

Report - *Mental health Awareness Program*

21st November 2025

Venue: S.M. Joshi Conference hall, Pune

Organised for: Beneficiaries of Samrudhhi welfare Development Foundation (SWDF-Micro finance company) - women groups from urban communities, Pune.

Organised by: Development Support Team (DST), Aundh,Pune



Participants of the workshop, Resource persons and DST, SWDF team members

Program Overview

A half-day Awareness Generation Program on mental health was conducted on 21st November 2025 at S.M. Joshi Conference Hall, Navi Peth, Pune. The program was organised for the loan-holders and beneficiaries of SWDF to improve their understanding of mental health and to encourage healthy and positive practices in their everyday lives.

The program began with a welcome address by **Ms. Medha Ranade**, who greeted all the participants and Executive Committee members. A total of **44 participants** (42 women and 2 men) attended the program. Ms. Ranade also shared the aims, objectives, and ongoing activities of Development Support Team (DST). She highlighted the Mental Health Project carried out by DST in 2023–24 and explained how this work has helped many people understand mental health better.

She also spoke about why talking about mental health is especially important today. With increasing stress, family pressures, addictions (social media and Mobile), financial challenges, and the fast pace of life, people often struggle silently. Ms. Ranade emphasised that it is necessary to speak openly about emotional difficulties, support each other, and take timely action to maintain good mental well-being. She encouraged participants to look out for their own mental health as well as that of their family members and community

Session 1: Mental Health and Its Importance

Resource Person: *Ms. Purva Joshi, Psychologist– Vidula Psychological Consultancy*

The first session focused on understanding the concept of mental health. Ms. Joshi began with an engaging icebreaker activity, followed by an interactive and participatory session.

Key points covered during the session:

- Difference between mental health and mental illness
- Common symptoms of mental illness
- Role of a psychologist
- Importance of counselling

- Barriers in approaching a psychologist/psychiatrist
 - Preventive measures and simple practices for better mental health
 - Oath for caring for one's mental health and self care practices
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Session 2: Mental Health and Social Media

Resource Person: *Dr. Manasee Deshmukh, Psychologist (currently works at Muktangan)*

The second session addressed the growing influence of social media on mental well-being. **Dr. Deshmukh covered the following topics during the session:**

- Meaning and types of social media
- Impact of social media on mental health- Children and Parents
- Physical, behavioural, psychological, and social effects of excessive screen use
- Guidelines for healthy screen use
- Prevention of internet, social media, Games and screen addiction
- Importance of digital detox and practical steps to do it

She also recommended the **Internet Addiction Test (IAT)** developed by Kimberly Young for individuals showing signs of social media or internet addiction.

Participation and Feedback

The participation of the women was very encouraging during the sessions. They took part actively in the sessions and activities, and many asked questions to the resource persons. Several participants shared that the topics were very useful and relevant to their lives, and they expressed the need for more such sessions in the future.

After the program, around 8–10 women approached Dr. Manasi Deshmukh to discuss their personal concerns and issues related to their children. This clearly showed that there is a strong need for continued mental health support. Dr. Deshmukh also recommended that we follow up with these participants and extend further support to them.

Conclusion

The program concluded with a vote of thanks by **Ms. Medha Ranade**, who appreciated the resource persons and participants for their active involvement. The half-day program successfully raised awareness about mental health and encouraged participants to adopt healthier practices related to emotional well-being and screen usage.

Attendance Details – Team Members Present During the Program-

SWDF:

1. Ms. Mini Bedi
2. Ms. Sonal Walzade
3. Mr. Jayant Navale

DST:

1. Ms. Medha Ranade
2. Ms. Mangala Daithankar
3. Mr. Prashant Kothadiya
4. Mr. Laxmikant Zanwar
5. Mr. Suresh Chavan
6. Ms. Deepali Kshirsagar (Project Coordinator)

Mental health Awareness Program- Program Schedule

Venue: S.M. Joshi Conference hall, Pune

Date: 21.11.25

Duration: 10.30 to 2.00

Duration	Subject	Resource person
10.30-11.00	Participants Registration	DST Team
11.00-11.05	Welcome and Introduction	Medha Ranade- Secretary DST
11.05-12.00	Mental health and its importance	Purva Joshi- Psychologist (Vidula psychological consultancy, Pune)
12.00-1.30	Mental health and social media	Dr. Manasi Deshmukh, <i>Psychologist- Counselor, Pune</i>
1.30-1.35	Vote of Thanks	Medha Ranade
1.35 - 2.00	lunch	

Photo highlights of the program-



Active participation during the group session



Energiser activity with participants by Purva Joshi



Role play activity on counselling skills by resource person



Participants engaged in an interactive session



Participants are taking an oath to care for their own wellbeing.
