ManoMandal: open conversations, Kandoli

24 September 2024 · Kandoli campus · Manoshakti

DATE	VENUE	ORGANISED BY	GUEST SPEAKER
24 September 2024	Between the School of Liberal Studies and the School of Modern Media, Kandoli	Manoshakti, the Emotional Wellbeing Club	Dr Veena Krishnan, Student Counsellor

About the event

The second ManoMandal session brought the series to the Kandoli campus. Like the first, it was built around the theme "Heartfelt Connections: Open Conversations for All" and invited students to share their experiences, challenges and successes in a friendly, inclusive atmosphere.

Student speakers from the Schools of Law, Modern Media, Liberal Studies and Business shared their journeys, and student counsellor Dr Veena Krishnan joined as guest speaker. Participants again wore orange as a sign of warmth and positivity.

IMPACT

Students on both campuses now have the same safe space to talk and the same access to peer support.

2nd session, after Bidholi	**4** schools represented by student speakers	**₹0** cost of the event

- Kandoli students could share their experiences without travelling to Bidholi.
- Freshers from several schools heard from seniors in their own disciplines.
- The series showed that open conversation needs no budget, only willing people.

Highlights

- A welcoming introduction explained the focus on emotional well-being and open conversation.
- An ice-breaker game encouraged everyone to join in.
- Seniors from four schools talked about the challenges they had faced and how they had overcome them.
- Dr Veena Krishnan shared advice on university life, mentorship and balancing study with well-being.
- Seniors were thanked with a token of appreciation, and the evening closed with music.

Photographs



Senior students share their experiences.



Participants at the Kandoli session.



Music closes the evening.



Students address their peers.

Mental health support for students | **SDG 3 report**

UPES, Dehradun, Uttarakhand. UPES activity toward UN Sustainable Development Goal 3: Good Health and Well-being.