BEYOND THE BLUEPRINTS

Project no: 10
Date: 26th September 2026
Venue: Google Meet
Specified Committee: Community Service
Host Club: Interact Club Of Matribhumi Baluwatar
Collaborated with:
IC of Kathmandu (Zone 6)
IC of Golden Gate International College (Zone 6)
IC of Emerald Academy (Zone 1)
IC of Shikshantar School (Zone 6)
IC of Newroad City (Zone 6)
IC of Annapurna High School (Zone 6)
IC of Manaslu World College (Zone 6)
IC of Valley Public High School (Zone 6)
IC of Gyaneshwor Swati Sadan (Zone 6)
IC of Evergreen (Zone 6)
IC of Machhapuchre Rising Stars (Zone 8)
IC of Narayani Public (Zone 2)
IC of Greenland (Zone 2)
IC of SOS Hermann Gmeiner School Bharatpur (Zone 2)
IC of Orchid School (Zone 2)
IC of Gyaneswor (Zone 6)

Guest:

1. Rtr. Sarthak Singh Subedi - IPP of IC Kathmandu
2. Itr. Umang Nepal- Zonal IT head of Zone 1
3. Itr. Yunganta Rijal - Zonal Executive of Zone 1
4. Itr. Mingsang Limbu- ZIR of Zone 1

Area of focus : Basic Education and Literacy

Itr. Bipendra Chaulagain
President (RY-26/27)

INTERACT CLUB OF GOLDENGATE COLLAGE
Battisputali, Old Baneshwor, KTM

Interact District 3292
Nepal and Bhutan

Sponsored By
Rotary Club of Matribhumi Baluwatar

Youth Mental Health and Suicide Prevention

Introduction

On 26th September 2026 Interact Club of Goldengate Int'l collage Collaborated to organize a meaningful awareness program on Youth Mental Health and Sucide Prevention .The event was organized in September, which is observed as Suicide Prevention Month, a period dedicated to raising awareness about suicide prevention and promoting mental health and emotional well-being. The month encourages people to have open conversations about mental health, recognize when someone may be struggling, and provide support without judgment.

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The aim was to encourage young people to speak openly about their mental health and understand the importance of seeking help when they are struggling. The program included an informative session ession on mental health and suicide prevention, where participants learned about common challenges faced by young people and ways to support themselves and others.

As part of the program, we also created a Google Form that allowed participants to anonymously share their questions, concerns, personal struggles, and confusion regarding mental health and different situations they may be facing in life. Participants were given the freedom to express themselves without revealing their identity, creating a safe and comfortable space for those who might not fecl confident speaking openly. The main speaker answered every queries they had about their life and mental health.

The event was attended by members of the Interact Club, students, guests and participants from collaborating clubs. Everyone actively participated in the discussions and activities. The positive involvement of the participants made the program more engaging and meaningful.

Summary:
The Youth Mental Health and Suicide Prevention Awareness Program was a meaningful initiative that focused on creating awareness, reducing stigma and promoting a culture of support among young people. The event reminded everyone that mental health matters and that reaching out for help should never be considered a weakness.The event successfully delivered the message that early support, open communication and compassion can make a meaningful difference .Participants were encouraged to reach out to trusted adults, friends, counselors or qualified mental-health professionals when facing serious emotional difficulties.
The program helped participants understand that mental health deserves the same attention and care as physical health. It also encouraged them to be more aware of the feelings and struggles of people around them.Participants appreciated the opportunity to discuss a topic that is often difficult to talk about openly. Many found the session informative and felt that such awareness programs should be organized regularly in schools and communities.

Through initiatives like this, the Interact Club continues to promote compassion, awareness, fellowship and positive change within the community.

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President (RY-26/27)

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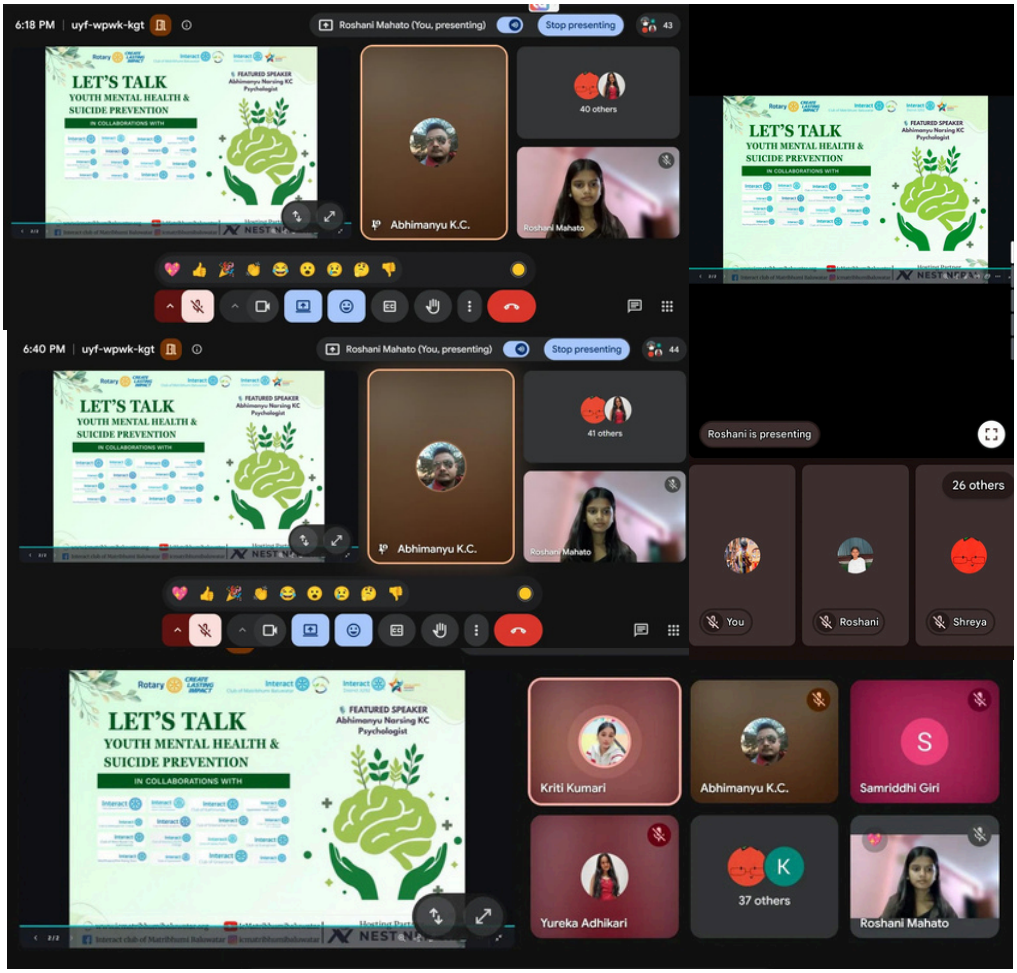
Attendees Feedback:

Itr. Shreya Shrestha (event chair): “Many people still find it difficult to openly talk about mental health, seek help, or even acknowledge that they may be struggling. Because of the event, we were able to learn something new regarding mental health, and that discussions helped create a better understanding of the importance of mental health and well-being. So, hopefully the event opened a platform for young people to talk about mental health more freely, to listen without judgment, and most importantly, to understand that taking care of our mental health is also essential.”

Some photos from the event:



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