UNSPOKEN

Project No: 8
Date: 10th October, 2026
Venue: Balodaya Secondary School
About: UNSPOKEN – World Mental Health Day Activity
Specified Community: Club Service
Area Focused On: Disease Prevention and Treatment

Introduction

UNSPOKEN – World Mental Health Day Activity was organized by the Interact Club of Balodaya Pokhara at Balodaya Secondary School on 10th October 2026 to mark World Mental Health Day. The activity aimed to raise awareness about mental health and encourage members to express their thoughts and feelings that often remain unspoken. Through a simple activity involving sticky notes and green ribbons, participants were encouraged to share their emotions in writing and show support for mental well-being. UNSPOKEN highlighted the importance of understanding emotions, respecting others' feelings, and creating a supportive environment where everyone feels heard, accepted, and valued.

Event Summary

The UNSPOKEN program was conducted through a simple yet meaningful writing exercise designed to promote mental health awareness and emotional expression. A white table was arranged with sticky notes, and a board was prepared for displaying the written messages. Members came forward in a line, wrote down their thoughts and feelings on sticky notes, and placed them on the board. As more members participated, the board gradually filled with messages, creating a collective display of emotions and thoughts that are often left unexpressed.

The activity provided members with an opportunity to express themselves freely through writing. Each sticky note represented an individual thought or feeling, highlighting the fact that people may experience emotions and challenges they do not always feel comfortable sharing openly. The growing collection of notes reflected different personal experiences and emphasized the importance of acknowledging emotions without fear of judgment.

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After writing and displaying their notes, each participant received a green ribbon to pin to their shirt. The green ribbon symbolized mental health awareness, hope, and support for people experiencing mental health challenges. Wearing the ribbon also served as a visible reminder of the importance of understanding mental health and treating others with compassion and respect.

The combination of the written messages and green ribbons gave the activity a meaningful purpose. While the sticky notes encouraged personal expression, the ribbons represented solidarity and a shared commitment to mental well-being. The activity also highlighted the importance of listening to others, respecting their feelings, and creating an environment where individuals feel comfortable seeking support when needed.

Overall, UNSPOKEN was a thoughtful initiative that encouraged emotional expression and promoted mental health awareness within the school community. It reminded participants that not every feeling is easy to express verbally, but every individual's emotions deserve to be acknowledged and respected. Through this activity, the Interact Club of Balodaya Pokhara conveyed the message that empathy, understanding, and small gestures of support can contribute to a more caring and inclusive community.



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