



MANOVIKAS CHARITABLE SOCIETY • MANOVIKAS INSTITUTE OF HIGHER EDUCATION

Event Report

World Mental Health Day 2026

Lived Experiences Heard: Real Voices, Real Change

सच्ची आवाज़ें, सच्चा बदलाव



Friday, 9 October 2026 • 10:00 am – 12:30 pm

Manovikas Campus, 60-A Radhey Puri Extension 1, Delhi 110051

Record: Manovikas MIS • Events #5 • Public indicator MV_EVT_01

1. Event at a glance

Event	World Mental Health Day 2026: a lived-experience listening session
Theme	Lived Experiences Heard: Real Voices, Real Change (सच्ची आवाज़ें, सच्चा बदलाव)
Date and time	Friday, 9 October 2026, 10:00 am – 12:30 pm
Venue	Manovikas Campus, 60-A Radhey Puri Extension 1, Swami Dayanand Marg, Delhi 110051
Organised by	Manovikas Charitable Society and Manovikas Institute of Higher Education (MIHE)
Type and format	Awareness day; in person; participatory sharing session, display wall and poster gallery
Participants (approx.)	About 160 in total - Students with intellectual and developmental disabilities (IDD): 100 - Parents and family members: 10 - D.Ed. Special Education (IDD) trainees: 50
Special guest	Mrs. Anita Dalal
Access and inclusion	Sharing in Hindi and English; each person spoke in their own way and at their own pace; visual displays (My Voice Wall) for those who prefer not to speak
Linked goals	UN SDG 3 (Good health and well-being), SDG 4 (Quality education), SDG 10 (Reduced inequalities)

2. About the day

World Mental Health Day is observed every year on 10 October. Manovikas marked it a day early, on Friday 9 October 2026, with a simple idea: this year we would not speak about people with intellectual and developmental disabilities; we would listen to them. Students, parents, and teachers-in-training were invited to share their routines, growth, hopes, and the support that helps them feel well.

Objectives

- Give students with IDD and their families a safe, respectful space to share their own experiences.
- Help trainee special educators practise listening, a core skill for inclusive classrooms.
- Raise awareness that mental well-being depends on family understanding, social support and opportunities to learn and work.

3. Programme

Segment	What happened
Opening	Introduction of the theme, Real Voices, Real Change, with a short prayer for well-being shown on screen.
Student Voices	Students came forward one by one to share their daily routines, independence, studies, sport, hobbies, and job hopes.
Parent Circle	Parents shared their experience of raising their children, giving time, and finding support.
My Voice Wall	A display of feelings, drawings and messages titled "Every Voice Matters, Every Mind Matters".
Poster gallery	Mental health awareness posters made by D.Ed. Special Education (IDD) trainees.
Guest address	Mrs Anita Dalal shared her experience, met the students and appreciated the work of teachers and mentors.

4. What we heard

The statements below are summarised from the session notes. They are grouped by theme.

Daily routines, personal growth and independence

- **Shivanshu** is happy to stay with his parents and keep a daily routine. He spoke warmly of Kandpal Bhaiya and of listening to his parents.
- **Chetna** described becoming independent: she does her own hair, looks after her clothes and manages her personal tasks. She thanked her teachers for their support.
- **Kaka** said he started from zero and has learned a lot. He manages his own tasks, plays football, enjoys his favourite singer and hopes to become an Army officer to serve others.
- **Deepika** is independent and handles household work.
- **Puneet Ji** said time passes well when he is with the group, rather than at home, and that he helps his mother.

Aspirations, skills and hobbies

- **Ujjwal** is in the final year of his degree, enjoys social media, and aims for a government job. He said his teachers helped him overcome challenges.
- **Nikhil** wants to get a job ("job karna chahta hoon").
- **Gagandeep** is pursuing a beautician course.
- **Krishna Rajak** loves playing outside, studying, cycling, and ice cream, and he spoke about his best friend, Kaka, and about sometimes feeling shy.
- **Raghav** shared his journey as an athlete.
- **Anu Verma and Vani** enjoy watching TV, travelling and spending time with "Dada".
- **Anant Bansal** sang a song and spoke about his love of music.
- **Abhishek** enjoys food and dancing, shared his trip to Rajasthan and spoke of his trust in Kallu Sir.

Personal journeys and overcoming challenges

- **Sikkaji** traced his journey from 27 July 2013. He loves chess and cricket, is content with his work at the post office and considers everyone a friend.

"Koshish nahi chhodi." (I never stopped trying.) — Sikkaji

- **Kandpal** spoke about the food he enjoys, his love of dance, and getting his work done.

Family and community support

- **Viraj's mother** spoke about raising her child, the importance of giving time, and overcoming difficulties in her own way.
- **Afsa** raised concerns about community involvement and the need for social boundaries and social support.
- **Deepika** recalled not being accepted at first by regular or special schools, and finding support by sharing with her teachers.
- **Sambhav** gave the message that stayed with everyone:

"Parivar ko bhi bachchon ko samajhna chahiye." (Families must understand their children too.) — Sambhav

Special guest. Mrs. Anita Dalal shared her experience and said Manovikas is doing remarkable work. She appreciated the dedication of the teachers and mentors, met the students and blessed them.

5. Outcomes and learning

- **Voice and agency.** Students with IDD spoke for themselves in front of about 160 people about their routines, skills and goals, including degrees, government jobs, the Army, sport and paid work.
- **Independence as well-being.** Personal care, household work and daily routines came up again and again as sources of pride and confidence.
- **Family understanding.** Students and parents both named family understanding and time as the most important support, summed up in Sambhav's message.
- **Barriers remain.** Families described early school refusal and gaps in community support, showing why inclusion and advocacy work must continue.
- **Educator practice.** Fifty D.Ed. trainees practised active listening and produced an awareness poster gallery, building skills they will take into classrooms.

Conclusion. The programme showed the vital role of family support, empathy, skill development and community integration in mental well-being and independence for persons with IDD.

Recommended follow-up

- Run a short listening circle for families each term, using the format from this day.
- Keep the My Voice Wall as a standing display and refresh it each month.
- Share the Tele-MANAS helpline (14416, free, 24 hours) in parent groups and on notice boards.

6. Reach and communication

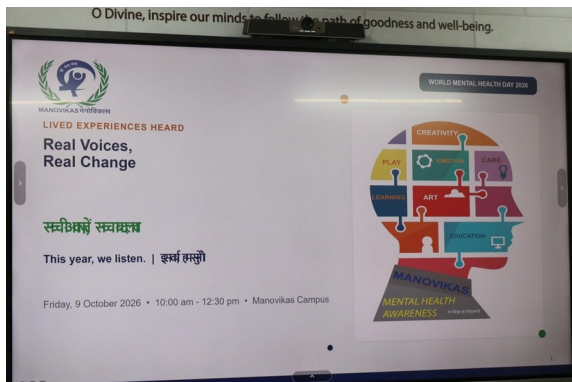
Channel	What was done	Result
WhatsApp	Invitation sent from the official business number using the approved event template	723 sent, 704 delivered (97%), 494 read
Email newsletter	Invitation campaign sent on 5 October 2026	About 18,300 recipients
Website	Event page with invitation, then a "What happened" recap and event record: site.manovikasfamily.org/wmhd-2026	Live
Instagram and Facebook	Three posts from the Manovikas pages: a real-voice quote (10 Oct), the My Voice Wall and poster gallery (11 Oct), and a thank-you photo carousel (12 Oct)	Published 10 Oct; 11 and 12 Oct scheduled
Public KPI	Attendance added to the indicator "People who took part in Manovikas events this year", shown on the home and impact pages	160 as of 9 Oct 2026

7. Alignment with frameworks

Framework	How this event contributes
UN SDG 3 · Good health and well-being	Mental health awareness; promoting help-seeking and the Tele-MANAS helpline
UN SDG 4 · Quality education	Inclusive learning for students with IDD; practical training for trainee special educators
UN SDG 10 · Reduced inequalities	Persons with IDD heard as experts on their own lives
UN CRPD, Articles 8 and 24	Awareness-raising and inclusive education
RPwD Act 2016 (India)	Participation, dignity and community inclusion of persons with disabilities
NEP 2020	Inclusive and equitable education; teacher preparation for inclusion

8. Photo documentation

A selection from 66 photographs taken on the day. The full album is linked in section 9.



Opening: the theme on screen



The hall: students, parents and D.Ed. trainees



Student Voices: a student shares his story



A young student speaks to the group



Speaking with confidence



A message of care



The facilitator guides the listening session



Parent Circle: mothers share their experience



Parents and guests listen



The My Voice Wall



D.Ed. trainees with their poster gallery



Mental health awareness posters by D.Ed. trainees

9. Links and resources

Resource	Link
Download this report (PDF)	https://site.manovikasfamily.org/assets/wmhd2026/Manovikas_WMHD2026_Event_Report.pdf
Read this report online (Google Doc)	Manovikas WMHD 2026 Event Report
Event page and recap	https://site.manovikasfamily.org/wmhd-2026
Impact dashboard (live figures)	https://site.manovikasfamily.org/impact
Open data feed (KPIs, machine-readable)	https://site.manovikasfamily.org/api/kpis.php
All Manovikas events	https://site.manovikasfamily.org/events
Instagram: Manovikas Charitable Society	https://www.instagram.com/manovikascharitable/
Facebook: Manovikas Family	https://www.facebook.com/manovikasfamilynetwork/
Photo album (full set)	https://photos.app.goo.gl/ehcVAjXpaWc1geyE7
Session notes (source for section 4)	Event Report: World Mental Health Day Program (Google Doc)
Manovikas Institute of Higher Education	https://mihe.ac.in
Mental health helpline	Tele-MANAS 14416 (free, 24 hours, Government of India)

10. Data, consent and verification

- Attendance figures are approximate head counts by group; no register was kept on the day.
- No personal data is published. Figures on the website are aggregated.
- Participant names and photographs are included for the official record. Before using this report in a public publication, confirm name and photo consent for each student shown, or remove names and use photos of the wall, posters and adults only.
- Communication figures are taken from the WhatsApp Business Manager, the newsletter system and the website records.

Sign-off

Role	Name	Signature	Date
Prepared by			
Reviewed by			
Approved by	Dr. Alok Kumar Bhuwan, Founder & Managing Secretary		