

# **We Listen and We Don't Judge 2.0**

**Project Report**

**Prepared by Team Kalpabriksha**

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## Acknowledgments

We express our heartfelt gratitude to everyone who contributed to the success of **We Listen and We Don't Judge 2.0**. This event was a collective effort, and its successful execution would not have been possible without the unwavering support and dedication of many individuals and organizations.

First and foremost, we would like to thank Manomitra's core team for their effort in planning, organizing, and managing the event. Their commitment to improving the mental health of individuals is the foundation upon which this program was built. Special thanks to Dinisha Baniya, the President of Manomitra, and a long-time volunteer of Kalpabriksha, making this collaboration even more special and meaningful.

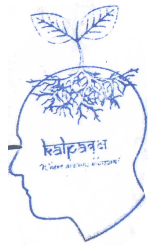
To the participants, your energy, enthusiasm, and active engagement brought life to We Listen and We Don't Judge 2.0. Your willingness to share your experiences, support one another, and engage in meaningful discussions embodied the theme of mental well-being.

We created an event celebrating inclusivity, emotional resilience, and empowerment. We look forward to many more opportunities to work together in the future.

With deepest gratitude,

Report Team

Kalpabriksha



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## 1. Introduction

The "We Listen and We Don't Judge" initiative is the collaboration between Kalpabriksha and Manomitra. The first edition of this program, We Listen and We Don't Judge, was successfully conducted as a part of Yuwantar 3.0, and received a good response from the participants. The second edition was also built on top of it. Discussions around this initiative have been ongoing for some time, and we are proud that it has finally come to fruition. This collaboration has been a testament to our shared commitment to fostering mental well-being, creating safe spaces, and promoting active listening within our communities.

The collaboration between Kalpabriksha and Manomitra aimed to create a supportive platform for individuals to express themselves without fear of judgment. The program focused on promoting mental well-being by providing safe spaces for open conversations, guided support, and self-awareness-building activities.

Brief overview of the event:

**Name :** We listen and we don't judge 2.0

**Date :** 22 Feb, 2025

**Venue:** Sagarmatha Hall, PadmaKanya Campus, Bagbajar

## 2. Objectives and Goals

The primary goals of this collaboration were:

- To follow up on We Listen and We Don't Judge session conducted during Yuwantar 3.0.
- To promote a non-judgmental and inclusive environment for people to share their thoughts and emotions which they don't talk about often.
- To raise awareness about the importance of mental health and well-being.
- To provide accessible support and resources for individuals in need.
- To strengthen community engagement through meaningful discussions and interactions.

## 3. Roles and Responsibilities

### 3.1. Kalpabriksha's Role:

- Facilitated outreach based on the participants lists from Yuwantar 3.0.
- Supported with logistical supplies.
- Promoted the initiative through social media.
- Coordinated with participants to ensure the smooth execution of events.

### 3.2. Manomitra's Role:

- Provided guidance and resources on mental health topics.
- Organized structured discussions split across different themes.
- Offered counseling and professional support where necessary and possible.

Key contributors from both organizations played a significant role in planning, organizing, and executing the activities effectively.

## 4. Execution and Implementation

The "We Listen and We Don't Judge 2.0" session was carefully structured to create a safe and stigma-free environment for participants to openly express their thoughts and emotions. The event started with a formal registration process where we collected some of their details to reach them in the future and consent for photos to be used on our social media. Following this, an introductory session was conducted by the co-hosts, where they introduced Manomitra and Kalpabriksha, along with an interesting introduction activity to help participants get acquainted with one another. *Pratik* and *Dinisha* co-hosted the event.

To establish the objectives of the session, the facilitator provided insights into the importance of mental health in daily life. This was followed by group breakout sessions, where participants were divided into smaller groups based on their responses from a pre-event Google form. Each group engaged in open dialogues based on the theme of that group facilitated by core executives of Team Manomitra. The discussions allowed participants to explore their emotions, identify challenges, and develop healthy coping mechanisms. Expectations and feedback for the breakout session were collected separately within these groups.

The session then paused for some time for the lunch break. Participants were provided with lunch. This was followed by a segment on self-love, where *Sujena* emphasized that self-care is not selfish but essential for mental well-being. The session further explored the concept of an *Emotional First Aid Kit (EFAK)*, where participants were introduced to healthy coping and grounding techniques by *Anisha*. This activity enabled participants to equip themselves with practical tools for emotional regulation. Information was provided on the significance of seeking professional help and available resources for mental health support.

The session concluded with a feedback-sharing session where attendees provided their feedback, key takeaways, and actionable steps from the event.

We also took a group photo at the end.

## 5. Impact and Reflections

The We Listen and We Don't Judge 2.0 session successfully provided a safe, supportive, and stigma-free platform for mental health discussions. Participants shared that they felt heard, valued, and better equipped to manage their emotions. The interactive nature of the event helped break barriers of hesitation surrounding mental health conversations, making it easier for individuals to express themselves.

Collaborating on this initiative reinforced the importance of partnerships in promoting mental well-being. Manomitra and Kalpabriksha remain committed to creating more opportunities like this, where individuals can engage in meaningful, transformative conversations about mental health.

## 6. Challenges

Despite the overall success of We Listen and We Don't Judge 2.0, several challenges were noticed. Addressing these obstacles will help improve future initiatives and ensure smoother implementation.

### **a) Time Management and Late Arrivals**

One of the biggest challenges was managing the event schedule efficiently. Many participants arrived late, causing delays in the session's start time. As a result, the event ran later than planned, affecting the overall flow and engagement. This also shortened the time available for discussions and reflections. Future sessions may benefit from stricter time management, clear pre-event communication about punctuality, and possible buffer time to accommodate late arrivals.

### **b) Lower-than-Expected Attendance**

Our outreach strategy focused on a specific group, with the assumption that all invited participants would attend. But it proved to be a miscalculation. Some individuals were absent, leading to a smaller turnout than expected. In the future, sending reminders, over-inviting to account for potential absences, and having a registration confirmation system could help ensure a more predictable attendance rate.

### **c) Desire for a More In-Depth, Dedicated Session**

Some participants expressed in their feedback that they wished the session had been more in-depth and dedicated. Efforts were made to take the session to some level of depth, but still, some attendees felt they didn't have enough time to fully express their thoughts and emotions. Future sessions could focus on specific themes or smaller, intimate discussions to allow deeper conversations and more personal sharing. However, they might also come up with challenges of their own. Maybe, we could discuss more on this.

## **7. Conclusion and Future Considerations**

Despite the challenges, We Listen and We Don't Judge 2.0 successfully provided a safe, supportive, and stigma-free platform for mental health discussions. Participants felt heard, valued, and better equipped to manage their emotions. The interactive nature of the event helped break barriers of hesitation surrounding mental health conversations, making it easier for individuals to express themselves. Collaborating on this initiative reinforced the importance of partnerships in promoting mental well-being, and both Manomitra and Kalpabriksha remain committed to providing similar opportunities in the future.

Moving forward, addressing the key challenges identified—time management, participant turnout, and the depth of discussions—will help enhance future editions of this initiative. Implementing stricter scheduling, improving outreach strategies, and exploring ways to create more in-depth, dedicated sessions will contribute to even more meaningful and impactful experiences. However, deeper discussions may present their own challenges, and careful planning will be required to strike the right balance between structure and open expression.

As we reflect on this event, we are grateful for the collective effort that made it possible and remain motivated to continue building inclusive, empowering spaces for mental health conversations.