

OCTOBER EVENTS-2019

MENTAL HEALTH GARBA AND GAMES

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The first two weeks of October saw a plethora of events, as SBC3 celebrated Joy of Giving Week, also known as Daan Utsav and Mental Health Week, with fresh and innovative ideas that the Youth of Mumbai could relate to. The occasion was marked unique with events such as "Mental Health Games" and "Mental Health Garba".



Spreading Mental Health Awareness - Navratri Style

On the occasion of Joy of Giving week, which is considered from Gandhi Jayanti on 2nd October to 8th October, every year, SBC3 released its jingle 'Nazariya'. Since the dates coincided with the festival of Navratri, the lyrics of 'Nazariya' talked about Mental Health and spread awareness about the same in the beats of Garba. Special thanks to Pranay Riziya for recording the song with singers Nikita Ghate and Chinmay Pandit.

SBC3 joined hands with GuideStar India, Mumbai Metro One, Daan Utsav, and 6 other NGOs to celebrate Joy of Giving. At Airport Road Metro station, SBC3 set its stall; commuters witnessed the performance by Rotaract Club of Sathaye College on 'Nazariya' song, clicked pictures at 'Energetix selfie point' which was set to promote Energetix program, participated in Mental Health Hopscotch Game and raised funds generously. The event was covered by GuideStar India on 8th October, reaching out to a large audience via Facebook Live.



On 6th October 2019, Mumbaicha Raja Mandal filled with devotees and Garba lovers watched in joy, as SBC3 along with Rotaract Club of Sathaye College gathered to perform Mental Health Garba on 'Nazariya' song.

Through this, we believe, Team SBC3 could create an impact on society's Nazariya about Mental Health and raise funds for our program for Adolescent Mental Health. We look forward to making each month as eventful as October 2019 with the zest to make a brighter and stress-free future.

Mental Health Garba:

***Metro (3,4,7,8 October)**

***Mumbaicha Raja (6th October)**



Mental Health Games Session for School Student

As Trainers and Team Mates gathered to design programmes and interventions for Adolescent Mental Health, it gave birth to the concept of Mental Health Games Session, inclusive of innovative games like 'Mental Health Hopscotch' and 'Emoplay', Mindfulness exercise and interactions that would normalize the notion of talking about emotions and encourage students to open up about the issues they are facing. Mental Health Games Session intended to make students aware of Mental Health through fun activities that they would enjoy.



SBC3 visited 4 schools and conducted this 1 Hour session with a total number of 456 students, from class 7th to 10th.

Students of schools found the session beneficial; teachers could assess students' issues better as some students reached out for help. Through the sessions, SBC3 successfully established the importance of Mental Health and brought into practice 'Sharing' and 'Listening' to thoughts and feelings of oneself and others.



Sr. No.	School Name	Date	No. of Students
1	Rizvi Springfield International	7 th October	55
2	Pawar Public School	9 th October	240
3	Mahapragya Public School	10 th and 14 th October	126
4	RIMS International	14 th October	35

