PROJECT DOCUMENTATION & HISTORICAL ARCHIVE REPORT

Item	Details
Project ID	IYCM-PROJ-MC-2024-10-28
Project Title	Mind Care – Mental Health Awareness
Project Location	Salma Memorial Ideal School, Narail District, Bangladesh
Implementation Date	28 October 2024 10:30 AM – 12:00 PM
Organized by	International Youth Change Maker (IYCM)
Report Prepared by	Md. Ashikur Rahman Sourav, International Youth Change Maker, Narail District
Report Submission Date	29 October 2024

1. Project Overview

Project description: On 28 October 2024, International Youth Change Maker (IYCM) organized a mental health awareness campaign titled “Mind Care” at Salma Memorial Ideal School in Narail District, Bangladesh. The session was facilitated by Md. Ashikur Rahman Sourav, a Change Maker from Narail District, with the participation of 25 students.

The campaign aimed to increase awareness of mental health among adolescent girls and help them understand the importance of emotional well-being, self-care, and seeking support when facing mental health challenges.

Through this initiative, IYCM seeks to promote mental health awareness among adolescents across Bangladesh and encourage young people to recognize mental health concerns without fear, shame, or stigma. The campaign emphasized that mental health is an essential part of overall health and that early awareness and timely support can help adolescents build healthier and more resilient lives.

2. Background and Problem Statement

Adolescence is a critical stage of life characterized by significant physical, emotional, psychological, and social changes. During this period, young people may experience academic pressure, family expectations, peer pressure, social challenges, anxiety, and emotional distress.

Mental health concerns that remain unrecognized or unsupported can affect adolescents' education, relationships, confidence, and overall quality of life. Stigma and a lack of awareness may also prevent young people from discussing their difficulties or seeking appropriate assistance.

Globally, mental health is an important concern among adolescents. The World Health Organization has highlighted that approximately one in seven adolescents aged 10–19 experiences a mental disorder. These concerns demonstrate the importance of early identification, awareness, and access to appropriate support.

In Bangladesh, adolescent mental health awareness remains an important area for community-based education and intervention. IYCM organized the Mind Care Campaign to encourage students to understand their mental well-being, recognize warning signs, and seek help from trusted adults and qualified professionals when necessary.

Identified needs:

The campaign addressed the following needs:

- Increasing awareness of mental health and emotional well-being among adolescent students.
- Helping students recognize common signs of stress, anxiety, and emotional distress.
- Reducing stigma and misconceptions associated with mental health challenges.
- Encouraging open, respectful, and supportive conversations about mental health.
- Promoting healthy coping strategies and self-care practices.
- Informing students about the importance of seeking support from trusted adults, teachers, families, and qualified mental health professionals.

3. Project Objectives

General Objective

The main objective of the Mind Care Campaign was to promote mental health awareness among secondary school students and encourage healthy emotional well-being.

Specific Objectives

- To educate students about the importance of mental health as part of overall well-being.
- To increase awareness of common emotional and psychological challenges during adolescence.
- To encourage students to recognize stress and emotional difficulties and seek support when needed.
- To promote empathy, understanding, and supportive attitudes toward people experiencing mental health challenges.
- To reduce misconceptions and stigma surrounding mental health.
- To encourage students to practice healthy habits that support emotional well-being.
- To contribute to IYCM's broader mission of promoting mental health awareness among adolescents across Bangladesh.

4. Project Implementation

Activities Conducted

The Mind Care Campaign was conducted on 28 October 2024 at Salma Memorial Ideal School in Narail District.

The session focused on the importance of mental health during adolescence and the need to create a supportive environment where students feel comfortable discussing emotional challenges.

The campaign's key thematic areas included:

- Introduction to mental health and emotional well-being.
- Understanding the emotional and psychological changes associated with adolescence.
- Recognizing stress and other common mental health concerns.
- Understanding the importance of self-care and healthy coping mechanisms.
- Encouraging students to seek help from trusted adults and appropriate professionals.
- Promoting empathy, kindness, and the reduction of mental health stigma.

Implementation process: The campaign was organized as a school-based awareness initiative. The facilitator led the session and addressed the importance of mental health awareness among adolescent girls.

The implementation process can be summarized as follows:

1. Venue and participant coordination: The session was arranged at Salma Memorial Ideal School with 25 female students participating.
2. Awareness session: The facilitator introduced the concept of mental health and its relevance to adolescents.
3. Discussion and learning: Participants were introduced to the importance of recognizing emotional difficulties and responding to them in healthy ways.
4. Support and awareness messaging: The campaign highlighted the importance of seeking help, reducing stigma, and creating a supportive environment.

Participating organizations and volunteers: International Youth Change Maker (IYCM) (organizer); Mohishkhola Government Primary School, Narail District; Md. Ashikur Rahman Sourav(project coordinator and session facilitator); 2 youth volunteers.

5. Beneficiaries and Participation

- **Total participants:** 25 students
- **Direct beneficiaries:** 25 students
- **Indirect beneficiaries:** About 50 (family members)
- **Primary focus :** Mental health awareness and emotional well-being
- **Area covered:** Salma Memorial Ideal School, Narail District, Bangladesh

6. Project Outcomes and Impact

The Mind Care Campaign contributed to IYCM's ongoing efforts to promote mental health awareness among adolescents and encourage a more supportive understanding of emotional well-being.

By organizing a school-based session, IYCM created an opportunity to address mental health as an important part of adolescent development.

Key Achievements

- Successfully organized a Mind Care mental health awareness campaign at Salma Memorial Ideal School.
- Engaged 25 female students in a youth-focused awareness initiative.
- Addressed the importance of mental health during adolescence.
- Promoted the value of emotional well-being, self-care, and seeking appropriate support.
- Strengthened IYCM's efforts to bring mental health awareness activities into educational setting

Observed changes:

- The session was designed to encourage participants to view mental health as an essential part of overall well-being rather than a subject associated only with mental illness.
- Expected changes included greater awareness of emotional health, improved understanding of the importance of seeking help, and more empathetic attitudes toward people experiencing mental health difficulties.

Evidence of impact: Attendance list, children feedback , brief conversations with children's family, photographs & video of the session and a news report.

7. Documentary Photo and Video Archive





- Photo Archive Link: Google Drive Link

8. Beneficiary and Stakeholder Testimonials

Participants' feedback: I had the opportunity to learn about the importance of mental health through this session. I now have a clearer understanding that when facing stress or any difficulties, it is important not to keep them to myself, but to talk to someone I trust and seek help when necessary.

Teacher/community representative feedback: Raising students' awareness of mental health in schools is extremely important. Such awareness initiatives can encourage students to understand their own feelings, show empathy toward others, and seek support when needed.

Volunteers' experience: The Mind Care Campaign provided an opportunity to highlight the importance of mental health awareness among adolescent girls. Such initiatives can play an important role in promoting mental well-being, self-confidence, and positive life skills among young people.

9. Financial Summary

Item	Amount
Approved budget	USD 15$
Total expenditure	USD 15$
Remaining funds	USD 0$

10. Challenges and Lessons Learned

Challenges faced:

- Social stigma and misconceptions about mental health.
- Students' hesitation to discuss personal feelings or emotional difficulties.
- Limited time for in-depth discussion during a school session.
- The need for accessible and age-appropriate mental health information.
- Limited access to professional mental health support in some communities.

Lessons learned:

- Early awareness matters: Introducing mental health education during adolescence can help young people better understand their emotional well-being.
- Safe spaces encourage participation: Students need a respectful, non-judgmental environment in which they can ask questions and express concerns.
- Schools are important partners: Educational institutions can help make mental health awareness more accessible to adolescents.

- Professional support should be accessible: Awareness activities should explain how to seek help from qualified professionals when needed.

11. Recommendations and Future Plan

- Organize regular mental health awareness sessions in schools and communities.
- Develop age-appropriate educational materials in Bangla.
- Encourage teachers and parents to create supportive environments for adolescents.
- Promote positive coping strategies, emotional awareness, and healthy communication.
- Establish appropriate referral information so students know where to seek qualified support.
- Train youth volunteers to deliver accurate, sensitive, and responsible mental health awareness messages.
- Collect participant feedback and use pre- and post-session assessments to evaluate learning outcomes.
- Protect participants' privacy and avoid requesting public disclosure of personal mental health experiences.

Proposed Future Activities

- Expand Mind Care Campaign activities to additional schools in Narail District and other areas of Bangladesh.
- Develop a consistent school-based mental health awareness program for adolescents.
- Encourage collaboration with school authorities, parents, youth volunteers, and qualified mental health professionals.
- Prepare information sheets explaining common mental health concerns and appropriate support options.
- Conduct follow-up sessions to reinforce learning and assess participants' continuing awareness.

12.Conclusion

The Mind Care Campaign organized by International Youth Change Maker at Salma Memorial Ideal School on 28 October 2024 was a school-based initiative focused on the importance of mental health awareness among adolescent girls. With 25 female students participating, the campaign supported IYCM's broader efforts to encourage emotional well-being, reduce stigma, and promote timely help-seeking among young people.

Continued school-based awareness, collaboration with relevant stakeholders, and systematic monitoring can help strengthen future Mind Care activities and contribute to a more informed and supportive environment for adolescents in Bangladesh.

13. Documentation and Verification

We confirm that this report has been prepared based on the available project records, implementation evidence, and verified information. Any photographs, testimonials, beneficiary data, and other supporting materials included in this report should be used with appropriate permission and in accordance with applicable privacy and safeguarding requirements.

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