

***Meraki* – Annual Counselling Fest**

Meraki is the Annual Counselling Fest of B.A. Hons. (Humanities & Social Sciences), Cluster Innovation Centre. An initiative of the Child Sexual Abuse (CSA) Project, it was first held on 31st March, 2016. Since then, *Meraki* has become an annual event that has seen the celebration and discussion of themes aimed at fostering critical discussions for positive mental health. The first edition of *Meraki - 2016*, saw a panel discussion on child sexual abuse titled “*It was just a game,*” which invited student survivors to speak about their abuse. The student survivors showed tremendous courage while sharing their inspiring stories that had positive impact of breaking the stigma of being victims of CSA. In *Meraki - 2017*, a short-film ‘Breaking the Myth’ produced by the students was screened which was followed by a panel discussion. The *Meraki* fests have also featured events for students to creatively explore their different aspects of positive mental health and to break barriers that discourages them from expressing themselves. This year’s edition of *Meraki - 2018* has the theme “*Revisiting Psychoanalysis*” which aims to appreciate and analyze the relevance of Psychoanalysis.



Panel Discussion on Child Sexual Abuse, Meraki 2016 - March 31, 2016.



Collage of Meraki Events

Mental Health Week

In October, 2017, the organizing team of Meraki along with the students of the other streams of B.A. Hons. (Humanities & Social Sciences) conducted a 2-day event for Mental Health Week in Cluster Innovation Centre. Acknowledging the Mental Health Week observed worldwide, it was necessary to spread awareness at the local level. The themes were 'Body-image' and 'Depression.' There were several academic and creative events including two panel discussions, slam-poetry, quiz, menstrual workshop, living-stories, theater play, and film-screening. The first panel discussion discussed the depression among the millennial generation. The second panel discussion talked about gender sensitization. The 2-day event was attended by students and teachers from different college of the University of Delhi and other universities.

