



Project Hope

Project Hope fosters hope, emotional resilience and joy in rural and urban underprivileged children. The aim is to develop their mental wellbeing and build resilience to effectively face the challenges in their lives. The programme will bring in trained professionals and a custom curriculum that fuses elements of visual and performing arts to bring about a positive transformation in school children in the age group of 5-11.

The programme builds institutional capacity by equipping peers, teachers and school leaders in nurturing the mental wellbeing of children. Parents of these children are oriented to provide an enabling environment at home. Counsellors work with children who need structured intervention and professional help. We tap into the guidelines of National Mental Health Programme and National Rural Health Mission of Tamil Nadu while working closely with the Tamil Nadu School Education Department in implementing this pioneering programme.

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Approach

Direct engagement through schools and peer-led community building for preventive mental health. Direct engagement is designed to bring awareness, knowledge, and skills into the Primary classroom for children to understand and secure their mental wellbeing while creating a space for them to bring up and resolve their social-emotional issues. However, in this particular age-group, adults and the environment play a critical role. Any direct intervention will have to be supported by work with the community in the two spaces that children primarily occupy - home and school - to create safe, nurturing spaces where children feel secure and happy, and their rights and wellbeing are safeguarded. Peer-led approaches have been successful across the world in varied contexts, with

Numbers from 2019-2020:

- No. of classrooms we have worked in: 136
- Total students we inspired: 3,937
- No. of Annas & Akkas (Standard 7) involved as our co-Facilitators 114 from 25 schools
- No. of Teachers we work with: 50