



Dayananda Sagar College of Arts, Science and Commerce
Shavige Malleshwara Hills, Kumarawamy Layout, Bengaluru - 560111

Health and Wellness Unit
in association with NIMHANS

Student Mental Well-being - Swasthaa
Report on Mind Matters Skit

Date: 21.11.2025

Timings: 10:00 am - 11:00 am

Venue: Building #13: Room No. 405/406/409

No. of Youth Champions: 12

No. of Student Participants: 200

Coordinator: Prof. Anusha Kalburgikar

Dayananda Sagar College of Arts, Science and Commerce organised an engaging **Mind Matters** skit presented by 12 trained Youth Champions for an audience of over 200 First-Year B.Com students. The initiative was designed to promote mental health awareness among young adults through a relatable, performance-based approach.

The skit highlighted real-life scenarios commonly faced by students - such as academic pressure, homesickness, relationship concerns, peer expectations and social anxiety - emphasising the importance of acknowledging emotional distress rather than suppressing it. Through interactive storytelling, the Youth Champions demonstrated how early signs of mental health concerns can appear in everyday situations and how timely conversations can make a meaningful difference.

The performance focused on:

- Recognising subtle behavioural and emotional changes among peers
- Encouraging help-seeking behaviour and breaking the stigma around mental health
- Promoting peer support, active listening and empathy
- Directing students toward credible on-campus and professional mental health resources

The skit also showcased practical do's and don'ts of supporting friends in distress, reinforcing the message that mental well-being is a shared responsibility. Students were encouraged to speak openly about their feelings, seek help when needed and support one another in building a compassionate campus environment.

By translating mental health concepts into a lively, relatable format, the **Mind Matters** skit effectively enhanced mental health literacy among first-year students. The participation of Youth Champions strengthened peer-led advocacy, making mental health conversations approachable and meaningful within the student community.



Objectives

- To create awareness among first-year students about common mental health challenges faced in academic and personal life.
- To help students identify early warning signs of emotional distress, anxiety or behavioral changes among peers.
- To promote help-seeking behaviour by showcasing how and where students can access mental health support.
- To encourage empathy and peer support through practical demonstrations of active listening and supportive conversations.
- To reduce stigma associated with discussing mental health by normalising open dialogue through relatable storytelling.



Gallery 1: Glimpse of Youth Champions performing the Mind Matters skit



Gallery 2: Glimpse of participants actively engaged in the skit



Gallery 3: Youth Champions were addressed by Principal - Dr. Balu L

[Signature]
Faculty Coordinator

[Signature]
IQAC Coordinator

[Signature]
Principal

IQAC Co-ordinator
Dayananda Sagar College of Arts
Science & Commerce
Kumaraswamy Layout, Bengaluru - 560 111.

Principal
Dayananda Sagar College of Arts
Science & Commerce
Kumaraswamy Layout, Bengaluru - 560 111