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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THE WALL BEYOND DIFFERENCES

Project No: 9
Date: 2nd November, 2026
Venue: Balodaya Secondary School
About: THE WALL BEYOND DIFFERENCES – Membership Monday (Interact Week 2026)
Specified Community: Club Service
Area Focused On: Peacebuilding and Conflict Prevention

Introduction

THE WALL BEYOND DIFFERENCES was an activity organized by the Interact Club of Balodaya Pokhara on 2nd November 2026 as part of Interact Week 2026, marking the beginning of the week's celebrations with Membership Monday. The activity focused on unity, diversity, and the importance of belonging to one Interact family. It encouraged members to recognize that although every individual has different thoughts, personalities, and perspectives, they are connected by a shared purpose and commitment to service. Through a collective handprint activity, members expressed the spirit of togetherness and celebrated the bond that makes Interact more than just a club.

Event Summary

The activity was conducted under the theme THE WALL BEYOND DIFFERENCES, where members came together to create a shared display using their handprints on chart paper. Each member contributed their own handprint, making the wall a symbol of individual identity and collective unity. Although every handprint was different in shape and appearance, together they formed one meaningful creation, reflecting how people with different thoughts, personalities, and perspectives can unite for a common purpose.

As the handprints gradually filled the chart paper, the wall became a representation of the strength of togetherness. Every handprint had its own place and importance, just as every member plays a valuable role in the Interact family. The activity reminded everyone that our differences should never become barriers to unity; rather, they make our family more diverse, meaningful, and stronger.

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Throughout the activity, all members shared one common slogan: “Many Hands, One Heart, One Family, One Interact.” This slogan captured the true spirit of Membership Monday, highlighting the values of friendship, teamwork, belonging, and service. It reflected the idea that although we may have different ways of thinking, we are connected by one heart and one shared purpose.

As the opening activity of Interact Week 2026, THE WALL BEYOND DIFFERENCES created a meaningful beginning by strengthening the bond among members and celebrating the importance of membership. It conveyed that Interact is not simply a club, but a family where every individual is valued and every contribution matters. Together, we may be different hands, but we share one heart, one family, and one Interact spirit.



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