



Health Humanities Group

UCMS witnessed three unnatural deaths (among undergraduate, postgraduate & faculty) in two years because of suicide between 2017-18. In 2019. The Health Humanities Group commemorated 10 years of its existence by launching its new student support group on mental health – Safe Place for Affective Counselling & Empathy (SPACE) on April 1, 2019.

Faculty Advisor: Prof (Dr) Satendra Singh

Co-founder Students: Chetna Dengri and Yash Aggarwal

Coordinator: Shobhita Rakheja (MBBS 2022 batch)

SPACE Activities in 2023





*Photo News: 20.01.2023.
Lecture on mental health*



20.01.2023: Interaction of first year undergraduate MBBS students with Sangath Delhi on mental health

02.02.2023: Partnership of UCMS with Sangath Delhi to contribute to peer delivered mental health programme for students between 16-24 years of age.

The Sangath Baatchet Programme will be conducted over a period of one year for undergraduates from January 2023 - December 2023 during the 2022-23 and 2023-24 academic sessions. Baatchet is a peer delivered programme which will help students who are experiencing anxiety or depression to learn new coping strategies and connect with peers through shared stories of help-seeking, recovery and hope. Our first year students participated in the initial events and senior students are chosen to receive peer supporter training

SPACE Activities in 2022

10.09.2022: World Suicide Prevention Day was commemorated by SPACE and Medical Education Unit on the theme 'Resident Wellness: Creating Hope through Action'. Winning entries were awarded by Principal, UCMS.

11.09.2022: 'You Are Not Alone' – a Suicide Prevention Workshop was conducted by Outlive, Sangath, Delhi in collaboration with SPACE for undergraduate medical students who were delegates at MedicamentuM, annual medical student conference of UCMS

21 and 22.09.2022: Suicide Prevention Resident Wellness Workshops for postgraduates was also conducted by Outlive, Sangath, Delhi in collaboration with SPACE



<https://twitter.com/UCMSofficial/status/1616616633728110593?s=20>

The Medical Conference of
MEDICAMENTUM
University College of Medical Sciences

**UNIVERSITY COLLEGE OF MEDICAL SCIENCES
PRESENTS**

SPACE
Safe Place for Affective
Counselling & Empathy
Mental Health | UCMS | Delhi

YOU ARE NOT ALONE
Suicide Prevention Awareness Workshop
In Collaboration with Outlive (Sangath Delhi)

DATE: 11TH SEPTEMBER 2022
TIME: 2:00PM - 4:00PM

Scan to Register

CMH
Centre for
Mental Health
Law & Policy

ILS

SANGATH
25 years of service
Healing Minds, Inspiring Lives

QUICKSAND

**FOR MORE DETAILS MAIL US AT :
SPACEUCMS@GMAIL.COM** | **@MEDICAMENTUM.UCMS**

Sangath tele-counselling helpline +91 11 41198666 (10 am - 6 pm Mon-Sun)

National Mental Health Rehabilitation helpline KIRAN at 1800-599-0019 available 24x7

Student publication:

Mishra, S., & Dengri, C. (2021). Medical students and suicide: are we okay?. *Research and Humanities in Medical Education*, 8, 53–55. Retrieved from <https://www.rhime.in/ojs/index.php/rhime/article/view/453>

SPACE Activities in 2020

Open SPACE Instagram Live

IL 1- 22 Aug 2020: Pooja Priyamvada on Burnout with Shivangi Mishra



Instagram

LIVE

**#OpenSpace
with Pooja
at 5 pm**

SPACE

**Safe Place for Affective
Counselling & Empathy**

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The poster is divided into several sections. The top left shows a woman hugging a child. The top right has a pink-to-orange gradient background with the word 'Instagram' in white script, a white 'LIVE' button, and the event details. The bottom left has a white background with the word 'SPACE' in large orange letters, followed by the tagline 'Safe Place for Affective Counselling & Empathy' in blue and orange, and 'Mental Health | UCMS | Delhi' in black. The bottom right shows a woman in a pink top speaking, with a line drawing of a person's head and shoulders next to her.

Link: https://www.instagram.com/tv/CEMOavcj5Jd/?utm_source=ig_web_copy_link

IL 2- 30 Aug 2020: Vijay Nallawala on Battling Bipolar Disorder with Yakshita Goyal



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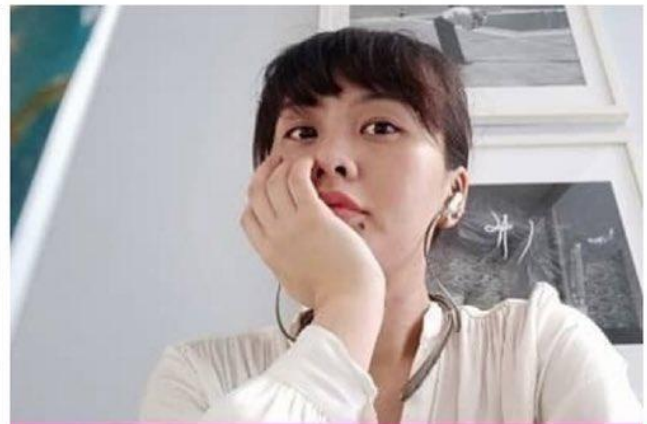
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Link (Part-1): https://www.instagram.com/tv/CEg3TIGDA4_/?utm_source=ig_web_copy_link

Link (Part-2): https://www.instagram.com/tv/CEg7ov6DJgj/?utm_source=ig_web_copy_link

IL 3- 6 Sept 2020: Sharadha Chettri on Cultural diversity and inclusion with Lhainunhoi Khongsai



Instagram
LIVE 3
Cultural Diversity & Inclusion
Sharadha Chettri & Lhainunhoi
Sunday, 6 Sept at 5 pm

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The logo for SPACE (Safe Place for Affective Counselling & Empathy) features a caduceus symbol (a staff with two snakes) and a map of India.

Link: https://www.instagram.com/tv/CEy2hA1jy68/?utm_source=ig_web_copy_link

IL 4- 27 Sept 2020: Gayatri Bhatia on Substance Use and Mental Health with Srishti Xalxo



#OpenSPACE
Instagram
LIVE 4
Dr. Gayatri Bhatia on
‘Substance Use & Mental Health’
5 pm, Sunday, 27 Sept 2020

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Srishti Xalxo

Link: https://www.instagram.com/tv/CFo9RXTnJMS/?utm_source=ig_web_copy_link

IL 5- 21 Nov 2020: Student Support Centers with Gayathri Prabhu



NOV
21
2020



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**STUDENT
SUPPORT
CENTRE:
GAYATHRI PRABHU**
INSTAGRAM LIVE
TIME: 5 P.M.
@space.ucms

Link: <https://www.instagram.com/tv/CH2mIHDHCf2/?igshid=MzRIODBiNWFIZA==>

PODCAST - EP.Log The SOS Show with Suchita Bhatia

Ep.49 Disability And Mental Health Ft. Dr. Satendra Singh

<https://www.eplog.media/thesosshow/2020/09/05/ep-49/>



Ep.50 Doctors & Suicides Ft. Dr. Chetna Dengri And Shivangi Mishra

<https://www.eplog.media/thesosshow/2020/09/14/ep-50/>



#WSPD2020 Campaign Posts in whole #Suicide Prevention month (September 2020)

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Observed on September 10th, every year, World Suicide Prevention Day (#WSPD) provides the opportunity for people, across the globe, to raise awareness of suicide and suicide prevention. We at SPACE (**Safe Place for Affective Counselling & Empathy**), the mental health support group at University College of Medical Sciences & GTB Hospital, Delhi, India invite you to join with the IASP campaign to spread awareness on suicide prevention. Do send us your video message or photo message on spaceucms@gmail.com to be shared on the social media handles of SPACE UCMS from **6-10 September 2020**.

Twitter: <https://twitter.com/SpaceUcms>

Instagram: <https://www.instagram.com/space.ucms/>

Facebook: <https://www.facebook.com/SPACE.UCMS>




**International Association
for Suicide Prevention
World Suicide
Prevention Day**

#WSPD2020