender equality, correcting epistemic injustices in mental health, community-based intervention for women's wellbeing, the intersection of mental health, occupational health and gender, shared care models in parenting and mental health, and consent, reproductive rights and mental health.

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V. Varuni

Reflections

REFLECTIONS

This semester, CCMH ran five events, from a Valentine's Day community canvas at Crossover Commons to workshops run by student members across six states: Kerala, Uttarakhand, Tamil Nadu, Assam, Nagaland, and Delhi. Each activity addressed a specific gap: consent and gender-based violence through Denim Day, accessibility through the Indian Sign Language workshop, decentralized community mental health through the Beyond Borders series, and gender equity in mental health through the Women's Day seminar and its 28 paper presentations.

The work this semester mapped onto SDG 3 (Good Health and Well-being), SDG 5 (Gender Equality), SDG 10 (Reduced Inequalities), and SDG 8 (Decent Work and Economic Growth), goals that CCMH's preventive, community-based model is built to serve. Rather than treating these as abstract targets, the semester's events translated them into specific actions: a consent wall, a sign language class, a bullying-awareness session for children, a fiscal policy keynote.

The pattern across this semester's work is consistent. CCMH's student members took mental health concepts out of the classroom and applied them directly, at internship sites, in hometowns, and on campus. The Centre carries this into the next semester with the same approach: identify a gap, build a small and specific intervention, and document it so the work compounds.