

Marian Happiness Center (MHC)

Goal

The primary goal of Marian Happiness Center (MHC) is to enhance the overall well-being, resilience, and happiness of individuals while preparing them for life and their roles as responsible citizens. By fostering individual and collective growth, the center aims to address psycho-social challenges, build interpersonal skills, and encourage collaborations that promote mental health and holistic development in the community.

Context

The Marian Happiness Center operates as a collaborative initiative between the Department of Social Work, the Department of Psychology, and the Jeevani Project, a government-sponsored mental health initiative. Recognizing the rising need for mental health awareness, counseling, and holistic developmental programs in educational and community settings, MHC was established as a dedicated space to support students, parents, and the local community.

MHC aligns with the increasing emphasis on mental health and well-being in both academic and community environments. It addresses the growing concerns regarding stress, emotional instability, and the need for skill enhancement among students and citizens. The center also focuses on integrating government and NGO resources to ensure access to quality services in the locality.

Practices

MHC offers a wide range of services and activities to achieve its goals and fulfill its mission. The practices include:

1. **Counseling Services**
 - Professional counseling for students, parents, and community members to address personal, emotional, and psychological challenges.
2. **Jeevani Project Activities**
 - Implementation of government-sponsored initiatives to support mental health and well-being among students.
3. **Individualized Educational Programmes**
 - Designing tailor-made programs to address the unique educational and developmental needs of students.
4. **Screening Tests**
 - Conducting assessments such as IQ tests, aptitude tests, and learning disability (LD) screenings to identify individual needs and offer targeted interventions.
5. **Awareness Classes**
 - Organizing sessions to educate students, parents, and community members about mental health, emotional resilience, and psycho-social challenges.
6. **Palliative Care Services**

- Extending care and support to individuals with chronic illnesses and their families, fostering a culture of compassion.
- 7. **Wellness Hub**
 - Creating a safe and nurturing environment for relaxation, mindfulness practices, and stress management.
- 8. **Referral Services**
 - Collaborating with specialized professionals and organizations to connect individuals to appropriate resources for further assistance.
- 9. **Advocacy**
 - Promoting mental health awareness and advocating for policies and programs that support well-being at the institutional and community level.

Evidence of Success

The Marian Happiness Center exemplifies an integrated approach to mental health and social work, combining academic expertise with practical interventions. By offering a diverse range of services, MHC is committed to addressing the needs of individuals and the community, building a resilient and thriving society that values happiness and well-being as essential components of life.

Problems Encountered and Resources Required

Reluctance from the students to participate, Addressing diverse cultural or religious beliefs, Challenges in securing grants and difficulty in making people aware of the center's existence are some of the problems encountered. Introducing additional programs and activities, extending the duration of the event, and encouraging greater participation from stakeholders and the public could significantly boost the activities and reach out of this endeavour

Earn While You Learn - ‘Alyssum’- Worth beyond Beauty

Goal

The objective of the startup unit is to develop eco-friendly and herbal products and to initiate entrepreneurship skill among students.

The Context

It not only promotes entrepreneurship quality among students but also helps to inculcate ‘Earn While You Learn’ culture amongst the students.

Practice

Students of our department are encouraged to develop various products with different combinations in various attractive designs.

Evidence of Success

The unit was realized in the beginning with development of three products-Lip Balm, Soaps (Nalpamara Soap, Aloe vera Glycerine Soap, Eladi Soap) and Aloe vera Gel and now a number of products are developed and marketed- Kesar Gel, 5 more soaps (Shea Butter Soap, Cocoa Butter Soap, Baby Soap, Charcoal Soap, Danthapala Soap, in various shapes and designs. Regular feedback are received from the consumers and accordingly modified products are developed. The students could earn an amount of Rs.10, 000/- from the sale of the various products of this startup unit.

Problems Encountered and Resources Required

- Limited time for the students to get involved in this besides their academic schedules.
- Lack of advertisement and publicity for the products.

