



“मित्र”

COEP Wellness Centre

COEP Technological University

(A Unitary Public University of Govt. of Maharashtra)

Every Life is Worth Living, Every Breath is Worth Saving



COEP मित्र was formally inaugurated on 10th October 2019 (World Mental Health Day) following persistent efforts of the team and support from the authorities. It started as an idea out of the need to provide professional counseling to students who need help. The psychology faculty members, also trained professionals in counseling by education & training, had been catering to this need. The official set up was initiated to establish the counseling facility to make it easily accessible for all students, and by extension for faculty & staff as well. Since its inception, COEP मित्र was represented as a central facility- one of the Best Practices for all important visits of NAAC, NBA, AICTE etc.

Objectives & Mission Statements

1. To reach out and be available for the students, faculty, and staff at COEP Technological University through psychological counselling and mentoring.
2. To organize and conduct activities that promote awareness on mental health and wellbeing.
3. To promote and practice equality with respect to gender, physical/mental disability, ethnicity, special needs etc. and take efforts to assist with necessary professional help, as and when needed.
4. To provide an all-inclusive environment that aids social, psychological, and intellectual growth.
5. To initiate collaborations that facilitate learning, training and research with an evidence-based approach and provide support & assistance in all the above.

मित्र stands for a friend and that's what we aim to be. *Every life is worth living and every breath is worth saving*, is the motto that COEP मित्र profess. COEP मित्र, functions primarily and dedicatedly for its five main objectives. At COEP मित्र, there are five major sections/units, that include 1. psychological support and counseling to students, 2. a mentor-mentee (buddy) system (I Care We Care), 3. a listening circle (OpenSpace), 4. an awareness initiative (I Learn) and 5. behavioural research unit (Insights).

Beneficiaries

- 200+ students benefitted from individual counseling, with multiple sessions each
- 2000+ students benefitted from several activities that were open to all
- 25+ faculty & support staff benefitted from individual counseling, as well as part of Sensitivity Training conducted specially for faculty members

Highlights

- Awarded 1st in the Counseling/Telesupport category (against the spread of COVID-19) of the AICTE- Utkrishi Sansthan Vishwakarma Award 2020
- Collaborated with YourDost, Connecting Trust, NiB, Tribevibe, etc.
- Awareness sessions/activities on Cyber bullying, Internet addiction, walk for suicide prevention and mental health awareness, positive body image, etc.
- Flagship events- Mental Health Awareness Challenge, Self care Sundays, Foundation Day Treasure Hunt, etc.