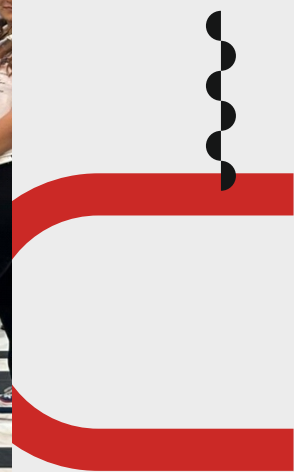




"ROSHNI" Mental Health Camp in Collaboration with MENDING MIND

28th of July, 2024, Duration of Event : One Day

Location : Janakpuri, New Delhi





Review of SHINING SOULS Project: "ROSHNI" Mental Health Camp in Collaboration with MENDING MIND

Location: Janakpuri, New Delhi

On 28th July 2024, SHINING SOULS, in collaboration with MENDING MIND, successfully organized the "ROSHNI" Mental Health Camp at Janakpuri, New Delhi. The camp was dedicated to conducting free tests on stress and anxiety levels for students of classes 9th to 12th and individuals aged 18 and above.

This collaborative effort aimed to address the pressing mental health concerns that often go unnoticed among young students and adults. The event attracted a diverse group of participants, all keen to gain insights into their mental well-being.

The camp featured a series of professionally designed stress and anxiety assessments, administered by experienced mental health experts from MENDING MIND. These tests were tailored to identify the unique stressors and anxiety triggers prevalent in today's fast-paced environment, particularly among the youth.

Participants were given personalized feedback based on their test results, followed by one-on-one counseling sessions. The counselors provided actionable advice, including stress management techniques and coping strategies, empowering participants to take proactive steps toward improving their mental health.

In addition to the assessments, the camp also offered educational sessions on mental health awareness, emphasizing the importance of recognizing early signs of stress and anxiety. Resources such as informational pamphlets and contact details for ongoing support were distributed to all attendees.

The "ROSHNI" Mental Health Camp was a significant step forward in SHINING SOULS' mission to promote mental well-being in the community. The collaboration with MENDING MIND brought additional expertise and resources, enhancing the overall impact of the initiative. The camp's success is evident in the positive feedback from participants, many of whom expressed gratitude for the opportunity to receive free mental health support.

This initiative not only provided immediate relief and guidance to those in need but also contributed to raising awareness about the importance of mental health care. The project exemplifies SHINING SOULS' commitment to making mental health services accessible and reducing the stigma associated with seeking help.

