



Manaswini
Club



Department of Psychology,
Vasant Kanya
Mahavidyalaya

On the occasion of

Grief Awareness Day

Presents

Grief to Growth : EK SAFAR

From Tears To Hope

A day to embrace emotions, acknowledge
loss, and find strength in shared stories.
Together, we explore hope and healthy
ways of coping with grief.



Seminar Hall



30th August 2025



12:00pm - 3:00pm

Chief Speaker



Dr. Laxman Yadav

Counselling Psychologist

Psychotherapist, Life Coach

Founder of *Changing Minds*





Activities

THINGS I WANTED TO SAY

Participants write a heartfelt letter to someone they lost or to a situation they never found closure for, as a way to process unspoken emotions.


ILLUSTRATION

Participants express how grief evolves and reshapes life—through drawings, charts, or symbolic art—highlighting the journey from pain to acceptance.



THE EMPTY CHAIR

A short theatrical performance that portrays grief, healing, and resilience, inviting reflection on shared human experiences.



“There is no “normal” way to grieve. Except for how we each do it.”



TWO MINUTES OF HOPE

A safe space for students to share brief personal stories or reflections about what helped them find hope during struggles.

REVERIE OF HEALING

A curated list of meaningful songs that capture the emotions of grief and healing, serving as a collective musical expression of coping.

GRIEF UNFOLDED: Q&A

A mental health expert answers anonymous and live questions from the audience, blending personal curiosity with professional insights.

