

# INDUS CORE EDUCATION FOUNDATION

UNITED NATIONS SUSTAINABILITY  
DEVELOPMENT GOAL (SDG 3.4)



Improving Mental  
Health of Rural as well as  
Semi Urban population  
by 2030

LIVING THE  
SUSTAINABLE  
DEVELOPMENT  
GOALS



Actionable ways WE can  
change the world.



## Goal

SDG Target 3.4 Reduce by one third  
premature mortality from non-  
communicable diseases through  
**Prevention and treatment  
and promote mental health  
and well-being**

### Generate mental health awareness among students. parents and faculties

Looking at the current stress among the students and increase in percentage of the young teens suffering from depression, anxiety and phobias, its utmost important to make the young one to aware of the mental health issues and brief them on the steps of coping with it.

Under the United Nations Sustainability Development Goal 2030 - 3.4, we are conducting the Mental Health Awareness session across schools /colleges to make the student aware of the Mental Health Issues.

At the same time, program also covers awareness among the teachers to identify such students and plan the mechanism to work with these students for remedies

**3 hour session focusses on identification and overcoming mental health issues and improve study output**



**Lets shout out**

Please reach out to us at +91 7720019481/84/85 or write to us at  
info@induseducationfoundation.org

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## Resource Person Profiles

### Atul Joshi

- Postgraduate in Electronics Engineering from NIT Nagpur
- More than 28 years in IT Industry with Infosys and HCL
- Director at Indus Core Education Foundation – a non-profit organization focusing on Student Mental Health
- Hypnotist, Clinical Hypnotherapist – helping students to achieve their career goals, improve personality and excel at listening skill, memory retention
- Trained 30,000+ students on Personality Development, Confidence and Concentration Development and Techniques in last 5 years
- Counselling 100+ Suicidal Tendency sufferer
- Given Hypnotherapy to more than 1000+ psychosomatic patients in last 5 years
- Resource person for SLD, ADHD related research institutes and consultant for the inclusive classroom setup at educational institutes

### Dr. Sangeeta Joshi

- Doctor by profession with specialization on Homeopathy medicine
- 25+ years of experience of treating patients with counselling as well as Homeopathic medicines
- Practicing Clinical Psychology for students, family and psychosomatic patients
- Worked with global health bodies like United Nations, UNICEF to achieve their sustainability goals like SDG 3 and SDG 4
- She has a vast experience in dealing with various physical and emotional problems of all age groups. She has been involved in the study of newly found homeopathic medicines
- She worked at various rural areas of Vidarbha and Marathwada to guide parents to improve the efficacies of students in their study and ensure the effective parenting

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### Session 01

- What is Health
- What is Mental Health
- Mind Vs Brain
- TEA – Thoughts – Emotions – Action
- What are Phobias
- Programming the Mind
- Share and Practice mechanism

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### Session 02

- What is SLD
- Types of SLD
- Causes of SLD
- What is ADHD
- Symptoms of ADHD
- Symptoms and Intervention
- Inclusive Classroom

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## About Indus Core Education Foundation

- Pune-based Indus Core Education was started out of the deep understanding that the state of the education in India which requires the quality teachers and mentally strong students.
- Another vision is that communities living in socio-economic backwardness and information poverty can be empowered to improve their lives on their own, simply by providing them access to information and knowledge on using digital tools.
- Indus Core Education Foundation was registered as a not-for-profit organization under Section 25 of the Company Act 2013, to carry out this mission of empowering student and teachers fraternity.
- Indus Core Education Foundation has adopted a multi-stakeholder and multi-dimensional approach and aligned its objectives the United Nations Sustainability Development Goals 2030 and focusing its work on SDG 3.4 and SDG 4.C.
- Both these goals are interlined with each other as the mental health and well being of the students are directly related to the Teachers Quality improvement and leads to better teaching techniques reducing mental stress of the students.

## Mission

Our mission is to adopt a passion and commitment for constantly empowering teachers, especially students, faculties and information-dark communities, with the power of information



## Vision

Our vision is a world where mental health is valued, promoted and protected; where mental health conditions are prevented; where anyone can exercise their human rights and access affordable, quality mental healthcare; and where everyone can participate fully in society free from stigma and discrimination.

Indus Core Education Foundation (ICEF) has played its part as the implementing agency for creating awareness on Mental Health, its impact and overcoming strategies and will continue to work PAN INDIA to provide support, expert advices, literacy, tools and technical support to make India joyous and tension free.

## Key statistics

- Total Number of Beneficiaries : 20,782
- Total Session carried out : 100+
- Districts Covered : 13
- Campaigns carried out : 98
- Experts on board : 7



**Ultimately, there is no  
health without  
mental health.**