

## **Report on an Event Titled “Unpack Your Baggage” on the Occasion of World Suicide Prevention Day**

**Title of the Event:** COPE – Open Mic & Unpacking Through Art on Mental Health & Suicide Prevention

**Organized by:** Mental Health Club, College of Engineering and Management Kolaghat

**Date:** 09/09/2026

**Venue:** J K Das Auditorium

**Mode:** Offline

### **Objective of the Program**

The objective of this event was to help students understand that everyone carries different emotions, experiences, challenges and strengths that may not always be visible to others. The activity encourages participants to explore different perspectives, develop empathy and reflect on emotional resilience.

### **Description of the Event**

The Mental Health Club of College of Engineering and Management Kolaghat, in association with MPower, organized an Open Mic & Painting Relay on 9<sup>th</sup> September, 2026. The event witnessed enthusiastic participation from students who expressed their views and emotions on the theme of Emotions, Experiences, Challenges, Memories, Sources of strength, Stress, Expectations, Fear, Loneliness, Friendships, Family, Dreams, Support, Hope, Resilience

- Speech on loneliness and support
- Dance performances showcasing the journey from struggle to resilience
- Songs on self-belief, and encouragement
- Recitations highlighting coping and solidarity
- Motivational storytelling sharing personal experiences and positive coping mechanisms

The open platform allowed students to creatively express themselves, normalize conversations on mental health, and inspire others to seek help when needed.



## Outcomes / Impact

Over 200 students participated as performers and audience.

- Encouraged open expression of emotions and mental health concerns among students.
- Promoted resilience and peer support through creative performances and shared experiences.
- Reduced mental health stigma and encouraged students to seek help when needed.

## Snapshots





## Conclusion

The COPE – Open Mic & Painting Relay event successfully provided a safe and supportive platform for students to express themselves and spread awareness on mental health and suicide prevention. Such programs are crucial in fostering a healthy, empathetic, and inclusive campus environment.