

Ehsaas/Human Cafe -The Mental Health Awareness Society Activities 2024-2025

Ehsaas/Human cafe, the Mental Health Awareness Society of SRCASW, University of Delhi, is committed to raising awareness and breaking the stigma surrounding mental health. Through a variety of engaging workshops, interactive sessions, and thought-provoking events, we aim to foster open conversations and challenge perspectives on mental well-being.

- 1) **Nirvana-** Nirvana-the Mental Health Festival by Ehsaas, was announced for the first time in October, coinciding with Mental Health Day on October 10,2024.To kick off the festival, an art therapy workshop was held on October 9,2024 offering a creative space for healing in which 65 students participated.On October 10th,2024, 150 students participated in activities like "Dil Pe Dastak," where they bedazzled emotions they had recently felt, and "Mind Over Matter," a thought-provoking challenge involving mental health-related questions. Nirvana aimed to raise awareness, reduce stigma, and foster open conversations about mental well-being.



2) **Awareness on Disabilities** -On October 16th 2024, Ehsaas/Human Cafe, along with the *Equal Opportunity Cell* organised an awareness camp on people with Intellectual and developmental disabilities under the '*Think College*' initiative of *Manovikas Charitable society* which focuses around inclusive higher education. Around 60 students participated in the event.



3) **Tranquil(annual tech fest)**- On October 23rd, 2024, *Ehsaas/Human Cafe* curated two engaging activities as part of *Tranquil*, for the college's annual tech fest near the Amphitheatre. About 200-250 participants enthusiastically took part in this event. The first activity was **Emotional Weave** which allowed participants to craft personalized bracelets using colourful beads, each symbolizing a quality they wished to nurture and the second one was **Self-Care Checklist** that introduced participants to the four "Happy Hormones"—dopamine, serotonin, oxytocin, and melatonin—highlighting simple activities like exercise, meditation, and healthy eating to enhance well-being.



4) **Karvaan'25**- During KARVAAN, the much-anticipated cultural fest, Ehsaas organized two engaging competitions and a stall activity to promote mental health awareness and creativity. On Day 1, the interactive stall Khojo Mojo attracted enthusiastic participants who solved a mental health-themed crossword, winning a special Polaroid photo upon completion. The **Meme-a-thon**, an online competition, challenged participants to create self-care-themed memes, blending humour with meaningful messages. Another competition, **Emotions Unfiltered** invited participants to capture raw emotions through photography and pair them with a narrative, expressing their personal interpretation of the captured moment. Around 160 students participated in the event.



Link for council info- [+](#) [ehs225](#)