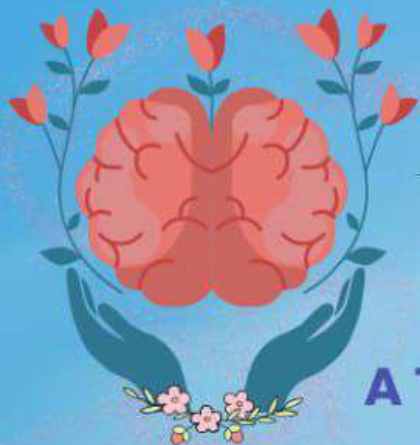




Presents

मन मंथन

A Three-Day Mental Health Fest

7th - 9th Oct 2026

*An interactive celebration of Mental Health,
Creativity & Self-Expression*



DAY 1

7 OCTOBER



**Mental Health
Awareness Walk**

In collaboration with NSS



**Open Stage
Competition**



Art Therapy Session



DAY 2

8 OCTOBER



**Face Painting
Competition**



**Creative Writing
Competition**



Childhood Games



**Photography
Competition**



Interactive Stalls

DAY 3

9 OCTOBER



Panel Discussion



Magazine Launch



Expert Session



**Cultural Dance &
Music Performance**



**Closing Ceremony &
Prize Distribution**

Scan to register



The competitions are intercollege in nature, giving students from different colleges the opportunity to participate and showcase their creativity, perspectives and understanding of mental health.