

Mental Health Santhe 4.0



The second day of *Mental Health Santhe 4.0* continued the vibrant atmosphere at NIMHANS, with growing crowds and spirited interaction through the afternoon. What began as a calm morning soon transformed into a lively celebration of dialogue and discovery.

At the **Jyothi Nivas College Autonomous stall**, student volunteers and faculty members worked in seamless coordination, ensuring that every visitor felt welcomed and heard. Throughout the day, the stall remained buzzing with conversations, activities, and learning moments.

Volunteer Experience and Visitor Interaction

The crowd on Day 2 included schoolchildren, college students, parents, and curious individuals eager to explore the theme of “Hope Amidst Chaos”. JNC volunteers explained activities such as the *Resilience Tree*, *Feelings Thermometer*, and *Happy Pouch*, encouraging visitors to participate and reflect on their emotional well-being.

The *Resilience Tree* became a crowd favorite - participants, aged between 7 and 40, shared their thoughts on what keeps them strong. The *Swan decoration*, symbolizing hope and resilience, became a subtle yet powerful visual anchor that resonated with the day’s theme.

Volunteers took turns engaging with visitors, facilitating self-care activities, and distributing giveaways. The faculty’s constant presence added guidance and credibility, while also promoting the college’s academic strengths and values to many first-time visitors.

Impact and Learning

Visitors left with greater awareness about managing mental health during crises and appreciated the accessible, student-led approach. The JNC team also provided exposure about the college to school students, many of whom expressed interest in exploring its psychology and wellness programs.

One volunteer reflected, *“People were drawn to the stall because they could sense authenticity. Once they started engaging, conversations naturally flowed about hope, coping, and community support.”*

The event concluded with smiles, gratitude, and renewed commitment. The Jyothi Nivas College team not only represented the institution with professionalism and empathy but also contributed meaningfully to a broader conversation - that **mental health awareness is as essential as any form of disaster response**.

Their presence across both days embodied the Santhe's spirit - building hope, connection, and resilience, one conversation at a time.