



MIND-X

Event Report

On the occasion of World Mental Health Day
16th October 2026

The official theme for World Mental Health Day 2026 by WHO is

" Lived experiences heard: real voices, real change"

DEPARTMENT OF PSYCHOLOGY

SCHOOL OF SOCIAL SCIENCES

IFHE UNIVERSITY, HYDERABAD

MIND-X at a glance

Record	Details
Event / date	MIND-X · 16th October 2026
Venue	2nd Circle, Parking Lot, ICFAI University, Hyderabad
Led by	Department of Psychology, ICFAI School of Social Sciences; YES Club as organising club, in collaboration with Tarang Club and Zenith Club
Theme	WHO World Mental Health Day 2026: “Lived experiences heard: real voices, real change”
Chief guest and inauguration	Dr. Shylajan, Director, ICFAI School of Social Sciences, inaugurated the event and cheered on the participants.
Participation	Professors and students from all the schools of ICFAI; 200 to 250 participants
Faculty coordinators	Dr. Subhashini, Dr. Mounica Rao, Dr. Priyanka Kanake, Dr. Laxman
Student coordinators BSc Psychology	3rd year: Ridhi, Ananya, Humera. 2nd year: Shivani, Benita. 1st year: Manvitha, Shivani, Deepika, Sahasra Reddy.



Figure 1 · MIND-X group at the ICFAI entrance

1. Introduction and the WHO 2026 theme

MIND-X was conducted at ICFAI University, Hyderabad, on 16 October 2026 as part of Mental Health Day awareness. Although it was a collaboration of several clubs, it was led mainly by the Department of Psychology of the ICFAI School of Social Sciences.

> *"Lived experiences heard: real voices, real change"*
>
> WHO World Mental Health Day 2026 theme

World Mental Health Day is marked on 10th October. The WHO 2026 campaign called for meaningful engagement with people with lived experience of mental health conditions, recognising their knowledge as a vital form of expertise. Their voices were to shape the policies, services and decisions affecting their lives.

WHO urged a move from listening to action, building mental health systems with people with lived experience, rather than merely for them. MIND-X reflected this through open, judgment-free conversation, Wall of Hope notes and peer-led, student-led activities.

Interactive stalls, engaging activities and creative performances introduced students to emotions, memory, cognition, creativity and common psychological misconceptions.

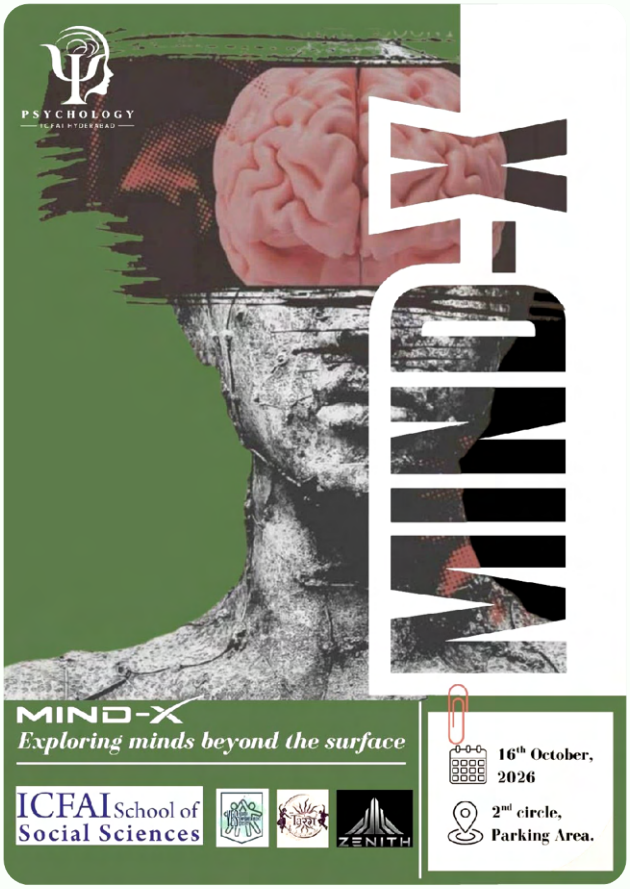
Dr. Shylajan, Director, ICFAI School of Social Sciences, inaugurated the event and cheered the participants. Professors and students from all the schools of ICFAI took part in this event.

Notice board posters

The event was publicised through the following notice board posters.



Poster 1



Poster 2

EVENT DETAILS FROM THE POSTERS

DATE
16 October 2026

VENUE
2nd Circle, Parking Area

THEME
Lived experiences heard: real voices, real change

ORGANISED WITH
YES Club, Tarang Club and Zenith Club

Faculty and Guests



Figure 2 · Psychology faculty with Director Dr. Shylajan at the Mental Health Day frame



Figure 3 · Faculty members with painted hands



Figure 4 · Faculty members and students at the event



Figure 5 · Faculty members at the Don't Touch the Colour stall



Figure 6 · Faculty at the Draw Yourself stall

2. Aim and objectives

1. Make psychology accessible, engaging and relatable to all students, including those from non-psychology backgrounds.
2. Encourage creative thinking through interactive and hands-on activities.
3. Promote awareness of key psychological concepts.
4. Address common myths and misconceptions about mental health and psychology.
5. Help participants understand the relevance of psychology in everyday life.
6. Raise campus-wide awareness of mental health and wellbeing on Mental Health Day.
7. Reduce stigma by making conversations about mental health open and comfortable.
8. Encourage students to recognise early signs of stress and seek support when needed.
9. Promote peer support and a sense of community through collaboration between clubs.
10. Introduce simple, practical tools students can use to look after their emotional wellbeing.
11. Introduce the University students to School of Social Sciences, Psychology department, and Mental Health Counseling Cell.

3. Organising team and collaborators

Team / institution	Role
Department of Psychology, ICFAI School of Social Sciences	Lead
YES Club	Organising club
Tarang Club and Zenith Club	Collaborators
Psychology students of all three years	Planning and execution, each in their respective roles
Professors and students from all schools of ICFAI	Participants

4. Event format: Twelve stalls

The event was organised with twelve stalls, grouped by the area of the mind each explored.

Stall number and name	Focus area
1. Spin the Wheel	Emotions and communication
2. Blind Pictionary	Emotions and communication
3. Creativity Loop	Creativity and self-expression
4. Face Painting	Creativity and self-expression
5. Mandala Art	Calm and stress relief
6. Draw Yourself	Creativity and self-expression
7. Throw Your Stress Away	Calm and stress relief
8. Myths and Facts	Myths and awareness
9. Don't Touch the Colour	Attention, memory and perception
10. Attention Span	Attention, memory and perception
11. Wall of Hope	Hope and mindfulness
12. Colour Walk	Hope and mindfulness

4.1. Spin the Wheel

Games included Emotional Charades, You Draw You Guess, Guess the Phrase, Dot to Doodle and Something Fun. The objective was to help students recognise, express and discuss emotions in a light-hearted and playful way, while encouraging creativity, communication and teamwork, and to make mental health conversations feel approachable.

Point of contact (POC): Thrishala. Volunteers: Likitha, Sahasra, Aruna, Bhuvana, Asmitha, Sneha.



Figure 7 · Spin the Wheel

4.2. Blind Pictionary

An interactive drawing and guessing game encouraged participants to communicate, observe and think creatively. The objective was to show how communication, trust and teamwork shape the way we understand one another, and how patience and clear expression help us connect. The low-pressure game made psychology relatable.

POC: Pavani. Volunteer: Srujana.



Figure 8 · Blind Pictionary

4.3. Creativity Loop

The activity, themed “Show Your Creativity”, invited participants to complete a half-finished shape in their own way. The objective was to encourage creative thinking and free self-expression, to show that there is no single right way to see or finish something, and to demonstrate that creative expression can be a calming way to relax and connect with one’s thoughts.

POC: Krithika. Volunteer: Lasyapriya.



Figure 9 · Student volunteers with the Creativity Loop signboard

4.4. Face Painting

Students had colourful designs painted on their faces. The objective was to give students a playful way to express their mood and personality, encourage self-expression and relaxation, and create a light, welcoming atmosphere that makes mental health awareness approachable.

POC: Asma. Volunteers: Simran, Sana, Anjali.



Figure 10 · Volunteer painting a participant's hand at the Face Painting stall



Figure 11 · Designs painted on participants' hands



Figure 12 · Participants at the Face Painting stall

4.5. Mandala Art

Participants created or coloured intricate, repeating circular patterns at their own pace. The objective was to offer a calming, mindful activity that supports focus, relaxation and stress relief, and to show how creative, repetitive patterns can help quiet the mind and encourage emotional wellbeing.

POC: Sarayu. Volunteers: Godadevi, Keertana, Aashritha.



Figure 13 · Mandala Art

4.6. Draw Yourself

Visitors were given blank portraits and drew themselves on them. The objective was to encourage students to reflect on how they see themselves, promote self-awareness and self-expression, and highlight that every individual is unique, which helps build a more positive and accepting sense of self.

POC: D.J. Lasya. Volunteers: Nakshatra, Yagnasri.



Figure 14 · Students drawing faces on outline sheets at the Draw Yourself stall



Figure 15 · Draw Yourself

4.7. Throw Your Stress Away

The activity offered a playful, physical way to let go of the pressures and worries students were carrying. The objective was to help students release stress and tension in a safe, fun and healthy way, and to show that acknowledging and letting go of stress is a normal and positive step towards better mental wellbeing.

POC: – Ridhi, Ananya,Ramashritha.

Volunteers: Zenith Club.



Figure 16 · Throw Your Stress Away

4.8. Myths and Facts

Students separated common beliefs about psychology and mental health from what research actually shows. The objective was to address common myths and misconceptions, replace them with accurate, evidence-based facts, and reduce stigma by helping students understand the relevance of psychology in everyday life.

POC: Prateek. Volunteer: Sahan.



Figure 17 · Myths and Facts

4.9. Don't Touch the Colour

In this two-player competitive game on circles of coloured paper, a game master called out colour names. Each player had to avoid touching the called colour.

The objective was to test and strengthen cognition and perception, including attention, quick thinking and reaction, while showing how the mind processes information and responds under pressure.

POC: Rida. Volunteer: Samiha.

4.10. Attention Span

In this two-player memory and word-sequence game, players took turns building a word sequence while the game master tried to distract them.

The objective was to show how attention and memory work, and how easily distractions can break our focus, helping students understand the importance of concentration and mindful awareness.

POC: Husna. Volunteers: Akshitha, Meenakshi.



Figure 18 · Faculty members at the Don't Touch the Colour stall



Figure 19 · Attention Span

4.11. Wall of Hope

Participants wrote a small note about something that gives them hope and added it to the wall. The objective was to help students reflect on the people, moments and things that give them hope, build a shared sense of positivity and community, and remind them that hope is a source of strength during difficult times.

POC: Shivani.



Figure 20 · Wall of Hope

4.12. Colour Walk

Visitors named the colour that best matched their mood, then had one minute to walk around and photograph objects in that colour. They could claim a reward afterwards. The objective was to help students tune in to their present mood, encourage mindfulness and observation of their surroundings, and offer a light, playful break that connects emotions with everyday experiences.

POC: Haritha. Volunteers: Roshini, Nishika, Srihasini, Ashritha.



Figure 21 · Colour Walk

5. Programme schedule

Start	Programme	Time
12:00 PM	Stalls	12:00 to 3:30 PM
1:30 PM	Flash mob	1:30 to 1:35 PM
2:00 PM	Dual performance	2:00 to 2:05 PM
2:30 PM	Skit	2:30 to 2:45 PM



Figure 22 · Dual performance



Figure 23 · Flash mob



Figure 24 · Skit Group

6. Key highlights

- **Strong turnout.** Approximately 200 to 250 people attended.
- **Interactive stalls.** The stalls attracted many visitors, many of whom showed interest.
- **The skit.** Mental health themes were brought to life in a way students could easily relate to.
- **The flash mob.** A lively flash mob drew attention across the venue and attracted crowds.
- **Learning through play.** Everyone took part in interactive and resourceful games of psychology.



Figure 25 · The MIND-X sign



Figure 26 · Group work at the stalls



Figure 27 · Activity tables

7. Photo gallery - 1



Figure 28 · Participants at the event grounds



Figure 29 · Participants at the awareness display



Figure 30 · Participants gathered on the grounds



Figure 31 · Visitors at the event grounds



Figure 32 · Group of participants outdoors



Figure 33 · Participants at the stalls

7. Photo gallery - 2



Figure 34 · Participants at the stalls



Figure 35 · Participants at the event grounds



Figure 36 · Participants at a stall



Figure 37 · Visitors at the event grounds



Figure 38 · Students at a stall



Figure 39 · Participants on the grounds

8. Outcomes and conclusion

Through activities such as Spin the Wheel, Blind Pictionary, Mandala Art, Attention Span, Myths and Facts and the Wall of Hope, students explored emotions, attention, perception, creativity and self-expression in a relaxed, judgement-free setting.

The event helped reduce stigma around mental health, encouraged open conversations and peer connection, and left students with simple, practical ways to look after their wellbeing.



Figure 40 · Event photograph

MIND-X showed that learning about the mind could be fun, and that hands-on, student-led activities were an effective way to build awareness, understanding and a supportive campus culture.