



MENTAL HEALTH WEEK

Introduction:

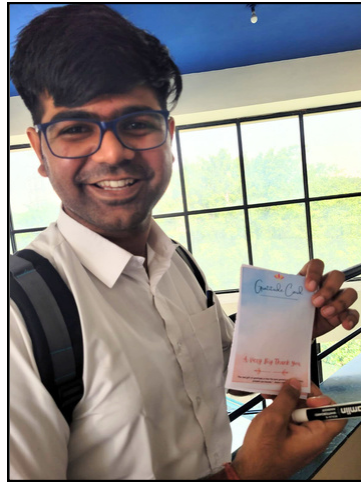
Mental Health Week, hosted by Team Samatva, kicked off with enthusiasm and purpose. The week-long event was dedicated to fostering positivity, providing support and nurturing creativity among participants. Here's a brief overview of the first two days.

Day 1 Highlights

The focus of day one was on gratitude, appreciation and self-expression.

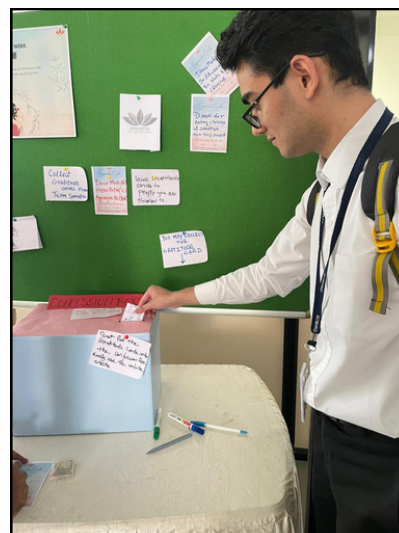
Gratitude Challenge:

On 4th October, 2023 the Gratitude Challenge took place, with over 180 gratitude cards distributed among participants. During this event, attendees were encouraged to express their heartfelt thanks to those who had played a crucial role as guiding stars throughout their MBA journey. Specially designed cards were made available for crafting sincere messages, which were then shared with friends, faculty members or anyone who had been a significant source of support. This activity fostered a deep sense of appreciation and strengthened the bonds within the community.



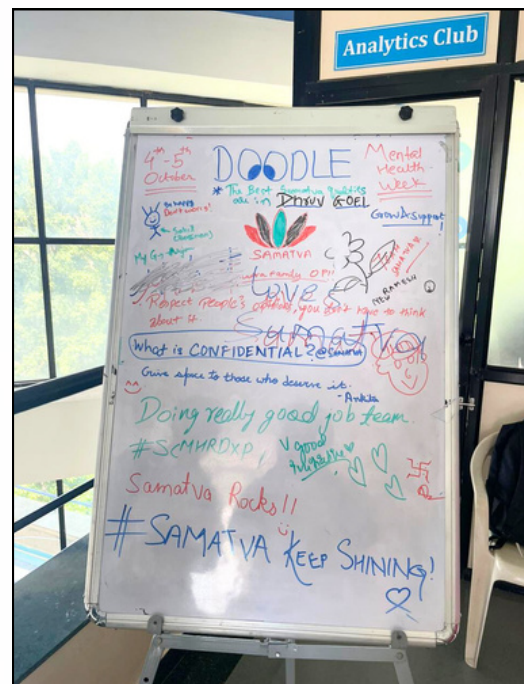
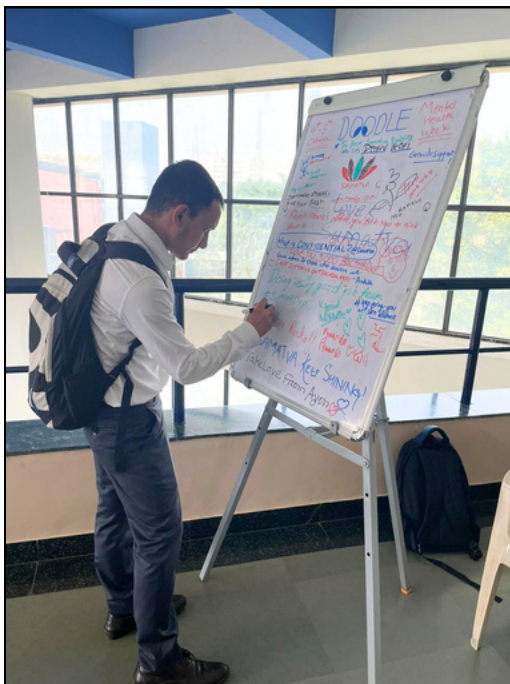
Confession Box:

The event conducted on 4th of October, 2023 received more than 60 confessions in the Confession Box. This safe and anonymous space provided participants with the opportunity to freely share their innermost thoughts and feelings, fostering a judgment-free environment that allowed individuals to unburden their hearts. This, in turn, promoted a sense of connection and understanding among participants, making it a harmonious and meaningful experience.



Doodle White Board:

Participants were encouraged to unleash their creativity on a whiteboard provided as a canvas to express their thoughts, dreams and artistic flair. This space was open for all forms of creative expression, including words, drawings, and a combination of both. It provided an outlet for self-expression and allowed individuals to leave their mark on the event.



Day 2 Highlights

The focus for day two was to spread awareness and provide emotional support.

Expert Workshop:

The event was conducted on 5th of October by Swarali Khaladkar, an expert Psychological Counselor with a Master's in Clinical Psychology. Swarali ma'am conducted an engaging one-hour stress management workshop.

This session was aimed at breaking the silence on mental health and reducing stigma. Participants learned to recognize signs of mental distress and gained valuable tools to manage stress effectively. Swarali ma'am's expertise and guidance were instrumental in creating a safe space for open conversations around mental health.





Day 3 Highlights

Inspirit Kids:

On the evening of October 7, 2023, as part of Mental Health Week, Team Samatva organized a special event for Samatva's Inspirit kids. This event, held in Classroom 403 of the Academic Block, commenced at 7:00 p.m. and saw active participation from over 50 children. The main highlight of the evening was dancing, a well-known stress-reliever, which was made even more exciting by incorporating songs from various cultures to make it a fun experience.

Enthusiastic volunteers were present to support and engage with the children throughout the event, adding to the overall positive atmosphere.

The entire gathering radiated happiness, fostering a positive and happy mental state among all the participants.

The event concluded promptly at 8:00 p.m. and as a token of appreciation, the kids and volunteers were treated with refreshments. Additionally, to expand the reach of this wonderful initiative, the event was live-streamed on Instagram, allowing for greater engagement with a wider audience.

