



PRAGYATA FOUNDATION

www.pragyatafoundation.org



**LET'S OPEN UP AND BREAK
THE STIGMA TOWARDS
MENTAL ILLNESS!**

**BECAUSE YOU &
YOUR MENTAL
HEALTH
MATTER**

WHO WE ARE

Pragyata Foundation is a registered Non-Profit Organisation which has been working in the fields of education & literacy, women empowerment, mental health, human rights, child rights, health & welfare, environment and a range of other prominent social issues.



PROJECT 'SAY YES TO HEALTHY MIND'

Mental health can simply be defined as the state of well-being in which the individual realizes his/her abilities, can cope with the normal stresses of life, can work productively and can make a contribution to his/her community.

What do we do when some individuals in our society encounter seemingly invincible obstacles towards realizing and living with that level of healthy functionality? Do we shame them into denying their reality?

Mental health is as genuine as any other aspect of a person's health. When an individual is experiencing thought or behaviour patterns that negatively impact their quality of life, it is appropriate to address them, just as any other health concern should be addressed. People with mental illnesses are able to recover, but usually only when the problem is confronted and dealt with directly.

We don't ridicule or stigmatize people with genetic/physiological illnesses, so why should it be so with mental health conditions?

'Say Yes To Healthy Mind' is a mental health awareness campaign initiated to raise awareness and educate people about mental health issues and to serve as a forum for constructive discussion on the same. We aim at eradicating this stigma surrounding mental illness in our society and normalising the talk.

We, at Pragyata Foundation run several projects, out of which one caters to the issue of mental health, under which we conduct counselling sessions, mental health workshops, personality development, stress management sessions etc.

Let's open and say yes to healthy mind!

TOPICS FOR WORKSHOPS AND SESSIONS

1. Motivational talk sessions
2. Counselling sessions
3. Mental Health awareness and stigma reduction
4. Stress relief and management
5. Personality development
6. Enhancing self esteem
7. Maximizing creative visioning and thinking
8. Career counselling and guidance
9. Goal setting
10. Soft skills and effective communication skills development
11. Life skills training
12. Art based therapy
13. Speech based therapy
14. Play therapy
15. Substance abuse and De-addiction therapy
16. Corporate wellness
17. Mindfulness, Meditation and General relaxation
18. Wellness programs
19. Yoga sessions
20. Emotional intelligence workshops
21. Creative visualisation
22. Behaviour management
23. Student Anxiety reduction
24. Resilience building workshop
25. Good touch and bad touch
26. Time management
27. Anger management
28. Coping with peer pressure
29. Bullying prevention
30. Leadership building
31. Managing burnout
32. Media Literacy
33. Identity concerns
34. Suicide prevention education
35. Mental health first aid

Check out our social media campaign on Instagram:

<https://instagram.com/sayyestohealthymind?igshid=1f103txr5x715>



For our recent programs kindly visit our website: www.pragyatafoundation.org

Facebook Link: http://www.facebook.com/Pragyata-Foundation-501587780008046/?ref=br_rs

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