

NOVEMBER
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NEWSLETTER

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Spotlight: Jashn-e-Hayat Celebrating Life with Differently-Abled Children

A Celebration of Creativity and Resilience

Mind Empowered began November with Jashn-e-Hayat, a lively event celebrating the extraordinary talents of differently-abled children. Around 50 young participants from various special schools showcased their creativity through mesmerizing performances, including a fashion show, dance, and singing. Volunteers from **Charter School** and our college team ensured the event was filled with joy and seamless coordination.



Annual Volunteer Meet

Strengthening Bonds and Innovating Together

The Annual Volunteer Meet brought together our vibrant community of mentors, well-wishers, and volunteers. The event focused on collaboration and innovation, with attendees proposing technical upgrades for smoother operations and creative ideas to expand mental health awareness. This gathering showcased the power of collective efforts to amplify our impact.



Voice Your Worries:

Breaking Stigmas, One Question at a Time

Our latest Voice Your Worries session featured **Ms. Nandini Shivakumar**, a renowned counselling psychologist from Bengaluru. For 1.5 hours, Ms. Shivakumar provided compassionate answers to anonymous mental health queries, creating a safe, stigma-free environment. These sessions continue to normalize mental health conversations and offer essential support.

Tell Me Your Story: Join Our Support Group

Share and Connect

Our monthly online support group, Tell Me Your Story, is a safe space to share and listen. Held on Saturdays via Google Meet, everyone is welcome to join with privacy assured.

Contact us at

mindempowered2020@gmail.com
for more details.

Follow us on Social Media Handles

 [@mind.empowered](https://www.instagram.com/mind.empowered)

 [Mind Empowered | LinkedIn](https://www.linkedin.com/company/mindempowered)

regular updates and inspiring stories.

GET INVOLVED

Want to make a difference? Join our volunteer team or support our programs by donating. Every contribution counts!

Join us and be part of a supportive community