LET'S LIVE

2025-2026

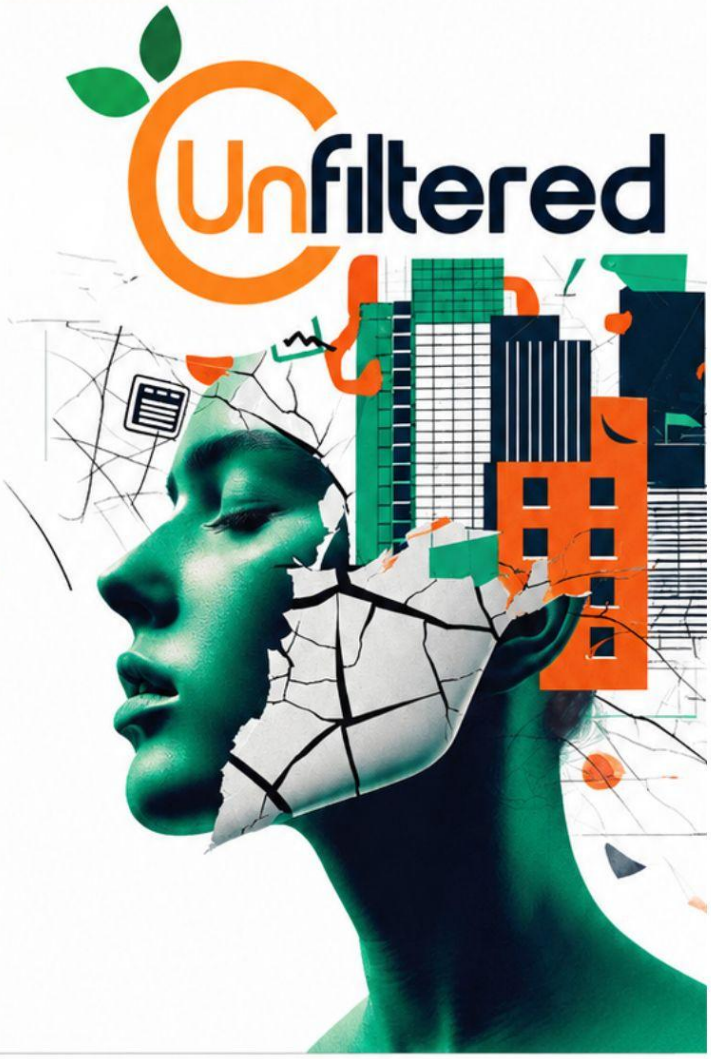
UNFILTERED SEASON 1

REPORT

തിരുവനന്തപുരം
ജില്ലാ ഭരണകൂടം

PRESENTED TO
DISTRICT ADMINISTRATION TRIVANDRUM

Unfiltered | The Orange Room — A LET'S LIVE INITIATIVE | LET'S LIVE | Speridian TECHNOLOGIES | MANAPPURAM FOUNDATION (CSR Body of Manappuram Finance Ltd.) | തിരുവനന്തപുരം ജില്ലാ ഭരണകൂടം



ANNUAL REPORT 2025–2026

SEASON 1

A district-wide initiative creating safe spaces, reducing stigma, and building a culture of mental well-being among young people.

11	2,490+	281	140	78	19
COLLEGES & INSTITUTIONS	STUDENTS REACHED	FACULTY SENSITISED	MENTAL HEALTH CHAMPIONS	STUDENTS SOUGHT INDIVIDUAL SUPPORT OR GUIDANCE	REFERRED TO / ACCESSED THE ORANGE ROOM

"Conversations that change minds. Communities that change lives."

FROM THE ORANGE ROOM
THIRUVANANTHAPURAM, KERALA

Founder’s Note

Where Conversations Became Change

When we started **Let's Live** in 2018, we were driven by a simple belief: every young person deserves a safe place where they can talk openly, be listened to, and find support when they need it.

#Unfiltered was born from that belief.

Over the past year, we have witnessed something extraordinary. What began as a series of conversations grew into a movement across campuses—a collective commitment by students, educators, institutions, and partners to place mental wellbeing at the heart of campus life.

Season 1 of *#Unfiltered* reached eleven institutions, engaging more than 2,000 students and over 250 teachers through awareness sessions, discussions, training programmes, and community-building initiatives. While these numbers are significant, they tell only part of the story.

The true impact lies in the individual lives touched along the way. It lives in the student who found the courage to ask for help. In the teacher who learned to recognize signs of distress. In the peer who chose to listen with empathy. In the campuses that began creating safer spaces for honest conversations about mental health.

Across classrooms, auditoriums, corridors, and common spaces, young people showed up with authenticity, vulnerability, and hope. They reminded us that when stigma is replaced with understanding, silence gives way to dialogue, and individuals become communities of care.

This report captures that journey. It is a celebration of the institutions that opened their doors, the educators who championed student wellbeing, the partners who believed in our vision, and most importantly, the young people whose voices shaped every step of this programme.

We extend our sincere gratitude to the District Administration, Thiruvananthapuram, and Alfred O.V., IAS, Nodal Officer of #Unfiltered, whose support, encouragement, and commitment to youth mental health strengthened the reach and impact of #Unfiltered across participating campuses.

At Let's Live, our vision is a world where every young person feels valued, supported, and heard, and where no life is lost to suicide. *#Unfiltered* is one step towards that vision, but it is only the beginning.

As we look ahead, we remain committed to building campuses where mental health is not an afterthought but a priority; where seeking support is seen as a sign of strength; and where every student knows that they matter, they belong, and they are heard.

Season 1 may be complete, but the conversation continues.

With gratitude,

Sherin Noordheen

Founder & Managing Trustee, Let’s Live

40+

Interactive Sessions

2500

Participants joined

HIGHLIGHTS

2025-2026 #UNFILTERED SEASON 1

REAL RAW RELATABLE

Table of Contents

Table of Contents 9
Executive Summary 13
About Let's Live 15
Vision 15
Mission 15
About #Unfiltered 16
Why #Unfiltered Was Started 16
Programme Design and Methodology 17
Programme Objectives 18
Core Learning Themes 18
#Unfiltered Season 1: Overview 19
Season at a Glance 19
Key Highlights 19
Participating Institutions and Programme Reach 20
Project Timeline 21
Programme Format 22
Season 1 Highlights 23
Student Engagement and Support-Seeking Overview 24
MHC Mentoring & Support Sessions at The Orange Room 25
College-wise Reports 26
GOVERNMENT ENGINEERING COLLEGE, BARTON HILL 27
Programme Overview 27
Sessions at a Glance 28
Key Observations 28
Mental Health Champions 28
Voices from the Campus 29
Faculty Sensitisation 29
Unique Highlight 29
LBS INSTITUTE OF TECHNOLOGY FOR WOMEN 30
Programme Overview 30
Sessions at a Glance 31
Key Observations 31

Mental Health Champions 32
Voices from the Campus 32
Faculty Sensitisation 33
Unique Highlight 33
MAR BASELIOS COLLEGE OF ENGINEERING & TECHNOLOGY 34
Programme Overview 34
Sessions at a Glance 34
Key Observations 35
Mental Health Champions 35
Voices from the Campus 35
Faculty Sensitisation 36
Unique Highlight 36
NATIONAL COLLEGE 37
Programme Overview 37
Sessions at a Glance 38
Key Observations 38
Mental Health Champions 38
Voices from the Campus 39
Faculty Sensitisation 39
Unique Highlight 39
GOVERNMENT COLLEGE KARIAVATTOM 40
Programme Overview 40
Sessions at a Glance 40
Key Observations 41
Voices from the Campus 41
Faculty Sensitisation 42
Unique Highlight 42
MAHATMA GANDHI COLLEGE 43
Programme Overview 43
Sessions at a Glance 44
Key Observations 44
Mental Health Champions 44
Voices from the Campus 45
Faculty Sensitisation 45
Unique Highlight 45
NATIONAL INSTITUTE OF SPEECH & HEARING (NISH) 46

Programme Overview 46
Sessions at a Glance 47
Key Observations 47
Voices from the Campus 48
Faculty Sensitisation 48
Unique Highlight 48
GOVERNMENT SANSKRIT COLLEGE, TRIVANDRUM 49
Programme Overview 49
Sessions at a Glance 50
Key Observations 50
Voices from the Campus 50
Faculty Sensitisation 51
Unique Highlight 51
CSIR-NATIONAL INSTITUTE FOR INTERDISCIPLINARY SCIENCE & TECHNOLOGY (CSIR-NIIST) 52
Programme Overview 52
Sessions at a Glance (Custom Sessions) 53
Key Observations 53
Voices from the Campus 53
Faculty Sensitisation 54
Unique Highlight 54
COLLEGE OF ENGINEERING, TRIVANDRUM 55
Programme Overview 55
Sessions at a Glance 55
Key Observations 56
Voices from the Campus 56
Faculty Sensitisation 57
Unique Highlight 57
CENTRAL POLYTECHNIC COLLEGE, THIRUVANANTHAPURAM 58
Programme Overview 58
Sessions at a Glance (Custom Sessions) 59
Key Observations 59
Voices from the Campus 59
Unique Highlight 60
Season 1: Impact and Outcomes 61
Success Stories & Testimonials 63
Challenges, Learnings and Recommendations 64

Operational Learnings 64
Content and Facilitation Learnings 64
Strategic Learnings 65
Looking Ahead 66
Partners & Collaborators 66
A Year of Impact 68

Executive Summary

#Unfiltered is the flagship mental health literacy and peer-support initiative of Let's Live, developed to create safe, engaging, and stigma-free spaces where young people can learn about mental health, build emotional resilience, and access pathways to support. Implemented in collaboration with the District Administration, Thiruvananthapuram, and supported by CSR partners, Season 1 was conducted during the 2025–2026 academic year across colleges and institutions in the district.

Designed as a structured, multi-episode intervention, #Unfiltered combined evidence-informed mental health education with interactive activities, storytelling, reflective exercises, role plays, peer discussions, and faculty sensitisation. The programme curriculum was adapted from internationally recognised mental health literacy frameworks and contextualised to address the realities, challenges, and help-seeking barriers faced by young people in Kerala.

Over the course of one academic year, #Unfiltered Season 1 was implemented across **11 colleges and institutions**, reaching more than **2,400 students** and **280 faculty members**. The programme facilitated conversations on mental health awareness, emotional well-being, coping strategies, help-seeking behaviour, toxic relationships, peer support, mental health first aid, and legal rights under the Mental Healthcare Act. In addition, **140 students were identified and trained as Mental Health Champions**, creating peer-led networks to sustain mental health advocacy within their campuses.

Season 1 also demonstrated the programme's adaptability across diverse educational settings. Specialised implementations included a fully accessible edition at the National Institute of Speech and Hearing (NISH) for Deaf and Hard-of-Hearing students, a customised Research Edition at CSIR-NIIST addressing burnout and well-being among research scholars, and targeted faculty sensitisation sessions aimed at strengthening institutional responses to student mental health concerns.

Beyond awareness generation, the programme created meaningful opportunities for support-seeking and dialogue. Across participating institutions, **78 students approached facilitators for individual guidance or emotional support**, while **19 participants were referred to or accessed support services through The Orange Room**, Let's Live's mental health support initiative. These interactions highlighted both the need for safe spaces and the willingness of young people to seek support when such spaces are made available.

A significant outcome of Season 1 was the positive shift in mental health awareness, reduction of stigma, increased confidence in managing stress and emotions, and greater openness towards help-seeking and peer support. Faculty members reported enhanced understanding of student mental health challenges, while students consistently emphasised the value of experiential learning and non-judgmental conversations.

Season 1 was made possible through the support of the District Administration, Thiruvananthapuram, CSR partners Speridian Technologies and Manappuram Foundation, participating educational institutions, volunteers, interns, Mental Health Champions, and numerous stakeholders who contributed to the successful implementation of the initiative.

The learnings and outcomes of Season 1 provide a strong foundation for future expansion. As #Unfiltered moves into subsequent seasons, the programme aims to deepen its reach, strengthen peer-led support systems, expand inclusive and specialised programme formats, and continue fostering mentally healthier educational environments across Kerala.

As Season 1 concludes, participating colleges and institutions have been invited to formally express their interest in continuing with #Unfiltered Season 2. This follow-up process will help assess institutional demand, identify opportunities for deeper engagement, and inform the planning of future programme expansion. The response received from participating institutions will play an important role in shaping the scale, reach, and design of the next phase of the initiative.

About Let's Live

Let's Live is a youth-focused **non-profit organization** dedicated to mental health advocacy, awareness, and the prevention of youth suicide, while promoting emotional well-being among young people in Kerala. Founded in 2018 and registered as a Public Charitable Trust, Let's Live was established with the belief that timely conversations, compassionate listening, and supportive communities can play a vital role in saving lives and strengthening mental well-being.

Guided by the message, **"Life is full of choices. But when life itself becomes a choice, choose living,"** Let's Live creates safe, non-judgmental spaces where young people can openly discuss their thoughts, emotions, struggles, and life experiences. Through awareness programmes, listening initiatives, community engagement, and campus-based interventions, the organization works to reduce stigma surrounding mental health and encourage help-seeking behaviour among youth.

Over the years, Let's Live has collaborated with educational institutions, government departments, mental health professionals, volunteers, and community partners to build a culture of emotional support and suicide prevention. By empowering young people with knowledge, connection, and access to support, the organization strives to ensure that no one has to face their struggles alone.

#Unfiltered is one of Let's Live's flagship youth mental health initiatives, designed to create safer, more supportive campuses where conversations about mental health are normalized, peer support is strengthened, and help-seeking is encouraged. Through this programme, Let's Live continues its mission of fostering resilient communities and promoting a future where every young person feels seen, heard, and valued.

Vision

A world where every young person feels valued, supported, and heard, and no life is lost to suicide.

Mission

- To prevent youth suicides through awareness, early intervention, and community-based support.
- To create safe and stigma-free spaces for open conversations around mental health and emotional well-being.
- To empower young people with emotional literacy, peer support systems, and access to compassionate listening.

- To foster a culture where seeking help is viewed as a sign of strength and where mental health is valued as an essential part of overall well-being.
- To collaborate with educational institutions, communities, and stakeholders in promoting sustainable mental health support systems.

Over the years, Let's Live has reached thousands of students and young people across Kerala through initiatives such as ***The Orange Room***, ***Monsoon Café***, ***Survivor Series***, ***Mental Health Champions***, ***etc***, building a growing network of youth advocates, volunteers, educators, and mental health supporters committed to creating safer and more compassionate communities.

About #Unfiltered

#Unfiltered is the flagship mental health literacy and peer-support initiative of Let's Live. Designed as a multi-episode, campus-based engagement programme, it creates safe and inclusive spaces where young people can openly explore, discuss, and navigate mental health without fear of stigma or judgement.

The programme combines evidence-informed mental health education with experiential learning approaches, including storytelling, reflective exercises, group discussions, role plays, peer engagement, and interactive activities. By encouraging active participation rather than passive learning, #Unfiltered enables students to connect mental health concepts to their everyday experiences and challenges.

At its core, #Unfiltered seeks to normalise conversations about mental health and equip young people with the knowledge, skills, and confidence to seek support, support others, and make informed decisions about their emotional well-being. Unlike traditional awareness lectures, the programme emphasises dialogue, lived experiences, and practical learning, making mental health education more relatable, engaging, and empowering for students.

Why #Unfiltered Was Started

Over the years, Let's Live has interacted with thousands of young people across Kerala through its mental health awareness and suicide prevention initiatives. These interactions consistently revealed a growing need for structured mental health literacy among students.

Many young people reported experiencing academic stress, relationship difficulties, emotional distress, loneliness, anxiety, uncertainty about the future, and challenges in seeking support. Despite these

concerns, conversations around mental health often remained limited by stigma, misinformation, fear of judgement, and inadequate access to reliable support systems.

Recognising this gap, Let's Live developed #Unfiltered as a preventive and educational intervention that would bring mental health conversations directly into campuses. The programme was built on a simple belief: when young people are provided with safe spaces, accurate information, empathetic listening, and opportunities for dialogue, they are willing to engage meaningfully with issues affecting their mental health and well-being.

Programme Design and Methodology

#Unfiltered was designed as an evidence-informed mental health literacy programme drawing from internationally recognised mental health promotion frameworks and educational resources developed by organizations such as the World Health Organization (WHO) and other leading global agencies working in youth mental health, suicide prevention, and well-being promotion. The curriculum was subsequently adapted and contextualised to reflect the cultural, social, and educational realities of young people in Kerala.

The programme structure was developed following a review of research and best practices in mental health education. The number of episodes within a season, the sequencing of topics, and the pedagogical approach were carefully designed to maximise engagement, retention of learning, and opportunities for reflection and behaviour change. Rather than relying on a single awareness session, #Unfiltered adopted a phased and sustained engagement model that allowed participants to progressively build knowledge, skills, and confidence over time.

A defining feature of #Unfiltered was its emphasis on experiential learning. Unlike conventional lecture-based awareness programmes, sessions were facilitated through storytelling, reflective exercises, group discussions, role plays, interactive activities, and real-life case examples. Facilitators drew upon their own lived experiences, professional observations, and relevant stories shared by students within participating institutions to make discussions relatable, authentic, and meaningful.

This approach enabled participants to connect mental health concepts with their everyday realities, encouraging active participation, critical reflection, and open dialogue. By creating an environment

where students could learn from both evidence and experience, #Unfiltered fostered deeper engagement and helped translate mental health knowledge into practical understanding and action.

Programme Objectives

The programme was designed with the following objectives:

- To improve mental health literacy among college students through accessible and youth-friendly learning experiences.
- To create safe spaces for open, stigma-free conversations on mental health and emotional well-being.
- To strengthen students' understanding of emotions, stress, resilience, and healthy coping strategies.
- To encourage help-seeking behaviour and increase awareness of available support systems.
- To equip students with basic peer-support skills and promote a culture of compassionate listening.
- To sensitise faculty members and educational institutions to emerging student mental health needs.
- To identify, nurture, and empower student leaders through the Mental Health Champions initiative.
- To contribute towards building mentally healthier and more supportive campus communities.

Core Learning Themes

Across its various episodes and campus engagements, #Unfiltered focused on the following themes:

- Understanding Mental Health and Challenging Stigma
- Emotional Awareness, Self-Reflection, and Healthy Coping Strategies
- Stress, Anxiety, and Building Resilience
- Toxic Relationships, Consent, and Emotional Boundaries
- Peer Support, Active Listening, and Mental Health First Aid
- Help-Seeking Behaviour and Accessing Professional Support
- Rights and Protections under the Mental Healthcare Act, 2017
- Suicide Prevention and Early Identification of Distress
- Faculty Sensitisation and Creating Supportive Learning Environments

- Building Campus-Based Mental Health Leadership through Mental Health Champions

#Unfiltered Season 1: Overview

#Unfiltered Season 1 was implemented across the 2025–26 academic year in 11 higher education institutions and research organizations in Thiruvananthapuram district. Through a structured series of student sessions, faculty engagements, and peer-support initiatives, the programme directly reached over 2,400 students and more than 280 faculty members, while training 140 Mental Health Champions to serve as advocates for mental well-being within their campuses.

Through a combination of student-focused sessions, faculty sensitisation programmes, and the Mental Health Champions initiative, Season 1 directly reached more than 2,400 students and over 280 faculty members. The programme also identified and trained 140 Mental Health Champions, creating a network of student leaders equipped to promote mental well-being, peer support, and help-seeking within their campuses.

Season 1 marked an important milestone in Let's Live's efforts to build mentally healthier educational institutions through long-term engagement rather than one-time awareness programmes. The initiative demonstrated the feasibility and impact of embedding mental health literacy, peer support, and preventive mental health education within diverse educational settings.

Season at a Glance

11	2400+	280+	140
Colleges & Institutions	Students Directly Reached	Faculty Sensitised	Mental Health Champions

Key Highlights

- 11 Colleges and Institutions Engaged
- 2,400+ Students Directly Reached
- 280+ Faculty Members Sensitised
- 140 Mental Health Champions Trained

- 10 Months of Active Campus Engagement, Built on 2 Months of Strategic Preparation, Curriculum Design, and Team Onboarding
- 4 Structured Learning Episodes Delivered Across Participating Institutions
- 1 District-Wide Mental Health Literacy Initiative

Participating Institutions and Programme Reach

Sl No	College / Institution	Period	Students	Faculty	Champions
1	Government Engineering College Barton Hill	July 2025-Aug 2025	150+	10	15
2	L.B.S Institute of Technology for Women	July 2025- Dec 2025	550+	49	79
3	National College	Sep 2025 – Mar 2026	300+	55	16
4	Mar Baselios College of Engineering and Technology	Sep 2025 — Dec 2025	470+	41	18
5	Government College Kariavattom	Nov 2025 – Jan 2026	190+	17	—
6	Mahatma Gandhi College	Oct 2025 – Apr 2026	100+	31	12
7	National Institute of Speech and Hearing (NISH)	Nov 2025 – Dec 2025	240+	22	—
8	Government Sanskrit College	Feb 2026 – Mar 2026	70+	15	—
9	CSIR-National Institute for Interdisciplinary Science and Technology (CSIR-NIIST)	Feb 2026	80+	19	NA
10	College of Engineering TVM	Mar 2026 – Apr 2026	100+	22	NA
11	Central Polytechnic College, Thiruvananthapuram	April 2026	240+	NA	NA
TOTAL	**11 COLLEGES**	**10 MONTHS**	**2490+**	**281**	**140**

Project Timeline

The implementation of #Unfiltered Season 1 spanned twelve months, beginning with programme design, curriculum development, partnership building, and resource mobilisation in mid-2025. This was followed by phased implementation across participating institutions, faculty engagement activities, Mental Health Champion development, documentation, impact assessment, and the compilation of institutional reports. The timeline below highlights the major milestones achieved during the planning, implementation, and closure phases of Season 1.

Month	Milestone
May-June 2025	• #Unfiltered project plan developed and structured • CSR funding secured for programme implementation • Collaboration with the District Administration formalised • Season 1 curriculum finalised and prepared for rollout • Resource Hiring and on-going training for #Unfiltered
July 2025	• Season 1 curriculum submitted to the District Administration for approval • Recruitment and training of resource personnel for #Unfiltered • Pilot launch of #Unfiltered at Government Engineering College Barton Hill • Official inauguration of #Unfiltered at LBS Institute of Technology for Women
August 2025	• Government Engineering College Barton Hill – Episodes 3 & 4 • LBS Institute of Technology for Women – Episodes 2 & 4 • Recruitment and training of resource personnel for #Unfiltered
September 2025	• National College – Episodes 1, 2 & 3 • Mar Baselios College of Engineering and Technology – Episodes 1 & 2
October 2025	• Inter-College Mental Health Champions' Debate • Mar Baselios College of Engineering and Technology – Episode 3 • Mahatma Gandhi College – Episode 1
November 2025	• National Institute of Speech and Hearing (NISH) – Episodes 1, 2 & 3 • Government College Kariavattom – Episodes 1 & 2

Month	Milestone
December 2025	• LBS Institute of Technology for Women – Episode 3 • Mar Baselios College of Engineering and Technology – Episode 4 • NISH – Episode 4 • #Unfiltered Season 1 Mid-Year Review
January 2026	• Government College Kariavattom – Episodes 3 & 4
February 2026	• Government Sanskrit College – Episodes 1 & 2 • CSIR-NIIST –Research Edition – 3 Sessions
March 2026	• National College – Episode 4 • Mahatma Gandhi College – Episodes 2 & 3 • Government Sanskrit College – Episodes 3 & 4 • College of Engineering Trivandrum – Episodes 1 & 2
April 2026	• Central Polytechnic College, Thiruvananthapuram – Episodes 1, 2 & 3 • College of Engineering Trivandrum – Episode 4 • Mahatma Gandhi College – Episode 4
May 2026	• Institutional reports compiled for all 11 participating institutions • Certificates prepared for Mental Health Champions, volunteers, and interns • #Unfiltered Season 1 Annual Report developed • Closing Ceremony planning and coordination completed
June 2026	• #Unfiltered Season 1 Closing Ceremony • Annual Report and programme outcomes formally presented to stakeholders

Programme Format

#Unfiltered Season 1 followed a structured four-episode learning model designed to build mental health literacy progressively over multiple engagements. While the core curriculum remained consistent across institutions, adaptations were made to accommodate the unique needs and contexts of participating colleges and organizations.

The programme comprised three student-focused sessions and one faculty sensitisation session, ensuring that both students and educators were equipped with knowledge and skills to contribute to a mentally healthier campus environment.

Episode	Name of the Episode	Contents
1	Mental Health 101	Introduction to mental health and well-being, challenging stigma and misconceptions, understanding common mental health concerns, and establishing a safe space for open dialogue.
2	Emotions and Coping	Exploring emotions, thoughts, stressors, and behavioural responses, while developing awareness of healthy and unhealthy coping mechanisms and strategies for emotional resilience.
3	Help-Seeking and Peer Support	Understanding common mental health conditions, recognising signs of distress, developing basic peer-support and active listening skills, promoting help-seeking behaviour, and introducing rights under the Mental Healthcare Act, 2017.
4	Faculty Sensitisation	Building faculty awareness of student mental health concerns, early identification of distress, supportive communication practices, referral pathways, and strategies for creating psychologically safe learning environments.

Season 1 Highlights

World Mental Health Day 2025: Inter-College Mental Health Champions Debate

As part of the World Mental Health Day observance on 10 October 2025, Let's Live organised the Inter-College Mental Health Champions Debate under the #Unfiltered initiative. The event brought together Mental Health Champions and student representatives from participating colleges to engage in meaningful dialogue on mental health, inclusion, stigma reduction, and youth leadership.

Hosted at Muffin House Bakers, Pattom, the debate provided a platform for students to share diverse perspectives, challenge prevailing misconceptions, and explore solutions to mental health challenges affecting young people. Designed as a learning and awareness initiative rather than a purely competitive event, the programme encouraged critical thinking, empathy, respectful discussion, and collaborative problem-solving.

The event highlighted the importance of empowering young people as active participants in mental health advocacy and demonstrated the potential of peer-led engagement in fostering more informed and supportive campus communities. By bringing together students from different institutions, the debate also strengthened the growing network of Mental Health Champions created through #Unfiltered and reinforced the programme's commitment to creating safe spaces for dialogue and collective action.

Key Outcomes

- Created a platform for inter-college dialogue on mental health and well-being.
- Encouraged students to critically examine stigma, inclusion, and help-seeking behaviours.
- Strengthened peer leadership and advocacy skills among Mental Health Champions.
- Fostered collaboration and networking between students from different institutions.
- Reinforced the role of young people as change-makers in promoting mental health awareness and supportive campus cultures.

The Inter-College Mental Health Champions Debate served as an important milestone in the #Unfiltered journey, demonstrating how student-led conversations can contribute to a more informed, empathetic, and mentally healthy society.

Student Engagement and Support-Seeking Overview

Sl No	College / Institution	Total Participants Reached	Participants Who Sought Individual Support or Guidance	Participants Referred to / Accessing The Orange Room
1	Government Engineering College Barton Hill	150+	7	3
2	L.B.S Institute of Technology for Women	550+	18	11
3	National College	300+	7	2
4	Mar Baselios College of Engineering and Technology	470+	17	3
5	Government College Kariavattom	190+	-	-
6	Mahatma Gandhi College	100+	4	-
7	National Institute of Speech and Hearing (NISH)	240+	6	-
8	Government Sanskrit College	70+	4	-
9	CSIR-National Institute for Interdisciplinary Science and Technology (CSIR-NIIST)	80+	5	-
10	College of Engineering TVM	100+	4	-
11	Central Polytechnic College, Thiruvananthapuram	240+	6	-
TOTAL	**11 COLLEGES/INSTITUTIONS**	**2490+**	**78**	**19**

MHC Mentoring & Support Sessions at The Orange Room

From August 2025 to January 2026, **The Orange Room** hosted monthly mentoring and support sessions on the third Saturday of each month. These sessions brought together **Mental Health Champions (MHCs)** from participating colleges to strengthen their facilitation and leadership skills, share experiences from their campuses, and build a supportive peer network across institutions.

The sessions were structured around **evidence-based life skills identified by the United Nations (UN) and the World Health Organization (WHO) for young people**, while also addressing common mental health concerns experienced by youth. Topics included active listening, empathy, stress management, emotional regulation, positive thinking, resilience, anxiety, and depression. Through interactive discussions, reflection exercises, and peer learning, MHCs were equipped with practical knowledge and tools to better support student well-being within their respective campuses.

Month	No of Participants	Topics Covered/ Discussion Points
August 2025	12	Life Skills: Active Listening and Empathy
September 2025	20	Life Skills: Stress Management and Emotional Regulation
October 2025	7	Mental Health Disorders and Life Skills: Anxiety Disorders and Positive Thinking
November 2025	8	Mental Health Disorders and Life Skills: Depression and Resilience
January 2026	7	Mental Health Disorders and Life Skills: Self-Harm, Suicidality and Problem-Solving Skills

College-wise Reports

The following chapters present the implementation of #Unfiltered across each participating institution. They document the programme journey within each campus, including key activities, participant engagement, session outcomes, feedback, and notable observations.

Together, these reports capture the diverse experiences, learnings, and impact of #Unfiltered Season 1, highlighting how students, faculty members, and institutional stakeholders engaged in meaningful conversations around mental health and well-being throughout the academic year.

GOVERNMENT ENGINEERING COLLEGE, BARTON HILL

GOVERNMENT ENGINEERING COLLEGE, BARTON HILL

July 2025 –August 2025 | 4 Sessions | CSR Partner: Speridian Technologies

150+	10	3	15
Students Reached	Faculty Sensitised	Student Sessions	Mental Health Champions

Programme Overview

Government Engineering College Barton Hill served as the pilot campus for #Unfiltered Season 1, hosting the programme prior to its official district-wide inauguration. Supported through CSR funding from Speridian Technologies, the pilot engagement provided an opportunity to test, refine, and strengthen the programme model before its rollout across other institutions.

The initiative was warmly received by students and faculty alike, with participants demonstrating high levels of enthusiasm, openness, and engagement throughout the programme. Through three student-focused sessions and one faculty sensitisation programme, over 150 students and 10 faculty members were reached with evidence-informed mental health literacy content, interactive learning activities, and opportunities for meaningful dialogue.

The positive response from the campus validated the need for structured mental health conversations within educational institutions and laid a strong foundation for the successful implementation of #Unfiltered across the remaining participating colleges. The programme also led to the formation of a cohort of 15 Mental Health Champions, establishing a sustainable peer-support network within the campus community.

Sessions at a Glance

Session	Date	Participants	Focus
Episode 1	18th July 2025	50	Mental Health Basics and Challenging Stigma
Episode 2	31st July 2025	80	Emotions, Coping, and Stress Management
Episode 3	7th August 2025	25	Mental Health Conditions, Help-Seeking, and the Mental Healthcare Act
Episode 4 (Faculty)	1st August 2025	10	Faculty Sensitisation and Student Mental Health Support

Key Observations

- Students demonstrated high levels of curiosity and engagement, contributing actively to discussions and reflective activities.
- Conversations throughout the programme were open, candid, and respectful, indicating a willingness among students to engage with mental health topics.
- Peer volunteers played a significant role in encouraging participation and normalising conversations around mental well-being.
- 66.7% of participants reported increased confidence in managing emotions and stress following the programme.

Mental Health Champions

A total of 15 students from the Electrical and Electronics Engineering, Information Technology, Mechanical Engineering, and Electronics and Communication Engineering departments were nominated as Mental Health Champions (MHCs), with several of them successfully completing the MHC training programme.

Over the course of the programme, these student leaders participated in structured training, mentorship, and engagement sessions facilitated by **Let's Live** and **The Orange Room**. Through this process, they enhanced their understanding of mental health, developed essential peer-support skills, and served as mental health advocates within their campus community.

The initiative successfully established a network of trained student leaders who contributed to promoting help-seeking behaviour, emotional well-being, and mental health awareness among their peers throughout the duration of the programme.

Voices from the Campus

The following reflections highlight the impact of #Unfiltered on participants at Government Engineering College Barton Hill:

> *"I genuinely appreciate the opportunity I had to attend the session. I speak on behalf of all of us when I say that it left a huge impact. The ribbon activity, in particular, was very well designed and deeply meaningful. Many of the discussions were relatable and emotionally resonated with us. The session felt real, honest, and truly unfiltered. Thank you."*
> **— Mental Health Champion, Government Engineering College Barton Hill**

> *"I'm glad that I attended the session. The class was excellent, and the energy was amazing. I'll definitely bring my friends to the next session. It was a wonderful experience."*
> **— Student Participant, Government Engineering College Barton Hill**

Faculty Sensitisation

The faculty sensitisation session was conducted on 1 August 2025 and focused on recognising signs of student distress, understanding stress and emotional well-being, and exploring practical strategies to support students within academic settings.

The session reinforced the important role educators play in fostering psychologically safe learning environments and promoting positive mental health outcomes within higher education institutions.

Unique Highlight

Government Engineering College Barton Hill holds special significance as the pilot campus for the #Unfiltered initiative. As the first institution to host the programme, it played a crucial role in shaping the implementation approach for subsequent campuses.

Despite a comparatively smaller participant cohort, the quality of engagement was exceptionally high. Students consistently demonstrated openness, enthusiasm, and a strong willingness to engage in conversations around mental health, setting a positive foundation for the growth and expansion of #Unfiltered Season 1.

LBS INSTITUTE OF TECHNOLOGY FOR WOMEN

L.B.S Institute of Technology for Women

July 2025 – December 2025 | 4 Sessions | CSR Partner: Speridian Technologies

550+	49	3	79
Students Reached	Faculty Sensitised	Student Sessions	Mental Health Champions

Programme Overview

L.B.S Institute of Technology for Women holds special significance in the #Unfiltered journey as the venue for the programme's official inauguration and public launch. As Kerala's only engineering college exclusively for women, the institution provided an important platform to initiate conversations around mental health, emotional well-being, help-seeking, and peer support among young women pursuing professional education.

Supported through CSR funding from Speridian Technologies, the programme reached over 550 students and 49 faculty members through a structured series of student and educator engagements. The inaugural session alone witnessed the participation of more than 300 students, reflecting both the scale of interest and the need for dedicated mental health initiatives within higher education institutions.

Throughout the programme, students actively engaged in discussions on emotional well-being, stress, relationships, coping strategies, and help-seeking behaviour. The sessions created opportunities for honest conversations around challenges that often remain unaddressed within academic environments, contributing to greater mental health awareness and reduced stigma.

A key outcome of the programme was the formation of a network of 79 Mental Health Champions, creating a sustainable peer-support ecosystem that will continue to promote mental well-being and mental health literacy within the campus community.

Sessions at a Glance

Session	Date	Participants	Focus
Episode 1	28th July 2025	340	Mental Health Basics and Challenging Stigma
Episode 2	8th August 2025	220	Emotions, Coping, and Stress Management
Episode 3	12th December 2025	70	Mental Health Conditions, Help-Seeking, and the Mental Healthcare Act
Episode 4 (Faculty)	21 August 2025	49	Faculty Sensitisation and Student Mental Health Support

Note: The faculty sensitisation session was conducted earlier than the final student session to align with institutional scheduling requirements.

Key Observations

- Many students expressed a need for safe spaces to discuss personal and emotional concerns, with several participants approaching facilitators for one-to-one conversations following the sessions.
- A significant number of participants shared concerns related to gender-based challenges, safety, relationships, family expectations, and barriers to seeking support.
- 91.4% of participants reported increased confidence in managing emotions and stress following the programme.
- 80.1% of participants reported never having sought professional support for mental health concerns, highlighting a significant gap between the need for support and help-seeking behaviour.
- The volume and nature of concerns shared by students underscored the importance of integrating mental health literacy with awareness of available social support systems, legal protections, and grievance redressal mechanisms.

Mental Health Champions

A total of **79 students** from the **ECE, CSE, IT, and other departments** were **nominated as Mental Health Champions (MHCs)**, demonstrating a strong commitment to promoting mental well-being and peer support within the campus community.

The initiative was met with considerable enthusiasm, providing students with a structured and non-judgmental platform for learning, self-reflection, and leadership development. Those who actively participated in the training and mentoring sessions facilitated by **Let's Live** and **The Orange Room** enhanced their understanding of mental health and developed the skills needed to serve as advocates and peer supporters within their respective departments.

The programme contributed to building a network of student leaders who helped foster a culture of empathy, help-seeking, and mental health awareness across the campus.

Voices from the Campus

The following reflections highlight the impact of #Unfiltered on participants at L.B.S Institute of Technology for Women

> *"The session was truly effective and impactful. Their guidance helped us realize that we can reconnect with the parts of ourselves we may have lost along the way, while also learning healthier and more effective ways to cope with mental health challenges."*
>
> — **Mental Health Champion, L.B.S Institute of Technology for Women**

> *"I attended all three sessions, and each one was more engaging and impactful than the last. The content delivered was highly relevant, practical, and meaningful. These sessions provided valuable insights that are rarely addressed in regular academic settings and encouraged thoughtful reflection on mental well- being. I sincerely hope that more such sessions are conducted in the future, as they would greatly benefit students"*
>
> **-- Student Participant, L.B.S Institute of Technology for Women**

> *"I'm someone who has attended all three sessions of #Unfiltered. Each session came out with something better than the last. This has helped me in many aspects of my life. After COVID, I turned from an introvert into an extrovert. I couldn't talk in front of a crowd or*

> *even hold a mic without trembling. But now, as I'm here attending the third session, I can feel the difference in my confidence. Everyone should attend. It's a great session. Never miss it."*
>
> **-- Student Participant, L.B.S Institute of Technology for Women**

Faculty Sensitisation

On 21 August 2025, a faculty sensitisation session was conducted for educators at L.B.S Institute of Technology for Women, with 49 faculty members participating. The session was honoured by the presence of Alfred O.V. IAS, Nodal Officer for #Unfiltered, who shared valuable insights on creating healthier and more supportive educational environments.

The discussion focused on empathy-driven teaching practices, emotional awareness, early identification of student distress, and the role of educators in fostering psychologically safe learning spaces. Faculty members reflected on both classroom-level interventions and broader institutional responsibilities in supporting student well-being.

Unique Highlight

L.B.S Institute of Technology for Women demonstrated one of the highest levels of student engagement across #Unfiltered Season 1. Throughout the programme, students openly shared personal experiences and concerns related to mental health, relationships, safety, gender-based challenges, and access to support systems.

Recognising the recurring nature of these concerns, Let's Live collaborated with the Women and Child Development Department to organise a special awareness session for students. Representatives from the department engaged directly with participants, providing information on women's rights, available support services, complaint mechanisms, legal protections, and avenues for seeking assistance when facing harassment, discrimination, or other gender-related concerns.

This collaboration highlighted the value of #Unfiltered as more than a mental health awareness programme. By creating a trusted space for dialogue, the initiative helped identify emerging student needs and facilitated meaningful linkages between young people and government support systems. The session served as an important example of how educational institutions, civil society organisations, and government departments can work together to address the holistic well-being of students.

MAR BASELIOS COLLEGE OF ENGINEERING & TECHNOLOGY

MAR BASELIOS COLLEGE OF ENGINEERING & TECHNOLOGY

September 2025 - December 2025 | 4 Sessions | CSR Partner: Speridian Technologies

470+	41	3	18
Students Reached	Faculty Sensitised	Student Sessions	Mental Health Champions

Programme Overview

The #Unfiltered programme at Mar Baselios College of Engineering and Technology, supported through CSR funding from Speridian Technologies, reached over 470 students and 41 faculty members through a structured mental health literacy and peer-support initiative.

Implemented across three student-focused sessions and one faculty sensitisation programme, the initiative provided students with opportunities to explore topics related to emotional well-being, stress, coping, help-seeking, and peer support in a safe and engaging environment. Through repeated engagement over multiple sessions, the programme fostered greater awareness of mental health, encouraged open dialogue, and strengthened students' confidence in seeking and offering support when needed.

A key outcome of the programme was the formation of a network of 18 Mental Health Champions who will continue to promote mental health awareness, peer support, and help-seeking behaviour within the campus community.

Sessions at a Glance

Session	Date	Participants	Focus
Episode 1	17th September 2025	170	Mental Health Basics and Challenging Stigma
Episode 2	23rd September 2025	220	Emotions, Coping, and Stress Management

Session	Date	Participants	Focus
Episode 3	9th October 2025	80	Mental Health Conditions, Help-Seeking, and the Mental Healthcare Act
Episode 4 (Faculty)	10th December 2025	41	Faculty Sensitisation and Student Mental Health Support

Key Observations

- Initial hesitation among students to discuss mental health concerns reduced significantly over the course of the programme, with participants demonstrating greater openness and engagement in subsequent sessions.
- Students expressed strong interest in continued mental health initiatives and requested additional programmes focused on emotional well-being and peer support.
- 80% of participants reported increased confidence in managing emotions and stress following the sessions.
- 69.4% of participants reported a significant improvement in their understanding and awareness of mental health.

Mental Health Champions

A total of 18 students from the Mechanical Engineering, Electronics and Communication Engineering, Computer Science, and Civil Engineering departments registered as Mental Health Champions.
The initiative generated considerable interest among students by providing a safe and non-judgmental platform for leadership, self-reflection, and peer support. Through mentorship provided by Let's Live and The Orange Room, these student leaders enhanced their knowledge of mental health and contributed to fostering a culture of well-being, support, and help-seeking within their campuses.

Voices from the Campus

The following reflections highlight the impact of #Unfiltered on participants at MBCET

> *“During the second session, I was roaming around campus and happened to hear that a session was going on. I joined out of curiosity and found it extremely useful. That’s why I*

> *attended the third session as well. I even asked my friends to send me the flyer when it was released because I didn't want to miss it."-* **Mental Health Champion, Mar Baselios College of Engineering and Technology**

> *During the first session on the mental health spectrum, my friends and I identified ourselves in the orange, the struggling phase. After attending the sessions and practicing techniques like HALT and STOP, I now feel that I am moving towards the thriving phase. I plan to continue using these strategies. I also noticed an improvement in my sleep pattern, which had been poor for a while. If I get the opportunity to attend sessions like these again, I will definitely participate."-* **— Student Participant, Mar Baselios College of Engineering and Technology**

Faculty Sensitisation

The faculty sensitisation session was conducted on 10 December 2025 and was attended by 41 educators. The session facilitated evidence-informed discussions on student mental health concerns, emerging mental health challenges among young people, early warning signs of distress, and practical strategies for creating emotionally safe and supportive learning environments.

Participants demonstrated strong engagement throughout the session and reflected on the role of educators in fostering positive mental health outcomes within academic settings.

Unique Highlight

Mar Baselios College of Engineering and Technology demonstrated the transformative impact of sustained engagement on mental health conversations. While many students initially appeared hesitant to discuss mental health openly, each successive session witnessed increased participation, deeper discussions, and greater willingness to engage with sensitive topics.

The programme highlighted how repeated exposure to safe, non-judgmental spaces can gradually reduce stigma and build trust among students. By the conclusion of the programme, participants were not only more comfortable discussing mental health but were also actively encouraging peers to engage in conversations around emotional well-being and help-seeking.

NATIONAL COLLEGE

NATIONAL COLLEGE, TRIVANDRUM

September 2025 – March 2026 | 4 Sessions | CSR Partner: Speridian Technologies

300+	55	3	16
Students Reached	Faculty Sensitised	Student Sessions	Mental Health Champions

Programme Overview

The #Unfiltered programme at National College, supported through CSR funding from Speridian Technologies, was one of the largest single-campus engagements undertaken during Season 1, reaching over 300 students and 55 faculty members through a structured mental health literacy and peer-support initiative.

Implemented across three student-focused sessions and one faculty sensitisation programme, the initiative created a sustained space for mental health literacy, peer support, and stigma-free dialogue. Students actively engaged in discussions around emotional well-being, stress, coping, help-seeking, and peer support, contributing to a culture of openness and meaningful conversation within the campus community.

A standout achievement of the programme was the formation of a cohort of 16 Mental Health Champions who voluntarily stepped forward to serve as peer advocates and ambassadors for mental health on campus. Through ongoing mentorship and engagement, these student leaders will continue to promote mental health awareness, peer support, and help-seeking behaviour among their peers.

The strong participation witnessed throughout the programme reflected both student interest in mental health and the value of creating structured, non-judgmental spaces where young people can learn, reflect, and connect with one another.

Sessions at a Glance

Session	Date	Participants	Focus
Episode 1	11 September 2025	152	Mental Health Basics and Challenging Stigma
Episode 2	19 September 2025	103	Emotions, Coping, and Stress Management
Episode 3	25 September 2025	51	Mental Health Conditions, Help-Seeking, and the Mental Healthcare Act
Episode 4 (Faculty)	7 March 2026	55	Faculty Sensitisation and Student Mental Health Support

Key Observations

- Students demonstrated strong engagement and openness from the outset, contributing actively to discussions and activities across all sessions.
- Interactive and experiential learning approaches generated particularly high levels of participation and reflection among students.
- Several participants approached facilitators privately to discuss personal concerns and seek guidance, indicating a high degree of trust in the programme environment.
- 91.7% of participants reported increased confidence in identifying stressors and using healthy coping strategies following the sessions.
- 66.7% of participants reported a significant improvement in their awareness and understanding of mental health.
- Faculty members demonstrated active involvement and a strong commitment to supporting student well-being within the academic environment.

Mental Health Champions

A total of 16 students from the B.Sc. Psychology and M. Com-Finance programmes registered as Mental Health Champions. The initiative generated significant enthusiasm among participants, who viewed it as an opportunity to contribute meaningfully to the well-being of their peers while strengthening their own understanding of mental health.

Voices from the Campus

The following reflections highlight the impact of #Unfiltered on participants at National College.

> *A lot of people around us don't have the skills to cope with their struggles, so I feel it's really important for all of us to learn how to deal with them, not just for ourselves, but for the people around us too. These skills help us support others as well.*
>
> **— Mental Health Champion, National College**

> *I have friends who have tried to take their lives, and I've tried helping them before. From this session, I've gained the social awareness to do that better. I really liked the session and felt very connected.*
>
> **— Student Participant, National College**

Faculty Sensitisation

The faculty sensitisation session was conducted on 7 March 2026 and was attended by 55 educators, making it one of the largest faculty engagements within #Unfiltered Season 1.

Discussions focused on understanding student stressors, recognising early signs of distress, promoting help-seeking behaviour, and creating emotionally safe classroom environments. Participants engaged actively throughout the session and reflected on the important role educators play in supporting student well-being and fostering inclusive learning spaces.

Unique Highlight

National College recorded one of the strongest Mental Health Champion responses during #Unfiltered Season 1, with 16 students voluntarily stepping forward to take on peer leadership roles. The majority of these champions emerged from disciplines directly connected to understanding human behaviour and well-being, creating a strong foundation for peer-led mental health advocacy within the institution.

The enthusiasm demonstrated by these students highlights the potential of empowering young people as mental health ambassadors. By extending the reach of mental health conversations beyond programme sessions, the Mental Health Champions initiative has the potential to create a lasting culture of peer support and help-seeking within the campus community.

GOVERNMENT COLLEGE KARIAVATTOM

GOVERNMENT COLLEGE KARIAVATTOM

November 2025 – January 2026 | 4 Sessions | CSR Partner: Manappuram Foundation

190+	17	3
Students Reached	Faculty Sensitised	Student Sessions

Programme Overview

The #Unfiltered programme at Government College Kariavattom, supported by the Manappuram Foundation, reached over 190 students and 17 faculty members through a structured mental health literacy and peer-support initiative.

Implemented across three student-focused sessions and one faculty sensitisation programme, the initiative created a safe and supportive environment for students to engage in conversations around emotional well-being, stress, coping, help-seeking, and peer support. A notable feature of the programme was the gradual increase in student participation and openness across sessions, with participants becoming increasingly comfortable discussing mental health and sharing personal experiences.

The programme highlighted a significant need for accessible mental health support and awareness initiatives within the campus community. Many students reported experiencing emotional distress or challenges but had not previously sought support, reinforcing the importance of sustained mental health literacy interventions and stigma reduction efforts.

Sessions at a Glance

Session	Date	Participants	Focus
Episode 1	18 November 2025	138	Mental Health Basics and Challenging Stigma
Episode 2	21 November 2025	33	Emotions, Coping, and Stress Management

Session	Date	Participants	Focus
Episode 3	28 November 2025	20	Mental Health Conditions, Help-Seeking, and the Mental Healthcare Act
Episode 4 (Faculty)	17 December 2025	17	Faculty Sensitisation and Student Mental Health Support

Key Observations

- A large proportion of students initially adopted a neutral stance towards discussing mental health, reflecting cautious but receptive attitudes.
- Student engagement and comfort levels increased progressively across sessions, resulting in more open participation and dialogue.
- 80% of participants reported increased confidence in identifying stressors and using healthy coping strategies following the programme.
- 100% of participants reported improved awareness and understanding of mental health concepts, with 50% indicating significant improvement.
- Only 15% of participants reported previously seeking support for mental health concerns, highlighting a considerable gap between need and help-seeking behaviour.
- The most commonly reported barrier to seeking support was the belief that problems would resolve on their own.
- Attendance continuity was affected by examination schedules and communication challenges, providing important implementation learnings for future programme cycles.

Voices from the Campus

The following reflections highlight the impact of #Unfiltered on participants at GCK.

> *I got to know many things from the session. Personally speaking, I have witnessed and lost someone to suicide. Through this session, I got to know how to help someone or my friends in a future situation, and also how to help myself when such a situation comes up.*
>
> **— Student Participant, Government College Kariavattom**

> *Through this session, we got to know that things we perceive as correct might be wrong; due to the generation gap, there are many things that might differ. We need to accept them.*
>
> **— Faculty Member, Government College Kariavattom**

Faculty Sensitisation

The faculty sensitisation session was conducted on 13 January 2026 and was attended by 17 educators. Discussions focused on student mental health concerns, recognising early signs of distress, understanding barriers to help-seeking, and exploring practical approaches to creating supportive classroom environments.

Participants engaged actively throughout the session, reflecting on generational differences, communication challenges, and the important role educators play in promoting student well-being and emotional safety within educational settings.

Unique Highlight

Government College Kariavattom highlighted the importance of sustained engagement in building trust and openness around mental health. While students initially appeared hesitant to discuss personal concerns, each successive session witnessed greater participation, deeper reflection, and increased willingness to engage in conversations around emotional well-being.

The programme also revealed a substantial unmet need for mental health awareness and support, with many students reporting emotional challenges while having little prior experience of seeking help. This finding underscores the importance of continuing accessible, stigma-free mental health initiatives within government educational institutions and creating pathways that encourage early support-seeking behaviour. Several students approached facilitators individually following the sessions to discuss personal concerns and seek guidance, reflecting the trust built through the programme.

MAHATMA GANDHI COLLEGE

MAHATMA GANDHI COLLEGE

October 2025 – April 2026 | 3 Sessions | CSR Partner: Speridian Technologies

100+	31	2	12
Students Reached	Faculty Sensitised	Student Sessions	Mental Health Champions

Programme Overview

The #Unfiltered programme at Mahatma Gandhi College, supported through CSR funding from Speridian Technologies, reached over 100 students and 31 faculty members through a structured mental health literacy and peer-support initiative.

The implementation journey at the institution required considerable flexibility and adaptation due to scheduling changes and administrative constraints. As a result, portions of the programme were redesigned and delivered to a new student cohort while maintaining the core objectives and learning outcomes of #Unfiltered. Despite these challenges, the programme successfully created meaningful opportunities for students to engage in conversations around emotional well-being, stress, coping, help-seeking, and peer support.

A notable outcome of the initiative was the formation of a cohort of 12 Mental Health Champions who committed to promoting mental health awareness and peer support within the campus community. The programme also generated some of the most reflective and emotionally significant participant feedback recorded during Season 1, highlighting the value of creating safe spaces for authentic dialogue and self-expression.

Sessions at a Glance

Session	Date	Participants	Focus
Episode 1	7 Oct 2025	70	Mental Health Basics and Challenging Stigma
Episode 2 & 3	12 Mar 2026	64	Emotions, Coping, and Stress Management, Mental Health Conditions, Help-Seeking, and the Mental Healthcare Act
Episode 4 (Faculty)	30 Apr 2026	31	Faculty Sensitisation and Student Mental Health Support (Online Session)

Key Observations

- Students initially appeared hesitant to discuss personal experiences but demonstrated increasing openness and participation as sessions progressed.
- 74% of participants rated the sessions as excellent, while 26% rated them as good, with no negative ratings recorded.
- 97.9% of participants indicated that they would recommend the programme to others.
- 70% of participants reported increased confidence in identifying stressors and applying healthy coping strategies.
- Several participants voluntarily shared personal experiences and emotional challenges during discussions, reflecting a high level of trust in the programme environment.
- 79% of participants reported never having previously sought support for mental health concerns, highlighting a significant gap in help-seeking behaviour.
- The implementation process reinforced the importance of sustained institutional engagement and collaboration in ensuring programme continuity and impact.

Mental Health Champions

A total of 12 students from the Economics, Psychology, Sociology, and Chemistry departments registered as Mental Health Champions.

The initiative resonated strongly with participants, providing a safe and supportive platform for learning, self-reflection, and peer leadership. Through ongoing mentorship from Let's Live and The Orange Room, these student leaders will continue to strengthen their understanding of mental health

and contribute to building a culture of support, empathy, and help-seeking within the campus community.

Voices from the Campus

The following reflections highlight the impact of #Unfiltered on participants at MG College.

> *I know how important it is. Not everybody asks for help openly, even if they have suicidal thoughts, even if it's me. I have had that feeling that no one will understand. From this class, I could understand better and in detail while doing the emotional awareness activities.*
>
> **— Student Participant, MG College**

> *Mental health is something very real and important to me. I've struggled deeply in the past and am currently undergoing therapy. There were times in my life when I truly wished for even one person to understand me. Not everyone has access to therapy, and until they do, even offering a listening ear can make a significant difference — sometimes even saving a life.*
>
> **— Student Participant, MG College**

Faculty Sensitisation

The faculty sensitisation session was conducted online on 30 April 2026 and was attended by 31 faculty members, including the Principal. Discussions focused on student mental health concerns, barriers to help-seeking, the importance of empathetic educator-student relationships, and practical strategies for creating psychologically safe classroom environments. Participants engaged actively in the discussion, reflecting on the importance of trust, connection, and supportive communication in promoting student well-being.

Unique Highlight

Despite being one of the most administratively challenging implementations in Season 1, MG College produced some of the most deeply personal and emotionally significant feedback of the entire initiative — a testament to the programme's ability to create genuine psychological safety even in difficult conditions.

NATIONAL INSTITUTE OF SPEECH & HEARING (NISH)

NATIONAL INSTITUTE OF SPEECH & HEARING

November – December 2025 | 4 Sessions | CSR Partner: Manappuram Foundation

240+	22	3	FULLY ACCESSIBLE CONTENT DELIVERY
Students Reached	Faculty Sensitised	Student Sessions	

Programme Overview

The #Unfiltered programme at the National Institute of Speech and Hearing (NISH), supported by the Manappuram Foundation, represented the most inclusive and accessibility-focused implementation of Season 1. Reaching over 240 students and 22 faculty members, the programme was specifically adapted to meet the needs of a predominantly Deaf and Hard-of-Hearing student community.

To ensure meaningful participation, all sessions were redesigned using sign language interpretation, reverse interpretation, visual learning aids, and adapted facilitation methods. The programme was implemented in close collaboration with the leadership of NISH, sign language interpreters, and the District Administration, demonstrating a shared commitment to ensuring that mental health literacy is accessible to all learners.

Through a structured series of student and faculty engagements, participants explored mental health, emotions, coping strategies, help-seeking, and peer support in an inclusive and culturally responsive learning environment. The implementation generated valuable insights into accessible mental health education and established an important foundation for future inclusive editions of #Unfiltered.

Sessions at a Glance

Session	Date	Participants	Focus
Episode 1	18 November 2025	80+	Understanding Mental Health and Challenging Stigma (Accessible Delivery with Sign Language Interpretation)
Episode 2	21 November 2025	80+	Emotions, Challenges, and Healthy Coping Strategies
Episode 3	28 November 2025	80+	Help-Seeking, Peer Support, and Gender Perspectives in Mental Health
Episode 4 (Faculty)	17 December 2025	22	Faculty Sensitisation: Recognising Student Distress and Supporting Inclusive Learning Environments

Key Observations

- Content that would typically be delivered within a single session in other institutions required additional time and adapted delivery methods to ensure accessibility and comprehension.
- Students demonstrated high levels of curiosity, engagement, and participation when provided with accessible and inclusive learning environments.
- Building foundational concepts progressively—from health and well-being to mental health and emotional awareness—was essential for effective learning.
- Interactive activities, demonstrations, and practical coping tools such as STOP, HALT, grounding techniques, and experiential exercises were particularly effective in facilitating engagement.
- Sign language interpretation and reverse interpretation were critical in ensuring meaningful participation and dialogue.
- Students openly shared personal experiences and perspectives once trust and psychological safety had been established.
- Deaf faculty members contributed actively during the faculty sensitisation session, providing valuable perspectives on student well-being and accessibility within higher education settings.

Voices from the Campus

The following reflections highlight the impact of #Unfiltered on participants at NISH.

> *Hello, today's session was conducted at Marigold. We learned about mental health, stress, and ways to deal with it. We also learned and shared a new sign for "Unfiltered."*
>
> **— Student Participant (Deaf), NISH**

> *This session covered various topics including knowing and understanding students, how to connect with them, and differences and similarities between deaf students and hearing students — which was also helpful.* **—Faculty member (Deaf), NISH**

Faculty Sensitisation

The faculty sensitisation session conducted online on 17 December 2025 focused on understanding mental health concerns among Deaf and Hard-of-Hearing students, recognising signs of emotional distress, and exploring inclusive approaches to classroom support and student engagement. The session also introduced Mental Health First Aid concepts and practical tools for responding to students experiencing distress. Active participation from Deaf faculty members enriched the discussions and strengthened understanding of the unique opportunities and challenges involved in promoting mental well-being within inclusive educational environments.

Unique Highlight

The implementation at NISH stands as a significant milestone in the #Unfiltered journey. It was the only institution in Season 1 where the programme was delivered in a fully adapted format for a Deaf and Hard-of-Hearing student community, ensuring accessibility across all sessions through sign language interpretation, visual learning tools, and modified facilitation approaches.

Beyond programme delivery, the NISH experience demonstrated that mental health literacy initiatives can be effectively adapted to meet diverse accessibility needs without compromising participant engagement or learning outcomes. The insights, adaptations, and lessons emerging from this implementation will inform future efforts to make #Unfiltered more inclusive and accessible to diverse communities across Kerala. This engagement reaffirmed a core principle of the initiative: mental health awareness and support should be accessible to everyone, regardless of communication needs or disability status.

GOVERNMENT SANSKRIT COLLEGE, TRIVANDRUM

GOVERNMENT SANSKRIT COLLEGE

February 2026 – March 2026 | 4 Sessions | CSR Partner: Speridian Technologies

70+	15	3
Students Reached	Faculty Sensitised	Student Sessions

Programme Overview

The #Unfiltered programme at Government Sanskrit College brought mental health conversations into a unique academic environment rooted in classical scholarship, cultural heritage, and traditional learning. Supported through CSR funding from Speridian Technologies, the programme reached over 70 students and 15 faculty members through a structured mental health literacy and peer-support initiative.

Despite a relatively small student cohort, the programme witnessed exceptional levels of engagement and participation. Across the three student-focused sessions, participants moved from initial hesitation to active reflection and dialogue, sharing personal experiences, challenging misconceptions about mental health, and exploring the importance of emotional well-being and help-seeking. The programme created a safe and supportive space where students could engage with mental health in an open, non-judgmental manner while building practical skills for coping and peer support.

The positive response from both students and faculty demonstrated the relevance of mental health literacy across diverse academic settings and reinforced the importance of creating opportunities for meaningful conversations around well-being within higher education institutions.

Sessions at a Glance

Session	Date	Participants	Focus
Episode 1	5 February 2026	26	Mental Health Basics and Challenging Stigma
Episode 2	10 February 2026	21	Emotions, Coping, and Stress Management
Episode 3	13 March 2026	29	Mental Health Conditions, Help-Seeking, and the Mental Healthcare Act
Episode 4 (Faculty)	13 March 2026	15	Faculty Sensitisation and Student Mental Health Support

Key Observations

- 53.8% of students reported feeling comfortable discussing mental health prior to the programme, representing one of the highest baseline comfort levels observed during Season 1.
- 40% of participants reported experiencing periods of low mood in the weeks preceding the programme.
- 77.8% of participants reported increased confidence in managing emotions and stress following the sessions.
- Half of all participants identified the understanding that mental illness is not a personal failure as their most significant takeaway from the programme.
- 80% of participants reported never having previously sought professional mental health support, highlighting the continued need to strengthen help-seeking behaviour among young people.
- Faculty members described the sessions as relevant not only to their professional roles as educators but also to their personal lives and responsibilities as parents.

Voices from the Campus

The following reflections highlight the impact of #Unfiltered on participants at Sanskrit College.

> *I am very happy to have come here today. The things you shared, especially about mental health and how we can support each other, were truly eye-opening. Many students face*

> *deep struggles, especially at this age, and having someone present these solutions so clearly is important.*
>
> **— Student Participant, Government Sanskrit College**

> *This session was very inspiring for me personally. As a teacher and a parent, I found it very relevant. I have two children, aged three and eight. The insights I gained from this session will definitely help me in my interactions with them and my students.*
>
> **— Faculty Member, Government Sanskrit College**

Faculty Sensitisation

The faculty sensitisation session conducted online on 13 March 2026 generated rich and reflective discussions on student well-being, emotional development, help-seeking, and the role of educators in creating supportive learning environments. Participants explored how mental health awareness extends beyond academic settings and influences parenting, personal well-being, and interpersonal relationships.

Faculty members expressed strong appreciation for the programme and demonstrated interest in continued engagement through future workshops and advanced learning modules, reflecting a broader institutional commitment to student well-being.

Unique Highlight

Government Sanskrit College stood out for the strong resonance the programme achieved across both students and faculty. While students engaged deeply with themes of emotional well-being, self-awareness, and peer support, faculty members frequently connected the discussions to their experiences as parents and caregivers. This multi-generational engagement highlighted the broader relevance of mental health literacy beyond the classroom. The programme demonstrated how conversations initiated within educational institutions can influence families, relationships, and wider communities, extending the impact of #Unfiltered beyond the immediate student population and contributing to a more informed and supportive social environment.

CSIR-NATIONAL INSTITUTE FOR INTERDISCIPLINARY SCIENCE & TECHNOLOGY (CSIR-NIIST)

CSIR-NIIST – #UNFILTERED RESEARCH EDITION

24 February 2026 | 1 Day Intensive Session | Customised Content

82	19	1	3
Research Scholars	Faculty / Mentors	Intensive Day	Custom Sessions

Programme Overview

The #Unfiltered Research Edition at CSIR-National Institute for Interdisciplinary Science and Technology (CSIR-NIIST), represented a significant expansion of the programme beyond traditional college campuses into a premier scientific research institution.

Recognising the unique mental health challenges faced by research scholars—including academic pressure, burnout, supervisory stress, emotional exhaustion, work-life imbalance, and barriers to help-seeking—a customised version of #Unfiltered was developed specifically for the research community. The programme reached 82 research scholars and 19 faculty members and mentors through a one-day intensive format that condensed key elements of the #Unfiltered curriculum into three focused learning modules, complemented by a dedicated faculty and mentor sensitisation session.

The Research Edition created a safe and reflective space for participants to explore the relationship between research culture and mental well-being, while building awareness of healthy coping strategies, emotional resilience, help-seeking, and supportive supervisory practices. The successful implementation demonstrated the adaptability of the #Unfiltered model and highlighted its potential for wider application across postgraduate and research institutions.

Sessions at a Glance (Custom Sessions)

Session	Date	Participants	Focus
Research Scholar Session	24 February 2026 (10:00 AM – 1:00 PM & 3:15 PM – 5:00 PM)	82	Mental Health in Research: Stress, Burnout, Emotional Well-being, and Coping Strategies
Faculty / Mentor Session	24 February 2026 (2:00 PM – 3:00 PM)	19	Supporting Research Scholar Well-being and Positive Supervisory Practices

Key Observations

- A substantial proportion of research scholars reported experiencing emotional exhaustion, stress, and fatigue associated with the demands of research and academic performance.
- Many participants expressed concerns related to burnout and highlighted the importance of psychologically safe supervisory and research environments.
- The programme significantly improved awareness of the distinction between burnout and mental health conditions such as depression, an important area of understanding within research settings.
- Participants consistently reported that the content was highly relevant to their lived experiences as researchers.
- Several scholars approached facilitators individually to discuss personal, academic, and workplace-related stressors.
- Faculty members and mentors actively engaged in discussions on fostering supportive supervisory relationships and promoting scholar well-being.
- Participants expressed strong interest in continued engagement through periodic mental health programmes and follow-up sessions.

Voices from the Campus

The following reflections highlight the impact of #Unfiltered on participants at CSIR-NIIST.

> *Every day, everyone is having at least one simple problem that would affect us emotionally and we don't know how to deal with it. Sometimes we delay it and then face it — sometimes we don't face it because it would affect our effort put in our work at the lab. So I have to carry that burden in me and come to the lab and work.*
>
> **— Research Scholar, CSIR-NIIST**

> *This program on mental health by Let's Live has been very informative and educative. We got to know the problems associated with our own beliefs and our own community students.* **— Faculty Member, CSIR-NIIST**

Faculty Sensitisation

The faculty and mentor sensitisation session held on 24 February 2026 focused on understanding the emotional realities of research environments, recognising signs of distress among research scholars, and promoting psychologically safe supervisory practices.

Discussions explored the role of mentors in shaping laboratory culture, supporting scholar well-being, encouraging help-seeking, and balancing academic expectations with emotional support. Participants demonstrated strong engagement throughout the session and reflected on practical ways to foster healthier and more supportive research environments.

Unique Highlight

CSIR-NIIST marked the first implementation of the #Unfiltered Research Edition, representing an important milestone in the evolution of the programme. By adapting mental health literacy content to address the specific realities of research scholars and scientific institutions, the initiative expanded the reach of #Unfiltered beyond undergraduate education into the broader higher education and research ecosystem.

The success of this pilot demonstrated the need for structured mental health interventions within research settings and highlighted the potential for developing a dedicated research mental health curriculum that can be implemented across scientific and academic institutions in Kerala. The experience generated valuable insights into the mental health needs of researchers and established a foundation for future programme expansion within the research community.

COLLEGE OF ENGINEERING, TRIVANDRUM

COLLEGE OF ENGINEERING (CET), TRIVANDRUM

March 2026 – April 2026| 3 Sessions | CSR Partner: Speridian Technologies

100+	22	2	1
Students Reached	Faculty Sensitised	Student Sessions	Faculty Session

Programme Overview

The #Unfiltered programme at the College of Engineering, Trivandrum (CET), supported through CSR funding from Speridian Technologies, reached over 100 students and 22 faculty members through a customised mental health literacy and peer-support initiative.

Recognising the academic demands and scheduling realities of a large engineering institution, the programme was delivered in a condensed two-session student format while retaining the core learning objectives of #Unfiltered. The sessions provided students with opportunities to engage in discussions around mental health, emotional awareness, stress management, coping strategies, and help-seeking behaviour through a combination of evidence-informed content and interactive learning activities.

Despite the condensed format, participants demonstrated strong engagement throughout the programme, with many students actively contributing to discussions and reflecting on their personal experiences. The programme also extended its reach to educators through a dedicated online faculty sensitisation session focused on student well-being and supportive academic environments.

Sessions at a Glance

Session	Date	Participants	Focus
Episode 1	24 Mar 2026	61	Mental Health Basics and Challenging Stigma

Session	Date	Participants	Focus
Episode 2 & 3	25 Mar 2026	39	Emotions, Coping, and Stress Management, Mental Health Conditions, Help-Seeking, and the Mental Healthcare Act
Episode 4 (Faculty)	20 Apr 2026	22	Faculty Sensitisation and Student Mental Health Support (Online Session)

Key Observations

- Student participation and openness increased noticeably across sessions as trust and rapport were established.
- Several participants approached facilitators individually following the sessions to discuss personal concerns and seek guidance.
- 90% of participants demonstrated the ability to identify key signs of emotional distress following the programme.
- Interactive and experiential learning activities generated particularly high levels of engagement and participation.
- Students responded positively to opportunities for open dialogue and reflection on mental health and emotional well-being.
- Participants expressed interest in continued mental health engagement and future editions of the programme.

Voices from the Campus

The following reflections highlight the impact of #Unfiltered on participants at CET.

> *I don't think I have ever shared the personal event I spoke about today with anyone, not even my parents. Creating such a free and safe space takes a lot of effort, and hats off to the team for making everyone feel that it is okay to express themselves.*
>
> **— Student Participant, College of Engineering Trivandrum**

> *This is the first time a team has actually focused on creating awareness by speaking in a way that helped us truly understand and retain it. It was a completely new experience — sessions conducted with this much effort and involvement are very rare.*
>
> **— Student Participant, College of Engineering Trivandrum**

Faculty Sensitisation

The faculty sensitisation session was conducted online on 20 April 2026 and was attended by 22 educators. Discussions focused on understanding student mental health concerns, recognising signs of distress, promoting help-seeking behaviour, and creating psychologically safe academic environments.

Participants reflected on the role of educators in supporting student well-being and explored practical approaches to fostering empathy, communication, and trust within the classroom. The session reinforced the importance of educator engagement in building a supportive campus culture.

Unique Highlight

The implementation at the College of Engineering, Trivandrum demonstrated the flexibility and adaptability of the #Unfiltered model. To align with institutional requirements and student schedules, the programme was redesigned into a customised two-session format while maintaining its core learning outcomes and participant engagement.

The successful delivery of this adapted model highlighted the programme's ability to respond to diverse institutional contexts without compromising the quality of learning or impact. This experience provides a valuable framework for future implementations in institutions where time constraints or academic schedules require alternative delivery approaches.

CENTRAL POLYTECHNIC COLLEGE, THIRUVANANTHAPURAM

CENTRAL POLYTECHNIC COLLEGE, THIRUVANANTHAPURAM

April 2026 | 3 Sessions | Customised Content

230+	3
Students Reached	Custom Sessions

Programme Overview

The #Unfiltered programme at Central Polytechnic College, Thiruvananthapuram was introduced during the latter phase of Season 1 in response to the growing demand for mental health awareness and student support initiatives across educational institutions. Through a customised three-day format, the programme successfully reached over 230 students, creating opportunities for meaningful conversations around mental health, emotional well-being, coping strategies, and help-seeking behaviour.

To maximise student participation, the standard #Unfiltered curriculum was adapted to suit the institutional context and available timelines. The first two days focused on introducing core concepts related to mental health, emotions, stress, and coping, while the final session provided a more focused exploration of emotional intelligence, peer support, help-seeking, and mental health rights.

Despite being one of the final institutions to join Season 1, student engagement was consistently high throughout the programme. Participants demonstrated curiosity, openness, and a willingness to engage in conversations that are often difficult to initiate within academic environments. The programme highlighted the importance of providing accessible mental health literacy initiatives to students at all levels of higher and technical education.

Sessions at a Glance (Custom Sessions)

Session	Date	Participants	Focus
Customised Session 1	6 April 2026	82	Mental Health Basics and Challenging Stigma
Customised Session 2	7 April 2026	135	Emotions, Feelings, Stressors, and Healthy Coping Strategies
Customised Session 3	10 April 2026	22	Emotional Intelligence, Help-Seeking, Peer Support, and the Mental Healthcare Act

Key Observations

- The student cohort was highly diverse and energetic, contributing to active participation and engagement throughout the sessions.
- Initial curiosity gradually developed into more open conversations, with rapport strengthening noticeably.
- Students who attended the third session showed strong interest in understanding mental health, emotional intelligence, and ways to improve their wellbeing.
- Many students approached the facilitation team after the sessions to share personal struggles and emotional concerns.
- Faculty members later reinforced these observations, noting that several students were navigating different forms of psychological and emotional challenges.
- Sessions that combined informational content with interactive discussions and activities received the most enthusiastic participation.
- Students expressed openness towards continued conversations and future mental health initiatives within the campus.

Voices from the Campus

The following reflections highlight the impact of #Unfiltered on participants at CPT.

> *"I feel bad that I missed the first session. Today's discussions helped me realise that many students around me may be struggling silently, and it also helped me reflect on some of my own challenges. The session gave me practical ideas on how to understand these struggles, cope with them, and support others who may be going through difficult times."*
> **— Student Participant, Central Polytechnic College, Thiruvananthapuram**

> *"He is my friend, but I never knew he was going through so many struggles. He had never spoken to any of us about it before. This session helped me better understand what people around us may be experiencing and how to respond when someone reaches out for support."*
> **— Student Participant, Central Polytechnic College, Thiruvananthapuram**

Unique Highlight

Central Polytechnic College joined #Unfiltered during the final phase of Season 1, demonstrating the growing demand for structured mental health literacy programmes across technical education institutions. Despite the shorter implementation timeline, the customised programme successfully engaged a large number of students and generated meaningful conversations around emotional well-being, peer support, and help-seeking.

The campus stood out for the enthusiasm and openness displayed by participants, many of whom reflected deeply on their own experiences and the challenges faced by their peers. The implementation reinforced the importance of expanding mental health initiatives beyond traditional university settings and highlighted the significant potential for sustained engagement within technical and vocational education institutions.

Season 1: Impact and Outcomes

The impact of #Unfiltered Season 1 extends beyond attendance numbers and session delivery. Across eleven institutions, the programme contributed to increased mental health awareness, reduced stigma, strengthened peer support networks, improved help-seeking confidence, and enhanced faculty understanding of student mental health needs.

1. Strengthening Mental Health Awareness

Across participating institutions, post-session assessments consistently demonstrated improved mental health literacy among students. Participants reported a stronger understanding of mental health, emotional well-being, common mental health conditions, and healthy coping strategies.

Students moved beyond passive awareness to develop a more practical understanding of emotional distress, stress management, and the importance of seeking support when needed.

2. Reducing Mental Health Stigma

A significant outcome of Season 1 was the reduction of stigma surrounding mental health discussions. Across colleges, students reported greater comfort in discussing mental health and challenging commonly held misconceptions.

At Government Sanskrit College, 50% of participants identified the understanding that mental illness is not a personal failure as their most important takeaway from the programme, reflecting a meaningful shift in attitudes and perceptions.

3. Creating Safe Spaces for Dialogue and Peer Support

One of the most consistent outcomes across institutions was the willingness of students to engage in honest and personal conversations about their mental health experiences.

Students frequently approached facilitators after sessions to seek guidance, share concerns, and discuss personal challenges. The Mental Health Champions initiative further strengthened this culture of support by creating peer-led networks that extended the programme's impact beyond the classroom.

4. Driving Meaningful Student Engagement

Interactive learning methods—including reflective exercises, group discussions, experiential activities, role plays, and storytelling—proved highly effective in fostering participation and learning.

Students consistently reported that activity-based and discussion-oriented sessions were more engaging and memorable than traditional lecture-based approaches. Feedback across institutions highlighted the value of creating opportunities for active participation and shared learning.

5. Faculty Sensitisation and Institutional Capacity Building

A total of 281 faculty members participated in faculty sensitisation sessions across Season 1, strengthening institutional capacity to identify and respond to student mental health concerns.

Faculty members explored key themes including the early identification of student distress, challenges in accessing support, strategies for creating emotionally supportive learning spaces, and the importance of self-care for educators. Many participants reported that the sessions were relevant not only to their professional roles but also to their personal lives and responsibilities as parents and caregivers.

6. Encouraging Help-Seeking Behaviour

While a significant proportion of students reported never having previously sought professional mental health support, the programme contributed to increased confidence in recognising distress, accessing support, and utilising healthy coping strategies.

Across institutions, participants reported greater confidence in managing emotions, supporting peers, and seeking help when required. The programme provided students with not only knowledge, but also the language, confidence, and permission to initiate conversations about mental health and well-being.

Beyond Awareness: Pathways to Support

The impact of #Unfiltered extended beyond classroom engagement. Across Season 1, 78 participants approached the facilitation team for individual guidance, emotional support, or personal discussions. In addition, 19 participants were referred to or accessed support services through The Orange Room.

These interactions demonstrate the importance of creating safe, trusted spaces where young people feel comfortable seeking support and discussing their mental health concerns.

Success Stories & Testimonials

The true impact of #Unfiltered Season 1 cannot be measured through numbers alone. It is reflected in the stories shared, the conversations initiated, and the courage demonstrated by students, research scholars, and educators who chose to speak openly about their experiences.

Across institutions, participants described feeling heard, understood, and empowered with new knowledge and skills to navigate their own mental health challenges and support others around them. The following reflections capture the human impact of the initiative.

> *"I know how important it is. Not everybody asks for help openly, even when they are struggling. I have often felt that no one would understand. This is the first time I am seeing an organisation conduct sessions like this completely free of cost. That's a big thing to do."*
> **— Student Participant, MG College**

> *"I don't think I have ever shared the personal experience I spoke about today with anyone, not even my parents. Creating such a free and safe space takes a lot of effort, and hats off to the team for making everyone feel comfortable enough to express themselves."*
> **— Student Participant, College of Engineering Trivandrum**

> *"Every day, everyone carries challenges that affect them emotionally, yet many of us do not know how to deal with them. I sincerely hope sessions like this can continue regularly because they are truly needed."***— Research Scholar, CSIR-NIIST**

> *"Personally, I have witnessed and lost someone to suicide. Through this session, I learned how to support someone who may be struggling and how to respond if I ever encounter a similar situation again."***— Student Participant, Government College Kariavattom**

> *"A lot of people around us do not have the skills to cope with their struggles. I feel it is important for all of us to learn these skills—not only for ourselves, but also so that we can support the people around us."***— Mental Health Champion, National College**

> *"After schooling, college, and now working as an Assistant Professor, I realise that I never had access to sessions like this during my student years. Looking back, I believe I should have had this opportunity much earlier."***— Faculty Member, National College**

Challenges, Learnings and Recommendations

Season 1 of #Unfiltered was as much a journey of learning as it was a journey of impact. Implementing the programme across eleven diverse institutions provided valuable insights into the realities of mental health education within higher education settings. These experiences have informed key improvements and recommendations for future editions of the programme.

Operational Learnings

Institutional Coordination and Administrative Processes

Implementation timelines were influenced by varying administrative processes across institutions. In some colleges, scheduling changes and delays required sessions to be rescheduled or adapted for new student cohorts. These experiences highlighted the importance of early planning, strong institutional ownership, and continuous coordination with college leadership to ensure smooth programme delivery.

Attendance Continuity Across Multiple Sessions

As a multi-episode intervention, #Unfiltered relies on sustained student participation. Academic calendars, examination schedules, and competing campus priorities occasionally affected attendance continuity. Future implementations would benefit from greater alignment with institutional calendars and advance scheduling of all programme sessions.

Faculty Engagement Formats

Faculty sensitisation sessions conducted in person consistently demonstrated higher levels of participation, interaction, and discussion when compared to online formats. While online sessions enabled wider accessibility, in-person engagement proved more effective for reflective learning and meaningful dialogue.

Content and Facilitation Learnings

Inclusive Mental Health Education Requires Context-Specific Adaptation

The implementation at the National Institute of Speech and Hearing (NISH) demonstrated the importance of accessibility-first programme design. Delivering mental health content within a Deaf and Hard-of-Hearing context required significant adaptation, including sign language interpretation, visual learning methods, and revised pacing. These learnings provide a strong foundation for the development of future inclusive editions of #Unfiltered.

Research Communities Require Specialised Mental Health Content

The CSIR-NIIST Research Edition highlighted the distinct mental health challenges faced by research scholars, including burnout, supervisory stress, emotional exhaustion, and performance pressures. The experience reinforced the need for specialised modules tailored to research and postgraduate environments.

Experiential Learning Drives Engagement

Across all participating institutions, sessions that combined evidence-informed content with interactive activities, storytelling, reflection, and group discussions consistently generated higher engagement and stronger knowledge retention. The findings reaffirm the value of experiential learning approaches in mental health education.

Building Trust Takes Time

A recurring observation across colleges was that meaningful participation increased significantly once rapport and psychological safety had been established. Ice-breakers, trust-building exercises, and opportunities for open dialogue emerged as critical components of successful programme delivery and should remain central to future editions.

Strategic Learnings

Peer-Led Models Extend Programme Impact

The Mental Health Champions initiative demonstrated the value of empowering students as peer advocates. Champions continued engaging with mental health conversations beyond the sessions themselves, helping to sustain awareness, encourage help-seeking, and foster supportive campus cultures.

Faculty Sensitisation Strengthens Institutional Capacity

Faculty members who participated in sensitisation sessions often emerged as advocates for student well-being within their institutions. Strengthening educator engagement can significantly enhance the long-term impact and sustainability of campus mental health initiatives.

Institutional Leadership is Critical for Success

The effectiveness and sustainability of mental health programmes are strongly influenced by the active support of institutional leadership. Colleges that demonstrated strong administrative engagement were

generally able to facilitate smoother implementation, higher participation, and greater continuity across sessions.

Looking Ahead

The lessons from Season 1 have directly informed the design of future editions of #Unfiltered. Key priorities for subsequent seasons include strengthening institutional partnerships, expanding inclusive and specialised programme formats, enhancing faculty engagement, and further developing peer-led support networks to ensure sustainable and long-term impact across educational institutions.

Partners & Collaborators

#Unfiltered Season 1 was made possible through the collective support of partners and collaborators who share a commitment to promoting youth mental health, emotional well-being, and safe educational environments.

Partner	Contribution
District Administration, Thiruvananthapuram	Strategic institutional partner that facilitated programme implementation across government institutions and provided continuous guidance throughout Season 1. The support and involvement of district officials strengthened inter-institutional collaboration, enhanced programme credibility, and enabled wider outreach across educational institutions in the district.
Participating Colleges & Institutions	Eleven colleges and institutions partnered with Let's Live to host #Unfiltered Season 1, providing platforms for mental health education, student engagement, faculty participation, and the development of campus-based peer support networks.
Speridian Technologies	Principal CSR funding partner for #Unfiltered Season 1, supporting programme implementation across Government Engineering College Barton Hill, L.B.S Institute of Technology for Women, National College, Mar Baselios College of Engineering & Technology, Mahatma Gandhi College, Government Sanskrit College, and the College of

Partner	Contribution
	Engineering Trivandrum. Their support enabled programme delivery, resource development, volunteer engagement, Mental Health Champion initiatives, and impact documentation.
Manappuram Foundation	CSR funding partner supporting programme implementation at Government College Kariavattom and the National Institute of Speech and Hearing (NISH). Their contribution enabled inclusive programme delivery, volunteer mobilisation, faculty sensitisation, and impact assessment activities.
Muffin House Bakers	Venue and event partner for the Inter-College Mental Health Champions Debate conducted as part of World Mental Health Day 2025, supporting youth-led conversations on mental health awareness and inclusion.
Volunteers, Interns & Mental Health Champions	Student volunteers, interns, and Mental Health Champions played a critical role in mobilisation, peer engagement, programme coordination, and sustaining mental health conversations within their respective campuses beyond the formal sessions.

A Year of Impact

#Unfiltered Season 1 was more than a mental health awareness programme. It was an effort to create spaces where young people could speak openly, be heard without judgment, and access knowledge and support that are often missing from traditional educational environments.

Over the course of one academic year, the initiative reached more than 2,400 students and 280 faculty members across eleven colleges and institutions in Thiruvananthapuram. Through interactive learning, open dialogue, peer engagement, and faculty sensitisation, #Unfiltered sought to normalise conversations around mental health and strengthen the capacity of educational institutions to support student well-being.

Season 1 brought together diverse communities — engineering students navigating academic pressures, research scholars facing burnout and uncertainty, young women seeking safe spaces to discuss gender-specific challenges, faculty members striving to better support their students, and Deaf and Hard-of-Hearing learners engaging with mental health education through fully accessible formats. While each institution presented unique needs and experiences, a common theme emerged across all campuses: when provided with a safe and supportive environment, young people are willing to talk, learn, support one another, and seek help.

One of the most encouraging outcomes of Season 1 was the emergence of 140 Mental Health Champions who voluntarily stepped forward to become peer advocates within their campuses. Their willingness to lead conversations, challenge stigma, and support fellow students reflects the growing culture of care that #Unfiltered seeks to nurture.

The lessons, partnerships, and experiences of Season 1 provide a strong foundation for the future. As the programme moves forward, the focus remains on expanding reach, strengthening inclusivity, deepening engagement, and building sustainable systems of peer and institutional support across educational settings.

Let's Live extends its sincere gratitude to the District Administration, CSR partners, participating institutions, faculty members, volunteers, interns, Mental Health Champions, and, most importantly, the students who placed their trust in this initiative and shared their stories with courage and honesty.

Season 1 may be coming to a close, but the conversations it started—and the communities it helped build—will continue far beyond this report.

LET'S LIVE

#Unfiltered Season 1 Annual Report (2025-2026)

Thiruvananthapuram, Kerala

#UNFILTERED

SEASON 1 | 2025–2026

CLOSING NOTE

#Unfiltered Season 1 was more than a programme—it was a commitment to creating safer, more supportive campuses where mental health can be discussed openly and without judgment.

Over the course of one academic year, the initiative reached **2,490+** students across **11** colleges and institutions, creating spaces where young people could learn, reflect, seek support, and support one another. Along the way, **140** Mental Health Champions stepped forward to continue these conversations within their communities.

From engineering colleges and arts campuses to research institutions and inclusive learning environments, one message remained constant:

Students need spaces where they can be heard, understood, and supported.

Let's Live extends its sincere gratitude to every student, faculty member, institution, CSR partner, volunteer, intern, and collaborator who made Season 1 possible.

Season 2 begins with the same belief that started it all:

Conversations can change minds.
Communities can change lives.

The conversation has only just begun.

Unfiltered | LET'S LIVE | The Orange Room — A LET'S LIVE INITIATIVE

LET'S LIVE | THE ORANGE ROOM
THIRUVANANTHAPURAM, KERALA