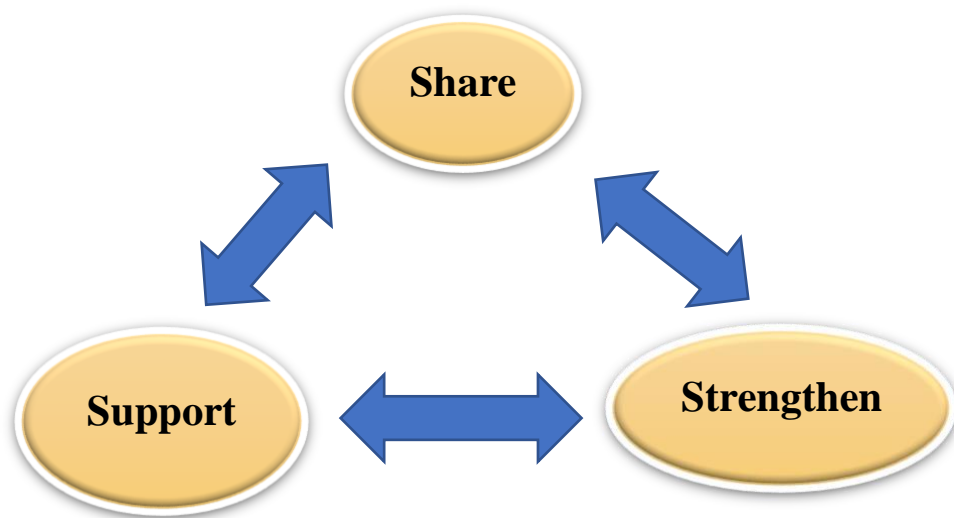


Sahāyana
The Peer Support Program
A Mental Health Initiative by the
Department of Psychology, Aryabhata College
Annual Report 2023-24



About the Program

Sahāyana is a platform for the students of Aryabhata College to discuss their concerns related to college adjustment, academic issues, relationship conflicts, time management, procrastination, home sickness, peer pressure, self confidence etc.

The program was ***launched on 19th January 2023*** in the Seminar Room of the college.

Faculty Co-ordinators

Dr. Anisha Juneja & Dr. Thangbiakching

Peer Supporters (for the session 2023-24)

- Sukhnoor Kaur- Psychology Hons. IIIrd yr
- Charu Sahu- Psychology Hons. IIIrd yr
- Garvit Kaushik- Psychology Hons. IIIrd yr
- Lalsiamthari- Psychology Hons. IIIrd yr
- Aayushee Chaturvedi- Psychology Hons. IIIrd yr
- Deepika Deora- Psychology Hons. IIIrd yr
- Chanchal Gangwal- Psychology Hons. IIIrd yr


- Namit Gupta- Psychology Hons. IIIrd yr
- Mihika Kakati- Psychology Hons. IInd yr
- Harshita Singh- Psychology Hons. IInd yr
- Gagan Choudhary- Psychology Hons. IInd yr

Execution of the Program




- The program has been running in the college since 2022, Monday to Friday, 8:45 am - 5:30 pm.
- The Students/ Peers from the college have sought sessions through the common **email id-** sahayana.psp@aryabhatacollege.ac.in and **Instagram page-** sahayana.aryabhata (https://www.instagram.com/p/CIgyWytQmy/?utm_source=ig_web_copy_link) made solely for this purpose and appointment may be sought.
- Till date, 6 peers have had on average **3-5 sessions**. The sessions conducted by peer supporters have been **supervised** by the 2 faculty coordinators. The sessions have focused on concerns related to difficulties in interpersonal relationships- familial or romantic, social anxiety, providing professional referral and adjustment in college.
- **5 training sessions** have been held by the faculty coordinators with the peer supporters on topics case history taking, addressing personal questions, note taking, structuring the session, anxieties related to meeting peers, how to listen and be present, and taking a non-judgemental approach. The supporters are also briefed about proper boundary issues.


The program works toward creating a safe space for students wherein they may discuss their concerns, be listened to without judgement, and assist in finding professional referrals if and when needed. **Way forward**, we look to initiating **listening circles** where peer supporters will facilitate groups of students with similar concerns- in the prospect that they will find hope and support from each other, and find a friend in each other, as they get to know that they are not alone in their struggles.




let's talk
it out







WITH SAHAYANA:
OUR VERY
OWN PEER
SUPPORT
PROGRAM!



**sahayana.aryabhata**
Yosi Mesbah • Colors (Instrumental)


**sahayana.aryabhata** A warm welcome to everyone! 🌸
College is a new beginning and one step closer to managing your own self. It can be exhilarating but also exhausting at times. When it gets tough, and you feel a need for a safe space... Remember we are right here for you, willing to listen! 🌿
DM to have a meeting with your own Peer Supporter. Take care! 🌟🌻

#mentalhealth #mentalhealthmatters #peersupport #talkitout #wearehereforyou #foryou #selfcare #mentalhealthawareness #emotions #exhausted #needhelp #askforhelp #seeksupport #support #peer

37 w



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