

• Mental Health Day Celebration

Date: 10th October, 2023

Venue: Sukhna Lake

Nukkar Natak: Following the walk, the students showcased their creativity and dedication to the cause through a poignant nukkar natak (street play). The performance unfolded at various locations, strategically chosen to reach a diverse audience.

The nukkar natak depicted real-life scenarios, portraying the struggles faced by individuals dealing with mental health issues and the impact on their families. The actors skillfully conveyed the importance of recognizing signs of distress and seeking timely help. The narrative emphasized the role of empathy, understanding, and destigmatization in creating a supportive environment for those grappling with mental health challenges.

Themes Explored:

1. Personal Struggles: The nukkar natak portrayed the internal battles individuals face, shedding light on anxiety, depression, and other mental health concerns.
2. Family Dynamics: The actors depicted the ripple effect of mental health challenges on families, showcasing the need for a supportive and understanding environment.
3. Community Support: The play highlighted the significance of community awareness and support in creating a more empathetic society.

