

GSL FINAL REPORT 2019

MINDSAPS



Our team was chosen based on the skills we all brought. Our team leader, Gouri, has the knack for persuasion and is good at organizing, therefore she was able to keep everything on track. Bela, brought in a lot of the ideas and made the outline for our plans. She worked out the finer details for our activities. Anusha and Zara helped with the social media interactions as well as making the final submission video, as they are better off working with technology. Ishaan and Dhriti have great socializing skills, both of them are comfortable with talking and interacting with people, therefore they were the 'face of the group'. We started off with 7 members, however one had to drop out due to personal reasons.

Our original project aim was to just spread some positivity, and find out ways to help improve mental health of people. Then we pondered upon climate action/ life on land since it is immensely important and required to bring about climate action now, more than ever. Finally we came up with an idea which merges both the goals, which was spending time with people by planting saplings and talking about the environment.

Our first step was to collect money for buying the saplings, which we did by having a fun fair. We used the materials we already had, being cautious about not buying any plastic/ non-biodegradable item. Through the funfair we made about INR 8000+, of which we used INR 2000 for buying the saplings.

We then decided upon visiting one orphanage and one old-age home, as we didn't have enough time between school days to go for more.

'I admit I made a mistake' The 5 most important words

'You did a great job!' The 4 most important

'What do you think?' The 3 most important

'If you please...' The 2 most important

'We' the 1 least important word.

This was told to us by a retired principal when we visited the old-age home, and it was stuck with us till now.

The amount of knowledge these people at the old age home was overwhelming and it absolutely warmed our hearts that they chose to share this wisdom with us. For the next phase of our plan we decided that just visiting the orphanage and elderly home wasn't enough. We decided to hold a camp for the grandparents of the children who study in our school, because we felt that as one grows older they get more disconnected with the world and no longer do things they used to in their youth. The camp was made to push the grandparents out of their comfort zone and perform activities which they haven't done in a while whilst enjoying themselves. Our end result was a four day camp with the first three days having yoga and zumba everyday and activities like art, craft and cooking. We taught them to cook dishes which they didn't know of and during art and craft we allowed them to express themselves as creatively as they liked to.

We partnered with another project of our school that made seed balls- which was essentially seeds in mud balls which when simply thrown would cause the plant to grow in the spot thrown. We partnered with them as we found our goals aligning and quite similar since both projects were working with life on land. For our camp, the grandkids of the grandparents too were invited, so that they can also bond with them. We felt that this was necessary because spending time with family and loved ones helps with the moods of people, and now-a-days in this day and age where people are too busy for their own family we collectively felt that this was required. A lot of this was accomplished with the help and support from the teachers of our school

Miss Ralisa, the teacher who was in charge of our project was quite supportive and was steady hand to rely on throughout the project and had constant faith in us during the duration of our project.

Tanya Ma'am, the principle of our school, was constant help to us, offering us guidance and helping us out with arrangements to visit the orphanage, old age home and the camp for which we are incredibly grateful for.

Miss Swati, the teacher who helped us out with finding the recipes for the cooking and teaching us how to cook the items before we taught it to the grandparents.

Sir Rajesh, the teacher who helped and aided us with the materials we would require for the art and craft and taught us how to make the items

The volunteers, Nishika, Navya, Aryaa, Pranay, Aarya, who helped us with executing our camp.

We can all say with confidence that we have all become more patient over the course of our project and all the research we have done just shows how alarming the ignorance towards mental health is and the amount of damage to the planet is suffering. We have become more active and vocal on these issues since we realized that only when there is more awareness a proper and bigger influence can be made.

The goals we have accomplished are: Life on Land, Good Health and Well-Being and Partnerships for the Goals. Though our project is not the most sustainable we plan on holding this camp every year, visiting the orphanage and old age home again and we plan on donating the remainder of our money to an environment organization and to a charity related to mental health by tomorrow. We want to donate the money because we are all invested into this topic and at our level these smalls steps lead to big,