



Project Title: Mental Health Education

Project Duration – 1 Year

Project Budget – \$215491.02

Project Start & End Date – 1st Jan 2025 to 31st Dec 2025

Project Location: Covered Districts – Hyderabad, Rangareddy, Sangareddy, Medchal, Mehbubabad.

(i) Project Description

Mental Health Education Program to help students and youths cope with daily life challenges and mental health issues to reduce youth victimization to addictions & suicides.

(ii) Problem Statement

Student life is a sensitive age where the habits & ideologies formed are carried over throughout one's life. It is very unfortunate that today's students are given a very self-centric, egoistic, unrealistic world view. Hence it is not surprising to see, that the student's community is susceptible to vices of all sorts. Over and above this, lack of Mental Health Education and support system is making the youths susceptible to Mental Health Challenges leading them towards Addiction & Suicides.

(iii) Project Objectives

- Lifestyle Management
- Conducting systematic courses on Mental Wellbeing.
- Public speaking, debates, GD's, presentations on Mental Health
- Quizzes on Mental Health
- Cultivating healthy habits & hobbies to various activities
- Body-Mind-Soul Wellness, Meditation for Peace & Joy.
- Youth outdoor retreats to natural spots,
- Walks & Marches for Global Peace,
- Mind calming music & instruments lessons.

(iv) Project Activities

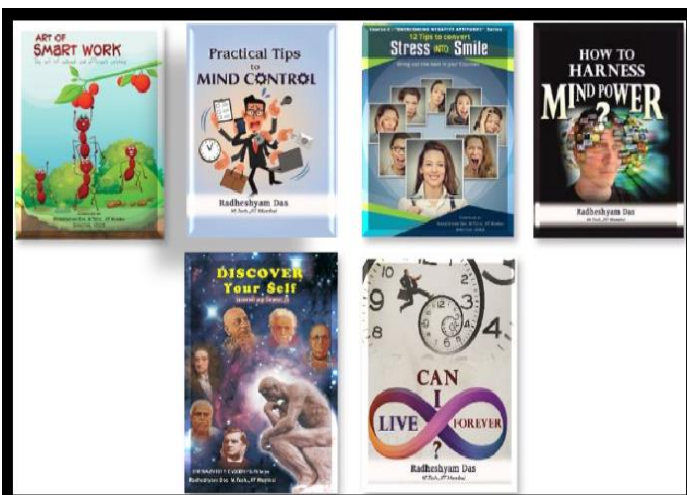
1. **Distribution of Resource Materials for Mental Health**
2. **Weekly/Monthly/Quarterly Youth gatherings on Lifestyle Management for Mental Wellness**
3. **Retreats & Outings to Rejuvenate BODY - MIND & SOUL**
4. **Personalized 1:1 Counselling to Tackle Academic/Career Pressure & Other Youth Related Issues.**
5. **Field visits to Mental Health Camps**
6. **Supply of Refreshments & Food to Students & Faculties at gathering & meetings.**
7. **Organizing Special events by Guest Faculties from India & Abroad.**

a. Weekly Lifestyle Enhancement Meetings



b. Resource Materials

The students will receive a set of books that systematically and scientifically present the wisdom one needs in today's times to handle the complexities & inevitabilities of life with a mature & positive mindset. These books have been written by renowned authors in this field and will equip the students to cope with mental anxieties and live their life with more confidence.



c. Refreshments for Students & Faculties at Gatherings



d. Guest Faculties visits



e. Field Visits



f. Mindfulness & Meditation Sessions



(v) Project Implementation Plan (Month Wise)

Month 1 – Preparing Resource Materials & Taking permissions in colleges

Month 2 – Registering Students for Mental Health Program

Month 3 – Registering Students for Mental Health Program

Month 4 – Conducting One Time Seminars in Colleges on Mental Health

Month 5 – Conducting One – Time Seminars in Colleges on Mental Health

Month 6 – Field visits & Weekly Meetings on Lifestyle Management

Month 7 – Field visits & Weekly Meetings on Lifestyle Management

Month 8 – Guest Lectures on Mental Health Education

Month 9 – Mental Health Camps & Counselling sessions

Month 10 – Mental Health Camps & Counselling sessions

Month 11 – Conducting Quizzes and other Mental Health Appraisals

Month 12 – Awards & Felicitation of Participants, Faculties & Volunteers

(vi) Expected Outcomes & Impact

These elements mentioned above will help students to:

1. Cultivate Self-awareness about one's own personality for better self-management.
2. Broaden their awareness about others in environment for Relationship Management.
3. Explore universal laws by rational study of human thinking & behavior
4. Critically evaluate one's pre-conditions and present beliefs,
5. Broaden their consciousness to cultivate reverence for all life.
6. Deal assertively with people, situations, and environment
7. Bring out the Angel like qualities and driving out bestial propensities.
8. To respect all humans irrespective of Caste/Creed/Color/Nationality/Religion/Gender
9. Save themselves from rampant victimization to addiction and self-destructive habits.
10. Handle suicidal tendencies through addressing their growing mental health challenges.

(vii) Target Groups

- Junior college Students from 11th & 12th Grade
- Degree college Students from Government & Poor Colleges
- College Students from Private Institutions
- College graduates without Job

(viii) Monitoring & Evaluation Plan

The progress of the project will be tracked based on various parameters like:

- **Number of Youth Empowerment Gathering in a Year**
- **Number of Books & Other Material distributed**
- **Number of Free Refreshments & Meals served to students**
- **Number of students benefitted by the program in various colleges**
- **Number of Training session organized by International Guest & Mentors**
- **Number of Youth Empowerment Retreats conducted**
- **Number of Youths giving up addiction habits**
- **Number of Youth becoming volunteers for assisting in various awareness programs**

(ix) Sustainability Plan

The beneficiaries of the project, namely the student become inspired to volunteer for further activities of the NGO in the subsequent years. Not only they themselves become responsible individuals of the society but also develop a sense of responsibility to give back and help the future generations by offering their time, energy & resources. Thus, creating a symbiotic cycle of welfare and growth, individually & collectively. These inspired individual belonging to different parts of Telangana and India will also help the NGO to start similar Mental Health Education program at their native places and other locations of influence.

(x) Project Team

Project Head: Mr. Boda Nageswara Rao (President of Multipurpose Awareness Society)

Project Members:

Member 1: Mr. V. Vinay Kumar (Acting as resource person & project implementation work)

Member 2: Mr. Sumit Vijayvargiya (Project Executive Head)

Member 3: Mr. Vishal Nagar (Project Monitoring Head)

(xi) Budget Estimation

S.no.	Items/Activities	Expected Expenditure	Description
1	Resource Material for 1500 students	\$5828.40	Books, Handouts, Notes etc.
2	Training Workshops @ 15 Locations in 3 districts	\$58283.99	Weekly/Monthly/Quarterly
3	Field Visits to Mental Health Camps	\$5828.40	Transportation of students & Faculties, security, Organizational expense
4	Administrative Expenditure	\$40798.79	Annual project reports, project progress report, Office expenditure – electricity, computer, furniture, staff etc.
5	Refreshments/Food for participants & Faculties	\$11656.80	Breakfast, Lunch, Snacks etc.
6	Venue @ 15 Locations	\$17485.20	For 100/200/500/1000 capacity
7	Honorariums for Guest Faculties	\$9325.44	Transportation, Gifts & Mementos, Accommodation etc
8	Public Addressing Systems	\$17485.20	Speakers, Mics, LED Screens, Projectors
9	Dynamic Website Maintenance	\$5828.40	Hosting Charges
10	Monitoring & Evaluation Report Charges	\$2331.36	Monthly progress reports
11	Project Team Honorariums	\$11656.80	Gifts & Rewards
12	Eco Banners	\$1165.68	Environmentally friendly Banners
13	Miscellaneous	\$17485.20	Other over heads, operational cost, maintenance, emergencies
14	Audit Report & Income Tax filing	\$2331.36	
15	Volunteer Charges	\$8000	

(xii) Project Submitted By:

Multipurpose Awareness Society

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Contact: B Nageswara Rao

President: Multipurpose Awareness Society