



# WHAT'S UP ZINDAGI?

“ I can't exactly remember when was the last time I was this happy. I came to this event alone, but I'm leaving with three friends and I think they are going to be with me forever!

- Nandini Sundarani ”

We The Young organised Delhi's biggest youth mental health event on 9th November 2019 at IIT Delhi. The event saw hundreds of youngsters coming together from across the city to talk about things that matter to them!



“ I found the courage to express my emotions, I spoke to a friend I had a breakup with, I discovered myself in a different light.”

- Riya Dutta



# LETTER TO EMOTIONS

Committee Room, SAC

How many times do you sit and talk about what is up with your life, what you feel vulnerable about and what your dreams are? In this session curated by Ms. Juhi from Light Up- Emotions Matter Foundation, participants opened up about bruises that life has left on them and collectively realised that self love can heal it all. The session began with energisers, moved to individuals opening up and ended with a collective promise to always listen to the voice inside of us!

“ I haven't seen people being so vulnerable and so strong at the same time. It's a beautiful paradox! I resonated with so many people facing similar struggles or worse which taught me to be a little more empathetic and kind. ”  
- Aishwarya Rohatgi

# DIL TOH BACHA HAI JI

SAC Lawn

In the humdrum of life, we millennials often forget what taking a break to laugh with all our heart feels like. This session curated by Aishwarya Sahney, a counselling psychologist brought out the hidden bubbly child in us. The aim was to release tensions of adult busy life via a combination of de stressing and cathartic group activities. Here's to the promise made, one that refuses to let life get the better of us!



# KYA KARU, KYA NA KARU?

Committee Room, SAC

Career is one of the leading causes of mental distress in India and Hitesh, the founder of Youth For Mental Health addressed this in this session. A practical discussion was held on how one can pursue their passion, what to do when stuck or confused with one's current career choice because its never too late to not chase something that gives you a kick in life!





## TURN ME ON: SEX AND MENTAL HEALTH

Dance Hall, SAC

In an attempt to un-taboo conversations around sex, relationships and self esteem, Divya Dureja, a counselling psychologist conducted a spicy and fun session busting several sex myths and talking about how its completely normal and healthy to explore issues and feelings about sex and sexuality.

## LOG IN, LOG OUT

Dance Hall, SAC

Whoever said millenials have an easy life thanks to the internet might not realise that it all comes with its own mental pressures. Rhea and Anindita from Beyond Conversations created a safe space where a lot of introspection, confession and conversation happened around how the perfect Instagram life should not deprive you of the real joys of life!



## DOST DOST NA RAHA

Dramatics Hall, SAC

Mental Health Talks India conducted a session dedicated to the loneliness and heartbreak that happens when a friendship ends. The atmosphere was filled with feelings of nostalgia, love and a collective sense of loss. There's something magical about friendship, isn't it?



## RAHUL, TAKE A CHILL PILL

Dramatics Hall, SAC

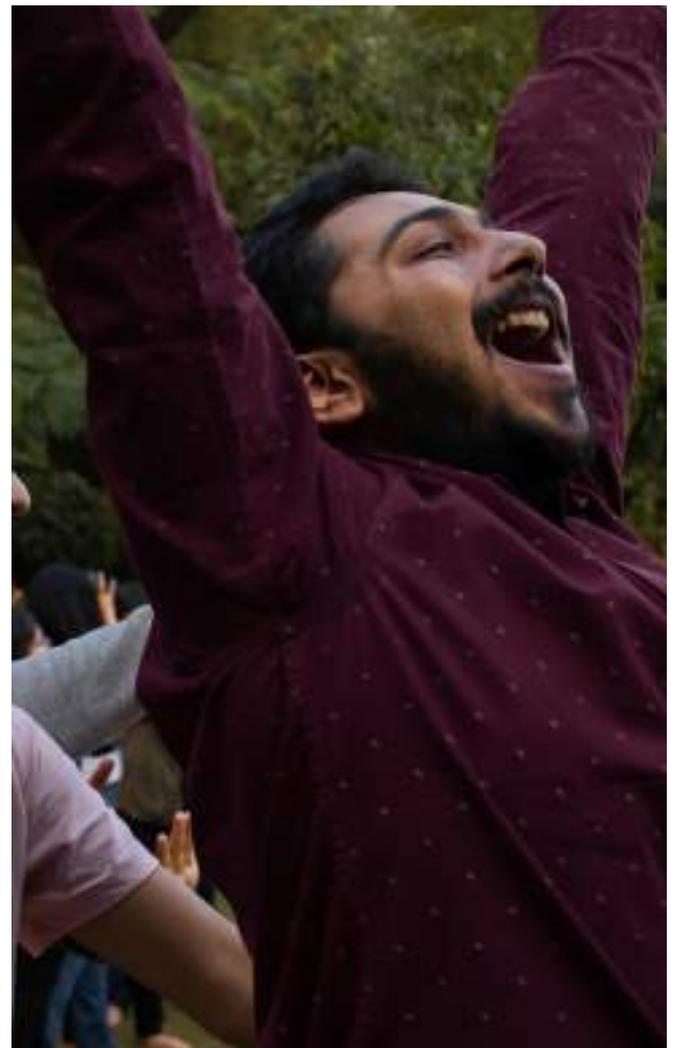
Anxiety and stress have become our unfortunate buddies in the twenty first century life. Here was a session that reminded us to take it easy by giving out practical tips on how to deal with everyday anxiety. Drishti from Now & Me moderated this workshop where the end goal was embracing positivity and taking the much need 'chill pill'!



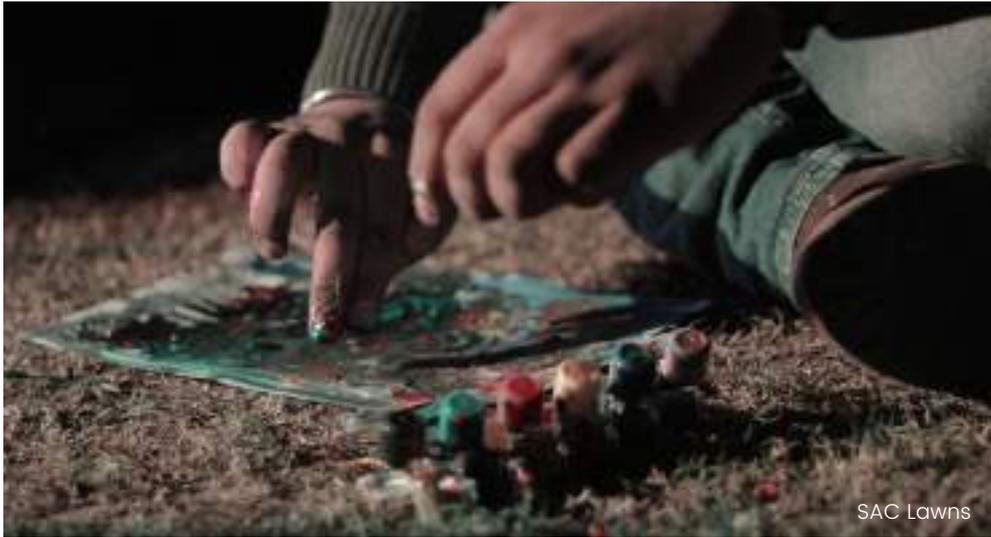
A DANCE AND MOVEMENT THERAPY SESSION WAS CONDUCTED BY MALAVIKA GOYAL AND ESHNA KUTTY, DMT PRACTITIONERS, WHERE THE AUDIENCE FOUND THEMSELVES MOVING AND RELEASING ALL THE TENSIONS AND WORRIES OF EVERYDAY LIFE.



“ I enjoyed dance therapy the most, specifically the activity where you cheer for the person who loses. Never in my life have I celebrated losses. Losing was fun! ”  
- Pooja Sachdeva



WE PAINTED OUR WORRIES AWAY WITH SOME SOLACE, CALMING MUSIC AND LOTS OF COLOURS.



“ I again met my inner child!  
I think I should pick up a  
brush and do this more often.  
Painting is so cathartic! ”  
- Purva Malhotra

# Closing Ceremony!



In frame: Prachi Ganges



SAC Lawns

“ It was such a warm and hopeful day. The music, the events and the audience all screaming at us: WHAT'S UP ZINDAGI? We're here and we're proud!  
- Rhea Beyond Conversations ”



In Frame: Vasu Rainaa



In frame: Ambuj Sen Patra

GIRL UP, INDIA HAD PUT UP A #HERO WALL PROMOTING POSITIVE MESSAGING ABOUT SELF ESTEEM.

UNNATI SINGHAL DISPLAYED AN ART EXHIBITION EXPLORING THE COMPLEXITIES OF MIND AND EMOTIONS.

“ We The Young outdid themselves at this event. The highlight of my day was meeting different people, something that I would never do otherwise. It's astonishing and empowering to see so many youngsters being concerned about mental health! ”

- Aditi Arora,  
Girl Up,  
United Nations Foundation



SAC Lawns

“ What's Up Zindagi brought me closer to the struggles and stories of different people. It was an evening of realisations, emotions, memories and hope! ”

- Charit Jaggi  
Founder, We The Young



Until next time!  
#LoveYouZindagi!

An Initiative By We The Young & BSW, IIT Delhi

