



BAKLIWAL FOUNDATION

College of Arts, Commerce & Science, Vashi

[Affiliated to KKS University & Approved by Govt. of Maha. DTE, MS & AICTE, Delhi]



Wellness & Resilience Club

Every Mind Deserves Care!

Introduction:

The *Wellness & Resilience Club* is established at Bakliwal Foundation College of Arts, Commerce & Science, Vashi [BFC-ACS] with the firm belief that mental health is as vital as physical health for the holistic development of students and faculty members. In the fast-paced academic and social environment of today, young adults face multiple challenges including stress, anxiety, peer pressure, identity issues, and career uncertainties. These concerns often remain unspoken, leading to isolation and diminished well-being. Recognizing the urgent need to provide a safe and supportive space, the Club endeavors to promote awareness, understanding, and acceptance of mental health.

The *Wellness & Resilience Club* aims to break the stigma surrounding mental health by fostering open conversations, empathy, and inclusivity. It provides students with opportunities to engage in awareness campaigns, interactive workshops, counseling sessions, and peer-support activities. Through collaboration with experts, the Club offers practical strategies to cope with stress, build resilience, and cultivate emotional intelligence.

By integrating mental health education into the campus culture, the *Wellness & Resilience Club* aspires to nurture a compassionate community where students feel valued, supported, and empowered to seek help when needed. It envisions a college environment that not only prioritizes academic excellence



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but also recognizes the importance of emotional well-being, self-care, and personal growth.

The *Wellness & Resilience Club*, therefore, serves as both a resource and a movement—advocating for balanced, healthy, and mindful living while preparing students to lead responsible, empathetic, and resilient lives.

Importance:

- ✚ Mental health challenges among youth are on the rise and often overlooked.
- ✚ Students experience stress due to academics, relationships, and career pressures.
- ✚ Stigma and lack of awareness prevent individuals from seeking help.
- ✚ A supportive environment enhances academic performance and personal growth.
- ✚ Promotes emotional resilience, empathy, and life skills essential for future success.

3. Vision

To create a supportive, stigma-free college community where mental health is prioritized, awareness is widespread, and students are empowered to live balanced and resilient lives.

4. Mission

- ✚ To raise awareness about mental health and reduce stigma.



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- ✚ To provide resources, workshops, and peer-support systems for students.
- ✚ To encourage open dialogue and acceptance of mental health concerns.
- ✚ To foster resilience, emotional well-being, and coping skills.

5. Goals

- ✚ Build a culture of empathy and inclusivity.
- ✚ Enhance student awareness of mental health issues.
- ✚ Strengthen access to guidance and counseling.
- ✚ Promote holistic well-being through awareness and activities.
- ✚ Encourage positive lifestyle habits, mindfulness, and stress management.

6. Objectives

- ✚ Organize seminars, talks, and workshops by psychologists, counselors, and experts.
- ✚ Conduct awareness drives on stress, anxiety, depression, and self-care.
- ✚ Provide peer-support groups and safe spaces for sharing experiences.
- ✚ Celebrate World Mental Health Day and similar observances with impactful events.
- ✚ Collaborate with NGOs, mental health professionals, and government initiatives.
- ✚ Encourage students to express through art, writing, and performances as therapy.



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7. Working Guidelines

- ✚ **Membership:** Open to all students and faculty interested in mental health advocacy.
- ✚ **Meetings:** Regular monthly meetings; special sessions as required.
- ✚ **Leadership:** Office-bearers (President, Secretary, Coordinators) elected annually.
- ✚ **Collaboration:** Work with college counseling units, NGOs, and medical professionals.
- ✚ **Participation:** Confidentiality, respect, and inclusivity will be the guiding principles.
- ✚ **Ethics:** Activities will remain non-clinical; the Club will promote awareness, not diagnosis.

8. Proposed Activities

- ✚ Workshops on stress management, mindfulness, and emotional well-being.
- ✚ Peer support circles and storytelling sessions.
- ✚ Guest lectures by psychologists, counselors, and motivational speakers.
- ✚ Observance of World Mental Health Day and Suicide Prevention Day.
- ✚ Art therapy, music therapy, and creative expression events.
- ✚ Mental health awareness campaigns through posters, plays, and social media.
- ✚ Collaboration with local organizations for mental health initiatives.



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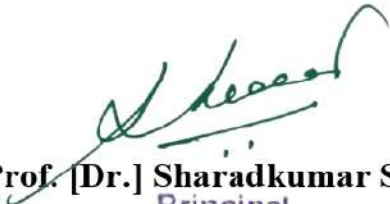


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✚ Development of resource material and student-led newsletters/blogs.




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