



Sasha Dhillon for Welfare Officer

Hi, I am a second year
Mathmo at Emmanuel
College and am
running to be your
welfare officer for this
year!
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A Gurbani Shabad that gives me strength:

Thir Ghar Bhaisahu Har Jan Piaarae
Satgur Tumare Kaaj Savare

Remain steady in the your home,
O beloved servant of the Lord.
The True Guru Shall resolve all your affairs.

Why me?

- Approachable, outgoing and friendly, meaning I am always easy to go to and talk about any worries or problems
- I understand how difficult starting university can be on mental health, and the struggles of living away from home for the first time, and am super happy to share my own experience on how this made me turn to the key aspects of my identity and turn to Waheguru for support
- Part of the university-wide BME mental health advisory board
- I have done this role for the last year and everyone on committee will agree I do all of the work

Aims:

- To promote Simran as a method of detoxing and calming oneself (am always ready to do a Simran sesh with anyone at any time!)
- To help dissipate the stigma around mental health issues in our community by promoting a culture of openness about struggling with mental health
- To provide incoming freshers with the same homely, welcoming atmosphere that was given to me when I first arrived here