

The well-being



Ambassadors

Pathways School Gurgaon

Students of Grade 5



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Our SDG:



Emotional well-being is the ability to produce and accept - emotions, moods, thoughts and feelings. One of its features is resilience which guides you through challenging life events.

Emotional health is an important part of overall health.

Wellbeing is defined as "the state of being comfortable, healthy, or happy"

Facts and data

- In 2017, President Kovind asserted that India was "facing a possible mental health epidemic". A study in the same year revealed that 14% of Indian population suffered from mental health ailments, including 45.7 million from depressive disorders and 49 million from anxiety disorders.

More women suffered from depression than men in the rural areas.

Well-being and COVID-19

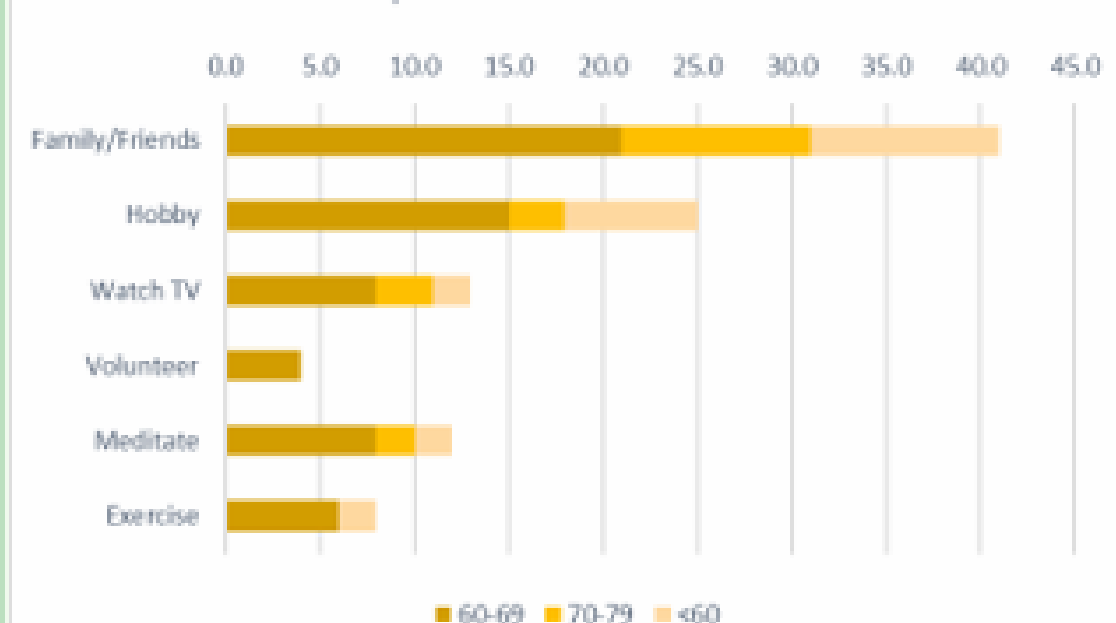
59.8% of females and 51.0% of males are under depression.

- 20.4% of females and 13.6% of males are experiencing extremely severe depression.

- 42.0% of females and 37.8% of males are under psychological distress. And 15.1% of females and 9.1% of males are experiencing severe or extremely severe psychological distress.

COVID-19 outbreak lowered emotional well-being by 74% in China according to one study.

Activities to avoid depression



Our Actions

Grocery Donation Surveys Instagram pages
Guest speaker sessions Bake Sale Donation

Celebrating Valentines and Holi

Sensitisation session with school community

Afternoon with the abandoned seniors

Blog/App: One Stop Solution for mental health

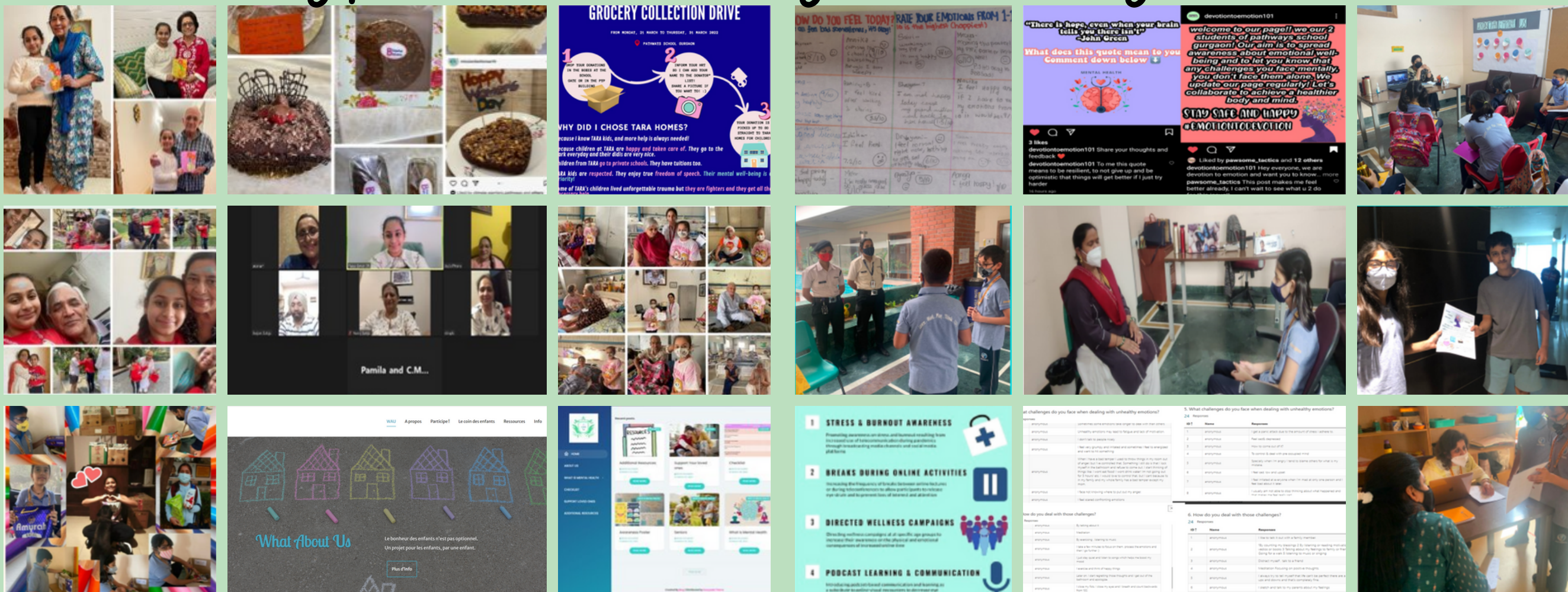
Partnership with TARA homes for Children

Spent afternoon with abandoned seniors in earth saviours

Distribution of posters in our school community and locality

interaction with seniors and school support staff

creatng posters for the sharing corner of our grade/class



Reflection

After researching and understanding well-being we got sensitive about people who go through these tough challenges and we proposed solutions for the betterment of our community and to spread awareness so people don't have to go through this tough issue especially in current times

Impact of action

We gathered information about how different age groups feel daily, this helped us plan our actions as we understood the emotions of how different people feel. Our aim for this project was to spread awareness about emotional well-being. We believe we succeeded as we were able to gather a following and let everyone know that they were not alone.