



భారతీయ సాంకేతిక విజ్ఞాన సంస్థ హైదరాబాద్  
भारतीय प्रौद्योगिकी संस्थान हैदराबाद  
Indian Institute of Technology Hyderabad



# sunshine PULSE

2024 : Volume #4



# CONTENT

<b>Director's Message</b>	2
<b>Message from Dean</b>	3
<b>Message from FIC</b>	5
<b>Message from Counsellor</b>	6
<b>Cover Story</b>	11
<b>Creative Art</b>	13
<b>Self care corner</b>	21
<b>Message from Heads</b>	25
<b>Gallery</b>	27





భారతీయ సాంకేతిక విజ్ఞాన సంస్థ హైదరాబాద్  
भारतीय प्रौद्योगिकी संस्थान हैदराबाद  
Indian Institute of Technology Hyderabad



*Mental Health is a Universal Human Right.*



## Director's Message



*"You're braver than you believe, and stronger than you seem, and smarter than you think."*

— Christopher Robin

### *Hello friends*

We have just started another new year with new hopes and greater ambitions to concur greater heights. In order to make them a reality, not just your physical health but mental health too plays a significant role. Mental health is a universal human right. As Rabindranath Tagore said, where the mind is without fear, I firmly believe that a person with mental strength can ignite wonderful ideas, invent and innovate the technology for humanity.

Mental health encompasses our emotional, psychological, and social well being, shaping how we think, feel, and act. Mental health is a universal human right not merely a privilege for some, but a fundamental aspect of human existence that warrants protection and support. While many focus on the physical health indulging in exercise, seldom the focus on mental health is ignore.

I recommend you practicing meditation and maintaining positive thoughts always and try to ignore the negative thoughts to the extent possible. Access to mental health care, treatment, and support services should be readily available to all the students and Sunshine is working for you to address all your mental issues.

In conclusion, mental health is undeniably a universal human right, especially for the students to lead fulfilling, dignified, encouraging and motivating lives. By recognizing and respecting the rights of every IITH fraternity to mental health and well-being, IITH can become a more just, equitable, inclusive and compassionate campus for all. Stay fit Physically and Mentally!!!

Prof. BS Murty  
Director  
Indian Institute of Technology- Hyderabad.



*Mental Health is a Universal Human Right.*

## Dean's Student Message

This year's theme for the 4th edition of Sunshine Pulse, Mental Health is a Universal Human Right, calls for IIT Hyderabad fraternity- Students, Faculty, Staff to accelerate efforts in mental health in a human-rights based approach.

The focus of human rights has historically been on needs such as food, shelter, and healthcare. However, mental health stands as a critical pillar for human well-being. Recognizing that mental health is a universal human right is acknowledging the relationship between mental health and the overall quality of life especially of the student community.

Mental health, is a state of well-being in which students realizes their abilities, can cope with the stresses of student's life, can work productively and is able to contribute in a positive manner. Mental health is not merely the absence of mental disorders but a positive state of mental and emotional well-being of the student. This definition aligns with the broader conception of human rights as not only freedoms from harm but freedoms to lead a fulfilling life.

Hence, every student, regardless of their course program, gender or age is entitled to achieve the highest attainable level of mental well-being as well as the entitlement to freedom and involvement within the student community. This encompasses the entitlement of the student to safeguard oneself from mental health risks, access to mental health care that easily accessed, of high quality and readily available at IIT Hyderabad through a Sunshine team of dedicated Counsellors, faculty mentors and student buddies etc.

We started in 2012 with a team of mentors to provide support to the incoming first year students and to promote the mental wellbeing of others as well, now includes a second type of support group of students called the Sunshine Buddies to provide support to their peers and batchmates.

The mentors and buddies who are trained in the Basics of Counselling Skills and psychological first aid to handle distress situations have been working relentlessly to create a support system for all the students by being a point of contact for students who may need mental and emotional support. Besides this Sunshine is also trying to build a supportive environment through activities and initiatives targeted to create awareness about the importance of mental health and the need to foster bonds that are supportive and meaningful; alongside being stress buster sessions for the students.

Sunshine events like the mental health awareness week activities, happiness week activities, help in promoting mental health and psychological well-being. The dedicated team of Counsellors, mentors and buddies have also been working round the clock engaging in various prevention initiatives by providing psychological support to the students who were vulnerable and at risk. Recent initiatives taken up include the plantation drive, one more chance, heal out loud, movie screening and the suicide prevention training aimed at promoting self-care, nurture, hope and resilience, Character Strength Interviews, Memento Distribution, Workshop on JPMR and Art Therapy, Random Acts of Kindness.

Sunshine has been organizing various training sessions like the preplacement talk, pre-internship talks, pre- placement open house session and the weekend series aimed at teaching and training students in psychological skills that will help them deal with various situations in life.

In conclusion, mental health is undeniably a universal human right. IIT Hyderabad strongly believes that when the mental health is protected, students are better equipped to engage meaningfully in society. All the necessary steps needed to protect students from the risks of mental health are available on campus through Sunshine team. The need of the hour is to create awareness and education to destigmatize mental health issues. Hesitate and stigma are major barriers that prevent students from seeking help and support. Just as the right to physical health is a fundamental aspect of human dignity, the right to mental health is equally indispensable. It is crucial for every student to work towards achieving a balance between mental and physical wellbeing and get the necessary help when either of them falters.

I wish you all the best to achieve a great mental wellness and a memorable life at IITH.

Prof. K. Venkata Subbaiah  
Dean (Students)





Somnath Maji  
FIC - SunShine

## Message from FIC

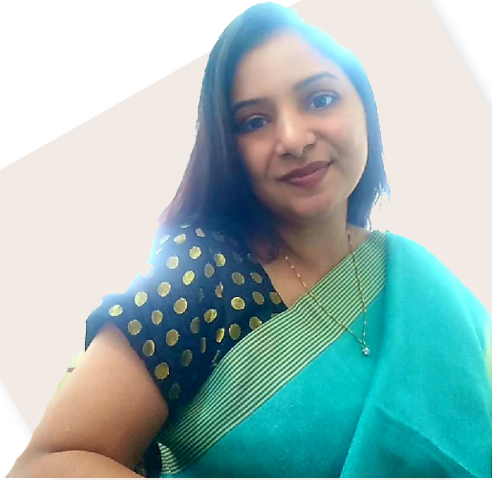
*"Your mental health is just as important as your physical health."*

The above quote is something I believe in. When I came to know about this theme; I understood that it aligns with my thought process too. We all focus on our physical health but ignore our mental health. As human beings, our health and the health of those we care about is a matter of daily concern. Regardless of our age, gender, socio-economic or ethnic background, we consider our health to be our most basic and essential asset. A person's mental well-being impacts their ability to exercise other rights, such as the right to education and the right to work.

When mental health is protected, individuals are better equipped to engage meaningfully in society. Ill health, on the other hand, can keep us away from going to school or to work, from attending to our family responsibilities or from participating fully in the activities of our community. It is also crucial to recognize that mental health intersects with various aspects of life, including education, employment, housing, and social participation. It's important for us to understand that there are ways we can take care of our mental health. Example- being aware of our body and its state, thinking about how we can receive help, talking with people around us, sharing with a professional. These are important and adequate ways to take care of ourselves. Every individual, regardless of their location, occupation, or identity, is entitled to achieve the highest attainable level of mental well-being. This encompasses the entitlement to safeguard oneself from mental health risks, access to mental health care that is readily available, easily accessed, and of high quality, as well as the entitlement to freedom and involvement within their community.

# Message from Counsellors

## *Understanding what Mental Health Rights Mean*



Ms. Maria Morris  
Senior Psychological Counsellor

To begin with, are you aware that you have certain rights related to your personal mental health? Many of us may or may not know this, but yes we all are entitled to certain rights pertaining to our mental health. Even though many of us understand and probably are aware of how important it is to take care of our mental health, what our rights are, is something many of us lack awareness of.

As you all are aware, in the recent past and even this year WHO has been trying to recognize mental health as a universal right for everyone, across the globe. Hence this was their theme for World mental health day 2023. Coming to India, in the year 2017 a law was passed pertaining to Mental Healthcare in India.

If one looks into this law, you would understand the amount of importance mental health care is given and the rights we have to protect our mental health.

Some points from that which I would like to talk about here is as follows:

1. The right to seek help
2. The right to live with dignity and respect in spite of having a mental illness

Even though in today's times there is so much of awareness about mental health, it is disheartening to see how people who struggle with issues that affect their mental health are first discouraged from taking help, silenced from talking about it or their issues are belittled and worst still further stigmatized by labeling them as mad or insane.

As a Psychological Counsellor there have been many instances where I have seen people struggling with their mental health issues, but hesitate to openly seek help, or face ridicule even if they seek help. To be honest, it is not just the responsibility of a Psychological counsellor or any other Mental Health professional like a psychiatrist to help a person recover. In a lot of ways we all contribute to the improvement or degradation of a person's mental health no matter how strong a person may try to be or no matter how much help a person may take from a mental health professional to deal with their issues.

So what do we do to help people improve their mental health.

1. Sometimes all that people want is empathy and not sympathy. So dedicate time to listen to them patiently without any judgment or bias.
  2. Help them explore what is it that they ideally want for themselves in the given circumstances
  3. Explore with them all the possible options that will help them solve their problems.
  4. Let them choose what is best for themselves and will help them feel better.
- So on that note, here's hoping we form a society where people are encouraged to talk about their mental health issues, seek help and find a community that supports them in their process of recovery.





# Mental Health- A Universal Right!



Yukti Rastogi  
Licensed Clinical Psychologist

To Talk about this theme, I went through my books where I had read the history of “Mental Health”. On 10th October, 1992 the World Mental health day was celebrated for the first time with the hope to promote mental health across nations. In 1994 it was thought to have a theme; during that year the theme was “Improving quality of services of mental health throughout the world”. This year’s 2023-2024’s theme is “Mental health is a Universal human right”.

The theme of mental health day says it all. We began with the purpose of spreading awareness about mental health and its related problems/ disorders/ syndromes. We as a community of mental health professionals including psychiatrists, psychologists, social workers, special educators, occupational therapists, speech therapists and all the policy makers have done a good job in de-stigmatizing mental health.

However, currently what we are targeting is– help people understand that it’s not just a section of the community who suffers with mental health. Its anyone who can have mental illness and it’s their right to be helped.

As a mental health professional, we have been trained not to differentiate people on the basis of their caste/race/ culture/ gender. This elaborates on the deeper meaning that mental illness can happen to anyone. Like physical illness that occur to anyone irrespective of their ethnicity or their occupation humans can suffer with mental illness too. This is the reason in the past few years it was found that people need to be aware of the fact that it’s universal.

Furthermore, seeking help for the same is as common and acceptable as seeking help for anything. For mental health to be recognized as a universal human right, there must be a transformation of societal attitudes and government policies. Currently, the policy makers are working towards how the people can be helped through various policies which can foster their process of receiving help and availability of treatment.

In the end I would like to write that in an institution like our’s we try to help anyone who requires help regarding mental health and comes forward for the same is empowered with the evidence based treatments.

# Resonating Mental Health as a Human Right

*Bridging the Gap in Global Well-Being*



By Phani Bhushan  
Psychological Counsellor  
Sunshine- Counselling Cell  
IIT Hyderabad

In a world filled with challenges, such as inequalities and personal hardships mental health emerges as an integral aspect of overall human well-being. Despite its significance mental health often takes a backseat in discussions about rights. However it is crucial to acknowledge that mental health is not a privilege reserved for a few; instead it should be. Upheld as an essential human right for people from all backgrounds, nationalities and socioeconomic statuses.

Understanding Mental Health as a Basic Human Right:

At its core the concept of rights encompasses the belief that every individual deserves inherent rights simply by virtue of being human. These rights encompass aspects of our existence including the right, to life, freedom and dignity. Mental health is intricately tied to these principles; it extends beyond the absence of illness and encompasses a state of well being where individuals can realize their full potential effectively manage life's normal stresses contribute productively to society while maintaining personal balance.

### The importance of health, for dignity:

Recognizing mental health as a fundamental human right is based on the understanding that it is closely connected to one's sense of value and independence. Just like illnesses can hinder someone from living a fulfilling life, mental health disorders can undermine an individual's self-esteem and ability to make choices. Discrimination, stigma and neglect regarding health not only violate human rights but also contribute to ongoing cycles of suffering and exclusion. Therefore, it is both morally necessary and practically important to uphold health as a human right in order to foster inclusive societies where everyone can thrive.

### The intersection between health and social justice:

It is crucial to acknowledge that disparities in health are often intertwined with wider social injustices like poverty, discrimination and limited access to basic resources. Marginalized communities such as minorities, LGBTQ+ individuals and refugees face a burden of mental health challenges due to systemic inequalities and barriers created by societal structures. Addressing health as a right requires a comprehensive approach that tackles these underlying social factors and ensures fair access to mental healthcare services for all individuals.

### Challenges and opportunities:

Despite the growing recognition of health as a human right, there are still significant obstacles in translating this principle into practical measures.

In today's world, progress towards achieving health equity faces challenges such as limited resources, stigma and institutionalized discrimination. However, there are also opportunities for advancements that can make a difference. These include increased advocacy efforts, investing in health infrastructure and integrating health into broader public health agendas.

To summarize, it is crucial to recognize that mental health is not a privilege but a right that should be protected and upheld for everyone. Embracing this perspective necessitates a shift in attitudes, policies and practices to ensure that every individual has the chance to experience well-being. By championing health as a human right, accessible to all people, we can create a fairer, more compassionate and inclusive world for both current and future generations.



# COVER STORY



# Mental Health is a Universal Human Right

## *Bridging the Gap in Global Well-Being*

### Introduction

In a world striving for progress and inclusivity, there is one fundamental aspect that transcends borders and cultures – the right to mental health. This cover story sheds light on the imperative to recognize mental health as an inalienable human right, and the collective responsibility to bridge the gaps in mental health care worldwide.

### Body

#### The Global Impact of Neglecting Mental Health:

- Unraveling the repercussions of neglecting mental health on societies, economies, and overall well-being.

#### Cultural Stigma vs. Universal Rights:

- Delving into cultural and societal stigmas surrounding mental health and their conflict with the universal right to mental well-being.

#### A Humanitarian Imperative:

- Expert voices weigh in on the ethical and moral obligation to ensure equitable access to mental healthcare, particularly in marginalized communities.

#### Barriers to Access and Treatment:

- Unpacking the systemic challenges, including lack of resources, trained professionals, and infrastructure, hindering access to mental health services worldwide.

### Children and Adolescents: Nurturing

#### Resilience for a Balanced Future:

- Highlighting the critical role of early intervention and support in shaping the mental well-being of future generations.

### Innovations in Global Mental Health Care:

- Showcasing groundbreaking initiatives, digital platforms, and community-based interventions revolutionizing mental health care delivery.

### Advocacy and Policy: Turning Rights into Reality:

- Examining the pivotal role of advocacy, policy reforms, and international collaborations in advancing mental health as a universal human right.

### Conclusion:

Mental health is not a luxury, but a cornerstone of human dignity and thriving societies. As a global community, we stand at a pivotal moment to champion mental health as a universal human right, ensuring that every individual, regardless of geography or circumstance, can access the support they deserve. The time for change is now.

P.SIVANEASAN,  
ma23btech11024

A close-up, artistic photograph of various art supplies. In the foreground, there's a palette with vibrant, mixed colors of paint (red, yellow, blue, green). Several paintbrushes with colorful bristles are scattered around. To the left, there's a piece of crumpled white paper and some small, colorful geometric blocks (red, yellow, blue, green). The background is softly blurred, showing more paint and brushes. The overall scene is bright and creative, with a focus on the textures and colors of the art materials.

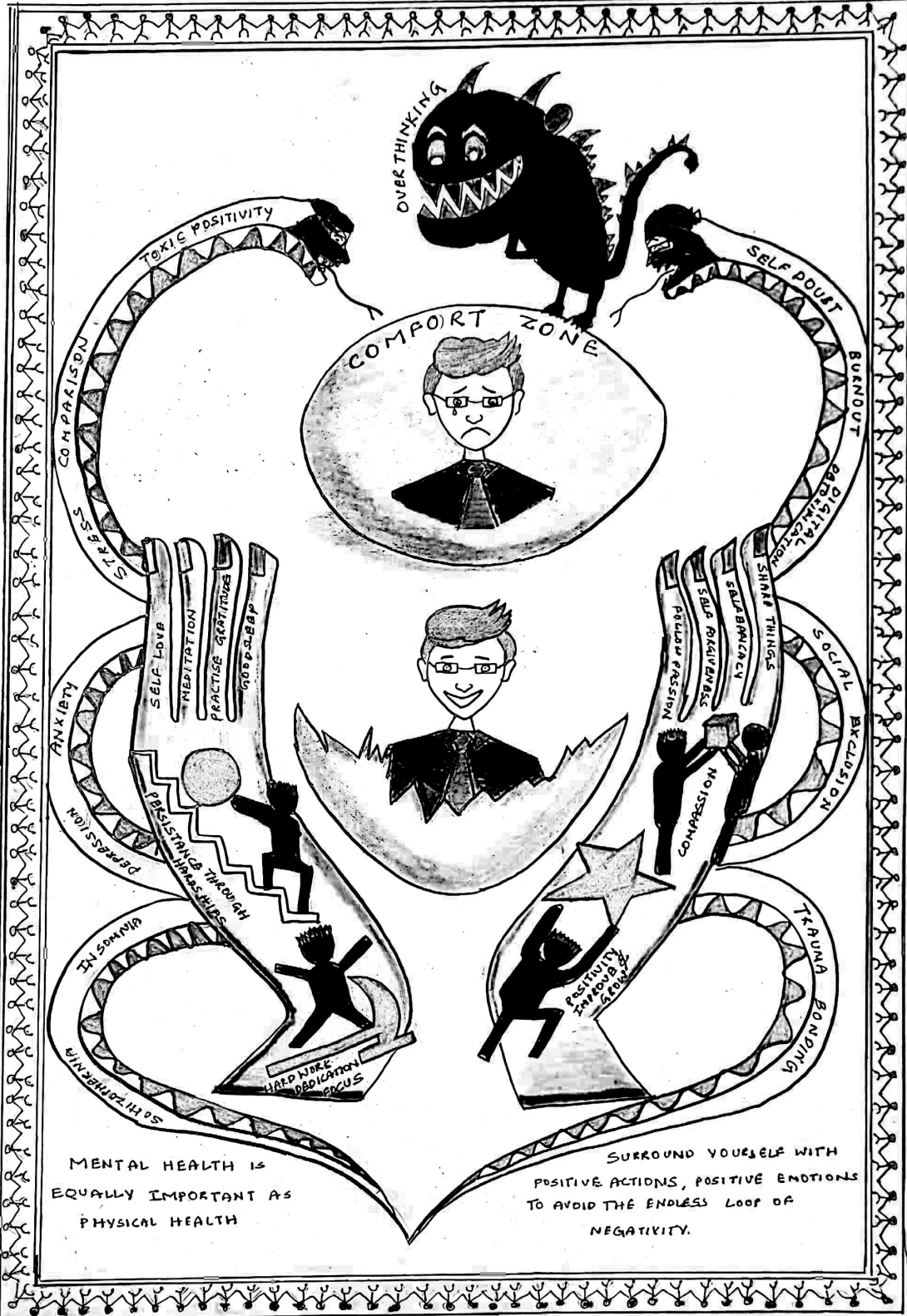
# **CREATIVE ART**





The mental state of a women is shown. The chain in the painting separates the two types of life than a woman has to face in the society. In the darker side, people always point out to women about their work. Women are always questioned in each and every step. But on the other brighter side, if a woman want to do something, then she can get successful and shine like the light of a candle. This shows the mental states of women as how they are treated versus how they can be if they want to shine brighter.

**Trishita Saha**  
cs23mtech14016



K Naveen Kumar  
cs19m20p000001

A white ceramic mug filled with a light brown liquid, presumably tea, sits on a square wooden coaster. Three chocolate chip cookies are placed to the right of the mug. The background is a plain, light gray surface.

# *Evening Tea*

*Who will go for tea ?*

*Me*

*Me too*

Me to the power too is still me..... so you realise value of me is  $1,0, \text{infinity}$ .  
Which is true because you are alone, you are nothing in this Cosmos and you  
are everything that universe contains. So please don't mind me because  
me is fuzzy and me is not known

**Johan Sharma**  
ph21resch11002@iith.ac.in



# BEYOND THE SURFACE

## *Challenging misconceptions about mental health visibility*

In recent years, there has been a significant improvement in people's perception of mental health and the stigma surrounding it. Despite this, the misconception that signs of mental health problems are always visible continues to persist. This can have damaging consequences - it may lead to misunderstandings, dismissal of legitimate concerns, and delayed support for those who are struggling.

First and foremost, we must understand that mental health issues can manifest in different ways in different people and it is not always very apparent to others. While some people display external signs like crying spells, anxiety attacks, withdrawal from social situations and such, many others struggle internally without displaying obvious signs to the world.

It is only natural for people to equate problems with observable behaviors. It is because of this that most people associate mental illness with extreme behaviors like psychosis or severe mood swings. However, this narrow worldview overlooks the spectrum of mental health conditions and the diverse ways in which it can affect individuals. Many individuals struggling with depression or anxiety may go about their day seemingly perfectly happily, all while battling their minds on the inside.

Moreover, cultural factors can influence how mental health issues are perceived and expressed. In some cultures, there may be strong taboos against discussing psychological struggles openly, leading to people concealing their symptoms or downplaying their emotions. These factors further fuel the misconception being discussed.

The consequences of this belief are far-reaching. It can lead to individuals feeling invalidated or dismissed when they try to seek help. Friends, family, or even trained professionals may sometimes fail to recognize signs of distress in someone who does not fit their image of a person struggling with mental health. Furthermore, this belief can lead to stigmatization and discrimination of people with mental illness.

To combat this, it is necessary to promote a deeper understanding of mental health. We must learn to recognize the fact that mental illness is not always outward visible and that individuals may be suffering silently without showing obvious signs of distress. Encouraging open dialogue and empathy can help create a supportive environment where people feel comfortable discussing their mental health concerns without fear of judgment or skepticism. By taking the necessary steps to create a more inclusive environment, we can work towards creating a more compassionate society for all individuals, regardless of their internal struggles.



**T Jhansi**  
sreenivas.t@admin.iith.ac.in

# MENTAL MONOCHROME

*Exploring the shade of Psyche  
- A Mental Monochrome  
journey*

Utkarsh Kumar Verma  
md23mdes14009



01

Happy Phase



02

Silent Phase



03

Sad Phase



04

Scared Phase



05

Denial Phase

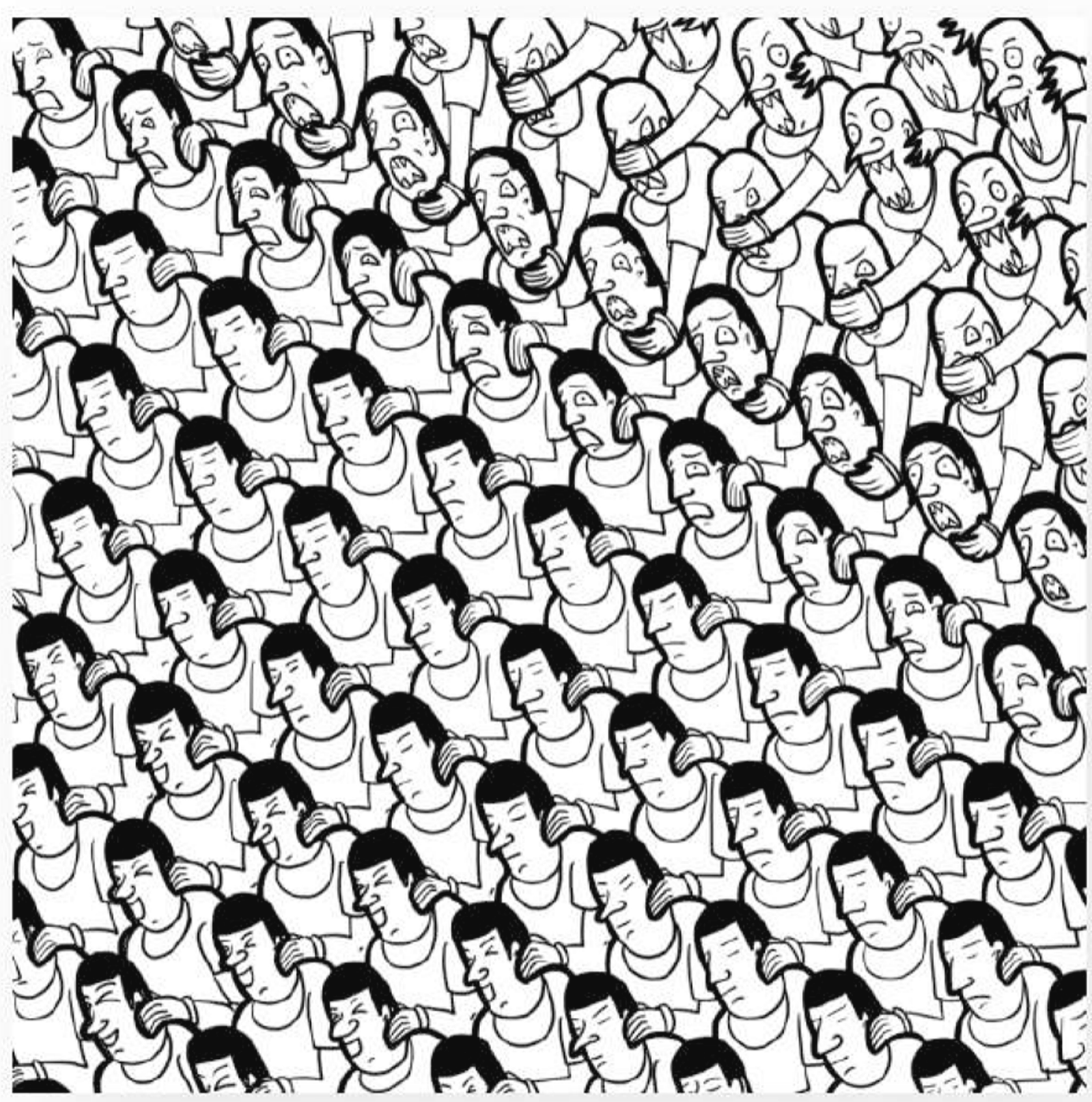


06

Psychotic Phase









# **SELF CARE CORNER**

## *Challenging misconceptions about mental health visibility*

As we all know, one of the most significant aspects in our generation is mental health. Being sad or depressed should not be normalized by anyone. It is a universal human right, and we are all united in this. To be honest, everyone has been through a lot in the last few years and through this phase, I learned a lot about self-love and motivation, which has not only helped me better my mental health but also allowed me to share these aspects with my loved ones. I altered my perspective on things and put them into action during my challenging times. Here are some of my mental health advice that I hope will be useful to others, as we all are in this together.

1. When you zone out, try practicing mindfulness.
2. Being an overthinker is difficult, and placing ourselves under a lot of stress has a long-term effect on our mental health. Try using grounding practices which will divert your mind.
3. When everything seems to be rushing around you, strive to calm down and live a slow life.
4. Accept that you have anxiety and it is okay to not be okay.
5. Try a conscious meditation technique such as pranayama.
6. Take care of yourself on a daily basis and schedule some 'me time' at the end of each day to do your favourite activity.

7. Journaling you're eating habits and moods is also beneficial because food has the ability to affect your mood, and consider eating fresh fruits. This has been really beneficial to me when I needed to face my issues alone.

8. Communication: It is a true blessing to be able to communicate with those who are always there for you. Everyone requires love, and when there are individuals who care, we share. This relieves a lot of mental strain, and sometimes all we need is a pair of ears! Haha!

Finally, it's okay to not be okay if you're having an awful day. In this circumstance, confusion is understandable. Better things are ahead. However, staying in that mindset for too long is not acceptable. The quality of life can be greatly improved by recognizing and prioritizing our mental health.

T H V D Sahithi  
ch23mtech14008



Amid the tough times of the second wave of Covid around April 2021, I was stuck in a hospital bed for a whole month. This is usually a time when people feel very sad or worried. But somehow, I managed to stay positive. Wondering how? Well, I listened to calming religious songs, like the Mahamrityunjay Mantra, and that helped me feel better. Even though I was in the hospital, I felt a positive energy and a connection to something higher.

When I was in the ICU, where things were really tough and I needed help to breathe via Oxygen Cylinder, I discovered something important. By closing my eyes, I could talk to God in my thoughts, and it made me feel less upset. It was like my worries disappeared all of a sudden helping me remain calm.

Even after Covid treatment, I still had problems with my physical as well as mental health. But I didn't give up. I found ways to help myself. Breathing exercises became my friends—they made me feel like I had control over my breath and my thoughts. I also found comfort in nature. Going for a walk by myself in the fresh air helped me feel happier, like nature was healing me.

Life is like a game. It gets harder as we go to new levels. But the key is to never quit. I learned that even when things don't go well or as we planned, it's okay. Mistakes teach us something important. Just like when Chandrayaan 2 didn't work as planned, but the space agency ISRO learned from it and succeeded with Chandrayaan 3.

Through my journey, I realized that taking care of our mental as well as physical health is really important. It's not just something nice to have, it's something we all deserve. From sickness to getting better, my experience taught me that we can stay strong even when things are tough. Just like tending to a garden, we need to take care of our minds to help them grow and be resilient.

Kritik Agarwal  
(cs23mtech11009)

Music has always been my go-to partner when I am feeling down or lost between my own thoughts and as Brian Wilson said, “God only knows what I be without you”, it goes same for me but to music, books, and films. Here are some songs you should listen to when nothing goes on your way (Spotify playlist at the end)

- Cat Stevens- If You want to sing out, sing out: As the title says if you want to sing out sing out, do whatever you want because it is a great opportunity and there are endless possibilities, so don't be scared to take a step ahead.

- Tame Impala – Yes, I am Changing: Change is a very difficult process and it always rewards in better and mysterious ways. It's a great song with great lyrics by Kevin Parker for anyone going through a breakup stage.

-Bob Dylan - Don't think twice, it's alright : Bob Dylan's life has been a lot of ups and downs he portrayed his own story with own words in this song and don't think twice its alright, keep going its ok to fail/back down but its not okay to move away from the goal.

-Beach Boys-God Only Knows: Cherish your loved ones for which you're here and always remember someone is always there for you. Even Brian Wilson had failed in music when we was in school and now he's one of the most influential persons of all time, take your time and always thank your loved ones.

-Oasis - Stop Crying your heart out: When Noel Gallagher says don't cry you don't cry, its ok to cry and be sad but don't get lost in that emotional coaster and its going to be all right, “Cause all of the stars are fading away, Just don't worry you'll see them someday”.

-Louis Armstrong – What a wonderful world: I found this track on my grandfather's LP back 15 years ago, since then I been in love with music. In need it's a wonderful world and Mr. Armstrong describes his version of this beautiful world in this song.

-Bob Marley -Three little birds: “Don't worry about a thing, cause everything gonna be alright” King of reggae himself tells you about life you don't have to worry about it, just have fun and enjoy your beautiful life.

-Beatles – Hey Jude: One of the most mood uplifting songs ever, always believe in yourself and always look forward to make most of the opportunity every day.

Hear the playlist with some extra songs, take a break have fun and be happy.



Swagatam Bora  
(CE23MTECH11025)



# MESSAGE FROM HEADS

My tenure as a UG Buddy Head at Sunshine, IITH, for the academic year 2023-24, has been an enriching journey of growth, challenges, and impactful connections. Leading a team dedicated to assisting and guiding students, I endeavored to create an environment where every student felt welcomed, supported, and motivated. We organized interactive sessions, various programs, and cultural activities that not only eased their academic and social transition but also fostered a sense of community and belonging.

Navigating through the responsibilities, I learned the significance of empathy, effective communication, and teamwork. Collaborating with counselors, fellow students, and management, we tailored our initiatives to meet the diverse needs of our student community, ensuring their well-being and academic success. This experience has honed my leadership skills, and reinforced my commitment to contributing positively to the IITH community. It was a privilege to serve in this capacity, and I am grateful for the growth and memories forged during this period.

**Jash Jhatakia**  
**UG Buddy Head**

Sunshine has been a home away from home for me at IITH. From going through the website of Sunshine to get the trust that I will be offered help while in need during joining the college to becoming a part of Sunshine as a PG mentor head after getting admitted in IITH, Sunshine has given me various memories to cherish about starting from leading the team of 23 PG mentors to conducting several events on campus to promote mental health and overall, wellbeing of the student community on campus. Interacting with students from various streams, exchanging ideas with them through Sunshine has been an enriching experience. The impeccable spirit that was shown by the other heads and counsellors each and every day to make IITH a much better place for the students on campus in terms of mental health and emotional wellbeing has indeed made me a much better person in terms of clarity of thought process, leadership qualities etc. Special thanks to my team of PG mentors, the five other heads Suvitti, Saniya Dubey, Bhanu Ganesh, Abhishek and Bharath and the counsellors Ms. Maria Morris, Mr. Phani Bhushan and Mrs. Yukti Rastogi who all has been so much supportive, helpful and encouraging all throughout this journey in Sunshine so far.

**Bollam Teja**  
**PG Mentor Head**



My experience at Sunshine as a UG Mentor Head was full of lots of ups and downs, but I didn't have to deal with it alone, so it was really amazing to get to work with so many wonderful people. The tenure started with Mentor Selections from June 2023 up until July 2023, and it was really exhausting to select our mentors, but it seemed all worth it after we had our team of 53 Mentors in front of us. Then we had to start with the Departmental Orientations, the First and Second Mentor Mentee meets. To make them creative enough so that the students will join was the hard part, but we tried our best to figure out creative agendas for each meet to complete. Apart from the meets and orientations, volunteering for the various events resulted in me getting really close to both the counselors and the other heads.

Finally, I felt that the experience I had at Sunshine was one I would cherish for life, due to the various memories I've made in the past two years.

**Kaustubh Gupta**  
**UG Mentor Head**

Reflecting on my time as one of the heads of Sunshine, I can confidently say it's been a transformative journey. I got to interact with a lot of different people and while it may not have always been easy, I did learn a lot throughout. From the mentor-mentee events, to the community level events, the club was always focused on being there for whoever needed them. No matter how hectic it became sometimes, the work was always fun and calming. I loved lending a hand to those who needed to talk and I'm very grateful for the opportunity I got.

**Riya Ann Easow**  
**UG Mentor Head**

A large, stylized map of the African continent is formed by a dense collection of small, overlapping photographs. The photos are arranged to follow the outline of the continent, with various images of landscapes, wildlife, and people. The word "GALLERY" is centered over the map.

# GALLERY



## *Suicide Prevention Training*

Training Session for all the students in IIT Hyderabad , As a part of "Suicide Prevention Week". This session helped all of the students to encounter the problems faced by them on a day to day basis in a much better way.







## *Suicide Prevention*

Heal Out Loud:  
Stories of Us." It's a gathering with a purpose,  
a celebration of resilience, and a beacon of  
hope under the theme of "Creating Hope  
Through Action."



## *Heal Out Loud* *a World Suicide Prevention Day initiative*

11 September, 2023

Come join us as we  
celebrate stories of  
resilience, hope & sunshine.

A - LH 2, 6pm



## *'Random Act of Kindness*

'Random Act of Kindness,' an initiative aimed  
at spreading positivity and encouraging acts  
of kindness within our IITH community





*Sunshine Orientation*



*PG-PhD Events*

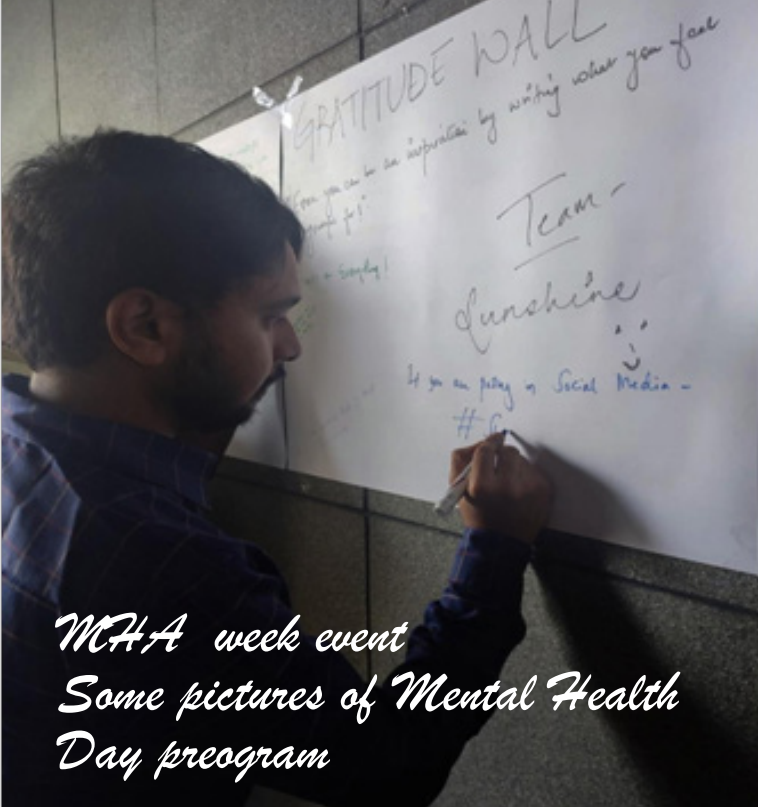




*PG 2nd Year Buddy Meet*



*Painting*



*MHA week event  
Some pictures of Mental Health  
Day preogram*



*UG buddy meets and ug orientation.*









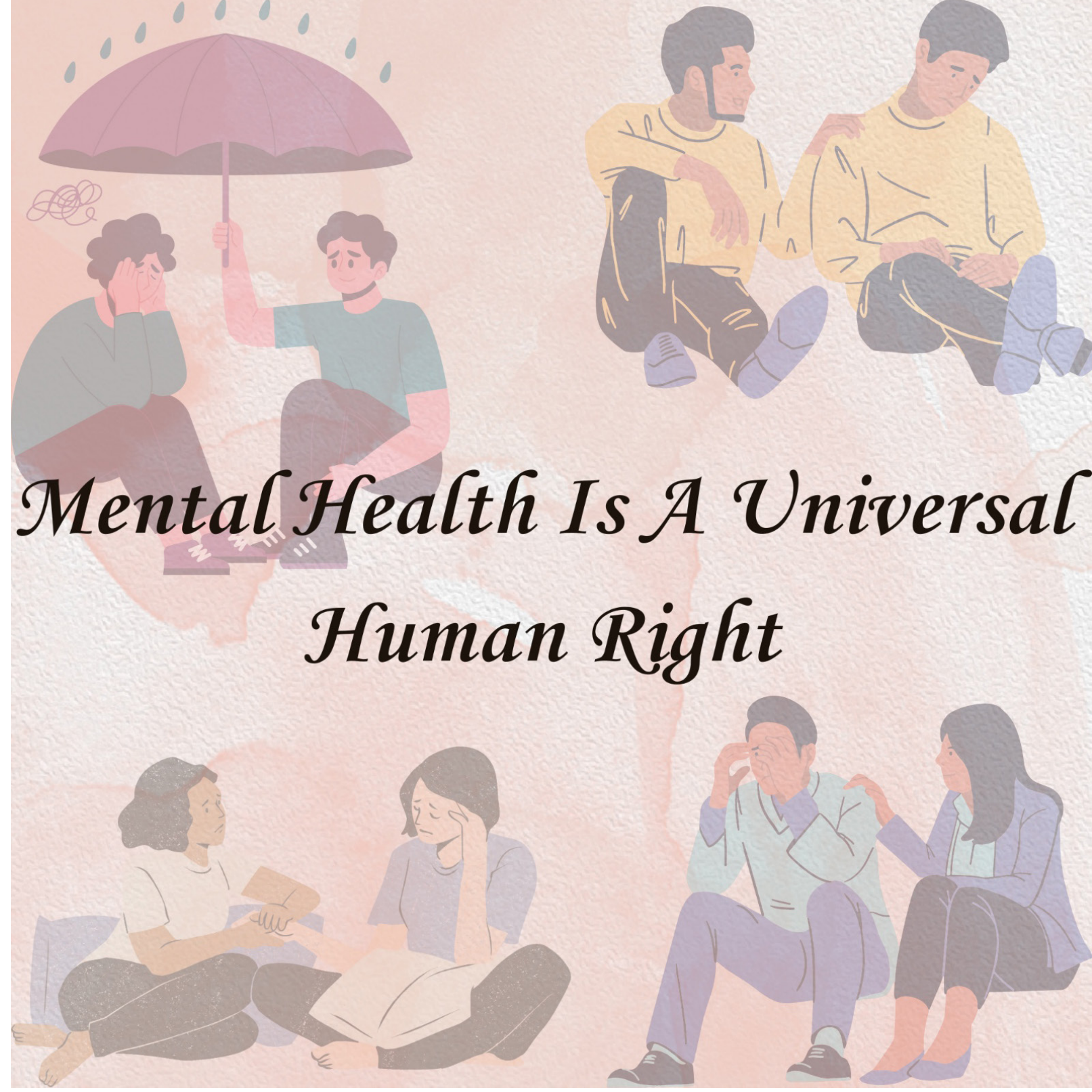
*Thank you*



భారతీయ సాంకేతిక విజ్ఞాన సంస్థ హైదరాబాద్  
भारतीय प्रौद्योगिकी संस्थान हैदराबाद  
Indian Institute of Technology Hyderabad







*Mental Health Is A Universal  
Human Right*