

# Community Outreach



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## Introduction

Somebody rightly said:

*“Difficult roads often lead to beautiful destinations.”*

With this hope of reaching those beautiful destinations and bringing a glimpse of those adventurous journeys to you all, I am moving on and on and on ....

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## About Me



Hey there!

I am an imperfect person looking for perfection in bringing smiles to all of your faces. And, with that I am a passionate programmer, developer and learner. I am looking forward to touching the lives of the people by solving the shared struggles of our society. If you are one of those passionate souls looking forward to bringing a change for the betterment of the society, do get in touch! :)

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## Initiatives For Social Impact



I believe that life is incomplete if I could not be a reason for others' smile. And, before I close my eyes and breathe my last I hope to touch the lives of as many people in need as I can. And, this is what keeps me motivated to look for areas where I can contribute to develop solutions to some of the shared struggles of the society.

With this motivation, I have taken up one such initiative called "It Matters" which aims to create awareness around mental illness. I firmly believe that:

*"Awareness has an immense potential to lighten up dead brains."*

Please find the details of this initiative on the following page and please do get in touch if you have any ideas or are willing to join the team to contribute to this cause.

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## It Matters



Please join us on [Facebook](#) and [Instagram](#).

### **Objective:**

To work in the area of mental health with a specific focus on creating awareness around mental health problems and reduce the stigma associated with it.


### **Motivation:**

*“Close to 800,000 people die due to suicide every year, which is one person every 40 seconds. Suicide occurs throughout the lifespan and is the second leading cause of death among 15-29-year-olds globally.”* [\[Source\]](#)

Suicide has become a public health crisis. It is a global phenomenon that not only takes away an individual's life but also leaves his/her loved ones into a traumatic state which further increases the risk of these loved ones suffering from depression, anxiety and even create suicidal tendencies in them. This is a severe concern and it's high time we come together and talk about it openly and fight against this stigma associated with mental illness.

We believe:

*“Awareness has an immense potential to lighten up dead brains.”*



We hope to motivate people to initiate conversations around mental health and collaborate in overcoming this shared struggle of the society. After all, it is we who have to survive on the planet and it is we as a society who need to come forward and talk about it.

And, this is the motivation behind our initiative to using awareness as a tool to reduce and gradually try to remove this stigma associated with mental health with a specific focus on Indian society.

**Goals:**

- Create awareness about stress, depression, anxiety and mental health disorders, in general
- Reduce the stigma associated with mental illness
- Encourage people to seek help and support without the fear of being judged

**Methods:**

- Talking about mental health problems and ways to create awareness at an individual and at the community level through blogs, articles, writings, etc.
- Collaborations with people that have similar objectives
- Encouraging people to share their experiences through articles, blogs or videos
- Encouraging people to seek help from mental health professionals if they see any signs and symptoms of any form of mental illness in themselves or in any friend, relative or acquaintance

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## Conferences and Meetups



No human being in this world would love to stay isolated. We all are a part of this planet with the only difference in our culture, traditions, beliefs, languages, and so on. But, what unites us across borders is that we are all humans and we all belong to that same community. And, we all want to live in peace and harmony with each other. Hence, I believe that it is extremely important for all of us to connect with each other and join hands to collaborate in not only developing solutions to our shared struggles but also to enjoy the essence of this unpredictable journey called Life!

Please have a look at the details of some of the networking events that I have been a part of.



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## Google Tech Intern Connect 2019

**Location:** Google India Office, Hyderabad, Telangana, India

**Date:** June 29, 2019

**Details:** This is a networking event to bring together the tech interns, working across different companies, to give them insights about the culture at Google and also to make them aware of some of the emerging technologies. This event is organised across all four Google India offices at the same time on the same day. This is a great event to attend as we get a chance to connect with some of the really amazing minds of the country.

**Pictures from the event:**



## Jet Brains Day 2019, Hyderabad

**Location:** Hyderabad, Telangana, India

**Date:** June 23, 2019

**Details:** This is an event focused on Java, Team Tools, and Kotlin development that was held by JetBrains in the cities of Delhi and Hyderabad, India.

The speakers gave talks on the best practices when using IntelliJ IDEA and JetBrains team tools, and about Kotlin development. They also answered questions the attendees had. It was mainly a networking event.

**Pictures from the event:**



## FOSSASIA Summit 2019, Singapore

**Location:** Life Long Learning Institute, Singapore

**Date:** March 14 - March 17, 2019

**Details:** The FOSSASIA Summit is an exciting Open Technology event for developers, students, and start ups using open source to build up their businesses. It is a unique opportunity to share the latest innovations in open source technologies and meet contributors and potential partners. Having been a student developer during the GSoC 2018 and mentor in the Codeheat 2018, GCI 2018, GSoC 2019, I have been associated with FOSSASIA for around 2 years now. At this event I gave a lightning talk about my GSoC project SUSI.AI Android client and server.

### Pictures from the event:





## Meetup on Tensorflow and Deep Learning, Singapore

**Location:** Google APAC Office, Singapore

**Date:** March 14, 2019

**Details:** This meetup aimed at updating the attendees on Tensorflow, the Open Source Machine Learning project with the most stars on GitHub! It was all about recapping the announcements and new products from the TensorFlow Summit, held on March 6-7.

**Pictures from the event:**



## Jugaadfest 2019, Hyderabad

**Location:** Hyderabad, Telangana, India

**Date:** September 30 - October 4, 2018

**Details:** Jugaadfest was a gathering of developers and FOSS contributors who got together to learn, share, and hack on Open Source projects with guidance from some of the amazing mentors with past experience from FOSSASIA. I conducted a workshop, gave a talk, mentored the students and participated in the discussion panel in this event.

**Pictures from the event:**





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## Meetup on Introduction to Open Source, IIT Patna

**Location:** Indian Institute of Technology Patna, Bihar, India

**Date:** August 5, 2018

**Details:** I organised an open source meetup to introduce women at IIT Patna to open source software and to help them start contributing to open source projects. It was also aimed at motivating women to overcome the imposter syndrome, break the glass ceiling and fly high in the technical space with a unique identity of their own.

**Pictures from the event:**



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## Meetup on Introduction to Open Source, UPKKSV, Kanpur

**Location:** U. P. Kirana Seva Samiti Vidyalaya, Kanpur, Uttar Pradesh, India

**Date:** July 7, 2018

**Details:** I organised an open source meetup at the school, where I completed my school level education, to introduce the students to open source software and to help them start contributing to open source projects. It was an initiative to make them aware of open source technologies and to encourage them to start participating in events like Google Code-in which is specifically meant for pre-university students.

### Pictures from the event:





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## Google Tech Intern Connect 2018

**Location:** Google India Office, Gurgaon

**Date:** June 30, 2018

**Details:** This is a networking event to bring together the tech interns, working across different companies, to give them insights about the culture at Google and also to make them aware of some of the emerging technologies. This event is organised across all four Google India offices at the same time on the same day. This is a great event to attend as we get a chance to connect with some of the really amazing minds of the country.

**Pictures from the event:**





## Meetup on Introduction to Open Source, FTI, Kanpur

**Location:** Lecture Hall, Forestry Training Institute, Kanpur, Uttar Pradesh, India

**Date:** June 3, 2018

**Details:** I organised an open source meetup to introduce people at Kanpur to open source software and to help them start contributing to open source projects. It was mainly aimed at educating people from various age groups and professional backgrounds about open source technologies so that they can explore this field and might also spread a word about the same among their friends and relatives.

### Pictures from the event:



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## Get In Touch

If you would like to get in touch you may fill out the Contact form on my website <http://arundhatigupta.in>

Follow me on:

LinkedIn: <https://www.linkedin.com/in/gupta-arundhati/>

GitHub: <https://github.com/arundhati24>

Twitter: [https://twitter.com/gupta\\_arundhati](https://twitter.com/gupta_arundhati)

Facebook: <https://www.facebook.com/gupta.arundhati>

Medium: <https://medium.com/@arundhatigupta/>

YouTube:

<https://www.youtube.com/channel/UCWqW78iKnZfCEkgqGIWBUiQ>

Soundcloud: <https://soundcloud.com/arundhati-gupta-410689562>

You may also check out my GitHub Campus Expert [Page](#). :)