

# INDUS CORE EDUCATION FOUNDATION

UNITED NATIONS SUSTAINABILITY  
DEVELOPMENT GOAL (SDG 3.4)



Improving Mental  
Health Awareness among  
Under graduate and Post  
graduate students

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 under graduate and post graduate students

Looking at the current stress among the students with increased in goal, peer pressure and issues with career life and increase in percentage of the students suffering from depression, anxiety and phobias, its utmost important to make the students 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 colleges to make the employees aware of the Mental Health Issues.

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



## Lets shout out

**4 hour session focusses on identification and  
overcoming mental health issues and improve  
productivity**

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

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## Who should attend

- Senior and middle level faculties at the institutes
- Managements, Training and Placement Managers who are responsible for students welfare
- Students of all streams including under-grad and post-graduates



## Course Syllabus

### Schedule 9.30 AM to 11.30 AM

- What is Health
- What is Mental Health
- What are Phobias
- Depression and Anxiety
- Anger Management
- Programming the Mind

### Schedule 11.45 AM to 1.45 PM

- Share and Practice mechanism
- Managing stress anxiety and burnout
- Case studies and role plays
- Overcoming of mental illness
- Remedy and rehabs

## Delivery methods

- A classes will be a combination of the following
  - Classroom lecture style
  - Discussion and case studies
  - Multiple role plays with feedback

## Assessment

- Pre and post session assessment
- Self Analysis of the assessment and feedback
- Queries and Discussion on the most talked topics



**50,000 per session**

**40**

**Participants per session**

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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
- 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
- Experience in dealing with various physical and emotional problems of all age groups.
- 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

### Mrunali Tople



- Seasoned theatre artist with over a decade of experience in performing arts, specializing in applied theatre techniques and creative workshops.
- Founder of Tangy Twister Box of Performing Arts, a dynamic firm dedicated to children's theatre and digital content creation.
- Successfully designed and facilitated applied theatre workshops for diverse audiences, including corporates, IT companies, and social groups, fostering creativity, team-building, and enhanced communication skills.
- Known for innovative approaches that bridge the gap between performance art and real-world applications, empowering individuals and organizations to unlock their potential through interactive and engaging experiences

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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 population and are directly related to the productivity improvement and leads to better work life balance reducing mental stress

## Mission

Our mission is to adopt a passion and commitment for constantly empowering employees, especially middle and senior management 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.**

# TARGET TO ACHEIVE

- Number of Beneficiaries to reach : 30,000
- Total Session to be carried out : 200+
- Corporates to address : 200
- Campaigns to be carried out : 200

States focused : Maharashtra, Madhya Pradesh, Gujrat, Andhra Pradesh, Telangana, Chhattisgarh and Jharkhand



## TEAM



Mr. Atul Joshi is passionate about enabling people to excel in their personal and professional lives and working in the field of Mental health from last 15 years



Mr. Nawnath Gaiwad is having more than 30+ years of experience in Hypnotherapy and guided more than 1,00,000 students on Mental Health and avoid Suicidal Tendencies



Mrs. Aruna Shete - having worked on women's issues for over 30 years as a grassroots worker, trainer, implementer and a leader enabling women to live a life of dignity, freedom



Mrs. Sangeeta Joshi being a Homeopath by profession - has 26 years of experience in handling health system research projects in tribal and urban areas specialized in Clinical Psychology and Counselling



Mr. Vinod Patrikar is a part of the foundation's legal team, he primarily worked on compliance with the tax laws applicable and monitoring international grants, and overseeing corporate governance

## Some of the sessions



Session at Maharashtra Police Academy about the mental health awareness and stress management



Session for the DY Patil group and making all teaching and non teaching staff aware of the mental health issues and addressing the work pressure and how to cope it up.

## IMPACT

Currently all the programs are done with the volunteering and the individual contribution. No agency has been participated in this project, as we are reaching out to the funding institution to contribute to this cause

We bring together new paradigms that fully exploit modern technology and incorporate anticipated developments

We shall establish collaborations with corporates facilitate the continuous improvement into the education delivery



We are exploring the possible partnership with organization under CSR Initiatives to achieve the goal  
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