

Title (4-7 Words):	The <i>Mindfulness & Mental Health Support Session</i>
Club Name:	Rotary Club of Bhaktapur
Event Date:	11th September 2025
<p>News (100-250words)</p> <ul style="list-style-type: none"> - Specialty - Facts & Figures - Budget - Beneficiary Profile - Impact/Outcome 	<p>News</p> <p>The <i>Mindfulness & Mental Health Support Session</i> was successfully co-hosted on September 11, 2025, with the collaboration of 25 Rotary and Rotaract Clubs under RID 3292, including the Rotary Club of Bhaktapur. The session was organized to provide emotional support and mental wellness guidance to club members and young Rotaractors experiencing stress, anxiety, and emotional challenges during the Gen-Z protest period.</p> <p>The program created a safe and supportive environment where participants could openly discuss mental health concerns, practice mindfulness techniques, and strengthen emotional resilience. The session was facilitated by Bhasker Puri, who guided participants through mindfulness exercises, stress management techniques, and interactive counseling discussions.</p> <p>Specialty</p> <ul style="list-style-type: none"> • Focused on youth mental health and emotional resilience during social unrest • Collaboration of 25 Rotary and Rotaract Clubs promoting unity and solidarity • Professional facilitation by an experienced psychotherapist • Encouraged open discussion on mental health awareness among young leaders <p>Facts & Figures</p> <ul style="list-style-type: none"> • Date: September 11, 2025 • 25 Co-host Organizations involved • Participants: Club members and young Rotaractors from multiple districts • Facilitator: M.A. Psychotherapist Bhasker Puri • Virtual platform: - Google Meet <p>Budget: - Voluntary support</p>

Beneficiary Profile

Young Rotaractors, Rotary members, students, and youth leaders affected by stress, emotional pressure, and uncertainty during the Gen-Z protest movement more than 100 participants .

Impact/Outcome

The session helped participants better understand the importance of mental health, stress management, and emotional well-being. It strengthened peer support, encouraged mindfulness practices, and promoted a positive public image of Rotary and Rotaract as organizations that care for youth welfare and community emotional health during challenging times.



