

# **RESEARCH PAPER**

**Group Name- "The Mending Minds"**

**Group members-**Sanaya Khanna, Arav Sethi, Amaan Singh Chopra and Noyan Nekoo.

**Group Mentor-** Ms. Bhavya Nagarajan

**Group Logo & Team members**



**INTRODUCTION** Our PYP exhibition topic is Mental Health. We focussed on the following: -

1. Various types of mental health disorders.
2. Mental health concerns faced by adults, during pandemic.
3. Mental Health concerns faced by children, during pandemic.
4. Effect on eyes and brain due to excessive use of technology.

**SDG- GOAL 3- Good Health & well-Being**

**AIM OF OUR PROJECT-** We as a group felt that Mental health is an important aspect of well being that needs to be taken care of in these unprecedented times. Therefore, through this project we aim to spread awareness, take sustainable actions which have an impact on various age groups and inspire people to follow mental hygiene.

**SUSTAINABLE ACTIONS TAKEN BY THE GROUP**

1. Guest Speaker sessions by experts and doctors in the field of Mental Health to spread awareness- Dr. Ruchita Bhat and Dr. Niharika.
2. Mindfulness session for peers
3. Gratitude Journal- A two-week gratitude journal challenge for 20 adults
4. Mental Health Kit- which included several exercises that can be used as mental first aid- sent out to 15 children
5. Sponsored healthcare and education of an underprivileged girl with Cerebral Palsy
6. DIY stress ball for adults.
7. Social media awareness- a) Eye exercises on Instagram                      b) You-Tube videos on mental disorders

**ATL SKILLS DEVELOPED**

Research skills, Organisational skills, Technological skills, Communication skills, Social Skills, and several others.

We developed the skill to be sensitive, observant, and empathetic towards people around us.

**HIGHLIGHTS OF OUR EXPERIENCE**

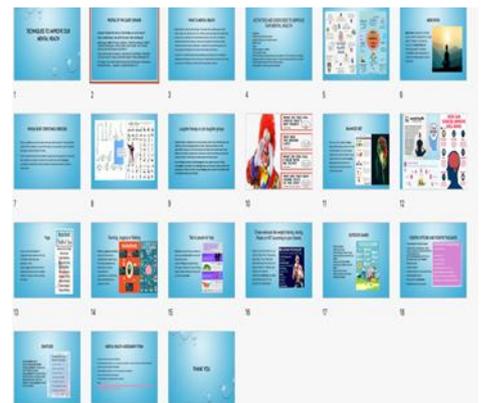
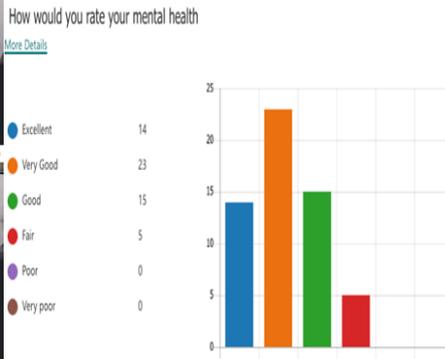
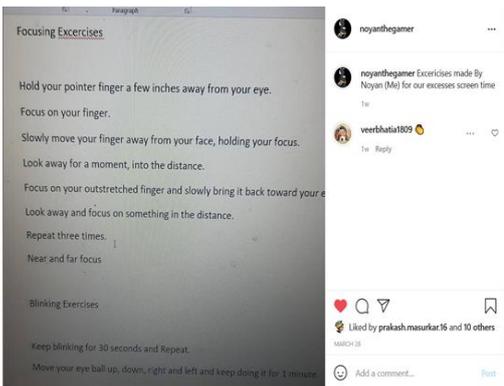
- Working together as a group and working towards a common goal.
- Researching about mental health illnesses and Connecting with people of various age groups and understanding their struggles. Delving deeper into the topic with enriched resources from doctor sessions and interviews.
- Creating need-based exercises for eyes as well as mental health regime.
- Peer learning and Taking risks and putting actions in motion.

-Feeling inspired as well as inspiring people around us about mental health, especially through our project exhibition in front of peers, teachers, and parents.

## IMPACTS

**Successes:** - We all received positive feedback for our actions, and everyone enjoyed it immensely. The posts on YouTube and Instagram continue to be viewed and liked by many people. Last but not the least several of our peers have started practicing mindfulness, exercises from the mental health kit and the eye exercises.

**Areas we could not work on:** - We were not able to associate with any NGO, as we had planned. We couldn't conduct awareness campaigns due to COVID times .



ID	Name	Age	Gender	Response
1	SRINIVAS SRINIVAS	18	Male	Yes
2	SRINIVAS SRINIVAS	18	Male	Yes
3	SRINIVAS SRINIVAS	18	Male	Yes
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5	SRINIVAS SRINIVAS	18	Male	Yes
6	SRINIVAS SRINIVAS	18	Male	Yes
7	SRINIVAS SRINIVAS	18	Male	Yes
8	SRINIVAS SRINIVAS	18	Male	Yes
9	SRINIVAS SRINIVAS	18	Male	Yes
10	SRINIVAS SRINIVAS	18	Male	Yes
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12	SRINIVAS SRINIVAS	18	Male	Yes
13	SRINIVAS SRINIVAS	18	Male	Yes
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30	SRINIVAS SRINIVAS	18	Male	Yes



**SOME TIPS FOR SUCCESS:** At the onset decide your collective team goal unanimously. Make an action plan as a group and break it down into smaller short-term actions. Make a realistic time- line to achieve the actions and keep a check that you are following it. Take baby steps to achieve all the actions and work towards them. Work collectively and in harmony and support and help your group members. Stay focused and determined to achieve all your goals and avoid distractions. Meet regularly and divide the workload over the course of the year so that you don't feel overburdened towards the end. Be organized and meticulous and collect evidences throughout the year. Take the help and guidance of your mentor.