

*A little help from you is a big help for others*



World Mental Health Day, observed on October 10th, at LittleBigHelp with the participation of children from both institutional and non-institutional care. Throughout the week, several events were conducted, including the creation of happiness cards, a "dream cloud" installation, kindness kite-making, mindfulness walks, art expression, yoga, and meditation. These activities helped to raise mental health awareness among the participants. By celebrating Mental Health Day, we contribute to building a more supportive, inclusive, and aware society, ultimately improving mental health outcomes for everyone.

*Mental Wellness is the new superpower*



October is a month filled with festivities, including Durga Puja, Diwali, and Bhai Dooj, all celebrated with the children at the hostels and community center. These celebrations were not just about festivity but also about engaging with and understanding their cultural heritage through active participation.



*Festivity. Heritage. Unity*

**"The greatest religion is to be true to your nature, and have faith in yourselves". - Swami Vivekananda**