# PROJECT DOCUMENTATION & HISTORICAL ARCHIVE REPORT

| Item | Details |
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| Project ID | IYCM-PROJ-MC-2025-11-03 |
| Project Title | Mind Care – Mental Health Awareness |
| Project Location | Mohishkhola Government Primary School, Narail District |
| Implementation Date | 03 November 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 | 04 November 2024 |

## 1. Project Overview

**Project description:** On 3 November 2024, International Youth Change Maker (IYCM) organized a mental health awareness campaign titled “Mind Care” at Mohishkhola Government Primary School in Narail District, Bangladesh.

The session aimed to raise awareness among students about the importance of mental health and emotional well-being. It focused on encouraging participants to understand mental health as an essential part of overall health, recognize common emotional challenges, and develop a positive attitude toward seeking support when needed.

The session was facilitated by Md. Ashikur Rahman Sourav, a Change Maker from Narail District. Approximately 30 participants attended the campaign.

Through this initiative, IYCM sought to promote mental health awareness among young people and encourage a supportive, respectful, and stigma-free environment within the school community.

## 2. Background and Problem Statement

Mental health is an important component of overall well-being, particularly during childhood and adolescence. Students may experience stress, anxiety, fear, sadness, academic pressure, and difficulties in personal relationships. Without proper awareness and support, these challenges may affect their learning, confidence, social relationships, and daily activities.

In many communities, mental health is not discussed openly, and young people may hesitate to share their emotional concerns because of social stigma, misconceptions, or a lack of awareness.

Recognizing the importance of early awareness and emotional well-being, IYCM organized the Mind Care campaign to introduce students to basic mental health concepts and encourage open, respectful conversations about emotional challenges.

**Identified needs:**

The campaign addressed the following needs:

- Increased awareness of mental health and emotional well-being among students.
- Better understanding of stress, sadness, anxiety, and other common emotional challenges.
- Encouragement to communicate feelings and seek help from trusted adults when needed.
- Reduction of misconceptions and stigma surrounding mental health.
- Promotion of a supportive and inclusive school environment.
- Greater understanding of the importance of kindness, empathy, and peer support.

## 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 students' awareness of mental health and its importance in everyday life.
- To help participants understand the relationship between mental and physical well-being.
- To encourage students to recognize and express their emotions in healthy ways.
- To promote empathy, kindness, and supportive relationships among students.
- To challenge common misconceptions and reduce stigma related to mental health.
- To encourage students to seek appropriate support from trusted adults, teachers, parents, or qualified professionals when necessary.

## 4. Project Implementation

### Activities Conducted

The Mind Care campaign was conducted as a school-based awareness session. The activities were designed to introduce participants to basic mental health concepts and encourage positive attitudes toward emotional well-being.

The session focused on the following relevant topics:

- Introduction to mental health and emotional well-being.
- Importance of maintaining a healthy balance between mental and physical health.
- Common emotional challenges experienced by children and young people.
- The importance of expressing feelings and communicating concerns.
- Developing empathy, kindness, and understanding toward others.
- Seeking help from trusted adults when facing emotional difficulties.
- Encouraging a positive and supportive environment among classmates.

**Implementation process:** The campaign was implemented through the coordination of IYCM and its local Change Maker in Narail District.

The session took place at Mohishkhola Government Primary School on 3 November 2024. Md. Ashikur Rahman Sourav facilitated the awareness session and engaged approximately 30 participants in the campaign.

The initiative provided an opportunity to introduce mental health awareness in a school setting and encourage students to recognize the importance of emotional well-being.

**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.

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## 5. Beneficiaries and Participation

- **Total participants:** 30 students
- **Direct beneficiaries:** 30 students
- **Indirect beneficiaries:** About 90 (family members)
- **Primary focus :** Mental health awareness and emotional well-being
- **Area covered:** Mohishkhola Government Primary School, Narail District

## 6. Project Outcomes and Impact

**Key achievements:**

- Successfully organized a Mind Care mental health awareness campaign at Mohishkhola Government Primary School.
- Engaged approximately 30 participants in a school-based awareness initiative.
- Created an opportunity to discuss mental health and emotional well-being in an educational setting.
- Promoted the importance of empathy, kindness, and emotional support.
- Contributed to IYCM's efforts to promote youth well-being and awareness at the community level.

**Observed changes:**

- The session was intended to help students develop a better understanding of mental health and recognize that emotional well-being is an important part of a healthy life.
- Potential changes associated with the session include greater willingness to discuss feelings, improved understanding of the importance of seeking help, and more empathetic attitudes toward peers experiencing emotional 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:** The Mind Care campaign was a valuable learning experience for the students of Mohishkhola Government Primary School. Through the awareness session, participants had the opportunity to learn about the importance of mental health, emotional well-being, and the need to express their feelings in healthy ways.

The session encouraged students to understand that mental health is just as important as physical health. It also emphasized the importance of kindness, empathy, and supporting friends who may be experiencing sadness, stress, or other emotional difficulties. The campaign helped create an opportunity for students to think more positively about mental health and understand the importance of seeking help from trusted adults when needed.

**Teacher/community representative feedback:** The Mind Care campaign was a meaningful initiative to raise awareness of mental health among school students. Mental health awareness is important for children because their emotional well-being can influence their learning, confidence, behavior, and relationships with others.

The initiative highlighted the importance of discussing mental health at an early age and encouraging children to communicate their feelings without fear or hesitation. Such awareness activities can help promote a caring, respectful, and supportive school environment. Continued collaboration between educational institutions and organizations like International Youth Change Maker can contribute to the overall well-being of children and young people.

**Volunteers' experience:** Facilitating the Mind Care campaign at Mohishkhola Government Primary School was a valuable opportunity to engage with students and promote awareness of mental health and emotional well-being. As a local Change Maker, Md. Ashikur Rahman Sourav contributed to bringing this important topic into the school community.

The session highlighted the importance of communicating mental health concepts in simple, understandable language and encouraging young people to develop empathy and support one another. The participation of approximately 30 individuals demonstrated the value of organizing community-based awareness initiatives. This experience can help inform future campaigns and encourage continued efforts to promote mental health awareness among children and young people.

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### 9. Financial Summary

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

## 10. Challenges and Lessons Learned

**Challenges faced:**

- Explaining mental health concepts in language appropriate for primary school students.
- Addressing misconceptions and stigma surrounding mental health.
- Encouraging students to participate comfortably in discussions.
- Ensuring that sensitive personal concerns are handled respectfully and confidentially.
- Identifying appropriate support channels for students who may need additional assistance.

**Lessons learned:**

- **Early awareness matters:** Introducing mental health concepts during childhood can help establish positive attitudes toward emotional well-being.
- **Age-appropriate communication is essential:** Activities should be adapted to the students' age, language, and level of understanding.
- **A supportive environment encourages participation:** Students should feel respected and safe when discussing emotions.
- **School-community collaboration is valuable:** Cooperation between schools, volunteers, and community organizations can support continued awareness activities.
- **Awareness should connect to support:** Students should know whom they can approach if they experience emotional difficulties.

## 11. Recommendations and Future Plan

- Organize regular mental health awareness sessions in schools and local communities.
- Develop age-appropriate educational materials on emotional well-being and stress management.
- Encourage teachers and parents to create supportive environments where children can communicate their feelings.
- Promote kindness, anti-bullying practices, peer support, and respectful communication.
- Provide information about trusted adults and qualified mental health professionals who can offer appropriate assistance.
- Ensure that student privacy and safeguarding principles are respected during all activities.

### Proposed Future Activities

- International Youth Change Maker may continue the Mind Care campaign through additional school-based awareness sessions in Narail District and other communities.
- Future sessions could include interactive discussions, age-appropriate activities, emotional well-being exercises, anti-bullying awareness, and guidance on seeking support from trusted adults.
- IYCM may also explore collaboration with school authorities, parents, youth volunteers, and qualified mental health professionals to strengthen the quality and sustainability of its mental health awareness initiatives.

## 12.Conclusion

The Mind Care campaign held on 3 November 2024 at Mohishkhola Government Primary School in Narail District represented a community-level effort by International Youth Change Maker to promote mental health awareness among students.

With approximately 30 participants and facilitation by local Change Maker Md. Ashikur Rahman Sourav, the initiative aimed to highlight the importance of emotional well-being, empathy, and a supportive school environment.

Continued awareness activities, stronger school-community collaboration, and systematic documentation can help build on this initiative and support IYCM's broader commitment to youth well-being and positive community development.

## 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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