

ACTIVITY REPORT

DEPARTMENT	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
ACTIVITY TYPE	Awareness Program		
ACTIVITY TITLE	FIND YOUR PERSONALITY TYPE		
NO. OF PARTICIPANTS	20,000+		
DATE AND TIME	15 March 2024	DURATION	1 day
SUSTAINABLE DEVELOPMENT GOALS (SDGs)	SDG No. 3 - Good Health & Well-being		
COLLABORATIVE ACTIVITY UNDER MOU	YourDOST Health Solutions Pvt. Ltd.		

Objective:

- Give participants the opportunity to examine and analyze their personality profiles to increase self-awareness.
- Encourage personal development by offering advice on how to use personality insights for goal-setting and self-improvement.
- Promote self-compassion and acceptance by cultivating an appreciation for a range of personality traits.
- Increase awareness of mental health issues by highlighting the connection between emotional health and personality.
- Help participants comprehend and adjust to personality differences in interpersonal and group contexts to promote better communication.

Activity Details:

The event “Find Your Personality Type” took place to support the current Mental Health Campaigns located at the university. Participants were given the opportunity to take fun personality assessments including the Myers-Briggs-Type Indicator (MBTI), and Big Five Personality Assessment, which would act as tools to self-explore their core traits and preferences.

After these assessments were completed, quick guidance sessions happened to assist people in making sense of their assessments and initiating thoughts about how their personality patterns may be guiding their life experiences in regard to their choices, relationships, and work habits.

Interactive displays and educational materials were available to demonstrate how personality types appeared in real life, and offered suggestions for personal growth, emotional regulation, and improved

communication.

Additionally, the event featured testimonials, and case examples to demonstrate how thinking about one's type might contribute to increased confidence, improved relationships, and overall mental health.

Furthermore, participants were encouraged to access counselling resources if they were interested in spending more time with self-exploration or wanted support for challenges when dealing with some of the personality types.

Glimpses of activity:



Outcome:

- The campaign garnered enthusiastic engagement from students and faculty, generating intentional discourse on individuality and mental health. Participants showed they had gained self-awareness and an understanding of their own strengths and ability to enhance growth areas.
- The activity established acceptance and inclusivity and helped self and group members to recognize the value of individuality. Many participants indicated that the fun event helped them work and

communicate in more effective ways (at school and/or social situations).

- The initiative facilitated self-awareness, emotional well-being, and positive group dynamics, which is aligned to the overarching development of a self-aware and mentally healthy campus culture.



Dr. Dipal Patel

Director

INSIGHT

Centre for Counselling and Psychological Wellness

ACTIVITY REPORT

DEPARTMENT	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
ACTIVITY TYPE	Awareness Program		
ACTIVITY TITLE	FIND YOUR ATTACHMENT STYLE		
NO. OF PARTICIPANTS	20,000+		
DATE AND TIME	14 March 2024	DURATION	1 day
SUSTAINABLE DEVELOPMENT GOALS (SDGs)	SDG No. 3 - Good Health & Well-being		
COLLABORATIVE ACTIVITY UNDER MOU	YourDOST Health Solutions Pvt. Ltd.		

Objective:

- Assist participants in recognizing their attachment styles to foster self-awareness.
- Encourage healthy relationships by offering advice on how to create more stable and harmonious bonds.
- By offering insight into relationship difficulties like anxiety or avoidance, you can address attachment-related issues.
- Motivate participants to improve their emotional reactions and attachment styles in order to promote personal growth.
- Increase knowledge of therapy options that help people solve attachment-related issues.

Details of the Activity:

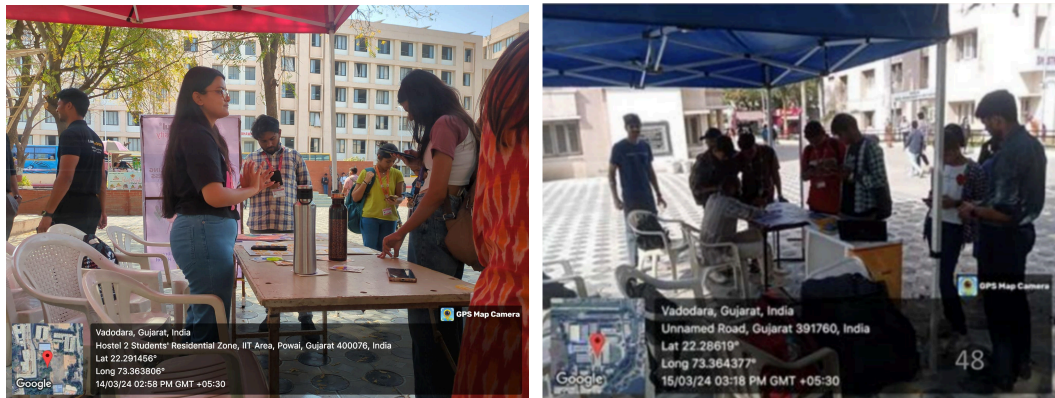
An interactive self-assessment session called "Find Your Attachment Style" was organised on campus by INSIGHT Centre in collaboration with YourDOST. In order to determine their individual attachment styles—secure, anxious, avoidant, or disorganized—participants were asked to fill out an insightful questionnaire.

Following the completion of the assessment, the counseling team led participants in quick, introspective conversations about how their attachment style may impact their ability to communicate, build trust, and control their emotions in relationships.

To help participants comprehend the psychological underpinnings of attachment styles and their significance in establishing and preserving wholesome relationships, educational resources and infographics were distributed. For those looking for more in-depth individual work on attachment

issues, information was also given on therapeutic modalities like Attachment-Based Therapy and Cognitive-Behavioral Therapy (CBT).

Glimpses of activity:



Outcome:

- Participants' self-awareness and comprehension of their relational patterns were successfully raised by the event. Many said they learned a lot about how their attachment style affects their behavior in relationships.
- More interest was shown by participants in learning better communication techniques and emotional control. A number of people expressed interest in seeking counseling or therapy to deal with issues related to attachment.
- Overall, the exercise increased awareness of the value of mental health support in creating safe and satisfying relationships, promoted emotional development, and deepened appreciation for self-discovery.



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ACTIVITY REPORT

DEPARTMENT	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
ACTIVITY TYPE	Awareness Program		
ACTIVITY TITLE	HAPPINESS DRIVE		
NO. OF PARTICIPANTS	20,000+		
DATE AND TIME	13 March 2024	DURATION	1 day
SUSTAINABLE DEVELOPMENT GOALS (SDGs)	SDG No. 3 - Good Health & Well-being		
COLLABORATIVE ACTIVITY UNDER MOU	YourDOST Health Solutions Pvt. Ltd.		

Objective:

- Encouraging Positive Mental Health through fostering gratitude, mindful practice, and positive thinking.
- Promoting Mental Health Awareness by informing the public around the relation of happiness to overall mental health.
- Encouraging Healthy Lifestyle Options through activities promoting physical wellness, healthy nutrition, and sleep.
- Building Social Connections through opportunities for quality social interactions and community building.
- Reducing Stigma regarding Mental Health by normalizing conversations about emotional wellness.
- Supporting Personal Growth and Resilience by providing tools for stress management and developing emotional strength.

Activity Details:

As part of the university's mental health outreach initiative, on campus was hosted the Happiness Drive Event. The event featured some fun, engaging and interactive activities that focused on boosting happiness - options included gratitude journaling, mindfulness activities, and positive affirmations booths.

Participants had access to information stalls with information on the science of happiness, habits for well-being to practice each day, and connections between one's physical health and mental health. The counselling team ran short interactive sessions on gratitude, optimism, and mindfulness, and their roles in maintaining happiness.

Community building activities, such as group games and shared art walls, were organized to facilitate socialization and sharing happiness among participants. There were educational posters and open discussions using common misconceptions about mental health to normalize and reduce stigma toward mental health.

The day was concluded with a reflection space for participants to briefly share their experience and take away wellness resources along with a commitment to engage in small, happiness-related practices throughout the week.

Glimpses of activity:



Outcome:

- The event received tremendous involvement and excitement, creating an uplifting and positive atmosphere throughout the campus. Participants stated that they felt more energized, connected, and self-aware as a result of the experiences.
- The campaign successfully increased awareness around the interplay of happiness with mental health, while promoting conversations around emotional well-being. Several participants stated they planned to move forward incorporating mindfulness, gratitude, and other habits that enhance

happiness into their daily routines.

- The Happiness Drive Event effectively cultivated a culture of positivity, compassion, and mental health awareness and reinforced the message that happiness is not just an emotion, but a skill that can be cultivated through mindfulness and community.



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ACTIVITY REPORT

DEPARTMENT	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
ACTIVITY TYPE	Workshop		
ACTIVITY TITLE	Screening Tool for Behavioural Assessment		
NO. OF PARTICIPANTS	10,000+		
DATE AND TIME	13 - 15 March 2024	DURATION	3 days
SUSTAINABLE DEVELOPMENT GOALS (SDGs)	SDG No. 3 - Good Health & Well-being		
COLLABORATIVE ACTIVITY UNDER MOU	YourDOST Health Solutions Pvt. Ltd.		

Objective:

- Providing participants with an overview of some standardised behavioural and psychological assessment tools.
- Enhancing knowledge of screening approaches that would allow for the early recognition of mental health and behavioural issues.
- Providing participants with an overview of how to interpret and utilise assessment results in regards to diagnosis and developing an intervention plan.
- Highlighting the role of evidence-based assessment in informing counselling, clinical, and educational practices.
- Promoting the use of an ethical and cultural sensitivity in the administration of behavioural screening tools.

Activity Details:

The Screening Tools for Behavioural Assessment session as part of professional development and learning for psychology students, and psychology professionals, gave a good overview of the different tools to screen for and assess behavioural, emotional, and mental health problems in children and adults.

The session covered several different categories of screening tools:

- Behavioural Assessment Tools, such as the Child Behavior Checklist (CBCL), Behavior Assessment System for Children (BASC), and Achenbach System of Empirically Based Assessment (ASEBA) for screening for emotional and behavioural problems in children and adolescents.

- Self-Report Questionnaires, such as the Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), GAD-7, and PHQ-9 : self-report questionnaires that measure symptoms of depression and anxiety in youth and adults.
- Condition-Specific Screenings, such as the Conners' Rating Scales and Adult ADHD Self-Report Scale (ASRS) for conditions related to attention, and Mini International Neuropsychiatric Interview (MINI) as a comprehensive screening tool for common psychiatric conditions.
- Observation Based Assessments, such as Functional Behavioral Assessment (FBA) and Behavioral Observation of Students in Schools (BOSS) to screen for behaviours while observing students in a naturalistic environment.
- Risk and Safety Screening, such as the Columbia-Suicide Severity Rating Scale (C-SSRS) and Suicide Risk Assessment Scale (SRAS) to screen for suicide risk .
- Assessment tools for Developmental and Adaptive Behaviour such as the Vineland Adaptive Behaviour Scales, and the Adaptive Behaviour Assessment System (ABAS) that assess daily living and social functioning in individuals with developmental disabilities.

Participants learned through interactive discussions, case examples, and demonstration methods, how to select appropriate assessment tools based on client need and goals of the assessment. Focus was placed on reliability, validity, interpreting scoring and ethical consideration in behavioural assessment.

Glimpses of activity:



Outcome:

- The session greatly improved participants' knowledge of standardized behavioural assessment tools, as well as their application in a range of contexts, including schools, clinic settings, and research contexts. Participants felt more confident to identify appropriate tools to screen specific behavioural, or emotional concerns, as well as, interpret the results responsibly.
- The activity gave an opportunity to further emphasize the importance of early identification and program planning through data, thereby providing a more systematic and evidence-based approach to psychological assessment. Lastly, the conversation prompted participants to consider assessment not necessarily as diagnosis, but as an avenue toward deepening understanding of the whole person —

considering emotional, social, and developmental aspects.

- Overall, the session was able to increase awareness, promote professional competence, and strengthen a foundation for ethical and effective behaviours assessment practices in preparing the next generation of mental health professionals.



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ACTIVITY REPORT

DEPARTMENT	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
ACTIVITY TYPE	Awareness Program		
ACTIVITY TITLE	Self-Assessment Test		
NO. OF PARTICIPANTS	10,000+		
DATE AND TIME	13 -15 March 2024	DURATION	3 days
SUSTAINABLE DEVELOPMENT GOALS (SDGs)	SDG No. 3 - Good Health & Well-being		
COLLABORATIVE ACTIVITY UNDER MOU	YourDOST Health Solutions Pvt. Ltd.		

Objective:

- Encourage personal development by assisting participants in identifying their strengths, and areas for growth.
- Facilitate career and academic planning by identifying the participants' unique characteristics and interests as they relate to relevant programs or career goals.
- Enhance self-awareness to influence decisions in both personal and professional contexts.
- Encourage goal setting and development by using the results of the assessment as a baseline for personal growth.
- Encourage ethical considerations for the responsible use of psychological assessments, including issues of confidentiality and informed consent.

Activity Details:

The Self-Assessment Test component was a part of a bigger undertaking to foster reflection, personal exploration, and informed decision-making for the individuals who participated. Participants were exposed to numerous standardized, valid measures aimed at assessing different personality traits, skills, interests or values.

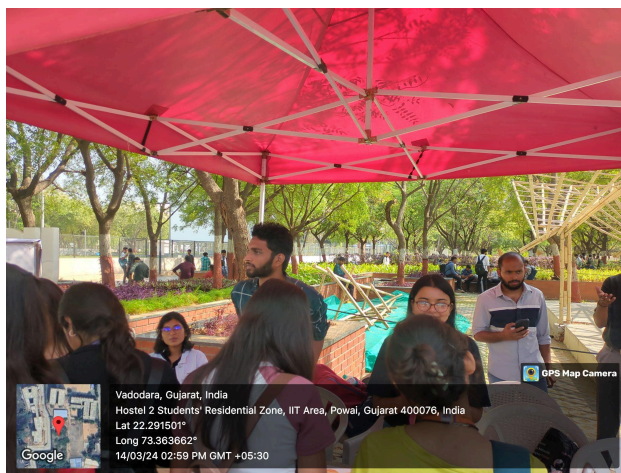
Participants engaged in filling out short questionnaires or inventories (such as personality tests (Myers-Briggs Type Indicator or Big Five Personality Traits), interest inventories (Holland Code – RIASEC) or strengths or skills assessments). Each of the measures aimed to provide insight that could be personalized about an individual with respect to some facets of their motivation, interests, leadership style, or value alignment.

Once the measures had been completed the participant was offered a summary of interpretive

feedback referring to key features and possible occupational or educational ties to their indicators. Resources & strategies were provided by the individual supporter/facilitator to help individuals process their results, and consider how they may apply information to future academic, occupational or personal decision-making.

Lastly, participants are provided education detailing ethical use of self-assessment tools and culminating in a summary of considerations around ethics principles specific to confidentiality, informed consent, and responsible interpretation.

Glimpses of the Activity:



Outcome:

- Participants attending the Self-Assessment Test activity were very engaged in self-reflection and gained personal awareness. Many people expressed they had better clarity of self-awareness specifically with their strengths, interests, or patterns of personality. The process helped participants think more intentionally about their career plans, their educational choices, and their desire to improve and promote self-improvement.
- The session also contributed to reinforcing awareness of valid and reliable assessment in the field of psychology and contributed to greater awareness of the use of scientific assessment inquiry, especially for the students and groups of participants.
- Generally, the activity resulted in greater empowerment and motivation to engage in the self-assessment process, reinforcing the idea the self-assessment process is an ongoing growth and development strategy and not simply a snapshot assessment process. The activity suggested accountability to the ethical and responsible application of uses of psychometric and psychological assessment, investigative, and evaluation strategies in personal and professional developmental processes.



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ACTIVITY REPORT

DEPARTMENT	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
ACTIVITY TYPE	Workshop		
ACTIVITY TITLE	Blindfolded Talks		
NO. OF PARTICIPANTS	150		
DATE AND TIME	12 March 2024, 10:30 am	DURATION	1.5 hours
EXPERT NAME WITH DESIGNATION	Dr. Dipal Patel		
SUSTAINABLE DEVELOPMENT GOALS (SDGs)	Goal No. 3 - Good Health and Wellbeing		

Objective:

- Foster Empathy and Understanding
- Reduce Bias and Prejudice
- Enhance Communication Skills
- Create Safe Spaces for Open Dialogue
- Increase Awareness of Mental Health Issues

Activity Details:

INSIGHT Centre & Rotaract Club collaboratively organized an event where the participants were blindfolded and paired up with strangers to open and honest conversations about student life. The event's Guest speaker was Honorable Dr. Dipal Patel, Director of INSIGHT (Centre for Counselling and Psychological Wellness) at Parul University. The program was hosted by a team of Psychologists (Mr. Arshad and Mr. Jils) from INSIGHT, and members of Rotaract Club. The event was conducted at Medical Seminar Hall on 12th March 2024.

The activity was designed to create a setting where participants could discuss personal experiences and challenges without visual distractions. This practice aimed to enhance their ability to actively listen and empathize with others. The sessions prompted the participants to engage with one another without seeing each other, forcing them to aim their focus on the substance of their words and shared

experiences. The blindfolds helped to minimize the impact of preconceived notions or biases related to appearance or non verbal cues during interactions. Activities such as these, that emphasize clear and thoughtful communication, help train participants in more effective and intentional communication, as they rely on verbal cues alone. This activity provided the advantage of structured discussions in a way that encourages openness and trust, supported by the anonymity and non-judgmental nature of blindfolded interactions.

Dr. Patel expertly created a secure environment where participants felt comfortable sharing personal stories and mental health challenges. She facilitated the conversations on mental health themes that might otherwise be difficult to discuss, leveraging the novel format to draw attention and engage participants.

Glimpses of activity:



Outcome:

- Participants connected with others on a deeper level by focusing solely on verbal communication.
- Improved participants' ability to communicate effectively and meaningfully.

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- The unique format of blindfolded talks was used to highlight and discuss various mental health topics, challenges, and solutions.



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