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To,

Dr. Bhushan Gagrani (I.A.S.)

Municipal Commissioner,
Brihanmumbai Municipal Corporation,
Fort, Mumbai - 400 001



Ref. No. MCHI/PRES/24-25/038

Date: 5/6/2024

Sub: Proposal for a Mental Health and stress management Workshop for MCGM Building
Proposal Department

Respected Sir,

In recognition of the significant role that mental health plays in overall well-being and productivity, CREDAI-MCHI Youthwing is offering to sponsor and arrange for the Mumbai Municipal Corporation (MCGM) Building Proposal Department a comprehensive mental health workshop. With this workshop CREDAI-MCHI Youthwing aims to equip officers with essential tools and strategies for managing stress and building healthy habits, ultimately enhancing their personal and professional growth. The event will be conducted in Hindi / Marathi and shall include two key components: an educational session led by experienced counsellors and mental health experts, followed by a light-hearted stand-up comedy session to uplift spirits and promote a positive atmosphere.

Furthermore, post event discounted counselling structure will be arranged for MCGM staff to take benefit of individual sessions (both online or offline)

Proposed Venue: **MCGM Head Office (any venue which can accommodate 50 persons)**

Proposed Time: **4pm – 6pm**

Event Expenses: **To be borne by CREDAI-MCHI (including food & beverage)**

Workshop Overview

1. Stress Management

Understanding and managing stress is crucial for maintaining both mental and physical health. This section of the workshop will delve into various aspects of stress, including:

a. Understanding Stress

- Overview of stress, its prevalence, and statistics
- Types of stress: acute, chronic, and episodic
- The impact of stress on health and performance

b. Identifying Stressors and Signs of Stress

- Common stressors in the workplace and personal life
- Physical signs: unexplained aches, gastrointestinal issues, lethargy
- Emotional signs: irritability, mood swings, poor emotional regulation
- Cognitive signs: difficulty focusing, poor problem-solving, decision-making challenges
- Behavioural signs: avoidance, increased substance use, unhealthy coping mechanisms

c. Strategies for Stress Management

- Practical techniques for immediate stress relief
- Long-term strategies: mindfulness, meditation, physical exercise
- The importance of a support system and seeking professional help when needed.

Maharashtra Chamber of Housing Industry

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CREDAI-MCHI CHAPTERS : THANE | KALYAN-DOMBIVLI | MIRA BHAYANDAR | RAIGAD | NAVI MUMBAI |
BHIWANDI | PALGHAR BOISAR | SHAHAPUR-MURBAD | URAN-DRONAGIRI |
VASAI VIRAR | ALIBAG | KARJAT-KHALAPUR-KHOPOLI | YOUTH NMR

2. Building Healthy Habits

Developing and maintaining healthy habits is fundamental to achieving long-term goals and improving quality of life. This section will cover:

a. Understanding Habits

- Definition of habits and their formation process
- The significance of habits in daily life and goal achievement

b. Process of Habit Formation

- The cue-routine-reward cycle
- Steps to establish new habits and reinforce existing ones

c. Barriers to Forming Habits

- Common obstacles: lack of time, motivation, and resources
- Strategies to overcome these barriers and sustain new habits

d. Strategies to Build Healthy Habits

- Practical tips for integrating healthy habits into daily routines
- The role of consistency and gradual progress
- Using tools and technology to track and maintain habits

e. Letting Go of Unhelpful Habits

- Identifying detrimental habits
- Techniques for breaking unhealthy patterns and replacing them with positive behaviours

Importance of Building Healthy Habits

The workshop will emphasize the crucial role that healthy habits play in:

- Task completion and efficiency
- Goal accomplishment and personal growth
- Healthy Habits leading to better performance
- Replacing reliance on motivation with discipline
- Establishing a foundation for a healthy lifestyle
- Shaping one's character and overall well-being

Key Points to Remember

Participants will be reminded that:

- Addressing mental health concerns is vital for improving functioning and well-being
- Therapy and professional support can bring significant changes in various life aspects
- Emotional distress should be acknowledged as a prompt to seek help
- Mental health support positively impacts not just mental health but also relationships and physical health

Light Stand-Up Comedy Session

Following the educational session, a stand-up comedy performance will be arranged to lighten the mood and provide attendees with a fun and relaxing experience. Humour is known to be a powerful tool for reducing stress, fostering social connections, and improving overall mood. This session aims to:

- Create a cheerful and relaxed atmosphere
- Help participants unwind and enjoy a collective experience
- Reinforce the message that taking breaks and enjoying laughter is an essential part of a balanced life

CREDAI MCHI Youthwing Prayers

This mental health workshop aims to provide MCGM officers with valuable insights and practical tools for managing stress and building healthy habits. By combining expert-led discussions with a refreshing comedy session, the workshop seeks to address serious issues in a balanced, engaging manner. We believe this initiative will not only enhance the well-being of our officers but also foster a more supportive and productive work environment.

We look forward to your participation and are confident that this workshop will be a beneficial experience for all attendees.

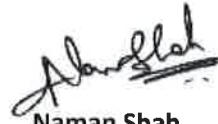
Yours Sincerely,
For CREDAI-MCHI



Dominic Romell
President



Dhaval Ajmera
Hon. Secretary



Naman Shah
Convenor- CREDAI-MCHI Youthwing

CC:

Shri Sunil Rathod,

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