



AMITY UNIVERSITY MAHARASHTRA

Established vide Maharashtra Act No.13 of 2014, of Government of Maharashtra, and recognized under Section 2 (f) of UGC Act 1956.

Education for SDG in the Wider Community

Contents

Education for SDG in the Wider Community	1
Legal Aid Camp & Environment Day	2
Objective(s) of the Event	2
Tangible Outcomes	3
A Comprehensive Program on Screening and Prevention of Suicide in Young Adults	4
Legal Awareness on Girl Child Education & Rights for Women.....	8
Justice for All as part of the Pan India Awareness Series	8
The series of Pan India Awareness Lecture series Schemes of Legal Aid Services	9
A Legal Awareness Programme	10
Design Intervention For Community Outreach.....	11

Legal Aid Camp & Environment Day

On the occasion of World Environment Day, Amity Law School and Amity Institute of Liberal Arts had jointly organized Legal Aid Camp and celebrated World Environment Day at Phansad Wild Life Sanctuary in Tal. Murud, Dist. Raigad. It was Interdisciplinary activity that aimed to understand tribal life. Phansad Wild Life Sanctuary is located in Raigad District and spread across 52 Kilometer. There are leopards, wild bore, birds, deer, and butterflies.



Sumradevi Tribal Hamlet is near Phansad, and 35 tribal families reside there. These families are Katkari Tribes which are Primitive Tribes, and the majority of them are settled in Raigad District. These families depend on daily wage activities for their livelihood. Therefore, there is a major issue of accessibility of Education and Healthcare Facilities. There are no toilets in this area; hence, personal hygiene and health are the major issues.

Gender discrimination was observed as the disparity in payment to men and women. Men are paid higher than women for equal work

Objective(s) of the Event

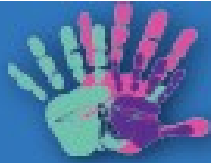
- To understand the social reality of Tribal Families.
- To create legal awareness among the tribal population

- To create an awareness about Environment Pollution among Tribal Population

Tangible Outcomes

Sn	Envisaged Outcome	Achieved Outcome
1	Understood real Life of tribal Community	Achieved by Visiting and Interacting with Tribal Community (children, women, and youth)
2	Conducted Legal Aid camp for 45 Tribal Population and explained to them about their fundamental rights, human rights also government schemes for tribal	Achieved by Conducting Legal Aid Camp at Surma Devi Tribal Hamlets at Murud. Tribal Community is well aware of govt. Schemes and are benefited by the schemes like Beti Bacho, Betipadho and get Rs. 1000/- per girl child/year. The community does not have basic facilities like toilets and is not aware of the government scheme.
3	Guest Lecture on Plastic Pollution and its impact on community and wildlife.	Achieved by conducting lecture for 45 tribal people and followed by a question and answer session

A Comprehensive Program on Screening and Prevention of Suicide in Young Adults



**A Comprehensive
Program on Screening
and
Prevention of Suicide
in Young Adults**



ABOUT THIS COURSE

This course is a part of UNESCO's Open Education for a Better World Project. It is completely FREE of cost and online. The course is a type of small training for all the participants which will require a minimum involvement of 15 to 20 hours of investment in total. Main objective of the course is to provide right knowledge of suicide (sensitization), required skills in identification, screening and assisting at risk youth (assessment and counselling skills) and promotion of suicide prevention (campaigning and sensitization in higher educational campuses and other platforms).

"Youth is the most creative and energetic phase of an individual life which presents a phase full of liberation with new introduced responsibilities. The chances of first appearance of many mental health issues are more in this phase than any other stage due to various factors, interaction of these mental health issues with external factors like academic related stress, relationship, peer pressure, competitions etc. become a significant cause of serious problems like suicide. Increasing rate of suicide at this age is now a big concern for everyone and it has become a social problem. Youth suicide not only creates extreme distress in one's family but it can be debilitating to national progress. Recent researches claims that early identification and screening of suicidal ideations and tendencies can prevent suicide among youth. This process requires both sensitization of the significant people of the society and to provide them necessary skills of identification, screening, referring and monitoring. At higher educational institutes educators, counselors, student council members, wardens, mentors, hostel staff, physicians and parents can be instrumental in this process since these people are directly connected to young adults. As far as Indian educational system is concerned, such programs in India, are at nascent stage. Here numerous initiatives are being taken up by government to take care of mental health issues of students, however specific programs like screening and prevention of suicide are still uncommon. I personally feel that there can be two reasons for the same. One of the reason is the higher cost of implementation of such program through mental health professionals and another could be non-availability of enough mental health professionals in country. However, these reasons cannot reduce the importance and necessity of such programs in the present scenario. Therefore, open education can be one of the cost effective way to implement such program without much involvement of infrastructure and human resource at the same time not compromising with authenticity and quality of the program. My motivation behind developing this program is to reach to maximum people through this platform of open education and to pave way for implementation of such important program in India where youth comprise of more than half of the population of the nation. I would like to work for this cause as a mental health professional."

DETAILS OF THE COURSE

Course Title:

Program on Screening and Prevention of Suicide In Young Adults

Developer:

Dr. Rekha Wagoni, PhD (Psy),
JRF-Assistant Professor

Mentors:

Linda Mebus (TU Delft-
Netherlands) and Marija Komatar
(Slovenia)

Mode:

Online Open Course

Fee:

Nil

Certification:

On successful completion of the course participants will be awarded with a certificate

Course Link



Tap To Join The Course

This course focuses on disseminating genuine information regarding suicide, debunking myths related to suicide, improving protective factors at various levels, developing competence in participants for suicide prevention, suicide prevention screening strategies in that could be employed by educational campuses.

This course will help participants:

- To Develop deeper understanding about suicide and suicide prevention
- To learn basic screening and assessment for high risk population
- To Understand various intervention to handle such instances
- To understand the referral systems with specific context of Maharashtra (India)
- To Plan and execute the preventive steps to sensitize about this (Planning Campaigns)

Course Contents:

Module 1:

• Suicide In Youth

• Suicide as : social problem, Myths related to suicide, Suicide Ideation and Suicide Attempt, Link between mental health problems and Suicide

Module 2:

• Understanding Vulnerability for Suicide:

• Recognizing Suicide Risk factors, Understanding Protective factors, Early but prominent warning signs

Module 3:

• Suicide Prevention Screening:

• Various tools for screening, using the tools, Analysis and Uses of the Scores, Sources for Tools

Module 4:

• Basic Training:

• Counseling skills, Motivational Interviewing, brief intervention and QPR training

Module 5:

• Referral and Follow Ups :

• Understanding referral, Finding referral services in local area, accessing mental health and suicide prevention resources with special focus on Indian setting and with reference to Maharashtra region, Accessing other resources: call centers and 24X7 helpline services, Monitoring and follow up with at risk youth

Module 6:

• Sensitization and Campaigning about suicide prevention:

• Need of Suicide prevention; promotion of Suicide Prevention; Tips to design suicide prevention campaigns; approaching the teachers, wardens, parents, counsellors student council members and significant others; Parameters of successful delivery of the program

ABOUT THE AUTHOR



*Dr. Rekha Wagoni
(Author)*

Currently, Dr. Wagoni is working as an assistant professor at Amity Institute of Behavioral and Allied Sciences, Amity University Mumbai. She is also coordinator for departmental research activities and in-charge of counselling center of Amity University, Mumbai. She is actively involved in various community enrichment programs. She has supervised more than 40 bachelors, masters and M.Phil research thesis. Presently she is supervising four PhD students. Her major research interests are spirituality, suicide, self-awareness and emotional intelligence. She has presented and published many papers at national and international level. As an active social worker, she has delivered expert talks at various community level on health, stress management, parenting skills, child psychology, self-awareness at various institutes. She has also developed and run an informal program called Child Excellence for children before joining her teaching profession.

For queries regarding the course email to: pareekrekha@gmail.com



Marija Komatar (Mentor)

Marija Komatar is an expert in strategic marketing, building and managing perspective brands, creating successful networks including international brands, involving innovative processes into decision making, building new standards in education, based on knowledge and experiences and implementing leadership, qualitative approach to the projects development to the implementation with special focus on essential target groups.



Linda Mebus (Mentor)

Linda Mebus is Trainer and Developer for Online Education at Deft University of Technology since 2012. She also works for her own company EduIn which provides guidance in online education strategy and course development. She strives to combine work with volunteering projects every year since that makes life more interesting and valuable. I am working in e-learning and online education since 2002, guiding hundreds of people in individual sessions, group sessions, workshops, courses, online and face-to-face. The successful people were not the ones who could tell the perfect story to a student, but the ones who could get a grip on the learning process of their student. Education is about people, not about transmitting knowledge. If you can ignite a spark, people will start to grow. That is why education is a continuously fascinating field to me. It creates the possibility for many more people to keep on educating themselves.



Freyana Shinde (Collaborator)

Freyana Shinde is currently pursuing a PhD in Psychology. She is also a visiting faculty for Amity Institute of Behavioral and Allied Sciences Department of Amity University Mumbai. Her major research interests are suicide prevention, positive psychology and child psychology. Her insightful paper on spirituality as a buffer to suicide, co-authored by Dr. Rekha Wagoni, has been published in Journal of Psychosocial Research.

Legal Awareness on Girl Child Education & Rights for Women.

The students of Amity Law School had organized Legal Awareness on Girl Child Education & Rights for Women. The series was a part of series on Pan India Awareness. The session; was conducted at V.K. High School with girls from various grades. The highlight of the session was the in-depth information by Mrs. A.A. Godse, Civil Judge Senior Division.



Justice for All as part of the Pan India Awareness Series

With the motto of Justice for All as part of the Pan India Awareness Series, the students of Amity Law School and Panvel Bar Association & Paralegal Volunteers - Ms. Riddhi Munoth, Mr. Girish Ambapkar & Mr. Vineet Malpani organized an awareness program on Stress Management and Mental Health Awareness. Dr. Rahul Bhatambre, Consultant Neuro-

Psychiatrist & Swapnil Bhopi, Clinical Psychologist, were invited to speak on the topic. Dr. Rahul explained what is stress and how to deal with it most healthily. Mr. Swapnil gave an insight into various disorders and the social stigma attached to them.



The series of Pan India Awareness Lecture series Schemes of Legal Aid Services

As a part of the series of Pan India Awareness Lecture series Amity Law School with Adv. Vaidu (Panvel Bar Association) participated in Schemes of Legal Aid Services. Ms. Riddhi Munoth & Mr. Girish Ambapkar from the law school volunteered as Paralegal. Adv. Vaidu, shared the importance of the scheme and discussed the landmark judgment of Hussainara Khatoon vs the State of Bihar to help the audience understand and to highlight that speedy

trial is the fundamental right of every citizen. The session was concluded by Hon'ble A.M. Mujawar, Civil Judge Senior Division, Panvel. During the session, Mr. Girish law school student gave some insight on the sexual assault cases and how the cases can be reduced by giving the right knowledge to society.



A Legal Awareness Programme

A Legal Awareness Programme was organized by the students of Amity Law School in the series of Pan India Awareness and flagging the motto of Justice For All.

Paralegal Volunteers Ms. Riddhi Munoth, Mr. Girish Ambapkar, Ms. Priya Nair, and Mr. Pulkit Awasthi distributed flyers in 9 villages and conducted a session on the Schemes of Legal Aid Services and how each one is entitled to free and true legal aid services. The focus of this session was to share the knowledge about poverty, sexual assault, and exploitation, disaster

management, etc, and share the core principles and anthem of NALSA and the thought of Free legal services. The idea behind sharing the flyers with the villagers was Each One - Teach One. The Paralegal Volunteers explained this small task to each villager that if one person of the village is explaining these concepts and schemes to a minimum 1 person of the village. And the same chain continues with the intention that there will be no village in this country that would not know about the services provided by the judiciary.



Design Intervention For Community Outreach

The programme focuses on providing training in various design-oriented skills to women of the neighboring villages. To empowering them by opening avenues of income generation and helping them to become professionals. This program is conducted since 2016 onwards till date every year. This is Skill Training Program conducted by the Amity School of Fashion and Design Technology (ASFDT) at Amity University Maharashtra. The Param Foundation (Navi Mumbai) has donated 30 sewing machines to School of Fashion Design & Technology, Mumbai, and the sewing machines are utilized during the Design Intervention program for the women.



<https://www.amity.edu/mumbai/asfdt/event-detail-normal.aspx?mpgid=1821&pgidtrail=1822&typeld=2&EventsId=10318>

1st Level - 'Traditional Embroidery Sitiches' (Paramparik Kadhai).

2nd Level - 'Traditional Embroidery and Yarn Craft' 3rd Level - Introduction to Sewing and Basic Patterns (Foundation course for subsequent courses).

Level 1: 16,

Level 2: 50 (in 2 batches),

Level 3: 30