

Open Mic and Short Film Analysis on Mental Health and Awareness

Date: 24th September, 2026

Time: 12:30 PM

Venue: Mata Gujri Hall

Pratibimb: The Film Society of Mata Sundri College for Women, organized its second event of the 2026–2027 tenure— an Open Mic and Short Film Analysis in collaboration with Saathi Support. The event began with opening speeches by the society conveners, who welcomed the audience. Representatives of the Saathi Support Programme then introduced their programme and explained their functioning. An interactive session about the programme about mental health followed, during which the audience answered questions about the programme and shared their views on the topic.

The event then officially began with the first screening of the day, ‘The Confidant’, followed by ‘Soft Rain’ and ‘Presentation’, each short movie was about different aspects of mental health. After each screening, a Q&A session followed in which the audience participated eagerly.

The event ended with Acknowledgements and announcements of winners. Three best speakers were chosen and given physical certificates as a token of appreciation for their answers while participants got E-Certificates. The event was insightful and eye-opening, as everyone got to engage in and discuss the diverse impacts of mental health.