

# UNSPOKEN

02

## UNSPOKEN IS

Not Just a Magazine—A Movement – For those navigating the maze of their minds

2025

08

## MANAS MELA

*Ayurveda viewed mental and physical health as deeply interconnected, with mental stability being essential for overall well-being*

45

## RESILIENCE

You feel like you're the loneliest guy in the world-  
VIRAT KOHLI



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# GUTARGU

# EDITION 6.0

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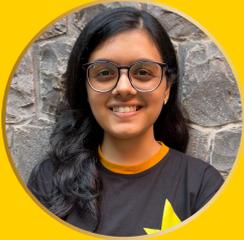
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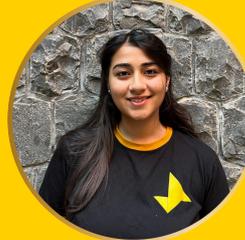
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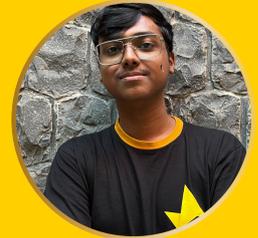
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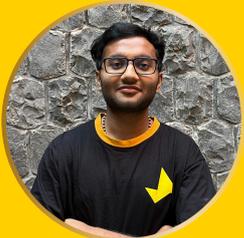
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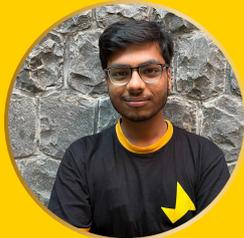
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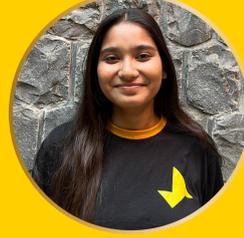
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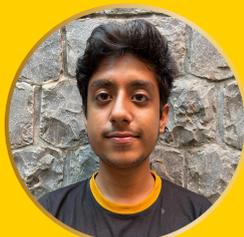
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T H E L E G A C Y O F

# Guturgu

Six years, six editions, and countless unspoken stories turned into movements. Guturgu isn't just a magazine—it's a rebellion against silence, a manifesto for change, and a testament to the power of storytelling. With every edition, we've challenged taboos, shattered stigmas, and ignited conversations that too often remain buried in whispers.

Through Project Astitva, we have stood at the crossroads of social justice and raw human narratives, shedding light on the issues that define our times—sexual abuse, the scars of a pandemic, LGBTQ+ rights, human trafficking, and more. We don't just document struggles; we amplify voices, inspire action, and create a ripple effect that pushes students to think, to feel, and most importantly—to act. This magazine is a part of something bigger—a spirit of revolution that aligns with Enactus' mission of social impact and entrepreneurial action. We believe that change starts with awareness, but it thrives when people stand up, speak out, and refuse to look away.

With every page, Guturgu carries forward a legacy—a legacy of courage, resilience, and a refusal to stay silent. Because the world doesn't change on its own. We start the conversation. You carry it forward.

A background image of a large crowd of people, all wearing yellow face masks, creating a sense of anonymity and collective presence. The image is overlaid with a dark blue rounded rectangle containing text.

# Unspoken

(un·spo·ken) | /,ən'spoʊ.kən/  
noun/adjective

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**Not Just a Magazine—A  
Movement – For those  
navigating the maze of  
their minds, Unspoken is a  
rebellion against silence, a  
voice for the voiceless.**

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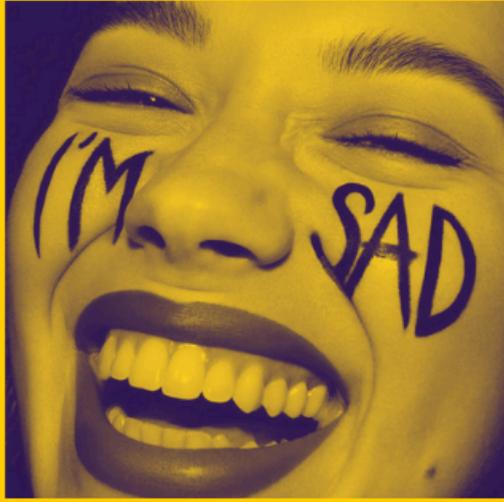
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# Say It



# ! Out Loud.

"Picture this: You've got a cold, so you pop some meds and rest up. But what if your brain's feeling a bit "under the weather"? Would you treat it the same way? Spoiler alert: You should! Just like your body needs care and attention, so does your mind."

### Wait, Why Are We Talking About Mental Health?

Because it's everywhere! And, surprise, it's not just for adults to worry about—kids, teens, grandparents, your next-door neighbour's dog (okay, maybe not the dog) all need to take care of their mental health. Think of your brain as the CEO of "You Inc." It runs the show, but sometimes even CEOs need a mental vacation or, at least, a good power nap.

Here's the thing: Mental health affects how we think, feel, and act. It's behind the scenes when we're stressed about exams, a bad hair day, or just can't get out of bed. And guess what? It's completely normal to feel like you've got a thousand tabs open in your brain and they're all buffering!



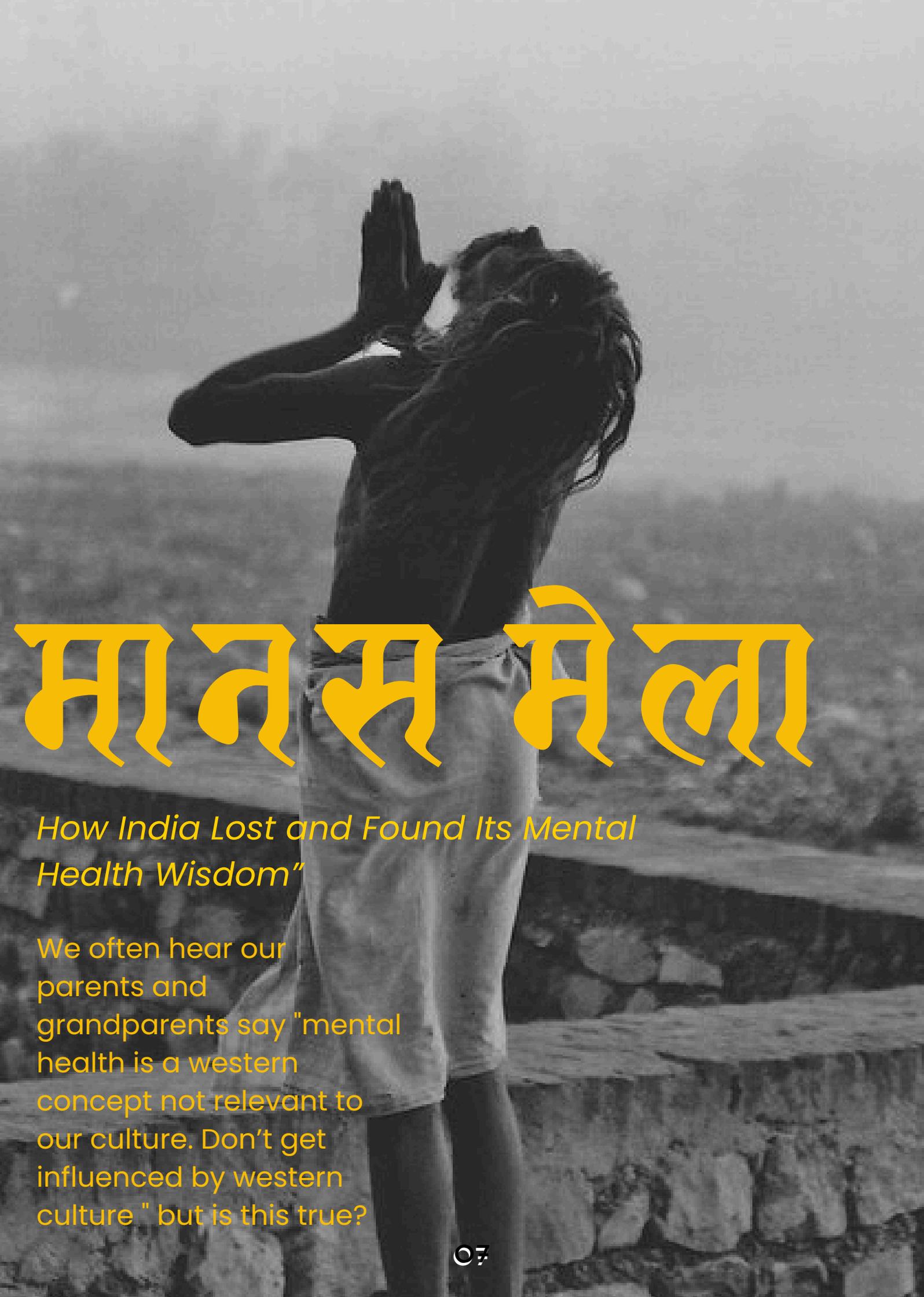
### So, What's Going On in India?

News flash! India is home to over 1.3 billion people, and almost 14% of them are dealing with some kind of mental health issue. That's a lot of people! Now, you'd think with so many folks in the same boat, talking about mental health would be like chatting about the weather, right? Wrong! It's still pretty hush-hush.

Stigma is the villain in our mental health story. Too many people think struggling with mental health makes you weak or "crazy." It doesn't. In reality, ignoring your mental health is like ignoring a flashing "check engine" light on your car. Sooner or later, things will get wonky, and no one wants to be stranded on the side of the highway... or life.

### The Brain's Bloopers: What Can Go Wrong?

Imagine your brain is like a smartphone (stay with me). Sometimes, it's super fast, taking cute selfies and scrolling through memes. Other times, it's glitchy, running out of battery by lunchtime, or just freezing mid-scroll. This is how mental health can be—sometimes everything's smooth, but other times you're stuck in a never-ending loading screen.



# मानस मेला

*How India Lost and Found Its Mental Health Wisdom"*

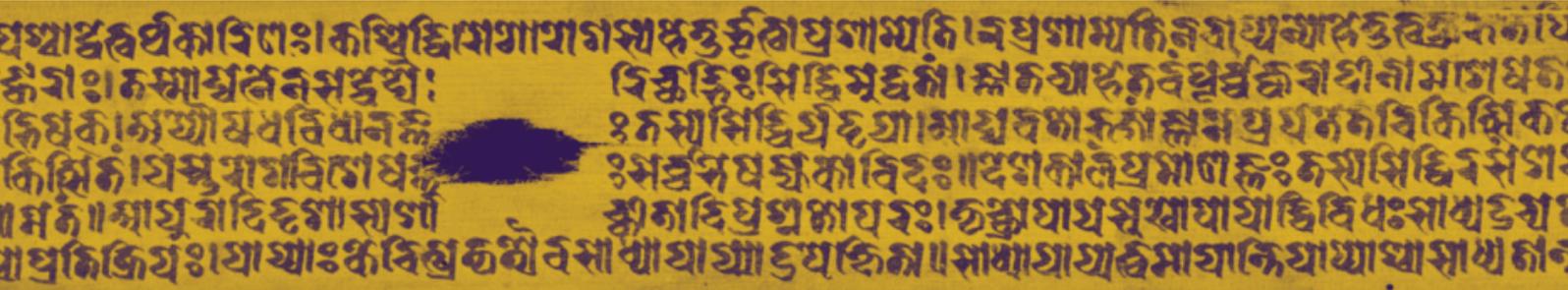
We often hear our parents and grandparents say "mental health is a western concept not relevant to our culture. Don't get influenced by western culture " but is this true?

# शरीरं मनसश्चैव स्थित्यस्थैर्यं परं स्मृतम् । मात्स्येन्द्रियार्थसंयोगः स्वस्तेः कारणमुच्यते ॥

(Charaka Samhita, Sutrasthana 1.53)

*The stability and endurance of both the body and mind are considered supreme. The harmonious interaction between the senses and their respective objects is said to be the cause of well-being (swasthya)."*

*This highlights how Ayurveda viewed mental and physical health as deeply interconnected, with mental stability being essential for overall well-being*



The idea that mental health is a modern concept is a misconception. Many ancient civilizations, including those in India, Greece, China, and Egypt, recognized the importance of mental health, even if they didn't use the exact terminology we do today.

**Charaka Samhita:** This text discusses Manasika Rogas (mental disorders) and categorizes them based on the three doshas: Vata, Pitta, and Kapha. Conditions like depression (vishada), anxiety (chittodvega), and insanity (unmada) are described with suggested treatments involving diet, meditation, and herbal remedies.



**Mental Health in Ancient Indian Texts:** In ancient Indian scriptures like the Vedas, Upanishads, and Ayurvedic texts, mental health and its related disorders are discussed. Ayurveda, one of the world's oldest systems of medicine, dating back to around 1500 BCE, contains extensive discussions on mental health (referred to as "Manas Roga"). The Charaka Samhita and Sushruta Samhita, two foundational Ayurvedic texts, describe various mental disorders and their treatments.

**Bhagavad Gita:** This spiritual text also addresses mental states, emphasizing the importance of controlling one's mind and emotions to achieve mental peace and spiritual growth.

So, even though the terminologies that we use today for mental health weren't used that time but the concept of mental health and diseases related to it was always prevalent.

# Phil-o-sophy

**Bhakti Yoga:** This path of devotion was believed to help individuals achieve mental peace and stability through devotion and surrender to a higher power. It offered solace and mental clarity, emphasizing the role of spiritual practices in mental health.

**Raja Yoga:** Raja Yoga, or the "royal path," involves meditation and ethical living. It focuses on calming the mind through practices like meditation, ethical conduct, and self-discipline, which were believed to have therapeutic benefits for mental health.

भक्ति

“The Heart’s Psychology”

राजयोग

“The Mind’s Discipline”

ज्ञान

“The Soul’s Logic”

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**Hindu Practices:** Hindu philosophical texts and practices, such as those found in the Bhagavad Gita and Upanishads, include teachings on managing emotions and mental disturbances through self-awareness, meditation, and righteous living.

**Jainism:** Jain philosophy emphasized the importance of mental purity and non-violence. Practices like meditation and asceticism were believed to help in achieving mental tranquility and overcoming disturbances.





# CAN'T KEEP CALM, ANXIETY'S CALLING

Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress.

## symptoms

*Trouble concentrating or making decisions.*

*Experiencing nausea or abdominal distress.*

*Feeling irritable, tense or restless.*

*Having heart palpitations.*

*Sweating, trembling or shaking.*

*Trouble sleeping.*

# symptoms

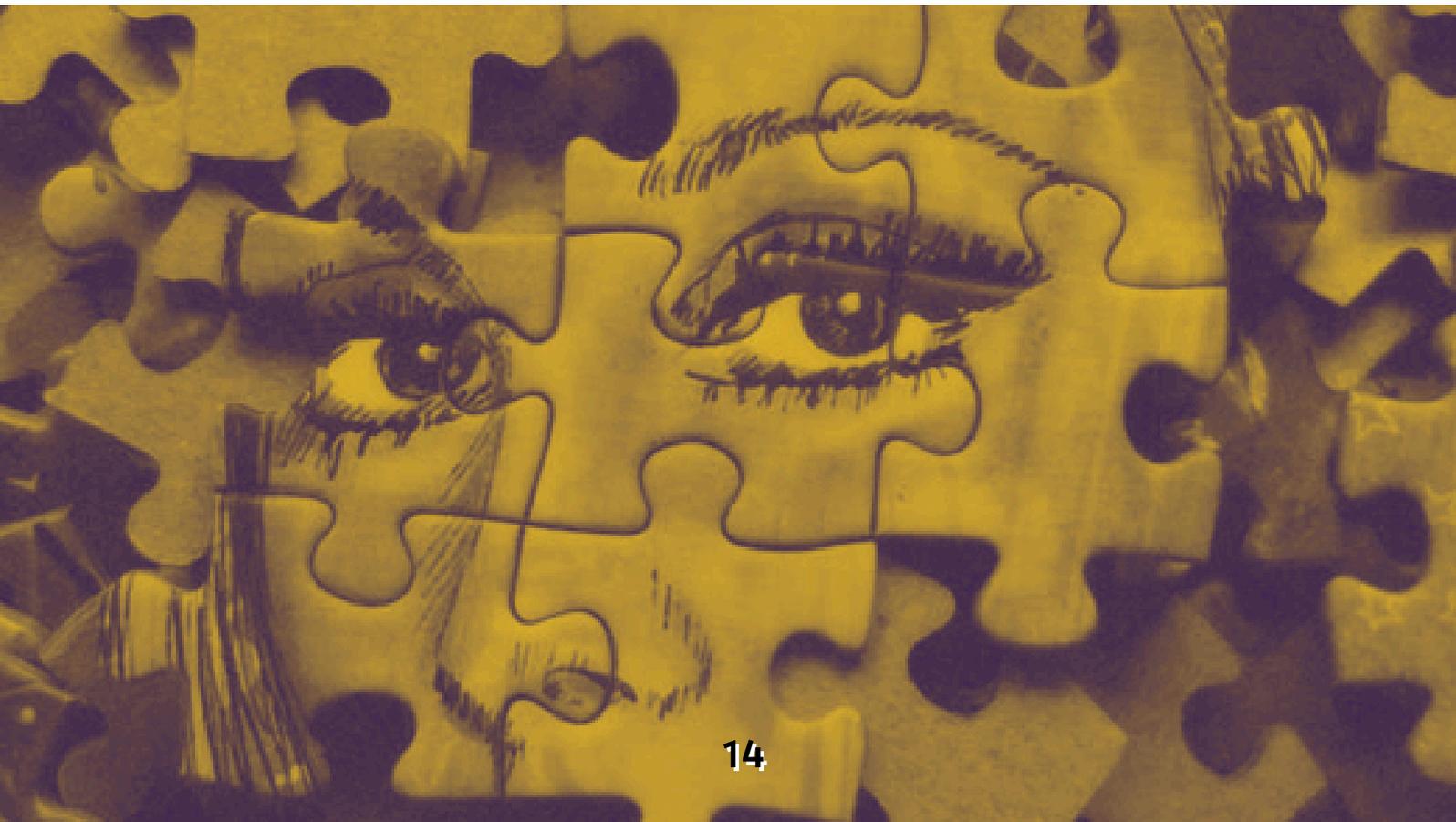
*Inattention:  
Difficulty paying  
attention, staying  
organized, or  
following  
instructions.*

*Impulsivity:  
Interrupting others,  
intruding, or having  
trouble waiting.*

*Hyperactivity:  
restlessness, or  
talking too much.*

# ADHD : ATTENTION DIALED TO A HUNDRED DIRECTIONS

Attention-deficit/hyperactivity disorder (ADHD) is a chronic mental disorder that affects a person's ability to focus, be active, and control their impulses. It's a neurodevelopmental disorder that's often first diagnosed in childhood.



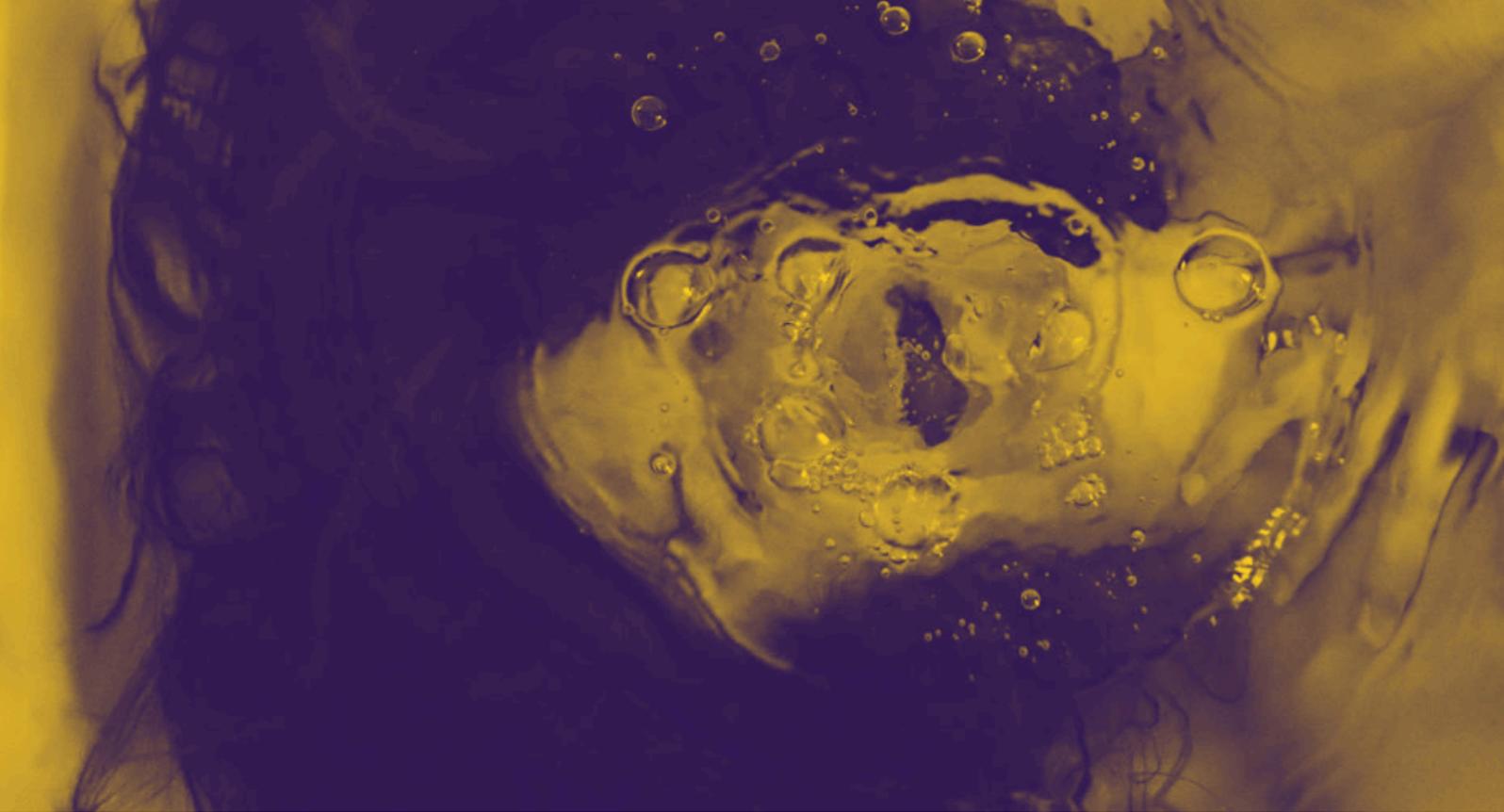


Depression is a mental disorder that can cause a feeling of sadness and loss of interest in activities. It can affect a person's thoughts, feelings, behavior, and sense of well-being. Depression can be serious and can impact all aspects of life.

*Feeling sad or hopeless.*  
*Loss of interest in activities.*  
*Changes in appetite, energy, or sleep.*  
*Guilt feelings or thoughts of worthlessness.*  
*Difficulty concentrating or paying attention.*  
*Suicidal thoughts.*

symptoms

THE D  
WORD\*\*



# PTSD : AN ARCHIVE YOU NEVER WANTED TO SAVE

symptoms

*Sleep problems and Self-destructive behavior.  
Feeling detached or numb.  
Being easily startled and  
Trouble concentrating.  
Irritability, angry outbursts,  
or aggressive behavior.  
Physical reactions, such as  
sweating, rapid breathing,  
fast heartbeat, or shaking.*

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Post-traumatic stress disorder (PTSD) is a mental health condition that can develop after experiencing or witnessing a traumatic event.

# symptoms

*Manic episodes:*

*Intense elation, irritability, or energy.*

*Depressive episodes:*

*Sadness, indifference, or hopelessness.*

*Hypomanic episodes:*

*Milder manic symptoms.*

*Reckless behavior:*

*Unsafe risks, overspending, self-harm.*

*Difficulty*

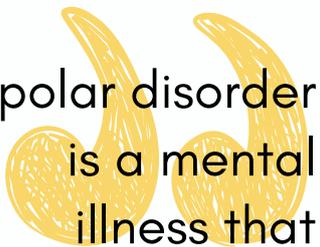
*concentrating: Easily distracted, trouble focusing.*

*Sleep changes:*

*Insomnia, excessive sleep, or reduced need.*

*Appetite changes:*

*Overeating or loss of appetite, weight shifts.*



Bipolar disorder is a mental illness that causes extreme mood swings, changes in energy, and shifts in activity levels. It's also known as manic-depressive disorder.

# BIPOLAR: 2 MOODS ZERO CHILL

# symptoms

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*Emotional instability: Intense emotions (anger, anxiety, depression) lasting hours to days.*

*Impulsive behaviors: Risky actions like unsafe sex, reckless driving, or substance use.*

*Self-harm: Cutting, burning, or other self-injury.*

*Unstable relationships: Conflict, stress, or frequent breakups.*

*Distorted self-image: Shifting moods, values, and goals.*



**BORDERLINE :  
THE EDGE IS  
NOT JUST A  
METAPHOR**

Borderline personality disorder (BPD) is a mental illness that affects a person's ability to regulate their emotions. It can cause instability in moods, relationships, and self-image. People with BPD may also have impulsive behaviors that can be dangerous.

# VOICES IN THE HEAD :

Schizophrenia is a serious mental illness that affects a person's thoughts, feelings, and behaviors. People with schizophrenia may have difficulty distinguishing reality from their own thoughts and ideas.

## symptoms

*Hallucinations, such as seeing or hearing things that aren't there.*

*Delusions, such as having fixed beliefs that are not based in reality.*

*Disorganized thinking and speech.*

*Reduced motivation. Difficulty with social interactions.*

*Flat or inappropriate affect.*

*Social withdrawal.*

*Extreme agitation or slowing of movements.*



# FOOD FOR THOUGHT? I'D RATHER STARVE

Eating disorders are mental health conditions that cause you to have an unhealthy relationship with food. Anyone can develop an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa and binge-eating disorder.



## symptoms

*Restrictive eating.*

*Eating a lot in a short amount of time.*

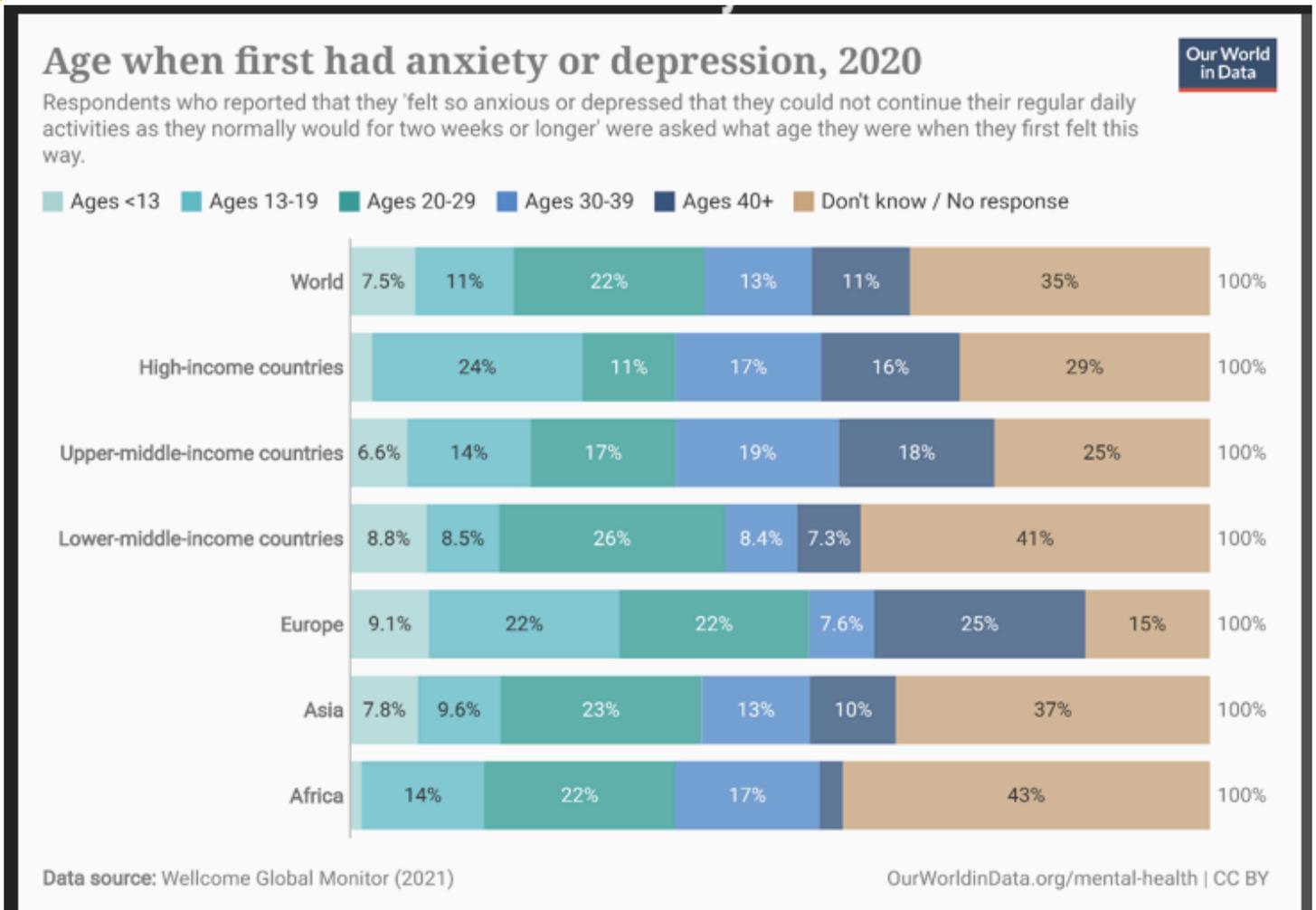
*Avoiding food or certain foods.*

*Forced vomiting after meals or laxative misuse.*

*Compulsive exercising after meals.*

*Frequent bathroom breaks after eating.*

# NATIONAL MENTAL HEALTH SURVEY OF INDIA



## Survey Overview:

- The National Mental Health Survey (NMHS) of India was conducted across 12 states, covering six regions (North, South, East, West, Central, and North-East) with a total sample size of 39,532 individuals.
- The survey aimed to assess the prevalence of mental disorders, treatment patterns, and sociodemographic factors.

## Key Findings:

- Prevalence Rates:
  - Lifetime prevalence of any mental disorder: 13.7%.
  - Current prevalence: 10.6%.
  - Significant variation in prevalence rates between states (e.g., Manipur: 19.9%, Assam: 8.1%).
  - Suicidal Risk: 0.9% high risk, 0.7% moderate risk; higher in females and urban areas.
  - Tobacco Use: Varying rates (5.4% to 39.6% across states).
  - Mental Disorder Types: Common mental disorders, psychotic disorders, substance use disorders, and neurotic disorders observed with significant age and gender-based variations.

## Sociodemographic

### Correlations:

- Age: Most prevalent in the 40–49 years age group for psychotic disorders and BPADs.
- Gender: Female predominance for depressive disorders.
- Urban vs Rural: Higher prevalence in urban metro areas.
- Income: Greater prevalence among those in lower income quintiles.

### Treatment Gap:

- Treatment gap: 70–92% across different disorders (e.g., 85% for common mental disorders, 91.8% for tobacco use).
- Treatment Delay: Median delay in seeking care ranges from 2.5 months for depressive disorders.
- Government facilities are the most common source of care.

### Methodology:

- Sampling: Multistage, stratified, random cluster sampling method.
- Data Collection: Interviews with individuals aged 18+, using standardized tools like the Mini International Neuropsychiatric Interview (M.I.N.I 6.0).
- Quality Control: Extensive training for data collectors and rigorous data management practices.

### Implications:

- The survey highlights a significant treatment gap and underlines the importance of increasing mental health awareness, reducing stigma, and improving accessibility to care.
- Calls for state-specific reports to better understand regional variations and identify the need for tailored interventions.

### Future Analysis:

- Further analysis is required to understand the reasons behind the wide variation in prevalence rates across states.
- The identification of etiological factors (e.g., social, cultural, and economic influences) needs more focus in future studies.

### Conclusion:

- The NMHS is a milestone study in India's psychiatric epidemiology.
- The findings should inform policy-making and mental health service planning.
- There is a need for more comprehensive studies to address the underlying factors contributing to mental health issues in India.

# GOVERNMENT POLICIES FOR MENTAL HEALTH IN INDIA

**National Mental Health Program (NMHP):** Launched in 1982, this program aims to provide mental health services at the primary health care level, improve accessibility, and increase awareness. It focuses on integrating mental healthcare with general healthcare, particularly for underserved areas.

**Mental Healthcare Act, 2017:** This landmark act strengthens the rights of people with mental illness, ensuring access to care, community-based treatment, and protecting against discrimination. It includes provisions like:

The right to access affordable mental health services.  
Protection against discrimination in education, employment, and housing.

The Indian government has been gradually expanding mental health policies and services to address the growing mental health needs of the population. Here are some notable policies and initiatives:

**District Mental Health Program (DMHP):** As part of NMHP, this program was launched to extend mental health services to district-level hospitals and community health centers. It offers outpatient and inpatient services, and in some districts, covers awareness and training for local health workers.

**KIRAN Helpline:** Initiated by the Ministry of Social Justice and Empowerment in 2020, this national helpline provides free telephonic mental health support, especially for people dealing with anxiety, stress, depression, and other mental health issues. The service is available in several regional languages.

**Manodarpan:** Launched in 2020, this initiative by the Ministry of Education focuses on students' mental well-being. It offers psychological support for students and teachers through a helpline, online resources, and counseling, especially targeting the challenges arising during the pandemic

**Ayushman Bharat:** Though primarily a healthcare scheme, Ayushman Bharat includes provisions for mental health services under its comprehensive healthcare approach, especially through Health and Wellness Centers (HWCs), which are meant to provide mental health counseling and support as part of primary healthcare.



# Checkm|yth



Just like in chess, every move in the mental health conversation counts. For years, myths have played the king —untouchable, unquestioned.

But now?

It's time to corner the misconceptions, outplay the stigma, and call checkmate with the truth

Therapy isn't just for crises or severe conditions—it's a tool for managing stress, improving relationships, and fostering personal growth. Like a routine health check-up, it offers support and prevention, helping you navigate life's challenges before they become overwhelming.

**Therapy is only for crazy people. The belief that only people with severe mental illnesses need therapy.**

Mental health problems are just a phase. Thinking that issues like depression or anxiety are just temporary and will pass on their own without any need for concern or intervention.

While some mental health issues can be situational and temporary, many are chronic conditions that require long-term management. Ignoring them can lead to worsening symptoms and more serious complications.

While positive thinking can be a helpful tool, it's not a cure for mental illness. Mental health conditions often require professional treatment, including therapy, medication, or lifestyle changes. It's similar to how a broken bone requires medical attention rather than just willpower.

The belief that people with mental health issues can simply "snap out of it" by thinking positively or being stronger.

Some believe that admitting to having a mental health issue is a sign of weakness or failure.

Mental health struggles can happen to anyone, regardless of their strength or character. Acknowledging a mental health issue and seeking help is actually a sign of strength and self-awareness, not weakness.

## Mental Health Through Art

Art has long been a medium for expressing the unspoken — the pain, chaos, and resilience of the human mind. In this section, we explore how visual storytelling becomes a powerful voice for mental health, breaking stigma and offering comfort through shared emotion.

### Man Falling by Tyeb Mehta

Tyeb Mehta's *Man Falling* is a haunting portrayal of psychological struggle and human fragility. The downward motion of the figure evokes a sense of helplessness and inner collapse, mirroring the silent battles many face with anxiety and despair. With stark lines and raw intensity, the painting invites us to reflect on the invisible weight carried by so many.

40



# A SILENT SCREAM IN MOTION

— TYEB MEHTA'S 'MAN FALLING'  
CAPTURES THE WEIGHT OF DESPAIR  
AND THE FRAGILITY OF THE HUMAN  
MIND."

# WCMN

Ashwin Gokakumar | Paolo Francis | Achyuth Jagopal | Pri Sathesh

When you feel down, take a sip of chai

Check out When Chai Met Toast's unique blend of indie folk and pop sounds on Spotify. To stay up to date with the band's latest releases, playlist recommendations, upcoming shows, and reviews, be sure to follow them on social media. You can support the band by purchasing their vinyl or CD releases, their merchandise, and their live shows. Don't miss a beat from this popular Indian band. Follow them on Spotify and stream with them on social media today.



When Chai Met Toast's *Maybe I Can Fly* is a gentle yet powerful anthem for those battling self-doubt and anxiety. With its soothing melodies and introspective lyrics, the song captures the inner conflict between fear and hope, reminding listeners that even in moments of uncertainty, there is always a possibility to rise. The uplifting instrumentation mirrors the emotional journey of overcoming struggles, making it a comforting companion for anyone seeking reassurance. Through music, *Maybe I Can Fly* beautifully conveys that healing isn't about having all the answers—it's about believing in the small steps forward.

# WHEN CHAI MET TOAST



# MENTALLY.MU

Music has an incredible way of speaking to the emotions we often struggle to put into words. Whether it's the melancholic strumming of a guitar or the uplifting swell of a chorus, melodies have the power to heal, comfort, and empower. In this section, we explore how music becomes a companion through mental health journeys, offering solace in moments of solitude and strength in times of struggle. From the hauntingly raw lyrics of *The Local Train* to the hopeful melodies of *When Chai Met Toast*, we dive into the songs that resonate with our deepest emotions—reminding us that we are never truly alone in what we feel.



The Local Train is known for its raw, soul-stirring music that delves into themes of pain, introspection, and resilience. Songs like Dil Mere capture the ache of loneliness and longing, while Aaftab metaphorically portrays the struggle of pushing through darkness toward light. Their poignant lyrics and melancholic yet powerful compositions make their music a safe space for those navigating mental health challenges. The band's ability to blend vulnerability with hope makes their songs a comforting reminder that emotions—no matter how heavy—are valid and can be transformed into strength.

40



MUSICALLY





# Inspo Unfiltered

Ankiti Bose, the co-founder and former CEO of Zilingo, a fashion and lifestyle technology platform has spoken about the immense stress and mental health challenges that come with being a young entrepreneur. Leading a fast-growing startup in a highly competitive industry placed significant pressure on her. To maintain her mental health, Ankiti adopted several practices, such as mindfulness and regular therapy. She emphasized the importance of taking breaks, setting boundaries, and making time for self-care, even when her work demanded long hours and intense focus.

Ankiti also talked about the role of support systems—friends, family, and mentors—in helping her navigate the pressures of running a company. She’s been vocal about the need for leaders, especially in high-stress environments, to prioritize their mental well-being and to foster a culture where mental health is discussed openly.

Her approach to mental health has not only helped her maintain her own well-being but also set an example for others in the startup ecosystem, where burnout and stress are common issues.



**"EVERY SINGLE DAY, YOU FAIL AT SOMETHING. YOU HAVE TO BE PATHOLOGICALLY OPTIMISTIC TO GET THROUGH IT. MENTAL HEALTH IS NOT TALKED ABOUT ENOUGH, BUT THE TRAUMA IS REAL. YOU NEED A STRONG SUPPORT SYSTEM—TRYING TO BEAR IT ALL ALONE IS A RECIPE FOR DISASTER."**

A portrait of actress Deepika Padukone, looking directly at the camera with a serious expression. She is wearing a dark, shimmering sari. The background is a soft, warm yellow.

# Deepika Padukone

## Inspo Unfiltered

At the peak of her career, when the world saw her as a Bollywood superstar, Deepika Padukone was silently battling an invisible storm—depression. Despite her success, she found herself feeling empty, disconnected, and unable to find joy in things she once loved. With persistent feelings of sadness, lack of motivation, and unexplained breakdowns, she realized something was wrong. Encouraged by her mother, she sought professional help and publicly spoke about her struggle—a groundbreaking moment in India's conversation on mental health.

Determined to ensure that no one suffers in silence, Deepika launched the Live Love Laugh Foundation, advocating for mental health awareness, therapy, and the importance of reaching out. Her journey became a turning point in normalizing conversations about depression in India, inspiring countless individuals to seek help and prioritize their mental well-being.

**"IT IS OKAY TO HAVE DEPRESSION, IT IS OKAY TO HAVE ANXIETY. IT IS NOT OKAY TO SUFFER IN SILENCE. MENTAL ILLNESS IS NOT A SIGN OF WEAKNESS."**



Ananya Birla's story reminds us that success is not just about ambition; it's about balance and well-being. Through Mpower and her own experiences, she's encouraging a shift in India's mental health narrative, inspiring young Indians to prioritize mental health alongside their dreams.

# INSPO UNFILTERED

Ananya Birla, an Indian entrepreneur, musician, and mental health advocate, has become an inspiring figure for young Indians. Despite being part of the prominent Birla family, Ananya faced severe anxiety and depression as she pursued careers in music and business. Her openness about her mental health journey highlights the importance of addressing mental well-being in high-pressure environments.

## **MPOWER: BUILDING A MENTAL HEALTH PLATFORM**

In 2016, Ananya co-founded Mpower with her mother, Neerja Birla, to break the stigma around mental health in India and provide accessible support. Mpower offers counseling, school outreach, and corporate partnerships, promoting an inclusive approach to mental health. Ananya's experiences motivated her to ensure that others, especially young people, have the resources to manage mental health struggles.

**"I'VE HAD, AND STILL HAVE, A HUGE STRUGGLE WITH MY MENTAL HEALTH. LET'S NORMALIZE THE CONVERSATION AROUND MENTAL HEALTH AND KEEP THE REVOLUTION ALIVE."**

# ANANYA BIRLA

Ananya is also a platinum-selling musician and the founder of Svatantra Microfin, a company that supports rural women entrepreneurs, as well as Ikai Asai, a lifestyle brand celebrating Indian artisans. Her ventures reflect her commitment to social impact, emphasizing both mental wellness and community support.



# Sangath: Pioneering Mental Health Support in India

Sangath's impact is profound and far-reaching. Over the years, they have:  
Reached over 3 million people through their mental health programs.

Trained thousands of healthcare workers to provide mental health services.

Conducted groundbreaking research that has influenced mental health policies in India.

One notable success story is that of a young woman named Priya from a remote village in Goa. Priya struggled with severe depression and had no access to mental health services. Sangath's MANAS program intervened, providing her with counseling and support. Today, Priya is thriving and actively participates in community mental health awareness programs.



# THE SANGATH STORY

Sangath, founded in 1996, is a non-profit organization dedicated to improving mental health across India. With a mission to provide high-quality and affordable mental health services, Sangath has become a beacon of hope for many individuals and communities. The organization is renowned for its innovative approaches and impactful programs, making it one of the most successful mental health NGOs in the country.

Sangath's initiatives are designed to cater to diverse mental health needs. Some of their key programs include: MANAS (Mental Health for All): This program focuses on integrating mental health services into primary healthcare. It aims to make mental health care accessible to everyone, especially in rural areas.

PRIDE (Premium for Adolescents): PRIDE is a school-based program that provides mental health support to teachers and parents to identify and address mental health issues early.

Addiction Recovery: Sangath runs several programs to help individuals recover from substance abuse. These programs offer counseling, support groups, and rehabilitation services.

Maternal Mental Health: This initiative focuses on the mental health of pregnant women and new mothers. It provides counseling and support to help them cope with the challenges of motherhood.

and lack of resources. Sangath addresses these challenges by working at the grassroots level, conducting research, and implementing evidence-based interventions. Their work spans across various mental health issues, including depression, anxiety, and substance abuse.

overshadowed by stigma. Sangath addresses these challenges by working at the grassroots level, conducting research, and implementing evidence-based interventions. Their work spans across various mental health issues, including depression, anxiety, and substance abuse.

Sangath's unwavering commitment to mental health has transformed the lives of millions of people in India. By addressing the root causes of mental health issues and empowering communities, Sangath continues to pave the way for a healthier and more resilient society. To support Sangath's mission, consider donating, volunteering, or spreading awareness about their work. Every contribution helps create a world where mental health is prioritized and accessible to all.

Vikram Patel, the visionary behind Sangath, is a global leader in mental health advocacy. A psychiatrist, researcher, and professor at Harvard Medical School, he has dedicated his career to making mental healthcare accessible, especially in low-resource settings. His groundbreaking work challenges the idea that mental health support requires specialists alone, pioneering a model where community workers and trained laypersons bridge the care gap. Through Sangath, Patel has redefined how mental health is perceived and treated in India, proving that care can be both innovative and inclusive.



# FROM PINS TO PURPOSE: THE PINTEREST STORY

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In a world where anxiety and disconnection are often amplified by digital platforms, Pinterest, almost a renaissance underdog championing emotional well-being and inclusiveness, is quite noticeably a blessed exception. Associated with creative boards, cool DIYs, and design inspirations, it has established itself as a leader in global mental health promotion. With over 500 million monthly active users, Pinterest's mission extends beyond sparking creativity—it's about fostering healing and resilience. Pinterest's CEO, Bill Ready, succinctly expressed the company's mission in the 2024 ESG impact Report: "We'd like to be the most inspiring and positive place in the world." The actualization of this vision manifests in a digital environment that puts emotional safety and wellbeing of users, employees, and communities first.

At the core of Pinterest's mental health mission is the Pinterest Impact Fund, which reached a remarkable milestone in 2023: \$20 million invested in over 60 nonprofit organizations dedicated to youth mental health, equity, and emotional resilience. These "Impact Partners" approach systemic solutions for pressing issues, including youth mental well-being and equity outcomes.

The Mental Health Equity Catalyze Cohort, a notable program, was created in partnership with New Profit. The program offers social entrepreneurs strategic coaching, unrestricted funds, and a peer learning community. There's also the CaRE Fund, launched on World Mental Health Day 2023, in partnership with the IRC, directing support towards those affected by humanitarian crises, including climate-related disasters, in their recovery and rebuilding.

Pinterest also partnered with Maybelline for the "Brave Together" campaign, which combats youth anxiety and depression. The campaign kicked off itself with a strong foundation in Pinterest's Now Processing trend, propagating alternative therapies like expressive art and music therapy—a blend supported by Millennials and Gen Z.

**WE'D LIKE TO  
BE THE MOST  
INSPIRING  
AND POSITIVE  
PLACE IN THE  
WORLD.**

**BILL READY**

CEO , Pinterest



# 7TH ANNUAL SHORTY IMPACT AWARD

Pinterest won the 7th Annual Shorty Impact Award in 2022 for its remarkable efforts in raising and addressing mental health awareness on a global level. The award recognized Pinterest's extraordinary commitment to building a platform supporting dialogue around mental well-being through meaningful contributions via innovative initiatives. Pinterest has put itself in a unique position to empower users to focus on their mental health through accessible and impactful resources centered around self-care and to build emotional resilience. Pinterest shows that technology can contribute to the building of mental health and emotional resilience. It boldly tells us how Pinterest, through visionary leadership, user-centric initiatives, and systematic investments, is on its way to redefining the role of digital platforms in the 21st century. It bridges towards a healthier, better-connected world, proving that placing emotional wellbeing on the pedestal is more than ethical, that it is transformational. The journey Pinterest has undertaken shows the power of technology to inspire, heal and bring together.

## INITIATIVES

**THE PINTEREST IMPACT FUND**

**TO ADDRESS POTENTIAL BURNOUT, PINTEREST DEVELOPED A FOUR-WEEK PROGRAM CALLED "PINTENTIONS."**

**PINCLUSION**

**THE PINTEREST HAVEN**

### Supporting Employees' Wellbeing

The theme of Pinterest's commitment to mental health also runs within its workforce. Employees are entitled to free wellness apps (Calm and Ginger) and initiatives that engage peer-to-peer support and group meditation sessions under Pinside Out. The flexible way afforded via PinFlex allows employees the privilege to work from any location, thereby carrying on with a healthy balance of work and personal lives. One employee by the name of Tracey Thong shared how this allowed her to take care of her family at a tough time. Back in 2023, Pinterest observed the Mental Health Day with a worldwide corporate shutdown that urged the employees to withdraw and rejuvenate themselves. Initiatives like Pinclusion Groups and the Ombuds Program have become effective avenues of support in boosting inclusivity, dialogue, and emotional safety at Pinterest.

### Global Advocacy and Immersive Experiences

Pinterest's influence goes beyond the digital sphere: In 2022, the platform joined the Mental Health Youth Action Forum in Washington, D.C., amplifying young creators' voices and advocating for mental health policy changes. Also, Pinterest hosted Pinterest Havens: A Whole Mood, an immersive event connecting color, mood, and emotional resilience in partnership with groups like the Joan Ganz Cooney Center, Pinterest lent support to leadership programs for digital media professionals in the creation of youth-centered mental health solutions. Campaigns that have gained an international audience have reached millions and continue to build support for innovative therapies while expanding mental health education for BIPOC families.

**"THE GOAL WAS TO PROVIDE EVERYONE WITH THE TOOLS THEY NEED TO CREATE BALANCE IN THEIR LIFE."**

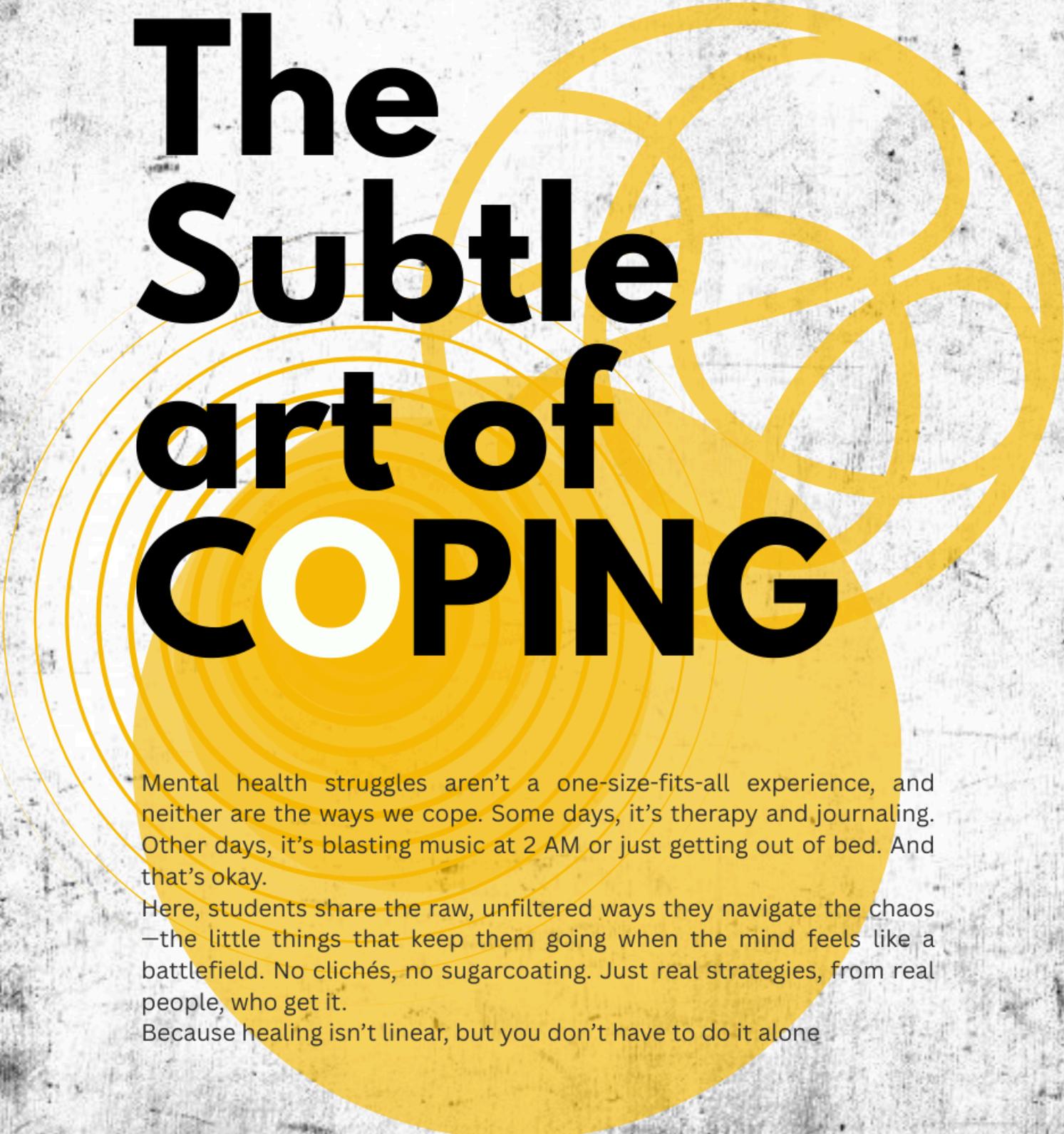
JO DENNIS  
CHRO , Pintrest



### Compassionate Technology

Pinterest's commitment to mental health extends to its platform design. Collaborating with Dr. Nina Vasan, Pinterest introduced the Compassionate Search feature. Users searching for terms like "anxiety" or "stress" are directed to evidence-based mental health resources, breaking down stigma and offering support at their fingertips. Ahead of World Mental Health Day 2023, Pinterest gifted thousands of users six-month free Headspace subscriptions, equipping them with tools for stress management, mindfulness, and better sleep.

During the pandemic, Pinterest saw a significant increase in searches related to improving mental health, demonstrating its role as a trusted resource for emotional support.



# The Subtle art of COPING

Mental health struggles aren't a one-size-fits-all experience, and neither are the ways we cope. Some days, it's therapy and journaling. Other days, it's blasting music at 2 AM or just getting out of bed. And that's okay.

Here, students share the raw, unfiltered ways they navigate the chaos—the little things that keep them going when the mind feels like a battlefield. No clichés, no sugarcoating. Just real strategies, from real people, who get it.

Because healing isn't linear, but you don't have to do it alone

# #VOICESOFFASTITVA

Whenever I feel anxious or low I like to watch movies or any kind series it's just mine comfort zone and helps me relax and feel better.

#ESCAPISMUNLOCKED

Songs(singing and listening both) , sleeping , origami (best stress reliever)

#FOLDINGAWAY  
THESTRESS

Whenever i am feeling anxious i play games and surf in social media

#DIGITAL  
DISTRACTIONS

Actually I have not given much thought on this but I guess singing a song to calm my heart or just silently close my eyes and stop all the overthinking or brainstorming or whatever my mind thinks

#MELODYVS  
MELTDOWN

like to distract myself and cry about it mostly. Else I'll sleep over it..sleep can cure anything ☺. And I eat mostly to try make myself feel better In more tense situation I try to be positive and cheer myself up and it works but after 2 hours. So I guess it works pretty good.

#MOODSWINGSINHD

Spending more time with friends and hitting gym, going for a run

#THERAPYINREPS

Sleeping, gaming, cussing, or just living coz i can mask this anxiety with something else fun

#ANXIOUSBUT  
39 MAKEITFUN

The answer for this question is very simple and wholesome for me, that is. Family and friends. Whenever I feel I need to find the right path or I am not doing great in life. I just need a chit chai session with my loved ones. I ready again to kick start my journey of proving myself every single day.

#CAFFEINATEDHEALING

# RESILIENCE

**“YOU FEEL LIKE YOU’RE THE LONELIEST GUY IN THE WORLD”**

The Indian cricket icon shocked the world when he opened up about his mental struggles during a rough patch in 2014. “I couldn’t focus, couldn’t sleep, couldn’t eat. No amount of training prepared me for the war going on in my mind.”



**“I FELT COMPLETELY BROKEN.”**

After crashing out of the Tokyo Olympics, wrestler Vinesh Phogat faced not just the weight of her own expectations but a tidal wave of criticism. “I wasn’t just battling my opponents. I was battling my own thoughts, my fears, my doubts. And the worst part? No one really saw it.”



Resilience isn't just about victories—it's about overcoming the unseen battles too. Even legends like Virat Kohli, Vinesh Phogat, Abhinav Bindra, and PV Sindhu have faced anxiety, self-doubt, and immense pressure. It's time to accept that mental health struggles are real, even for the strongest among us.

## “WINNING GOLD WAS SUPPOSED TO FEEL DIFFERENT”

India's first Olympic gold medalist in shooting found himself spiraling after his 2008 win. “I thought winning would complete me. But after the high, there was a sudden void. The pressure to do it again? That was suffocating.”



## “EVERY LOSS FELT LIKE A PERSONAL FAILURE.”

Badminton champion PV Sindhu faced crippling self-doubt, especially after close defeats. “I kept questioning—am I good enough? Should I even continue? I had to learn that my worth isn't just tied to a scoreboard.”





# Survival Checklist.



## MAINTAIN A JOURNAL

Let it out - Write about your thoughts, emotions, and experiences. Sometimes, clarity is just a page away. Gratitude check - List things you're grateful for. Even the tiniest wins count.



## MOVE YOUR BODY

Exercise, but make it fun - Walk, stretch, dance—whatever gets you moving and releases those feel-good endorphins.



## MINDFULNESS & MEDITATION

Be where your feet are - Take a few minutes daily to slow down and stay present. Breathe through it - Just 5-10 minutes of meditation can work wonders for stress and emotional resilience.



## FUEL YOUR MIND & BODY

Eat happy, feel happy - Nourish yourself with good food and stay hydrated. Your brain thrives on balance.



## SLEEP LIKE A BOSS

Consistency is key - Set a bedtime and stick to it. Your mind needs rest to reset.



## STAY CONNECTED, STAY GROUNDED

People matter - Keep in touch with those who uplift you. Join communities that make you feel seen.



## BOUNDARIES = SELF-RESPECT

Say 'No' without guilt - Protect your energy, prioritize what truly matters.



## CUT THE CORD (SOMETIMES)

Digital detox = mental reset - Be mindful of your screen time and curate content that fuels, not drains.



## BE YOUR OWN HYPE PERSON

Self-compassion > self-criticism - Talk to yourself like you would to a friend. Celebrate small wins, they add up.

In a world that glorifies the hustle, protecting your mental health is an act of rebellion. This isn't about grand gestures or overnight transformations—it's about small, consistent habits that create a ripple effect. From what you eat to how you rest, from the people you surround yourself with to the boundaries you set, every little action adds up. Think of this as your personal mental health toolkit—practical, doable, and designed to help you navigate life without burning out. Tick what works, tweak what doesn't, but most importantly—choose yourself, every single day.

Time heals everything, and even the darkest dawn brings some life. Isn't that what they all say? But what if you're still stuck there—at the age where it all stopped making sense? The age where you knew everything yet nothing at all. The age where you could feel your innocence slipping away, where your girlish glow began to harden into the maturity of a woman. When the choice of food was no longer about what you wanted but about the shape you desired your body to have. Life started to blur then, didn't it?

No matter how much I try to grow, a part of me remains trapped there, yearning for help. That part of me wants to escape the cage, scared of the lurking shadows of memories—memories of that one incident that changed everything. They say what doesn't kill you makes you stronger, but what if it also shapes who you are, how you see yourself?

That age seems closer than it really is, like it was just yesterday. But as I write this letter, I find myself going deeper into the version of me who believed that growing up was something that happened to other people and couldn't imagine herself growing. Who was carefree, and unburdened by the weight of expectations. Perhaps that version of me is still here, still prominent, still inside me—the version that loves freely, believes in fairy tales and Santa, the version that doesn't find it hard to love herself and doesn't fully understand life, but loves it regardless.

Maybe that age isn't as distant as I think. Maybe it's still within me, a reminder that for every age that haunts you, there are other ages within you that can bring light. It's true that we change, that life molds us in unexpected ways. But those pieces of ourselves that we thought we left behind—they're still there, waiting to remind us that growth is not just about moving forward but also about embracing all the parts of who we are and maybe the age that haunts me was always necessary for my growth. So, to the age I never grew up from: You are still with me, and in that, I find both solace and strength. You remind me that I am not just the product of what has happened to me, but also of what I choose to remember, what I choose to hold on to. And in that, I can find peace.

With love and un,  
your current self!

# A LETTER TO THE AGE I NEVER GREW UP FROM

PAVNI DUA



In the stillness of moments my  
mind runs fast,  
thousands and thousands of  
thoughts swirl  
none I can grasp.  
I chase after them--  
Determined on catching up--  
Beneath my feet I forget the path

I light flames of focus,  
delicate as a whisper,  
flickering at the breath of a breeze.  
But at times, the flame roars into a  
blaze,  
consuming every other thought in  
its wake.

Words leave my lips before I even  
taste them,  
and I catch only a fleeting whiff—  
a hint of their essence—  
before they rush out,  
turning me into a slow-witted,  
hasty little soul, chasing after what's  
already gone.

Hundreds of ants march beneath my  
skin,  
as restless as I am.  
I rub my arms, tap my feet,  
trying to make them quiet until they go  
numb—  
but they never do.  
So now I've made peace with them,  
these restless companions,  
more familiar than I care to admit.

Chaos is my best mate,  
its hand always intertwined with mine.  
It tugs me closer,  
pulling me into its embrace,  
until I surrender,  
hugging it tightly,  
as if we were always one.

I hold time in the palm of my hands,  
but it slips through, grain by grain,  
like sand through open fingers.  
Where it's gone, I seldom know—  
lost in the spaces between

In the swirl of thoughts, the flickering  
focus,  
the restless tides, and fleeting time,  
I find myself—imperfect, chaotic, yet  
whole.

I dance with chaos,  
embracing the sparks of creativity,  
the bursts of passion, the relentless  
drive.

In the disarray, I find new paths,  
and in this whirlwind, I am home.

GAYATRI TRIPATHI



# **“Be strong now, because things will get better. It might be stormy now, but it can’t rain forever “**

We would like to express out utmost **gratitude towards our mentor and guardian, Ms. Divya Chauhan**, who not only showed us the path, but also led the way to the destination. Ma’am only through your prescience and guidance, we were able to achieve success in this endeavour.

Every day we are amazed by our community who use innovation, ideas, and service to create impact from the local to global level. We are inspired. Every time we read, write and edit a story, we’re empowered and comforted by the fact that there are people out there fulfilling their own missions to turn a difficult story into a good story. It is imperative that we apprehend their journey and all those who support and guide such initiatives. We would like to extend a hearty gratitude to organisations like, Enactus PGDAV, Enactus Shaheed Raj Guru, Enactus JDMC for playing such a crucial role in bringing change.

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And many more unsung heroes who worked tirelessly to make Gutargu possible.

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 LOVE  
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 HUMANE SOCIAL BENEVOLENT  
 UNDERSTANDING SUPPORTIVE  
**STUDENT LEADERS**  
 GRATITUDE SYMPATHY  
 UNDERPRIVILEGED  
 BENEVOLENT  
 KINDNESS  
 CARE