

## **Varshini Viswanath**

Varsh Viswanath is a second-year law and international student studying at the Australian National University in Canberra. She is passionate about empowering the different populations in Australia. To be able to do this, she recently became the secretary of the Mental Health Foundation Australia (ACT). As a multicultural ambassador and secretary, she hopes to reach the different ethnocultural communities within Canberra to raise awareness of mental health in a culturally appropriate manner.

On a similar note, she is the international representative for her residential college and hopes to improve the diversity and inclusion within the institution. Varsh has been working with the Red Cross office in Canberra for a year now. On the ground, she works as a volunteer with the Humanitarian Settlement Program and on an executive level she has been helping develop and lead a new engagement program for youth clientele with refugee backgrounds.

Since coming to Australia from Indonesia last year, Varsh has been trying to get involved in her community, to take up space, and to give a voice to those who wouldn't otherwise get one. She considers herself a work in progress when it comes to stress management and building confidence. Varsh is very excited to connect with and hear from others on this platform.