

Annual Report (Academic Year: 2025-26)

During the academic year 2025–26, the college actively undertook a series of Mental Health Awareness initiatives under the NTF – National Task Force, in alignment with national priorities, institutional responsibilities, and the directives of the Hon’ble Supreme Court of India. These activities aimed to promote emotional well-being, reduce stigma related to mental health, and foster a supportive and empathetic campus environment for students, faculty, and staff. All programmes were planned and executed under the framework of the NTF – National Task Force.

Dr. Ruchita R. Patel, NTF Officer, played a key role in participating in, organizing, and coordinating these initiatives with Mr. Neel R. Patel, NTF Coordinator, under the guidance of the Principal, Dr. G. J. Kharadi.

As part of professional development in the field of mental health under the NTF – National Task Force, Dr. Ruchita R. Patel attended a Mental Health Awareness Workshop on 3rd September 2025 at KCG College, Ahmedabad. The workshop provided valuable insights into contemporary mental health challenges, preventive strategies, and best practices for implementation in educational institutions. The knowledge gained through this workshop significantly strengthened subsequent NTF-led mental health initiatives at the college.

On the occasion of World Suicide Prevention Day, observed globally on 10th September, a Mental Health Awareness Programme under NTF – National Task Force was organized for the students of the college on 24th September 2025 by Dr. Ruchita R. Patel. The programme aimed to create awareness about emotional well-being, stress management, and the importance of seeking timely psychological support. Dr. Patel delivered an insightful presentation titled “Suicide Prevention: Awareness, Facts and Statistics,” highlighting early warning signs of anxiety, depression, and suicidal tendencies. The session included interactive discussions that encouraged students to openly express their thoughts and share experiences in a safe and supportive environment. Informative posters and awareness materials were displayed across the campus to reinforce the theme “Creating Hope Through Action.” Despite the ongoing examination period, the programme received excellent participation from students and enthusiastic involvement from faculty members. The programme emphasized the role of peer support and institutional counselling services promoted through the NTF framework, ultimately conveying the message that mental health is as vital as physical health.

To further institutionalize mental health support mechanisms under the NTF – National Task Force, a Psychology Cell was formed along with related committees. Details regarding the Psychology Cell, including its objectives and members, were uploaded on the college website to ensure transparency and accessibility. Additionally, posters and banners displaying mental health awareness messages along with contact details of psychologists from nearby hospitals were prominently displayed across the college premises as part of continuous NTF awareness efforts.

A Mental Health Awareness Programme under NTF – National Task Force was also organized for the girl students residing in the Surshila Women Hostel on 30th September 2025 by Dr. Ruchita R. Patel, NTF Nodal Officer, from Navjivan Science College, Dahod. The session focused on promoting emotional well-being, stress management, and self-care practices among the hostel residents. The hostel warden and faculty members actively participated, creating an open and encouraging environment. Interactive discussions and activities were conducted to break the stigma associated with mental health issues. The programme concluded with positive feedback from participants and a collective commitment to continue such NTF-based awareness initiatives regularly.

In compliance with the directives issued by the Hon'ble Supreme Court of India regarding mandatory mental health sensitization in educational institutions, the college organized a Mental Health Awareness Programme under the NTF – National Task Force on 20th November 2025 for all teaching and non-teaching staff. The programme aimed to promote emotional well-being, reduce stigma, and equip staff members with essential knowledge to identify early signs of stress and psychological distress, encourage empathy and effective communication, and enable timely intervention. The sessions were conducted by Dr. Daxa Bhuriya, Psychiatrist, and Mrs. Dipika Palodara, Clinical Psychologist from General Hospital, Dahod, who shared their professional insights on mental health challenges commonly faced in educational settings. The programme witnessed active participation from a large number of teaching and non-teaching staff, reflecting their commitment to fostering a mentally healthy academic environment under the NTF mandate. The session was conducted in the esteemed presence of the Principal, Dr. G. J. Kharadi, NTF Officer Dr. Ruchita R. Patel, and NTF Coordinator Mr. Neel R. Patel, whose support and guidance contributed to the successful execution of the programme. As an outcome, participants reported enhanced awareness, increased confidence in identifying psychological distress, and a strengthened sense of responsibility toward maintaining a supportive and empathetic institutional culture.

Overall, the mental health awareness initiatives conducted during this period under the NTF – National Task Force significantly contributed to creating a compassionate, inclusive, and mentally healthy academic environment. Through awareness programmes, institutional support mechanisms such as the Psychology Cell, and sensitization sessions for students and staff, the college reaffirmed its commitment to holistic development and well-being in line with NTF objectives, national mandates, and societal responsibilities.