

**Annual Report**  
**Empathise (The Mental Health Society)**

Empathise is the mental health society of Sri Venkateswara College that is dedicated to promoting awareness and understanding of mental health among its members and the wider community. The society aims to create a safe and positive environment where individuals can openly discuss and learn about mental health issues. To achieve this goal, Empathise conducts regular activities, events, and workshops designed to promote self-love, positivity, and mental well-being. The society also creates thought-provoking content on mental health topics, which are intended to educate and inform the community. In addition, Empathise organizes online and offline sessions to provide a space for open dialogue and self-healing. These sessions are led by trained professionals and are designed to be inclusive, safe, and non-judgmental. They aim to create an environment where individuals can share their experiences and gain support from others who understand and relate to their struggles.

Name of the Convenor- **Dr. Ritika Singh**

S No.	Event	Topic	Speakers	Date & Mode	No. of Participants
1.	Speaker Session	Social Anxiety	<b>Ms.Surbhi Sharma</b>	25 September 2023 Offline	75
2.	Speaker Session	Eating Disorders	<b>Ms.Sanjana Jain</b>	30th October 2023 Offline	44
3.	Speaker Session	Issues and Concerns in Relationship	<b>Ms. Amruta Nanivadekar</b>	9th March 2024 Online	32
4.	Workshop	Suicide Prevention	<b>Ms.Lekhanshi Manosha</b> <b>Ms.Neha Sharma</b>	14th March 2024 Offline	19

**Activities by Support Group-**

1. Fill what you feel- In this activity, we had a board on which there was mandala art in black and white along with a mood board on the corner of it which had different colours indicating different moods of a person and one had to fill the colour according to their mood.

2. Spin the wheel- This was a table activity, we placed a cardboard wheel on a table which had various tasks written on it like- sing us your favorite song, you get a chocolate etc.
3. Spotify Playlist- For this activity, we had a board set up where students were supposed to write songs under categories like feel good songs, songs to dance etc.
4. Take what you need-For this activity, we had a box filled with affirmations and compliments chits and students had to randomly pick any one chit.
5. Letters of Happiness- For this activity, members of Empathise went around the campus to distribute these letters and the students accepted them with smiles.
6. Navigating graveyard-For this activity, we had a board setup with the same heading 'Negativity Graveyard' where students could write any negative thoughts or emotions they feel like dumping.
7. Habits to Anchor this Semester Activity- For this activity a board was setup where students wrote the habits they wish to have as they begin with another new semester.
8. Success Snapshots Activity at YIF Event- For this activity, we had a table setup where students were supposed to write their achievements be it small or big.
9. Board and table activity in foyer - the board activity was 'what is your love language?' and students wrote their answers as what is their take on it which turned out into wholesome responses. For the table activity there was thumb printing where students painted along with their friends

#### **Core Team**

1. President - Urshita Sharma
2. Vice-President- Shreya V S, Ridam Kapoor
3. General Secretary- Kriti Kukal
4. Treasurer - Vardaan
5. Editor - Anjali Luthra
6. Joint Secretary- Rhythm Dhamija, Harsha Singh

#### **Extended Core Team**

1. Content Team Head- Dishu Maheshwari
2. Outreach Team Heads- Vibhav Vatsa, Vanshika Bhandari
3. Marketing Team Head- Bhaktima Bharali
4. Graphics Team Head- Madhulika Chakraborty, Paridhi Gupta
5. Support Group Heads- Ashwini Ranade, Jayanti Chaudhary







In this session on the topic social anxiety our esteemed speaker Dr. Surbhi addressed the causes and consequences of social anxiety. She interacted with the participants understanding their take on the issue and provided them with ways to cope up. The session was engaging as well as insightful.

In the offline session on the topic eating disorder in collaboration with FREED, we had Ms. Sanjana with us who made the participants discover the presence of eating disorders in their daily life, clarified the misconceptions regarding the same and provided the information about the cope up mechanism.

Empathise had its orientation session in the presence of our convenor Dr. Ritika Singh and the core members explaining the functioning of each team of Empathise that takes us to succeed in our mission of ensuring mental well being around us.

In the workshop on Suicide prevention organised in collaboration with speakers of project outlive headed by their suicide prevention facilitators Ms. Lekhanshi Manucha and Ms. Neha Sharma. The workshop included discussions , projecting a real life documentary and clarity about the kind of help that can be provided.