



LET'S LIVE Newsletter

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

From The Orange Room

Summer 2026

Issue #01

This season at The Orange Room

The first few months of 2026 at Let's Live have been shaped by quiet, meaningful shifts. Across classrooms, community spaces, and The Orange Room, conversations opened gently-moving from hesitation to honesty, from listening to understanding. What emerges through these pages is not just a record of events, but a reflection of spaces where people felt safe enough to show up as they are. This season reminds us that change often begins in small, unseen moments and grows through connection, courage, and care.

Events by Let's Live

Unfiltered Project successfully completed- covering CSIR-NIIST, College of Engineering Trivandrum, Government Sanskrit College & Central Polytechnic College, Vattiyoorkavu, this season.

Public awareness events were held at the Orange Room on topics such as World Bipolar Day, International Youth Day, and art therapy, alongside a community outreach program at the Olam Festival.



Event Spotlight

Let's Live Foundation Day | 9 Years

On February 13, 2026, Let's Live marked its 9th Foundation Day at The Orange Room, reflecting on its journey of building safe spaces over the years. Graced by Sabriye Tenberken and Paul Kronenberg, co-founders of Kanthari, the day also featured the inauguration of the revamped Let's Live website, bringing together community and shared purpose.



Running the Orange Room

Deva, a psychology postgraduate, leads the Orange Room project this season after successfully completing the Unfiltered project last season.



Running the Unfiltered Project

Hashma, who holds a Master's in Psychology, joined us in November and took over the Unfiltered project in February 2026, leading it with dedication.



The Team



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



Surabhi joined us in November 2025 after completing her Master's in Psychology.



Bhagyanadh joined us in March 2026 after completing his Master's in Psychology.



Let's Live Moments

This past season, Let's Live moved with quiet urgency, expanding both its reach and its vocabulary of care. Alongside its steady rhythm of Unfiltered sessions, the initiative introduced two tailored interventions -Unfiltered Research Edition at CSIR-NIIST and a customized program at Central Polytechnic, Trivandrum- signaling a shift toward more context-responsive mental health conversations.

The calendar, too, became a canvas. International Youth Day and World Bipolar Day were marked not as symbolic observances, but as opportunities for dialogue- grounded, accessible, and human. At the Orange Room, an open Art Therapy session invited the public to engage with mental health beyond words, through expression that felt both personal and collective.

Outreach extended into community spaces at Olam 2026, where a youth awareness program, supported by Indian Sign Language interpretation, underscored a growing commitment to accessibility- not as an afterthought, but as a principle.

On International Women's Day, Let's Live introduced the Unfiltered Women Series, where women spoke in their own voices about what "Give to Gain" means- offering reflections that were less about answers and more about lived truths.



Founder's Note

Sustaining a mental health NGO in Kerala for nine years hasn't been easy- yet it has been deeply rewarding.

What began as a one-woman initiative has now grown into a team of passionate young women working toward youth suicide prevention.

We've worked with classrooms of 200+ and groups as small as 20, yet our commitment remains the same. What keeps us going is the hope that even if one struggling person in that room finds support, it matters; because if we can help save even one life, we've done our job.

What keeps us going strong is the feedback from young hearts in pain, reminding us again and again of the importance of non-judgmental listening and safe spaces. We hope to reach and support many more lives in the years ahead.

Thank you for being part of this journey.



Sherin Noordheen



MONTHLY FOCUS



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MENTAL HEALTH CONVERSATIONS AT THE ORANGE ROOM JAN 2026

January at Let's Live focused on reflection and renewal, with sessions at the Orange Room exploring transitions, identity, and emotional expression. Through writing, art, and dialogue, participants engaged in quiet, meaningful conversations with themselves and each other.

FEB 2026 INTRODUCING THE UNFILTERED RESEARCH EDITION

February balanced celebration with critical conversation, as Let's Live Foundation Day reflected on community and growth. At CSIR-NIIST, the Unfiltered Research Edition created space for honest dialogue around academic pressure, mentorship, and researcher well-being.

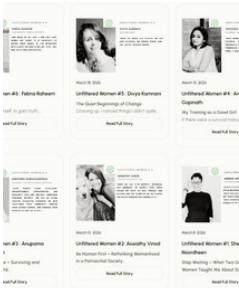
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LAUNCHING THE UNFILTERED WOMEN SERIES MAR 2026

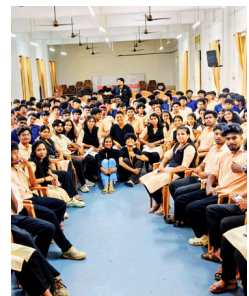
March marked the launch of the Unfiltered Women Series, bringing together 12 women and their lived experiences. Through honest, unfiltered narratives on patriarchy, resilience, and "Give to Gain," the series revealed a shared emotional landscape that resonated beyond individual stories.



APR 2026 CLOSING THE FIRST SEASON OF UNFILTERED

April marked closure and completion as Unfiltered Season 1 came to an end. The program exceeded its initial scope of 10 colleges, reaching 11 institutions, including Central Polytechnic, Vattiyorkavu.

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IN REVIEW: REFLECTIONS AND FINDINGS MAY 2026

May is a pause for reflection- focused on documenting Unfiltered, shaping the impact report, and preparing for what comes next. The Orange Room will remain closed to the public during this time.



PUBLIC AWARENESS EVENTS AT THE ORANGE ROOM

HIGHLIGHTS



ART THERAPY WORKSHOP

BY ANUPAMA RAMACHANDRAN, FOUNDER, WHITE PAPER CREATIVE THROUGH STORYTELLING AND ART, PARTICIPANTS EXPLORED THEIR EMOTIONS AS EXPERIENCES TO UNDERSTAND, EXPRESSING THEIR INNER WORLDS THROUGH COLOUR AND FORM.



TO DEFINE OR NOT TO, A NATIONAL YOUTH DAY SPECIAL EVENT BY FEBNA RAHEEM, SOCIAL RESEARCHER AND PUBLIC SERVANT.

THROUGH REFLECTION AND DIALOGUE, THE SESSION EXPLORED HOW IDENTITIES ARE FORMED, THEIR PURPOSE, AND WHEN TO HOLD ON OR LET GO.



GHOSTS TO THANATOS: AN EVENING OF REFLECTION

AND MEANING FACILITATED BY AVANEESH, PSYCHOLOGIST AND PHILOSOPHER, THE SESSION MOVED FROM EXPLORING GHOSTS AS THE UNKNOWN TO UNDERSTANDING THEM AS THE PERSONAL MEMORIES, EMOTIONS, AND STORIES WE CARRY WITHIN US.



BEYOND LABELS: UNDERSTANDING BIPOLAR TOGETHER

CREATED A SHARED SPACE, MODERATED BY SHERIN NOORDHEEN, WHERE KALIDAS BROUGHT IN LIVED EXPERIENCES, WHILE DR. ARAVIND THAMPI, CONSULTANT PSYCHOLOGIST, OFFERED CLINICAL INSIGHTS AND GUIDANCE.



OLAM 2026

On March 29, 2026, Team Orange Room conducted a mental health workshop at the Olam Festival, It's okay not to be okay, but not alone, creating a space where learning, laughter, and reflection came together. With Indian Sign Language (ISL) interpretation and participation from Deaf youth, the workshop was a truly inclusive space.



READING ROOM SESSION

On April 5, 2026, Let's Live facilitated an anime film discussion at The Reading Room in collaboration with Onigiri Order.

Centered on the popular Japanese Anime, A Silent Voice, the session became a reflective space exploring themes of mental health, bullying, shame, guilt, survival, and self-worth. Through shared perspectives, participants reflected on how experiences shape the way we see and value ourselves.

COMMUNITY INITIATIVES & LEARNING PROGRAMS

BUILDING BETTER LISTENERS

COUNSELOR TRAINING

An online webinar was conducted by Let's Live for psychosocial counsellors in Pathanamthitta, organized by the District Child Protection Officer.

The session focused on listening to sensitive topics such as relationship concerns and body identity issues, while strengthening skills to be empathetic, non-judgmental listeners.

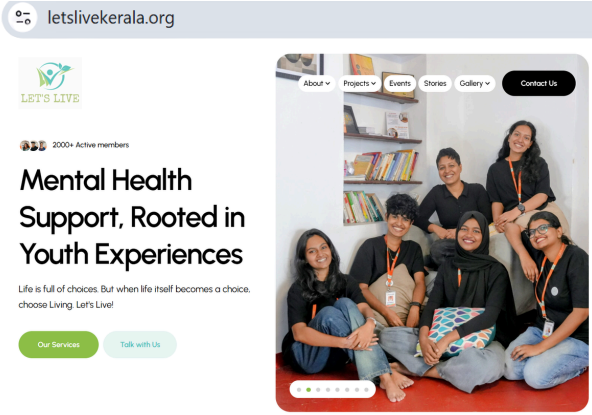
TEAM UPSKILLING PROGRAMS

Team Let's Live participated in capacity-building trainings, including the National Conference "The New Eras of Mind Matters: Insights into Emerging Trends", organized by the Department of Psychology and Corporate Wellness, KIMSHEALTH, Thiruvananthapuram, on January 14 and 15, 2026, and the SPAC (Suicide Prevention Action for Communities) training held online on March 18, 2026, by Mariwala Health Initiative.

MHC SESSIONS

On January 17, 2026, we concluded the Mental Health Champions journey with a final session at the Orange Room, reflecting on connection, belonging, and peer support. The session included conversations on self-harm and suicidal ideation, along with a six-step safety plan focused on support and prevention.





Originally developed in its early phase, the Let's Live website was thoughtfully revamped in 2025 to better reflect our evolving work and vision. The renewed platform was officially launched on Let's Live Foundation Day by Paul Kronenberg, marking an important milestone in our journey to create more accessible, engaging, and supportive digital spaces for mental health conversations.


LAUNCH OF OUR REVAMPED WEBSITE



UNFILTERED WOMEN SERIES

Stay inspired with our latest stories

At Let's Live, we believe mental health is shaped not just by the mind, but by the world we grow up in - expectations, pressure, silence, and the courage to be ourselves. Real change begins when people feel safe enough to speak and others are willing to listen. These stories carry lived experiences of struggle, resilience, kindness, and the belief that when we share honestly, we all grow stronger.




UNFILTERED WOMEN # 6
FEBNA RAHEEM
RESEARCHER, PERSONALITY

FROM WORK TO MY LIFE, I HAVE FELT THAT WOMEN ARE TRIPPED BY THE UNCONSCIOUS. UNTIL THIS MOMENT. THE UNCONSCIOUS WITH COURAGE IS DESTRUCTION, BUT THAT TOO, HAS BEEN A GREAT EXPERIENCE.

March 21, 2026

Unfiltered Women #6 : Fabna Raheem
Becoming
Give truth to yourself, to gain truth...

[Read Full Story](#)




UNFILTERED WOMEN # 5
DIVYA KAMNANI
PSYCHOLOGIST

WOMEN WE BARE OUR STORIES, WE CAN HAVE ANYTHING, WE CAN BE ANYTHING, AND THAT SMALL, DANGEROUS TRUTH.

March 18, 2026

Unfiltered Women #5 : Divya Kamnani
The Quiet Beginnings of Change
Growing up, I noticed things I didn't quite...

[Read Full Story](#)




UNFILTERED WOMEN # 4
ARCHANA GOPINATH
FOUNDER, THE ORANGE ROOM

WOMEN SHOULD BE ABLE TO USE THEIR VOICE. HONESTLY, FROM IT, GROWTH, FROM IMPROVEMENT, WE CAN GAIN GREAT PERSONALITY, SPACE AND FREEDOM TO BE WHO WE WANT TO BE.

March 15, 2026

Unfiltered Women #4 : Archana Gopinath
My Training as a Good Girl
If there were a survival manual for girls...


[Read Full Story](#)



UNFILTERED WOMEN # 3
ANUPAMA RAMACHANDRAN
FOUNDER, THE SILENT PARTNERS

WOMEN SHOULD BE ABLE TO USE THEIR VOICE. HONESTLY, FROM IT, GROWTH, FROM IMPROVEMENT, WE CAN GAIN GREAT PERSONALITY, SPACE AND FREEDOM TO BE WHO WE WANT TO BE.


March 12, 2026



UNFILTERED WOMEN # 2
ANSHU VINDOO
DIRECTOR, FOUNDATION

WOMEN WE BARE OUR STORIES, WE CAN HAVE ANYTHING, WE CAN BE ANYTHING, AND THAT SMALL, DANGEROUS TRUTH.

March 10, 2026



UNFILTERED WOMEN # 1
SHERIN WOODROFFE
DIRECTOR, FOUNDATION

WOMEN SHOULD BE ABLE TO USE THEIR VOICE. HONESTLY, FROM IT, GROWTH, FROM IMPROVEMENT, WE CAN GAIN GREAT PERSONALITY, SPACE AND FREEDOM TO BE WHO WE WANT TO BE.

March 8, 2026

IMPACT

Since 2018, Let's Live has empowered thousands of young people through listening, awareness, and support



HISTORY OF LET'S LIVE TIMELINE



2017 THE SEED
Kanthari & Leadership for Social Change
Learning to lead without permission. Understanding disability, dignity, and change rooted in lived experience.

2018 THE BEGINNINGS
One Woman. One Intention.
Let's Live begins as a one-woman initiative - holding space for difficult conversations around mental health and suicide, where few safe spaces existed.

2019 THE SPACE
The Orange Room. Pilot
A physical space dedicated to listening, reflection, and care where emotions are welcomed without judgement.

2025 HOLDING STRONGS
The Orange Room scaled up & #Unfiltered
The Orange Room expanded beyond community spaces to campuses - meeting students where they are. Because Silence Costs Lives!

2026 GROWING TOGETHER
Growing as an organisation
Eight years on, Let's Live stands as a community of young, vibrant women carrying forward the work of mental health and suicide prevention - not alone, but together.



TESTIMONIALS

Hear from those who believe in our mission

★★★★★

"Life is what you are happy getting up for!" is my personal motto. The goal is to find exactly what makes you wake up each day looking forward to what you will experience and do. For this, Let's Live is a

★★★★★

"Growing up, I often wished for just one thing - a person who would listen without judgment, or a space where my worries could rest without fear. Life might have felt a little lighter with such a refuge. So when I

★★★★★

"Wishing you all the very best in this initiative. I would always be delighted to support you in such upcoming CSR activities."

Vivek S Nair
Director - Human Resources, Spendian

GRATITUDE TO OUR DONORS



Our heartfelt thanks to Spertian Technologies for their continued support in 2025 and 2026. Their partnership made it possible to run Orange Room campaigns, expand mental health awareness initiatives, and conduct Unfiltered sessions across colleges.

DONATE TO SUPPORT OUR CAUSE

Account Name: LET'S LIVE

Account Number: 16170100129181

Bank: Federal Bank

Branch: Trivandrum – Kazhakuttam

IFSC Code: FDRLO001617



ACHIEVEMENTS & RECOGNITION



On 11 March 2026, as part of an International Women's Day event at the Indian Institute of Space Science and Technology, our Founder, Sherin Noordheen, was invited as the Guest of Honour. Sharing the stage with the District Collector, she spoke about resilience, survival, and the experiences that shape who we become.



On 10 March 2026, our Director, Sherin Noordheen, received the Impactful Women Award from the Rotary Club of Trivandrum.

CELEBRATION & TRANSITION

This Vishu, we paused for reflection, renewal, and quiet togetherness... finding warmth in shared moments and community in simply being present. The season also marked a farewell to our interns, who became an integral part of this work through their care and commitment.

While their time here ends, what they leave behind continues...in the spaces they shaped and the conversations that carry forward.

VISHU CELEBRATIONS @ THE ORANGE ROOM



CLOSING NOTE

Looking back, this past year feels both full and deeply personal.

With the inauguration of the second installation of The Orange Room in June 2025 and the launch of Unfiltered in July 2025, we stepped into a new phase, one that allowed us to reach more people while staying rooted in what matters most: human connection.

Over 2025–2026, we completed Season One of Unfiltered, conducting 40+ sessions across 11 colleges in Trivandrum, reaching over 2000+ students and 200+ faculty members. Alongside this, we held 20+ sessions at The Orange Room, mentored 20+ Mental Health Champions and volunteers, and supported over 50 individual listening sessions both within the Orange Room and in colleges.

But beyond the numbers are the moments we carry...the conversations, the pauses, the trust that people placed in us. This work was made possible by a growing team. Mentoring 10+ interns and team members this year has been just as meaningful as the spaces we created together. Each person brought care, commitment, and a quiet strength that shaped this journey. As we look ahead, we do so with hope, for deeper impact, new ideas, and new people who will become part of this work.

We are now inviting applications for our next internship cycle (3–6 months), beginning July 2026.

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LET'S LIVE

NEWSLETTER

