

S.P. JAIN COLLEGE LIBRARY – AN INFORMATION CENTRE FOR MENTAL HEALTH: A CASE STUDY

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Abstract:

Libraries today play an important role in helping users with mental health, expanding beyond their usual job of sharing information. This study looks at the S.P. Jain College Library as a centre that supports mental health through information. It focuses on how the library collects, arranges, and provides access to books related to bibliotherapy. By studying the library's special collection of books, organized cupboards, and ways of engaging users, the research shows that easy access to mental health books can help improve students' emotional well-being. It also explains how the library combines information services with real mental health support, making it a valuable place for promoting mental wellness. The findings show that having a well-arranged collection and easy-to-use systems helps students better understand and manage their mental health.

Keywords: *S.P. Jain College Library, Mental Health, Bibliotherapy, Information Centre, Student Well-being, Library Services, Case Study, Resource Organization*

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Introduction:

S.P. Jain College, Pabal, affiliated with Savitribai Phule Pune University, is dedicated to academic excellence and student well-being. The college focuses on providing overall education that supports intellectual, emotional, and social growth. In line with these goals, the college library is designed not only as a centre for academic learning but also as an Information Centre for Mental Health, using bibliotherapy as a helpful method to support students' well-being.

Objectives of the Study:

1. To study how the S.P. Jain College Library helps in spreading awareness about mental health.
2. To highlight the library's bibliotherapy initiatives.
3. To document the curated collection of mental health resources.
4. To assess the impact of the library as a supportive space for students and faculty.

Methodology:

This case study is based on: Observation of library practices and initiatives.

- Review of curated bibliotherapy book cupboards.
- Informal interviews with library users (students and faculty).
- Secondary data from institutional sources.

Library as an Information Centre for Mental Health:

The S.P. Jain College Library integrates academic support with mental health resources. The library team has developed:

- **Bibliotherapy Cupboards:** Specially arranged shelves dedicated to mental health themes.
- **Reading Corners:** Quiet spaces for stress relief and mindful reading.
- **Workshops and Talks:** Events on mental health literacy, resilience, and well-being.

- **Resource Guides:** Lists of recommended books in Marathi, Hindi, and English.

Bibliotherapy and Mental Health: Bibliotherapy is a therapeutic approach that uses carefully selected literature to support individuals in coping with psychological, emotional, and social challenges. By providing relatable narratives, inspiring autobiographies, and self-help materials, libraries help users:

**How S.P. Jain College Library Supports Students:
Reduces stress and anxiety:**

The library is a peaceful place where students can read and relax. Books on happiness, motivation, and mindfulness help them stay calm and stress-free.

Bibliotherapy Cupboards at S.P. Jain College Library:

The library has curated a special cupboard arrangement for bibliotherapy. Books are categorized according to age groups and mental health concerns, enabling easy access for students and faculty.

- **Builds resilience:**

By reading stories of people who faced and overcame challenges, students learn to stay strong and positive during tough times.

- **Gives a better view of life's challenges:**

Books in the library help students understand that problems are a normal part of life and can be solved with patience and effort.

- **Improves coping skills:**

Reading about emotional health, time management, and positive habits helps students find better ways to handle pressure and balance their studies and life.

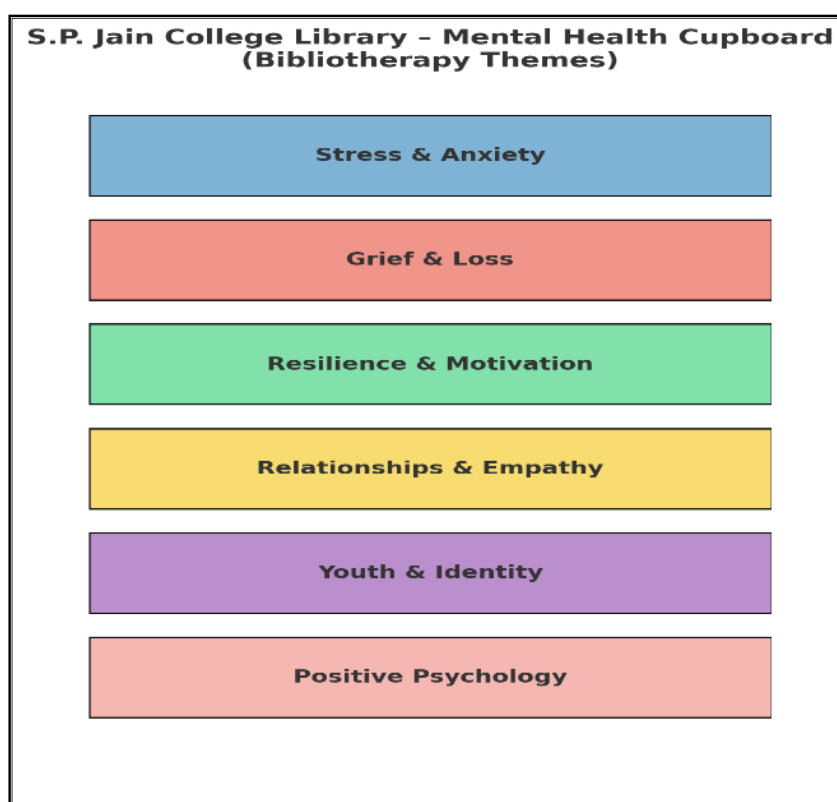


Figure 1: Bibliotherapy Cupboard Arrangement

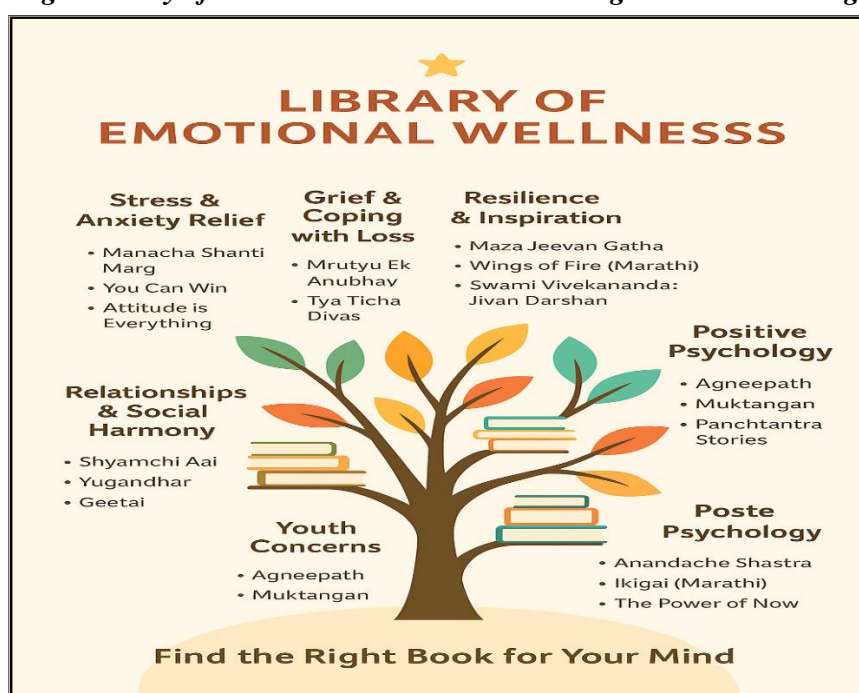
1. Sample Book Arrangement:

Our College library make a cupboard by giving title as '*Bibliotherapy Cupboard*' and categories its sections with labels of following as shown in figure 1. This themed section helps readers easily find books that match their personal mental health and well-being needs.

Table 1: Bibliotherapy Cupboard Arrangement

Sections	Description	Examples of Sample Books
Stress & Anxiety Relief	Books that help reduce mental stress and bring peace of mind.	<i>You Can Win, Attitude is Everything</i>
Grief & Coping with Loss	Books that support readers in dealing with sadness, grief, and emotional pain.	<i>The Alchemist</i> (Marathi translation)
Resilience & Inspiration	Motivational and life stories that encourage strength, hope, and determination.	<i>Maza Jeevan Gatha</i> (Dr. B. R. Ambedkar), <i>Wings of Fire</i> (Marathi translation), <i>Swami Vivekananda: Jivan Darshan</i>
Relationships & Social Harmony	Books promoting family bonding, love, friendship, and community values.	<i>Shyamchi Aai, Yugandhar, Geetai</i>
Youth Concerns	Stories and lessons for young readers to guide their thoughts and actions positively.	<i>Agneepath, Panchtantra Stories</i>
Positive Psychology	Books focusing on happiness, mindfulness, and personal growth.	<i>Anandache Shastra, Ikigai</i> (Marathi translation), <i>The Power of Now</i>

Fig.2 Library of Emotional Wellness -book arrangement in our college library



Findings and Discussion:

- Students reported increased motivation and emotional support after reading bibliotherapy-selected books.
- Faculty observed that students who engaged with the cupboard collection showed greater emotional balance.
- The initiative reduced the stigma around discussing mental health in academic spaces.

Conclusion:

The S.P. Jain College Library has effectively evolved into an Information Centre for Mental Health through its bibliotherapy programs. With specially themed cupboards, thoughtfully selected book collections, and comfortable reading areas, the library actively supports emotional strength, self-understanding, and mental

well-being among both students and staff. This case study illustrates how academic libraries can broaden their purpose from purely educational goals to also fostering overall mental wellness.

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