



Roshini Trust

Transforming Lives: Our 2024 Story

Setting the Tone for a Year of Awareness

February 2024: Emotional Intelligence and Hospital Outreach

On February 17th, 2024, Roshini Helpline volunteers conducted a talk on the T-Sat Manomitra program titled, “Explaining the Importance of Emotional Intelligence in Individual Mental Health Well-being: Techniques, Practices & Seeking Help if Required.”

Later in the month, as part of the Hospital Outreach initiative, volunteers visited Niloufer Hospital, MNJ Cancer Hospital, Red Hills, Osmania Dental, and Osmania General Hospitals, where they engaged with patients and distributed 200 bookmarks and 250 flyers to spread awareness about mental health.

Continuing the mission to spread awareness about mental health wellbeing and roshini's services, volunteers from roshini Trust reached out to visitors at the **Hyderabad Literary Festival**. They distributed bookmarks and spoke about Roshini Trust's services to small groups of people.



March 2024: Women's Day and Student Engagement

In March, Ms. Swarnalatha, Director of Roshini Helpline, was invited as a panellist at Novotel Hotel, Hyderabad Airport, to celebrate a Special Women's Day Event. She participated in a discussion on "One's Life Journey: Overcoming Challenges and Achievements," and Roshini bookmarks and flyers were distributed to the audience. Additionally, Roshini volunteers conducted a talk on "Suicide: Signs and Symptoms/Myths and Facts" for students at NIFT Hyderabad, which was well-received. Another impactful session on "How to Handle Exam Stress" was conducted for students of Women's College, Koti.



March brought immense pride to us as Mrs. Shashikala Reddy, our esteemed Trustee of Roshini Trust, was honoured with the prestigious Woman of Impact award by Triumphs of Talent, Hyderabad."

This well-deserved recognition celebrates her years of dedication and transformative contributions to mental health and community welfare., held in collaboration with Good Universe. This event stands as a beacon of recognition, celebrating excellence and inspiring countless individuals.



April 2024:Fostering Mental Wellness: An Enlightening Session at Hyatt Place:

Employees of Hyatt Place participated in a special session led by Dr. Anjan Kumar and Smt. Nirmala Devi on behalf of Roshni Trust. Their profound insights highlighted key aspects of mental health and well-being, inspiring a supportive and nurturing environment for all.



July 2024: Empowering the Youth

July marked a month of significant outreach efforts focused on youth. Roshini volunteers conducted a mental health awareness program for 55 underprivileged boys and girls aged 12–16 at VSR Family Charitable Trust. Later in the month, two sessions on stress management and self-care were conducted at Dr. B.R. Ambedkar College, engaging a total of 525 students. The enthusiastic participation underscored the growing interest among youth in mental health topic.



August 2024: Mental Health Education for Students and Staff



In August, Roshini volunteers returned to Dr. B.R. Ambedkar College to conduct separate sessions for students (350 attendees) and staff (150 attendees), deepening their understanding of mental health challenges and coping mechanisms. Additionally, volunteers visited a home for destitute girls, engaging in meaningful conversations and providing emotional support.



September 2024: Highlighting World Suicide Prevention Day

- **Metro Line Outreach Campaign:** On September 8th, volunteers travelled across Hyderabad’s four metro lines, interacting with passengers and spreading awareness about mental health. This innovative campaign reflected Roshini’s creative and approachable outreach style.



- **Instagram Campaign: “Just a Moment, Share Your Story”** invited young people to a Jubilee Hills café for meaningful conversations and story telling in a safe space.

- **September 10th: Ashoka One Mall Event:** In a grand gathering featuring Ms. Satyavati Garu, Chairperson of Bhumika NGO, attendees witnessed impactful skits and songs emphasizing suicide prevention. This event received extensive coverage from prime-time TV channels and radio stations.

September 11th: Radio Mirchi Talk Show: A live talk show highlighted the significance of open communication and support networks in suicide prevention. The sessions are available for viewers on Roshini’s YouTube channel:

- <https://youtu.be/5ylbyljV9oE?si=4OyxxFDNPNGoFVjt>
- https://youtu.be/oo40y-j_4_c?si=b01Me36OKm7L2vcC



October 2024: Highlighting World Mental Health Day- Creative Campaigns and Parenting Guidance:

- **October 2nd: Creative Poster-Making Contest:** Themed “Spreading Awareness of Mental Well-being,” the contest saw enthusiastic participation from college students, particularly from St. Francis College. Mrs. Gayatri, a counselor at Roshini Trust, addressed the participants, emphasizing the importance of mental well-being.
- **October 4th: Relationship Strengthening session ‘Connect & Care’,** we witnessed heartwarming moments as parents and children deepened their connections through playful, creative activities. Together, they built stronger bonds of trust, communication, and emotional understanding, paving the way for healthier relationships.
- **October 5th: Good Parenting Session at YWCA:** Mr. Anjan Kumar, Clinical Psychologist at Roshini Trust, conducted an insightful session for YWCA staff parents, focusing on fostering emotional resilience in children.
- **October 6th: Webinar on Workplace Mental Well-being:** Dr. Shiva Kumar Gundeti conducted a widely praised webinar titled “Mental Well-being in the Workplace,” attracting significant attendance.



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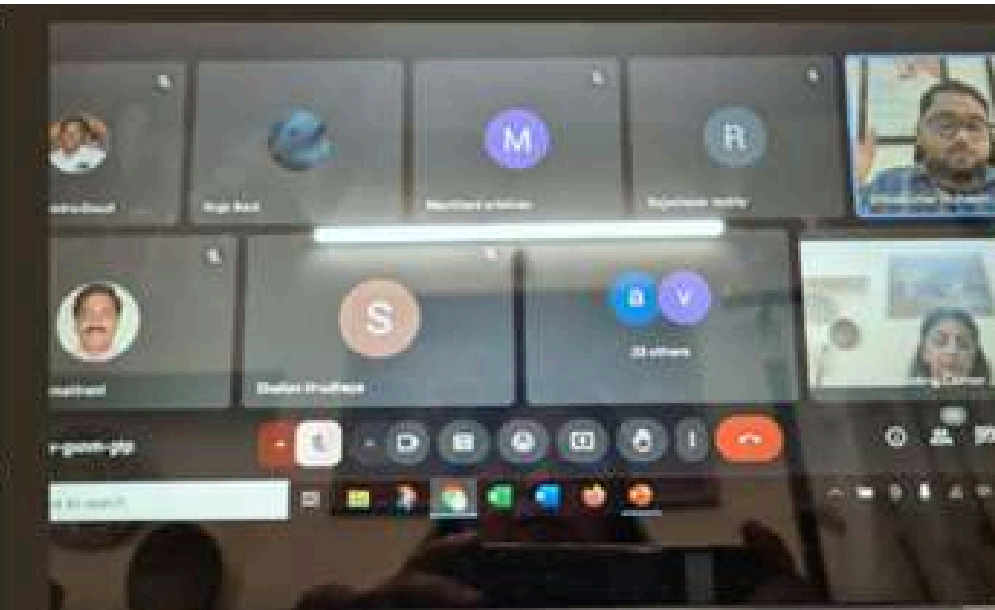
Poster Making Contest
to commemorate
World Mental Health Day
2024




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Refresh & Revive: Free Online Session for Workplace Wellness
in commemoration of World Mental Health Day,
Roshini Trust
presents a special session designed to help you
recognize and manage workplace stress effectively

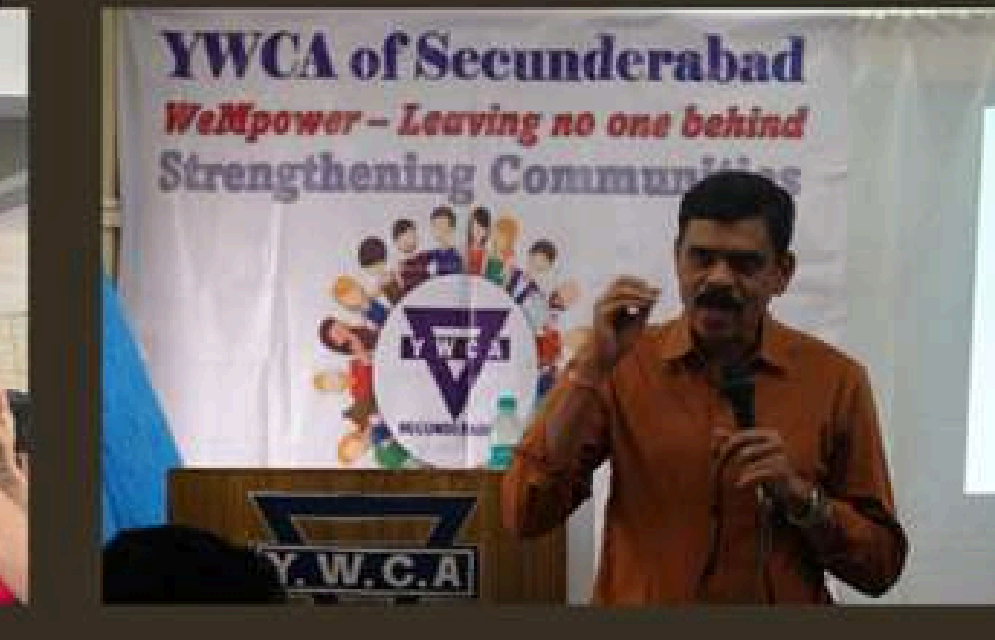
Date: Saturday, 5th October 2024
Time: 3:00 PM - 4:00 PM
Expert: Shiva Kumar Gundeti,




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Connect & Care
Strengthening Parent-Child Bonds

Date: October 4th October 2024
Time: 11:30 AM - 12:30 PM
Venue: Roshini Recreation Center (RRC), 326 Laxmi Nilayam, Begumpet, Hyderabad
Contact - 90106-61117 / 90106-61118





• Acknowledgments

We extend our deepest gratitude to our sponsors, partners, and volunteers, without whom this journey would not have been possible. Your belief in our vision has empowered us to create lasting change in countless lives. Together, we look forward to another year of impactful initiatives.

From Our trustees

