



# EKLAVYA GET TOGETHER

## 21ST DECEMBER 2025



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## Eklavya Foundation – Get Together Highlights

The Eklavya get-together created a safe and welcoming space for sharing, expression, and connection around mental health. The event featured a mouth organ performance by Rupesh, mental health-themed paintings created and explained by Aarya, and a poem recitation by a guest, providing avenues for emotions to be expressed through art and music.

Additionally, a feedback tree activity encouraged guests to share their reflections using sticky notes. A meaningful experience was shared by a caregiver, highlighting the emotional journey of supporting a loved one with mental illness.

The emotions scale developed by Shreya helped participants reflect on how emotions are experienced differently by each individual.

Informal guidance was provided by Dr. Vasudeo Paralikar, Dr. Ulhas Luktuke, Dr. Prafullata Nerlikar, Dr. Rajendra Mohite, Ojas Kulakarni, Dr. Sharad Kamat, Jitendra Sir, Mr. Sunil Pathare and Mr. Amrit Kumar Bakhshy, who emphasized the role of individual psychology and the importance of understanding emotional differences.

Pune's senior psychiatrist, Dr. Vidhyadhar Watve, and senior psychologist, Dr. Sujal Watve, were present at the program to give their blessings and best wishes.”



The presence of senior doctors and engaged participants highlighted a collective commitment to promoting mental well-being, fostering empathy, and strengthening community-based mental health support systems.”

The gathering was well- attended and reflected Eklavya's core values of stigma removal, awareness, peer support, and community mental health. It brought together mental health professionals, caregivers, and community members in an open and inclusive space that encouraged dialogue, understanding, and shared learning.

The event concluded with valuable feedback shared by psychology students and volunteers, highlighting the impact of the sessions.

*This report was prepared by Ms. Sneha Singh and Ms. Sanika Durugkar, second year students of BSc in Mental Health program of Symbiosis college.*