



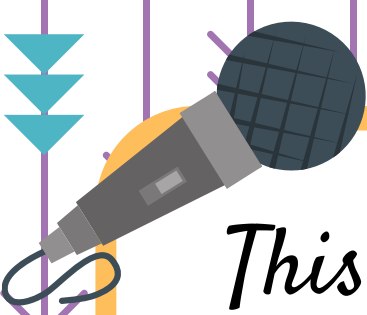
Behind The Mask

**EXPLORING THE
NUANCES OF TOXIC
MASCULINITY**



On 11th January 2023, the members of the Health and Mind club conducted "Behind the Mask" an open mic event where students explored the topic of Toxic Masculinity.





This event was organized to educate the student community about the myths around toxic masculinity and the harmful effects it has on the younger generations. The open mic platform was used to express their views, opinions, and ideas.



Students tried to spread the idea of adopting positive masculinity and being in touch with your inner voice. Students have been conditioned to fulfill certain roles which could affect their mental health negatively. This initiative aimed to bring this much debated topic closer to the students by giving them the opportunity to speak through their experiences in attempts to break the belief that men have to live up to the standards set for them.

