PROJECT DOCUMENTATION & HISTORICAL ARCHIVE REPORT

Item	Details
Project ID	IYCM-PROJ-MC-2025-01-02
Project Title	Mind Care – Mental Health Awareness
Project Location	Dr. Khastagir Government Girls' High School, Chattogram
Implementation Date	02 January 2025 10:30 AM – 12:00 PM
Organized by	International Youth Change Maker (IYCM)
Report Prepared by	Nushrat Sultana Rizu , International Youth Change Maker, Chattogram District
Report Submission Date	03 January 2025

1. Project Overview

Project description: The IYCM Mind Care Campaign was organized on 2 January 2025 at Dr. Khastagir Government Girls' High School in Chattogram, Bangladesh. The session began at 10:30 AM and was attended by 30 students from Class Nine. The session was facilitated by Nushrat Sultana Rizu under the Mind Care campaign of International Youth Change Maker (IYCM).

The primary purpose of the campaign was to raise awareness about mental health, encourage students to take care of their emotional well-being, and help them understand the relationship between mental and physical health.

The session emphasized that mental health is an essential part of overall well-being and does not simply mean the absence of mental illness. Just as physical health requires regular care, proper nutrition, exercise, and healthy habits, mental well-being also requires attention, self-care, emotional support, and healthy coping strategies.

Participants were introduced to the concept of mental health, the importance of maintaining emotional well-being, and practical ways to manage difficult emotions and stressful situations. An interactive quiz was also conducted to assess participants' understanding and engagement. Three participants were selected for awards based on the quiz.

The campaign provided students with an opportunity to learn about mental health in an educational and participatory environment and encouraged them to recognize the importance of caring for their minds as well as their bodies.

2. Background and Problem Statement

Mental health is an important component of a person's overall health and quality of life. According to the World Health Organization (WHO), mental health is more than the absence of mental disorders; it is an important aspect of well-being that enables people to cope with life's stresses, learn, work, and contribute to their communities.

Adolescence is a significant stage of development during which young people experience physical, emotional, social, and psychological changes. Academic pressure, peer relationships, family expectations, social challenges, and uncertainty about the future can affect students' emotional well-being.

However, mental health is sometimes misunderstood or confused with mental illness. Some students may also find it difficult to recognize their emotions, discuss their concerns, or seek support when experiencing emotional distress.

Recognizing the importance of early awareness and healthy coping strategies, IYCM organized the Mind Care Campaign to introduce students to basic mental health concepts and promote a supportive attitude toward emotional well-being

Identified needs:

The campaign addressed the following needs:

- Increasing students' understanding of mental health and its importance.
- Clarifying the difference between mental well-being and mental illness.
- Encouraging students to prioritize emotional well-being alongside physical health.
- Introducing practical self-care habits and healthy ways to manage stress.
- Encouraging students to communicate their feelings and seek support from trusted adults when needed.
- Reducing stigma, misconceptions, and negative attitudes surrounding mental health.
- Creating opportunities for students to participate in discussions about emotional well-being.

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

The main objectives of the campaign were:

1. To introduce students to the concept of mental health and its importance in everyday life.

2. To explain the relationship between mental and physical health.

3. To help students understand the difference between mental health challenges and mental illness.

4. To encourage positive self-care practices and healthy daily habits.

5. To introduce appropriate coping strategies for stress, sadness, and other difficult emotions.

6. To encourage students to seek help from trusted adults and qualified professionals when necessary.

7. To promote empathy, understanding, and supportive attitudes toward people experiencing mental health difficulties.

8. To assess participants' understanding through an interactive quiz and encourage active participation.

4. Project Implementation

Activities Conducted

1. Introduction and Welcome Session: The session began with an introductory activity in which the facilitator and participants became acquainted with one another. This helped create a comfortable environment for discussion and participation.

2. Introduction to IYCM: Participants were introduced to International Youth Change Maker (IYCM) and received an overview of the organization's work and its commitment to youth development, awareness, and positive social change.

3. Introduction to Mental Health: The facilitator explained the meaning of mental health and emphasized that it is not limited to mental illness. Participants learned that mental well-being is an essential part of overall health.

4. Importance of Mental Health Care: The session highlighted the importance of taking care of the mind just as people take care of their physical health. The discussion covered the role of healthy routines, rest, physical activity, emotional expression, supportive relationships, and appropriate help-seeking.

5. Mental Health and Physical Health: Participants learned that mental and physical health are closely connected. Emotional distress can affect sleep, energy, concentration, and physical well-being, while physical illness can also influence mood and emotional health.

6. Managing Difficult Emotions and Stress: The facilitator discussed general strategies for responding to difficult situations, including talking to a trusted person, taking appropriate rest, maintaining healthy routines, engaging in enjoyable activities, and seeking professional assistance when necessary.

7. Interactive Quiz and Recognition: A quiz was organized to assess participants' attention and understanding of the topics discussed. Three students were selected and awarded prizes as recognition of their participation and performance.

8. Participant Feedback and Closing: At the end of the session, participants were invited to share their opinions. Students expressed that they had gained knowledge about new topics at the beginning of the new year. The session concluded after the discussion and feedback activities.

Implementation process: The campaign was implemented through an interactive, discussion-based approach designed for secondary school students.

The facilitator introduced the subject using accessible explanations and practical examples relevant to students' everyday lives. The session progressed from introductory information about IYCM to mental health awareness, self-care, emotional well-being, and healthy responses to stressful situations.

The quiz helped reinforce the information shared during the session and encouraged participants to remain engaged. The closing feedback activity provided an opportunity to understand participants' immediate reactions and learning experiences.

The implementation process focused on awareness, participation, and the promotion of positive attitudes toward mental health.

Participating organizations and volunteers: International Youth Change Maker (IYCM) (organizer); Dr. Khastagir Government Girls' High School, Chattogram District; Nushrat Sultana Rizu (project coordinator and session facilitator); 2 youth volunteers.

5. Beneficiaries and Participation

- **Total participants:** 30 students from Class Nine
- **Direct beneficiaries:** 30 students from Class Nine
- **Indirect beneficiaries:** About 90 (family members)
- **Primary focus :** Mental health awareness and emotional well-being
- **Area covered:** Dr. Khastagir Government Girls' High School, Chattogram

6. Project Outcomes and Impact

Key achievements:

- - Successfully conducted a mental health awareness session at Dr. Khastagir Government Girls' High School.
- - Engaged 30 Class Nine students in a structured awareness activity.
- - Introduced participants to the concept and importance of mental health.
- - Discussed the relationship between mental and physical well-being.
- - Encouraged students to consider the importance of regular mental self-care.
- - Conducted an interactive quiz to reinforce learning and assess attention.
- - Recognized three students through awards for their quiz participation or performance.
- - Collected informal participant feedback at the end of the session

Observed changes:

- Based on the available feedback, students expressed that they had learned about new topics during the session and gained additional knowledge at the beginning of the new year.
- Their participation in the quiz and closing discussion indicated engagement with the awareness activities.
- The session also provided an opportunity to introduce mental health as a normal and important part of everyday life rather than a subject associated exclusively with illness.

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 closing discussion, students shared their opinions about the session and expressed that they had learned about new topics at the beginning of the new year.

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 facilitator, Nushrat Sultana Rizu, led the awareness activities and guided participants through discussions about mental health, self-care, and emotional well-being.

The interactive format, quiz, and feedback session provided opportunities to engage students in the topic and reinforce the information presented.

9. Financial Summary

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

10. Challenges and Lessons Learned

Challenges faced:

- - Mental health can be a sensitive topic, and some students may hesitate to participate in open discussions.
- - Misconceptions about mental illness may affect how students understand the subject.
- - Students may have different levels of prior knowledge and understanding.
- - A single awareness session may not be sufficient to develop lasting knowledge or behavioral change.
- - Without a formal assessment, it can be difficult to measure how much participants learned.
- - Discussions involving personal experiences require privacy, sensitivity, and appropriate safeguarding.

Lessons learned:

1. Early awareness matters: Introducing mental health concepts during adolescence can help students develop healthier attitudes toward emotional well-being.

2. Simple explanations improve understanding: Using familiar examples helps students understand the relationship between mental and physical health.

3. Interactive activities encourage engagement: Quizzes and discussion-based learning can make awareness sessions more participatory..

4. Mental health should be discussed without stigma: Awareness activities should encourage empathy and respectful communication.

5. Help-seeking should be normalized: Students should understand that seeking support from trusted adults or qualified professionals is appropriate when emotional difficulties persist.

11. Recommendations and Future Plan

1. Organize Follow-up Sessions: Conduct follow-up sessions to reinforce mental health awareness and give students opportunities to discuss questions that arise after the initial activity.

2. Introduce Practical Self-Care Activities: Include age-appropriate activities such as identifying emotions, healthy daily routines, relaxation exercises, and recognizing trusted sources of support.

3. Develop Student-Friendly Educational Materials: Prepare short guides, posters, handouts, or digital content explaining mental health, stress management, emotional well-being, and responsible help-seeking.

4. Engage Teachers and School Authorities: Where appropriate, involve teachers and school authorities in creating a supportive environment in which students can discuss emotional concerns safely.

Proposed Future Activities

- - Conduct additional mental health awareness sessions in schools and educational institutions.
- - Develop a student-focused mental health awareness toolkit.
- - Arrange interactive workshops on stress management, emotional awareness, and healthy coping strategies.
- - Encourage peer support and respectful communication while maintaining appropriate safeguarding boundaries.
- - Collaborate with qualified mental health professionals for specialized sessions.
- - Introduce a simple monitoring and evaluation framework to assess learning outcomes.
- - Develop digital awareness materials to extend the campaign's reach.
- - Document future activities consistently to build a long-term institutional record of IYCM's mental health awareness initiatives.

12.Conclusion

The IYCM Mind Care Campaign held on 2 January 2025 at Dr. Khastagir Government Girls' High School in Chattogram provided a platform for 30 Class Nine students to learn about mental health and its importance in everyday life.

Facilitated by Nushrat Sultana Rizu, the session combined introductory activities, awareness discussions, an interactive quiz, awards, and participant feedback. It emphasized that mental well-being is an essential component of overall health and deserves attention alongside physical well-being.

The reported participant feedback indicated that students gained exposure to new knowledge and ideas through the session. Although the available information does not establish long-term impact, the campaign represents a documented awareness initiative within IYCM's efforts to promote youth 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.

Reviewed By:
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