# PROJECT DOCUMENTATION & HISTORICAL ARCHIVE REPORT

| Item | Details |
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| Project ID | IYCM-PROJ-MC-2024-12-11 |
| Project Title | Mental Health Awareness and Adolescent Well-being |
| Project Location | Afroz Khan Model School, Mymensingh, Bangladesh |
| Implementation Date | 11 December 2024 10:30 AM – 11:00 AM |
| Organized by | International Youth Change Maker (IYCM) |
| Report Prepared by | Aroni Debnath , International Youth Change Maker,Mymensingh District |
| Report Submission Date | 12 December 2024 |

## 1. Project Overview

**Project description:** On 11 December 2024, a mental health awareness campaign titled **"Mind Care"** was conducted at Afroz Khan Model School in Mymensingh, Bangladesh, with the support of International Youth Change Maker (IYCM).

The session was facilitated by Change Maker Aroni Debnath and attended by approximately 60 students. The campaign aimed to increase students' understanding of mental health, emotional well-being, stress management, and the importance of maintaining a healthy mindset during adolescence.

During the session, participants learned about common emotional challenges faced by adolescents and explored practical ways to manage stress and negative feelings. The facilitator discussed the importance of engaging in enjoyable activities, expressing emotions, practising meditation, participating in physical exercise, and developing positive thinking habits.

The session also encouraged students to communicate openly with trusted friends and family members when experiencing emotional difficulties. Through discussion and experience-sharing, participants were encouraged to recognize mental health as an essential part of their overall well-being.

The Mind Care campaign represented a youth-led effort to promote mental health awareness and create a more supportive and understanding school environment.

## 2. Background and Problem Statement

Adolescence is an important stage of physical, emotional, psychological, and social development. During this period, students may experience academic pressure, changes in relationships, family expectations, uncertainty about the future, and difficulties understanding or expressing their emotions.

Mental health awareness can help young people recognize their feelings, develop healthy coping strategies, and understand when and how to seek support. Schools provide an important setting for introducing these skills and encouraging open conversations about emotional well-being.

Recognizing the importance of mental health among students, the Mind Care campaign was conducted at Afroz Khan Model School on 11 December 2024, with the support of International Youth Change Maker.

**Identified needs:**

The campaign addressed the following needs:

- Increasing students' awareness of mental health and emotional well-being.
- Helping adolescents understand and manage stress and negative emotions.
- Encouraging healthy ways to express feelings and seek support.
- Promoting relaxation techniques, meditation, and physical activity.
- Developing constructive thinking habits and emotional resilience.
- Reducing stigma and encouraging open discussions about mental health.
- Creating awareness of the importance of supporting peers who may be experiencing emotional difficulties.

## 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 increase awareness of mental health among school students.
- To help students understand common emotional and psychological challenges during adolescence.
- To introduce practical techniques for managing stress and negative feelings.
- To encourage students to communicate their emotions with trusted individuals.
- To promote healthy habits, including physical exercise, enjoyable activities, meditation, and constructive thinking.
- To strengthen students' understanding of the relationship between mental well-being, academic performance, personal relationships, and future goals.

- To encourage empathy, peer support, and responsible attitudes toward mental health

## 4. Project Implementation

### Activities Conducted

**1. Introduction to Mental Health :** Students were introduced to the importance of mental health and its connection to everyday life, education, relationships, and personal development.

**2. Understanding Emotions:** The facilitator explained that sadness, frustration, worry, and other negative emotions are normal parts of human experience. Students were encouraged to recognize their feelings rather than ignore or suppress them.

**3. Healthy Coping Strategies:** Students learned about practical ways to manage emotional difficulties, including:

- Engaging in hobbies such as drawing, listening to music, and other enjoyable activities.
- Sharing feelings and concerns with trusted friends or family members.
- Practising meditation, relaxation, and physical exercise.
- Developing constructive thinking habits and self-confidence.

**4. Interactive Question-and-Answer Session:** Students were encouraged to ask questions and participate in discussions. One student asked, “How can we always remain positive?”

In response, Aroni Debnath explained that being positive does not mean being happy all the time. Rather, it means maintaining a constructive attitude and looking for possible solutions even during difficult situations.

**5. Experience Sharing and Commitment:** At the end of the session, students shared their experiences and expressed their commitment to becoming more aware of their mental health and supporting others when appropriate.

**Implementation process:** The campaign was implemented through an educational and participatory session at Afroz Khan Model School.

The implementation process included:

- Arranging the awareness session at the school.
- Introducing the topic of mental health and adolescent well-being.
- Explaining common emotional challenges and healthy coping mechanisms.
- Encouraging questions and open discussion.
- Providing practical suggestions for maintaining emotional well-being.
- Encouraging participants to apply the lessons in their daily lives.

The session combined awareness-building, practical guidance, and student participation to make the topic accessible and relevant to adolescents.

**Participating organizations and volunteers:** International Youth Change Maker (IYCM) (organizer); Afroz Khan Model School, Mymensingh District; Aroni Debnath (project coordinator and session facilitator);5 youth volunteers.

## 5. Beneficiaries and Participation

- **Total participants:** Approximately 60 school students
- **Direct beneficiaries:** Approximately 65
- **Indirect beneficiaries:** About 150 (family members)
- **Primary focus :** Mental health awareness and emotional well-being
- **Area covered:** Afroz Khan Model School, Mymensingh

## 6. Project Outcomes and Impact

The key achievements of the Mind Care campaign included:

- Reaching approximately 60 students through a school-based mental health awareness session.
- Introducing students to the importance of emotional and psychological well-being.
- Providing practical examples of healthy stress-management strategies.
- Encouraging students to discuss their concerns and ask questions.
- Reinforcing the importance of seeking support from trusted individuals.
- Encouraging a more understanding and supportive attitude toward mental health.

**Observed changes:**

- students participated in discussions, shared experiences, and expressed a commitment to becoming more conscious of their mental health and supporting others.

**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:** During the session, a student asked, “How can we always remain positive?”

The facilitator responded by explaining that positivity does not require someone to remain happy at all times. Instead, it involves approaching difficult situations constructively and looking for ways to overcome challenges.

This exchange illustrates the relevance of the topic to students' everyday experiences and the importance of providing opportunities for young people to ask questions about emotional well-being.

**Teacher/community representative feedback:** The campaign's school-based approach provided an opportunity to promote awareness of children's rights in an educational setting. School-based awareness initiatives can help reinforce the importance of child protection, responsible citizenship, and positive social values.

**Volunteers' experience:** The session was facilitated by Change Maker Aroni Debnath. The campaign provided an opportunity to engage with students on mental health awareness and introduce practical approaches to managing emotional challenges.

The interactive discussion and experience-sharing activities supported the campaign's educational purpose.

## 9. Financial Summary

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

## 10. Challenges and Lessons Learned

**Challenges faced:**

- Students feeling uncomfortable discussing personal emotions in a group.
- Limited time for addressing individual questions.
- Differences in students' levels of understanding of mental health.
- Stigma or misconceptions surrounding emotional difficulties.
- Limited opportunities for follow-up support after the session.

**Lessons learned:**

The campaign highlights several useful lessons for future activities:

**1. Early Awareness Is Important:**Introducing mental health concepts during adolescence can help students develop a better understanding of emotional well-being.

**2. Practical Guidance Makes Learning Relevant:** Simple strategies, such as engaging in hobbies, exercising, expressing feelings, and seeking support, can make mental health education more accessible.

**3. Student Participation Strengthens Engagement:**Question-and-answer sessions give students opportunities to raise concerns and connect the subject to their everyday experiences.

**4. A Supportive Environment Matters:** Students should feel safe discussing emotional challenges without fear of embarrassment, discrimination, or judgment.

## 11. Recommendations and Future Plan

- **Organize Regular Awareness Sessions:** Conduct follow-up sessions on stress management, emotional regulation, self-confidence, and healthy relationships.
- **Promote School-Based Mental Health Education:** Encourage schools to integrate age-appropriate mental health awareness activities into student development programmes.
- **Develop Student Peer-Support Activities:** Encourage respectful listening, empathy, and responsible peer support while clarifying that students should seek help from trusted adults or qualified professionals when needed.
- **Provide Information on Professional Support:** Share appropriate information about qualified mental health professionals and available support services.
- **Strengthen Parent and Teacher Engagement:** Where appropriate, arrange awareness activities for teachers and parents to help create a more supportive environment for students.

### Proposed Future Activities

- Conducting additional Mind Care sessions in other schools.
- Developing age-appropriate mental health awareness materials.
- Organizing interactive workshops on stress management and emotional well-being.
- Promoting awareness of bullying, social pressure, and responsible online behaviour.
- Encouraging schools to establish appropriate student-support mechanisms.
- Building partnerships with educators and qualified mental health professionals.

## 12.Conclusion

The Mind Care campaign held on 11 December 2024 at Afroz Khan Model School in Mymensingh was a youth-led educational initiative focused on mental health awareness and adolescent well-being.

Facilitated by Change Maker Aroni Debnath with the support of International Youth Change Maker, the session engaged approximately 60 students in discussions about emotional challenges and practical ways to maintain mental well-being.

By encouraging students to understand their feelings, adopt healthy coping strategies, and support others with empathy, the campaign contributed to the broader goal of promoting a more informed and supportive school environment.

The initiative also provides a foundation for future school-based mental health awareness programmes.

## 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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