

SOLASTA SPEAKS

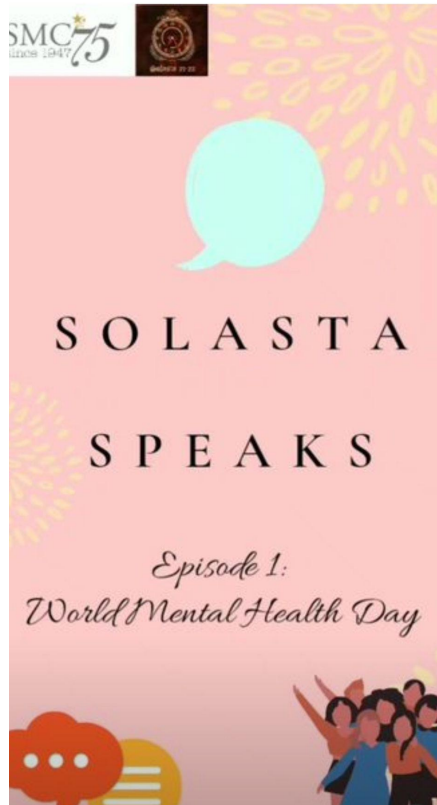
Solasta speaks is a new initiative which was undertaken by the **Students' Union 21-22** which mainly focuses and encourages department collaboration.

Solasta speaks is an instagram reels or IGTV based video production where students of various departments come with quality content to commemorate a special day.



The first episode of solasta speaks was released on **10th October 2021** to commemorate the **WORLD MENTAL HEALTH DAY** in collaboration with the psychology department.

The video includes the major causes which affect mental health and how to get rid of stress and depression. It also explains the various counseling services offered by Stella Maris College and various other institutions.



Video credits :

Department of Psychology:

Editing and Script - Annette

Voice cover - Tasneem and Maria sneha

Featuring - Monika, Samruthi, Joshi, Trisha, Nisha, Ameena, Abina & Annette

