

# LET'S LIVE Newsletter



“ A non profit organisation working towards youth suicide prevention in Kerala since 2018

From The Orange Room

Winter 2025

Issue #02

## This season at Orange Room

This season was fully packed with events both inside and outside The Orange Room, with our college-based Unfiltered sessions forming the highlight of our outreach.

### Events at The Orange Room

We also hosted a series of impactful events that created space for open conversations around mental health and challenged long-standing stigma.

World Suicide Prevention Day events such as

Let's Start the Conversation,  
Suicide Survivor Support Meet,  
Let's Sign for Mental Health  
&

World Mental Health Month events such as  
Inter-Collegiate Mental Health Debate  
&

International Men's Day event such as  
Redefining Masculinity  
&

four editions of Mental Health Champions Meet.



### Event Spotlight

On World Mental Health Day 2025, we had an Inter-Collegiate Mental Health Debate at Muffin House! Students came together to share ideas, challenge stigma, and have open, honest conversations. Big cheers to their energy and passion for mental wellbeing!



**Running the Orange Room**  
Saleema, with an MSW and social work experience, runs The Orange Room.



**Running the Unfiltered Project**  
Deva, a psychology post-graduate, leads the unfiltered projects with passion for mental health



### The Team



Asiya joined us in September 2025 after completing her graduation in Psychology.



Hashma joined us in November after completing her Master's in Psychology.



Surabhi joined us in November after completing her Master's in Psychology.



# Let's Live Moments



Over the past few months, Unfiltered sessions were held across several colleges, including National College, Mar Baselios College of Engineering, MG College, Government College Kariavattom, LBS Institute of Technology for Women, and NISH.

Alongside campus work, we continued hosting community conversations at The Orange Room. We marked important days such as World Suicide Prevention Day, World Mental Health Day, Deaf Awareness Week, and International Men's Day through meaningful, theme-led activities.

We also conducted a corporate session on work-life balance and mental wellbeing. In addition, we hosted four Mental Health Champions Meets and took part in Manotsava, the National Mental Health Festival in Bengaluru.



## Founder's Note

September to December marked an active, intense, and deeply purposeful phase at Let's Live. The last quarter of the year saw us engaging with difficult conversations, holding space for vulnerability, and strengthening mental health awareness across campuses, communities, and professional spaces.

Each month carried a distinct focus-September centred on suicide prevention, October on mental health awareness, August and November on the expansion of the Unfiltered campus initiative, and December on reflection, integration, and pause. Together, these efforts reinforced a belief central to our work: mental health awareness is not built through one-day observances, but through sustained conversations, safe spaces, and consistent action.

This newsletter brings together highlights from our work between September and December 2025. As we step into 2026, we remain grounded in gratitude -for the people, partnerships, and shared commitment that made this journey possible.



Sherin Noordheen



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## CORPORATE WELLNESS

Our first corporate session of the season at Innovation Incubator Technopark on 24th Sept 2025 focused on workplace stress, anxiety, work-life balance, and emotional wellbeing.



## WOMEN'S CIRCLE

She Heals- A gentle women's circle focused on rest and reflection, facilitated by Let's Live for parents of children living with various disabilities held at the Orange Room on 9 October 2025

# OUTREACH & TRAINING

## NSS CAMPS

Mental Wellness session for the students of LBS Engineering College held at GEC Muttathara on 23rd December, 2025. Through role plays based on real-life suicide cases, students explored shared responsibility, perspective-taking, and early warning signs.



## MHC SESSIONS

Mental Health Champions are student volunteers who support mental health conversations in colleges where we run Unfiltered. They meet at The Orange Room on the third Saturday of every month for awareness sessions, each focusing on a common youth mental health issue and the life skills needed to navigate it.

## READING ROOM SESSION

Our first session of the year at our favourite space, The Reading Room, on 29 November 2025 focused on loneliness and overthinking, and was filled with honest, open conversations.





## UNFILTERED CONVERSATIONS AUG 2025

We conducted several sessions of our flagship project, Unfiltered, across various colleges in Trivandrum.

SEPT 2025

## SUICIDE PREVENTION

We kept things open and interactive- spreading awareness, clearing myths, and encouraging honest conversations about self-harm and suicide through discussions, role plays, and survivor spaces with both the Hearing and Deaf communities.

at the orange room



## MENTAL HEALTH AWARENESS OCT 2025

We focused on emotional wellbeing, reducing stigma, and encouraging self-reflection and open conversations across colleges and community spaces.

NOV 2025 UNFILTERED CONVERSATIONS

We conducted several sessions of our flagship project, Unfiltered, across various colleges in Trivandrum, closely studying student needs and tailoring the curriculum and content to suit each college.



## REFLECTION & REPORTING DEC 2025

For us, December was a time to pause, reflect, revisit key learnings, appreciate everyone's efforts, and intentionally slow down- for both the community and our team.



## PUBLIC AWARENESS CAMPAIGNS

# HIGHLIGHTS



### LET'S SIGN ABOUT MENTAL HEALTH

DEAF MENTAL HEALTH SESSION CONDUCTED BY  
LET'S LIVE ON 27 SEPTEMBER 2025

### UNPLUG & UNWIND

WITH PSYCHOLOGIST DIVYA  
KAMNANI ON 25 OCTOBER 2025



### REDEFINING MASCULINITY

INTERNATIONAL MEN'S DAY SPECIAL EVENT WITH  
PSYCHOLOGIST L R MADHUJAN & PSYCHOPARK  
TEAM ON 17 OCTOBER 2025

### COFFEE & CONVERSATIONS

WITH KAPPINESS TEAM ON  
13 DECEMBER 2025

# LET'S LIVE IN THE MEDIA



Grateful and proud moment for Let's Live! Our work through Let's Live and The Orange Room was recently featured in the newspaper, highlighting our journey to create safe, stigma-free spaces where young adults can talk openly about mental health, seek support, and reconnect with themselves.



**SHERIN  
NOORDHEEN**  
MENTAL HEALTH ADVOCATE  
FOUNDER & DIRECTOR - LET'S LIVE

Let's Live voices mental health conversations on 42 Pod Catcher during World Mental Health Month



Let's Live featured on Yuva Vani Program on World Suicide Prevention Day

## GRATITUDE TO OUR DONORS



We extend our heartfelt gratitude to our donors for their generous support during this quarter. Because of their partnership, Let's Live was able to provide all programmes and services free of cost to our beneficiaries - ensuring access to mental health support remained inclusive, dignified, and barrier-free. We deeply value their trust in our mission and their commitment to community wellbeing.

A heartfelt thank you to Speridian Technologies for standing with us as a year-long partner in advancing The Orange Room, Unfiltered projects, and impactful public mental health awareness campaigns.

**Speridian**  
TECHNOLOGIES

**THE  
MUFFIN  
HOUSE**

We are grateful to Manappuram Foundation for partnering with us to support Unfiltered in November 2025.

**MANAPPURAM**  
FOUNDATION  
(CSR Body of Manappuram Finance Ltd.)



A sweet thank you to Muffin House Bakers for supporting the Inter-College MHC Championship on World Mental Health Day with space, prizes & snacks.



# WINTER 2025 Newsletter

## CHRISTMAS AT THE ORANGE ROOM



Christmas at The Orange Room was our chance to slow down, come together, and appreciate the people behind the work. More than just a celebration, it was a mindful pause after months of emotionally demanding mental health work- giving the team space to reconnect, reflect, and ease gently into the holiday break.

## CLOSING NOTE

The final quarter of the year was both heavy and deeply rewarding for the team at The Orange Room. After months of holding space, facilitating difficult conversations, and showing up consistently for the community, the year concluded with a dedicated team day followed by a two-week holiday- creating space to rest, reflect, and revive energy.

As we step into 2026, we wish everyone a year marked by health, balance, and contentment. Our team will return reviewed, renewed, and ready to continue the work. Until then, hang in there and take gentle care.

With gratitude,  
Team Let's Live

