PROJECT DOCUMENTATION & HISTORICAL ARCHIVE REPORT

Item	Details
Project ID	IYCM-PROJ-MC-2024-11-21
Project Title	Mind Care – Mental Health Awareness
Project Location	Laskarpur Madrasa, Narail District
Implementation Date	21 October 2024 01:00 PM – 2:00 PM
Organized by	International Youth Change Maker (IYCM)
Report Prepared by	Md. Ashikur Rahman Sourav, International Youth Change Maker, Narail District
Report Submission Date	22 October 2024

1. Project Overview

Project description: Mind Care is a mental health awareness initiative of INTERNATIONAL YOUTH CHANGE MAKER (IYCM), designed to promote mental health awareness among students and community members. The project aims to encourage people to understand the importance of mental well-being, recognize common emotional and psychological challenges, and develop positive attitudes toward mental health.

On 21 October 2024, IYCM organized a mental health awareness session at Laskarpur Madrasa in Narail District, Bangladesh. A total of 32 participants attended the session and learned about the importance of mental health, emotional well-being, stress management, and the need to seek appropriate support when facing mental health difficulties.

The session provided an opportunity for participants to improve their understanding of mental health and become more conscious of the importance of maintaining a healthy balance between physical and mental well-being.

2. Background and Problem Statement

Mental health is an essential part of overall health and well-being. However, a lack of awareness, social stigma, misconceptions, and limited access to reliable information can prevent people from recognizing and addressing mental health concerns.

Students and young people may experience academic pressure, family expectations, social challenges, anxiety, and emotional stress. Without proper awareness and guidance, these challenges can affect their daily activities, relationships, learning, and personal development.

To address these concerns, INTERNATIONAL YOUTH CHANGE MAKER (IYCM) implemented the Mind Care awareness session at Laskarpur Madrasa in Narail. The initiative aimed to provide participants with basic knowledge of mental health and encourage a more supportive and understanding attitude toward psychological well-being.

Identified needs:

The campaign addressed the following needs:

- Increasing awareness of mental health and emotional well-being.
- Helping participants understand the relationship between mental and physical health.
- Reducing misconceptions and negative attitudes toward mental health challenges.
- Encouraging healthy ways of coping with everyday stress and emotional difficulties.
- Promoting empathy, understanding, and support for people experiencing mental health concerns.
- Encouraging participants to seek help from trusted adults or qualified professionals when necessary

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 improve participants' understanding of mental health and its importance in everyday life.
- To raise awareness of common emotional and psychological challenges.
- To encourage participants to adopt healthy habits that support mental well-being.
- To promote empathy and reduce stigma surrounding mental health difficulties.
- To encourage participants to communicate their concerns and seek appropriate support when needed.
- To contribute to the development of a more supportive and mental health-conscious educational and community environment.

4. Project Implementation

Activities Conducted

The Mind Care session was organized at Laskarpur Madrasa, Narail, on 21 October 2024 at 1:00 PM.

The session focused on mental health awareness and the importance of maintaining emotional and psychological well-being.

The main activities and discussion areas included:

- Introduction to mental health and its importance.
- Discussion on the relationship between physical health and mental well-being.
- Awareness of common sources of stress and emotional difficulties.
- Discussion on healthy habits and positive coping strategies.
- Encouragement to communicate feelings and concerns with trusted people.
- Promoting empathy, kindness, and support for individuals experiencing mental health challenges.
- Encouraging participants to seek appropriate professional support when needed..

Implementation process: The session was conducted through an awareness-based educational approach. Participants were introduced to the topic of mental health and encouraged to develop a better understanding of its importance.

The discussion emphasized that mental health is an important part of overall well-being and that emotional difficulties should be approached with understanding rather than judgment.

Participants were encouraged to recognize the importance of taking care of their mental well-being and supporting others who may be experiencing emotional challenges.

The session concluded with a focus on building awareness, promoting positive attitudes, and encouraging participants to apply the knowledge gained in their everyday lives.

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

5. Beneficiaries and Participation

- **Total participants:** 32 students
- **Direct beneficiaries:** 32 students
- **Indirect beneficiaries:** About 90 (family members)
- **Primary focus :** Mental health awareness and emotional well-being
- **Area covered:** Laskarpur Madrasa, Narail District

6. Project Outcomes and Impact

Key achievements:

- Successfully organized a mental health awareness session at Laskarpur Madrasa, Narail.
- Engaged 32 participants in a discussion about mental health.
- Provided participants with an opportunity to learn about emotional and psychological well-being.
- Encouraged a more informed and understanding attitude toward mental health.
- Promoted the importance of mental health awareness within the local educational community.

Observed changes:

- Based on the reported participant feedback, the session helped participants develop a better understanding of mental health and its importance.
- Participants expressed that the session had helped them learn about mental health and become more conscious of the subject. This feedback indicates a positive learning outcome and suggests that the awareness initiative was relevant to their needs.
- Long-term behavioral changes, such as improved stress management or reduced stigma, would require follow-up activities or additional assessments to verify.

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: The session helped us understand why mental health is important and why we should take care of our emotional well-being. We learned that mental health deserves attention just like physical health.

Teacher/community representative feedback: Mental health awareness is important for students because it helps them better understand their emotions and the challenges they may face. Initiatives like Mind Care can encourage students to become more aware, supportive, and considerate of one another.

Volunteers' experience: Organizing a mental health awareness session provides an opportunity to encourage young people to take mental well-being seriously. Such initiatives can help create a more supportive environment where people feel comfortable discussing emotional challenges and seeking appropriate help.

9. Financial Summary

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

10. Challenges and Lessons Learned

Challenges faced:

- Differences in participants' existing knowledge of mental health.
- Misconceptions or stigma surrounding mental health concerns.
- The need to explain mental health concepts in accessible language.
- The importance of maintaining a safe and respectful environment for discussion.
- The need for continued awareness activities beyond a single session.

Lessons learned:

- **Awareness is important:** Accessible information can help participants better understand mental health and emotional well-being.
- **Youth engagement matters:** Educational sessions can create opportunities for students and young people to learn about issues affecting their daily lives.
- **A supportive environment is essential:** Mental health discussions should be conducted respectfully and without judgment.
- **Follow-up is valuable:** Repeated sessions and educational materials can reinforce learning over time.
- **Professional support should be encouraged:** Awareness activities should help participants understand when and where to seek qualified assistance.

11. Recommendations and Future Plan

- Organize regular mental health awareness sessions in schools and madrasas.
- Develop age-appropriate educational materials in Bangla.
- Include practical discussions on stress management, emotional regulation, self-care, and peer support.
- Encourage teachers and community representatives to support mental health awareness initiatives.
- Promote respectful conversations that help reduce stigma and misconceptions.
- Provide information about appropriate professional mental health services and trusted support channels.
- Use pre-session and post-session questionnaires to assess changes in participants' knowledge.

Proposed Future Activities

- IYCM may continue the Mind Care initiative by organizing additional awareness sessions in educational institutions and local communities in Narail and other districts.
- Future activities could include interactive workshops, mental well-being discussions, awareness campaigns, educational materials, and collaboration with qualified mental health professionals.

12.Conclusion

The Mind Care session organized by INTERNATIONAL YOUTH CHANGE MAKER (IYCM) at Laskarpur Madrasa, Narail, on 21 October 2024, engaged 32 participants in a mental health awareness initiative.

Based on the feedback provided, participants gained knowledge about mental health and became more aware of its importance. The session represents a community-level effort to promote mental well-being, encourage understanding, and support a more informed and compassionate society.

Through continued awareness activities, responsible documentation, and collaboration with educational institutions and relevant professionals, IYCM can further strengthen its contribution to mental health education and community well-being.

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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