

REPORT

MENTAL HYGIENE EVENT ORGANIZED AS PART OF DELHI GOVERNMENT'S *SWACHHTA ABHIYAAN* BY CPR AND SHS, AUD

Date: 18.08.2025

Venue: N3, Dr. B. R. Ambedkar University Delhi (Kashmere Gate Campus)

As part of the Delhi Government's *Swachhata Abhiyan*, Centre for Psychotherapy and Clinical Research, *Ehsaas* (CPCR) and School of Human Studies (SHS) organized an event titled "*Letters to the self and letters to significant others*" inviting student expressions around mental hygiene and compassion for self and others. The theme of "*Be positive, be mindful*" as its focus, this activity created a platform where students, faculty and staff of the University wrote anonymous letters and messages to themselves and/or to significant people in their life.

The event showcased posters and art created by students as well as letters to the self and significant others in their lives, the creative idea of an association map prompting reflection on the theme of self-care as well as thoughts and expressions on themes on kindness and softness, messages to younger version of themselves amid others to be able to create moments of reflection on emotional lives and emphasize the role of awareness and pause. The hope was that conversations so initiated with one's self may take the writer to increasing self-awareness with a focus on love and compassion for what has been difficult in one's lived life. The event saw enthusiastic support and participation with 48 students participating in the event which was also joined by faculty as well as staff members who came together to render the initiative a meaningful and rewarding experience.



