

COMPLETE EVENT REPORT

Mental Health Day Awareness Week

12th – 15th October 2026

Counselling Team, IFHE | Wellbeing • Connection • Help-seeking

4 Days

of wellbeing activities

4

events: march, lecture, art,
recharge

300+

student participations

01 Overall Introduction

The Counselling Team, IFHE, organised a four-day Mental Health Day Awareness Week from 12th to 15th October 2026, in observance of World Mental Health Day. The week aimed to promote awareness, emotional wellbeing, healthy coping, connection and help-seeking among students, and to make conversations around mental health open, engaging and easy to join.

Rather than a single event, the week was designed as a journey. It began in the open with a campus march, moved into a guest lecture and a student-made short film, continued with a hands-on art therapy workshop, and closed with Recharge Station, a set of sensory, movement and mindfulness experiences. Each activity invited students to take part, not just to listen.

Student counsellors, student volunteers, faculty and the Drishyam and IGNITE clubs played an active role throughout, encouraging peer participation and nurturing a culture of wellbeing across the campus.

This document brings together the reports of all four activities, in the order in which they were held.

02 Objectives of the Week

- Raise visible, campus-wide awareness of mental health and wellbeing.
- Offer knowledge and practical tools for emotional wellbeing and healthy coping.
- Give students safe, creative and experiential ways to express and understand their emotions.

- Encourage connection, peer support and help-seeking.

03 The Week at a Glance

Date	Activity	What happened	Participation
12 Oct Day 1	Wellbeing Awareness March	Students marched through the campus from the IBS entrance gate, chanting slogans on mental health, wellbeing and support.	Around 35 students and student counsellors
13 Oct Day 2	Guest Lecture & Short Film Screening	Gangadhar Baredy spoke on Psychology of Happiness: Learning to Live a Good Life, followed by Q&A. The student short film Hope is to Live was screened, with grounding techniques.	200 students
14 Oct Day 3	Art Therapy – Explore, Express, Heal	A creative session on three themes, My Calm Space, From Chaos to Calm and Permission to Pause, plus the Tree of Emotions activity.	Approx. 40–50 students
15 Oct Day 4	Recharge Station	Three stations (sensory, cross-lateral movement and guided imagery) run in small batches, with a letting-go activity and an artwork display.	40–50 students in batches of 10–12 (35 recorded as attended)

04 Contents

- 01** Overall Introduction, Objectives and the Week at a Glance
- 02** Day 1 – Wellbeing Awareness March · 12th October 2026
- 03** Day 2 – Guest Lecture & Film Screening · 13th October 2026
- 04** Day 3 – Art Therapy: Explore, Express, Heal · 14th October 2026
- 05** Day 4 – Recharge Station · 15th October 2026
- 06** Overall Conclusion

EVENT REPORT

Mental Health Day Awareness Week

12th – 15th October 2026

Counselling Team, IFHE | Wellbeing • Connection • Help-seeking

4 Days

of interactive wellbeing activities

~35

students & student counsellors in
the march

IBS Gate

starting point of the campus
march

01 Overview

The Counselling Team, IFHE, conducted a four-day Mental Health Day Awareness Week from 12th to 15th October 2026 to promote awareness, emotional wellbeing, healthy coping, connection and help-seeking among students.

The programme featured interactive, creative and experiential activities designed to make conversations around mental health engaging and accessible. Student volunteers played an active role in facilitating several activities, encouraging peer participation and nurturing a culture of wellbeing across the campus.

02 Activity 1 – Wellbeing Awareness March

12th October 2026

Date	12th October 2026
Activity	Wellbeing Awareness March
Theme	Wellbeing Awareness
Led by	Team Counselling, IFHE
In Charge	Sivakumar
Participants	Around 35 students and student counsellors from different schools

The march opened the week by taking the conversation on mental health out of counselling rooms and into the open spaces of the campus. It aimed to make wellbeing a visible, shared concern, to reduce the hesitation many students feel about speaking up, and to remind everyone that seeking support is a sign of strength. The messages of hope, connection and “Support. Connect.” on the Week of Hope & Wellbeing banner set the tone for the days that followed.

Event details

- Students marched through the campus starting from the **IBS entrance gate**, chanting slogans on mental health, wellbeing and support.
- Around **35 students and student counsellors** from different schools participated in the march.
- The march drew tremendous attention across the campus and made a positive impact on the campus community.
- It was led by the **IFHE Counselling team** and conducted in a disciplined and well-structured manner.

Photos



Fig. 1 Participants, student counsellors and the Counselling team at the IBS entrance before the march



Fig. 2 Participants holding the awareness banner and the Mental Health Pledge leaflets



Fig. 3 The march proceeding along the campus road



Fig. 4 Student volunteers carrying the "Well Being Awareness March" banner

March Highlights

- Started at the IBS entrance gate and moved through the campus.
- Slogans on mental health, wellbeing and support were chanted along the route.
- Students carried the hand-painted banner and awareness leaflets, including the Mental Health Pledge.
- Led by the IFHE Counselling team in a disciplined, well-structured manner.

Together, we can save lives. Support. Connect.

The message carried on the Week of Hope & Wellbeing banner, and the spirit of the week.

Prepared by: Counselling Team, IFHE

EVENT REPORT

Guest Lecture & Film Screening

Mental Health Day Awareness Week | 13th October 2026

Counselling Team, IFHE | Wellbeing • Connection • Help-seeking

13 Oct

Tuesday • Activity 2 of the week

200

students attended the session

15 min

student short film screened

01 Overview

As part of the Mental Health Day Awareness Week (12th–15th October 2026), the Counselling Team, IFHE, organised a guest lecture on the Psychology of Happiness, followed by the screening of a short film made by students, on 13th October 2026.

The session brought together about 200 students for an afternoon of learning, reflection and creative expression, with student counsellors and student volunteers playing an active role in running the programme.

02 Activity 2 – Guest Lecture & Film Screening

13th October 2026

Date	13th October 2026
Activity	Guest Lecture and Short Film Screening
Students	200
Led by	Dr Shyamala Reuben
Topic	Psychology of Happiness: Learning to Live a Good Life

GUEST SPEAKER

Gangadhar Baredy

Chief Behavioural Science Officer (CBSO), XPolarity AI, India

Education

1. MSc Psychology, SV University
2. MPhil in Rehabilitation Psychology, NIMH Secunderabad
3. PhD Scholar, YV University
4. Currently pursuing a fellowship in paediatric psychiatry at Psychiatry Redefined

Guest lecture

As part of the Mental Health Day Awareness Week, the Counselling Team, IFHE, organised a guest lecture on the Psychology of Happiness: Learning to Live a Good Life.

Mrs Shabnam (student counsellor) delivered the welcome speech, after which Gangadhar Baredy conducted the session. The talk focused on different psychological theories and research evidence, along with real-life situations of Gen Z, and was followed by a question-and-answer session. The students attended the session eagerly and in a disciplined manner, and gave good feedback. Dr Shyamala Reuben, Faculty, ISOSS, introduced the Counselling team to the students, and Dr Sunitha Rajesham spoke on the Brain Belief System. Mr Shivakumar and Ms Shravani Kuncha (student counsellors) presented the Token of Appreciation to the guest speaker.



Fig. 1 Guest speaker Gangadhar Baredy addressing the students



Fig.2. Students Actively Participating in the session



Fig. 3 A student asking a question during the Q&A session



Fig. 2 Welcome speech by Ms Shabnam (Student Counsellor)



Fig. 5 Dr. Shyamala Reuben, Faculty, ISOSS



Fig. 6 Token of Appreciation presented to the guest speaker by Ms Shrabani and Mr Shivakumar (Student Counsellors)



Fig. 7 Ms Sai Sreyashi, Counselling Psychologist introducing Grounding and Relaxation techniques

Short film screening

A short film, “Hope is to Live”, was prepared exclusively by the students of the Drishyam Club in association with the IGNITE Club. Mr Suhail VH (student counsellor) introduced the film and its theme, and Anushka and Preksha from the clubs presented the Short Film. A 15-minute presentation of the film

followed. Ms Sreyashi (student counsellor) then introduced grounding techniques, and Ms Neela Nikhitha (student counsellor) extended the vote of thanks to the whole session.



Fig. 8 Mr Suhail VH, Counselling Psychologist, Introducing the Short Film and Theme



Fig. 9 Ms Anushka and Preksha from Drishyam and Ignite Club presenting Short Film



Fig. 10 Ms Neela Nikhitha, Counselling Psychologist Extending the Vote of Thanks



Fig. 11 A scene from the student short film "Hope is to Live"

Hope is to Live

A 15-minute short film made exclusively by students of the Drishyam Club in association with the IGNITE Club.



Programme at a glance

Welcome speech	Mrs Shabnam (student counsellor)
Introduction of the Counselling team	Dr Shyamala Reuben, Faculty, ISOSS
Guest lecture & Q&A	Gangadhar Baredy
Token of Appreciation	Mr Shivakumar and Ms Shravani Kuncha (student counsellors)
Film introduction	Mr Suhail VH (Student counsellor)
Club introductory note	Anushka and Preksha (Drishyam & IGNITE Clubs)
Grounding techniques	Ms Sreyashi (student counsellor)
Vote of thanks	Ms Neela Nikhitha (student counsellor)



Fig. 12 Group photograph of the Counselling team, faculty, and Drishyam and Ignite members after the session

EVENT REPORT

Art Therapy

Explore, Express, Heal

Mental Health Day Awareness Week | 14th October 2026

Counselling Team, IFHE | Wellbeing • Connection • Help-seeking

14 Oct

2 – 4 PM • Activity 3

40–50

students took part in the session

3

art therapy themes explored

01 Event Overview

The Art Therapy session was organised to give students a creative and welcoming space to explore their emotions, express themselves through art, and take a break from academic demands.

The themes were introduced and explained to the students before they began their activities. There was no pressure to produce polished work; the focus was on the experience of expressing oneself freely.

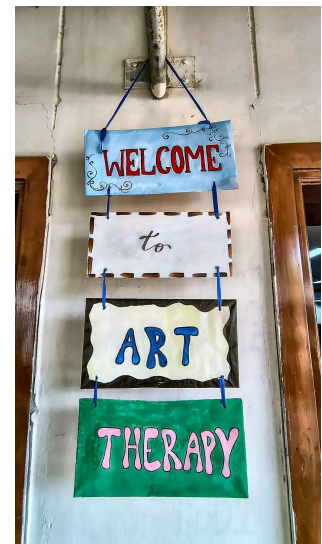


Fig. 1 The hand-painted welcome sign for the Art Therapy session

Activity	Art Therapy – Explore, Express, Heal
Date	14th October 2026
Time	2 – 4 PM
Venue	LT-P, MDP Block
Participants	Approximately 40–50 students
Organised by	Counselling Team
In charge	Neela Nikhitha, Sai Sreyashi

02 Promotion and Registration

The event flyer, which included a registration link, was circulated among students to encourage participation.

The flyer invited students to “pause, create, express and heal”, promised that all art supplies would be provided, and stressed that no perfection was needed, only curiosity and an open mind. Registrations were limited.

The response was encouraging, with approximately 40–50 students taking part in the session.



Fig. 2 The Art Therapy event flyer circulated to students

03 Introduction to Art Therapy

The session began with an introduction to art therapy from a psychological perspective, focusing on self-expression, emotional exploration and healing. Students were reassured that they did not need artistic skills or any special creativity to take part. The emphasis was on the experience of expressing themselves freely rather than on producing perfect artwork.

All art supplies were provided by the Counselling Team, so students could simply arrive, unwind and engage without bringing their own materials.



Fig. 3 Students painting and drawing during the Art Therapy session

04 Art Therapy Themes

Three themes were introduced through the event materials:

My Calm Space

Students imagined and represented a place where they felt peaceful, safe and comfortable.

From Chaos to Calm

Students showed a shift from feeling overwhelmed to feeling calm through colours, shapes and artistic expression.

Permission to Pause

Students slowed down, created freely and let go of expectations about ability or perfection.

The activities emphasised that art can be a medium for personal expression, with no right or wrong way to create. Students could take their artwork home or leave it with the Counselling Team for display at future events.



Fig. 4 Students with their finished artworks, including "My Calm Space"

05 Tree of Emotions – Interactive Activity

An additional interactive activity, the Tree of Emotions, was organised to encourage emotional awareness and expression.

“What colour reflects your mood right now?”

The prompt presented to students

A tree trunk and branches were drawn on a chart, and students were given paints in different colours. Each student chose the colour that reflected their current mood, dipped a finger in the paint and added a fingerprint to the tree as a leaf. By the end of the activity, the tree had grown into a collective visual representation of the moods and emotions of the participating students.

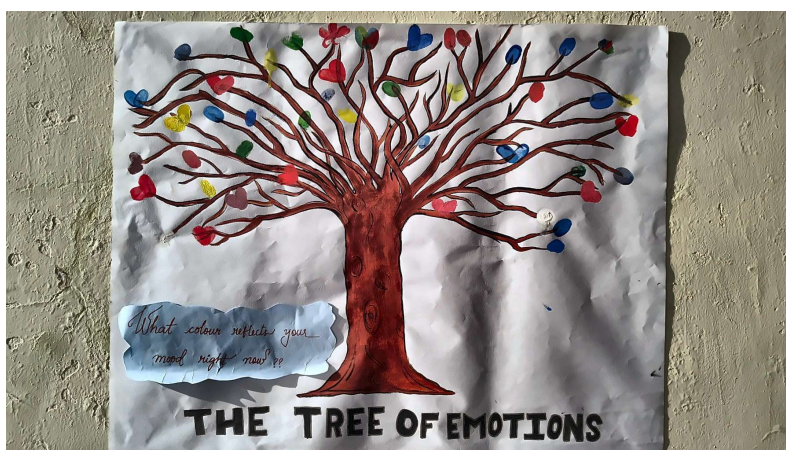


Fig. 5 The Tree of Emotions, with fingerprint leaves in the colours of students' moods

06 Student Participation and Feedback

Approximately 40–50 students took part in the session. They engaged with the themes, explored their creativity and contributed to the Tree of Emotions. The event concluded with completed artwork, visibly happy and engaged students, and positive feedback from participants.



Fig. 6 Students absorbed in their artwork during the session

07 Conclusion

The Art Therapy session achieved its aim of offering students a calm, creative and judgement-free space during the Mental Health Day Awareness Week. By removing the pressure to be “good at art”, the session let students express their feelings through colour, shape and touch, and gave them a pause from academic demands.

The themes of My Calm Space, From Chaos to Calm and Permission to Pause, together with the shared Tree of Emotions, helped students recognise and name their emotions. The encouraging turnout and positive feedback show that creative, hands-on activities are a welcome way to start conversations about wellbeing. Artwork left with the Counselling Team will be displayed at future events.

Prepared by: Counselling Team, IFHE

EVENT REPORT

Recharge Station

Step Away. Slow Down.

Mental Health Day Awareness Week | 15th October 2026

Counselling Team, IFHE | Wellbeing • Connection • Help-seeking

15 Oct

2 – 4 PM • Activity 4

3

stations: sensory, movement,
mindfulness

40–50

students in Different Batches

01 Event Overview

Recharge Station was an experiential wellbeing activity that gave students a chance to engage their senses, take part in physical coordination exercises and experience mindfulness.

The event was built around three main stations: a sensory station, cross-lateral movement exercises, and mindfulness through guided imagery.

Event	Recharge Station
Date & time	15th October 2026, 2 – 4 PM
Venue	LT-P, MDP Block
Organised by	Counselling Team
Participants	40–50 students, in batches of 10–12
In charge	Shravani Kuncha, Suhail VH, Sreyashi, Nikhitha, Shabnam, Shivakumar

02 Event Flyer

The event was promoted through a flyer inviting students to “Step Away. Slow Down. Feel Better.”

It described Recharge Station as an interactive wellbeing experience to help students pause, reconnect and recharge, and carried the promise of feeling calmer, lighter and more present.



Fig. 1 The Recharge Station event flyer

03 The Three Stations

Students rotated through three main stations, each offering a different kind of experience: sensory, physical and reflective.

Those waiting for their turn took part in an additional engagement activity, described later in this report.



Fig. 2 The hand-painted Recharge Station sign

STATION 1

Sensory Station

Blind-box activities and visual perception exercises that engage all five senses.

STATION 2

Cross-Lateral Movement

Quick physical exercises that cross the body's vertical midline.

STATION 3

Mindfulness

A guided imagery exercise titled “My Safe Place”.

Station 1 – Sensory Station

The Sensory Station featured interactive blind-box activities and visual perception exercises designed to engage all five senses.

Vision	Students explored optical illusions, figure–ground illusions and visual puzzles that involved finding hidden objects in images.
Touch	Students placed their hands inside covered boxes containing contrasting textures and identified the materials purely by touch.
Hearing	Boxes containing different materials were used to produce sounds. Students listened and guessed the possible materials from a set of options.
Smell	A blind box containing coffee beans allowed students to identify the smell through an opening in the box.
Taste	Students tasted Melody chocolates and were challenged to identify the unusual ingredient, which was salt.



Fig. 3 Sensory Station



Fig. 4 Students seated around the blind boxes as the station was explained

Station 2 – Cross-Lateral Movement Exercises

The second station involved cross-lateral movement exercises: quick, simple physical activities that require coordination across the body's vertical midline, such as touching one hand to the opposite knee or the opposite arm to the leg.

Movements like these ask the two sides of the body to work together, which calls for attention, timing and body awareness. The station was meant to encourage physical engagement, coordination and focus, and to give students an active, light-hearted break from sitting and studying. Such short movement breaks are generally associated with feeling more alert and refreshed. They were offered here as a brief, enjoyable reset, not as a treatment, and the activity makes no claim of any specific or immediate effect on the brain.



Fig. 5 A facilitator guiding students at the movement station



Fig. 6 Cross lateral Movement

Station 3 – Mindfulness: Guided Imagery

The final station focused on mindfulness through a guided imagery exercise titled “My Safe Place”. Students were guided to visualise a place where they felt safe, comfortable and at ease. The exercise aimed to encourage relaxation, present-moment awareness and emotional wellbeing.

04 Additional Engagement

Reset Box

While waiting for their turn, students wrote down one thing they wanted to let go of and dropped their written responses into a designated box, a simple activity that encouraged reflection and symbolic emotional release.

The artwork created during the Art Therapy activity was also displayed at the venue, along with the photo booth and the affirmation tree, so that students could view and appreciate each other’s creative expression.

05 Student Participation and Organisation

Recharge Station was run in small batches of 10–12 students to make participation easier and the experience more interactive. A total of 35 students attended the event. Students rotated through the three main stations, while those waiting took part in the Baggage Shredder activity and viewed the Art Therapy display.



Fig. 7 Guided Imagery Mindfulness Session

06 Conclusion

Recharge Station offered students a hands-on, low-pressure way to pause during the Mental Health Day Awareness Week. Through the sensory challenges, the cross-lateral movement exercises and the “My Safe Place” guided imagery, students moved between playful, physical and reflective experiences within a single session.

Working in small batches kept the atmosphere interactive and personal, and activities such as the Baggage Shredder and the Art Therapy display gave students further chances to reflect, let go and appreciate creativity. The session met its aim of helping students step away from everyday pressures, reconnect with themselves and leave feeling a little lighter.

Prepared by: Counselling Team, IFHE

06 Overall Conclusion

The Mental Health Day Awareness Week 2026 brought mental health into everyday campus life in four different ways. The march made wellbeing visible and shared. The guest lecture and the student film gave students psychological ideas, real-life examples and a story of hope. Art Therapy offered a calm, judgement-free space to express feelings through colour, shape and touch. Recharge Station let students pause and reset through the senses, movement and guided imagery. Together, the four activities moved from awareness, to understanding, to expression, to practice.

AWARENESS

Wellbeing March

Wellbeing made visible across the campus.

UNDERSTANDING

Lecture & Film

Research, real-life examples and a story of hope.

EXPRESSION

Art Therapy

Feelings shared through colour and creativity.

PRACTICE

Recharge Station

Sensory, movement and mindfulness tools.

What the week achieved

- **Wide reach.** More than 300 student participations across the four activities, from about 35 at the march to around 200 at the guest lecture. Individual students may have joined more than one activity.
- **No pressure, no perfection.** From “no artistic skill needed” in Art Therapy to the playful challenges of Recharge Station, every activity welcomed students as they were.
- **Learning by doing.** Interactive formats such as the Q&A, the Tree of Emotions, the sensory challenges and guided imagery kept students engaged and active.
- **A shared effort.** Counselling Team members, student counsellors, student volunteers, faculty, the guest speaker and the Drishyam and IGNITE clubs together delivered the week.
- **Practical tools.** Students were introduced to grounding techniques, mindfulness through guided imagery and creative ways of letting go, which they can use beyond the week.

Looking ahead

- Display artwork created during Art Therapy at future events, as planned.
- Build on the collaboration with student clubs to share more student-made content on wellbeing.
- Repeat the small-batch, hands-on formats through the year, and gather structured feedback from participants.

Together, we can save lives. Support. Connect.

The message carried on the Week of Hope & Wellbeing banner, and the spirit of the week.

Prepared by: Counselling Team, IFHE