



Mind Activation Through Education (MATE)

Supporting adolescents deal with mental health concerns by creating care ecosystem and support structures around them

Submitted By

Mental Health Foundation, India

Submitted To

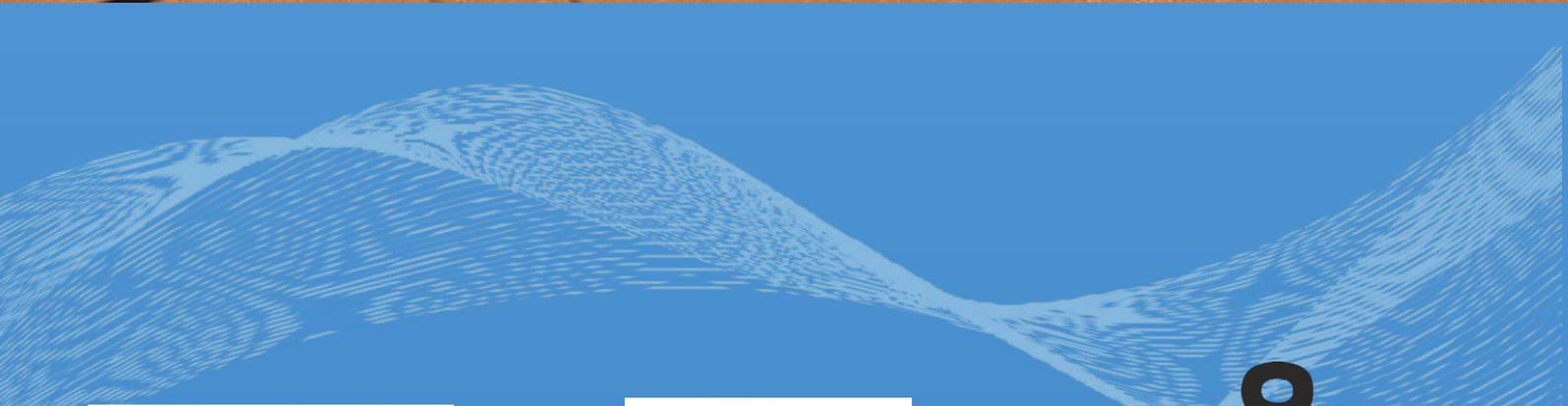
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1. About Us

The Mental Health Foundation is dedicated to advancing mental health and well-being for all. As a registered non-profit organization, our mission is to cultivate a mentally healthy nation by driving positive change and supporting individuals, families, and communities, especially those most vulnerable. Our vision is a future where proactive mental health care is seamlessly integrated into society, nurturing resilience, empathy, and holistic well-being for everyone.

In collaboration with esteemed partners like the All India Institute of Medical Sciences, Delhi, and The Deepak Chopra Foundation, our foundation is guided by esteemed advisors such as Dr. Nand Kumar, a Psychiatry Professor at AIIMS Delhi, and Dr. Rajesh Sagar, renowned for his contributions to child and adolescent psychiatry at AIIMS Delhi. Their expertise provides invaluable leadership as we strive to promote health, mental health, and overall well-being across the nation.

Some of the initiatives undertaken under MHF are Samarthan - Psychological First Aid for prison which is first in India and second in the world of its kind initiative for prison inmates. To work on the stigma, myths, superstitions and awareness about mental health, we had launched India's first mental health E-magazine 'mansikswasthyapatrika' in year 2019 covering myriad issues on mental health in Hindi. Additionally, the Foundation has come up with a portal named MiHOPE (Mind Healthcare Online Program & Education) keeping in view the rise of mental health concerns during and post pandemic. It envisions leveraging technology for providing Tele Psychiatry, Tele Counselling and advance wellness to bridge the gaps.

2. Introduction: Mind Activation Through Education (MATE)

M.A.T.E (Mind Activation Through Education) is a holistic wellness program designed to empower young minds by helping them understand their bodies, minds, and interaction between the two; identify their beliefs, values, and help them make sense of the world in a coherent way to build a positive outlook towards life. We stand by a bio-psycho-socio-cultural and spiritual model in order to create an all-encompassing constructive environment for the growth of resilient beings, who can cope with the normal as well as abnormal stressors of life.

3. Project Brief

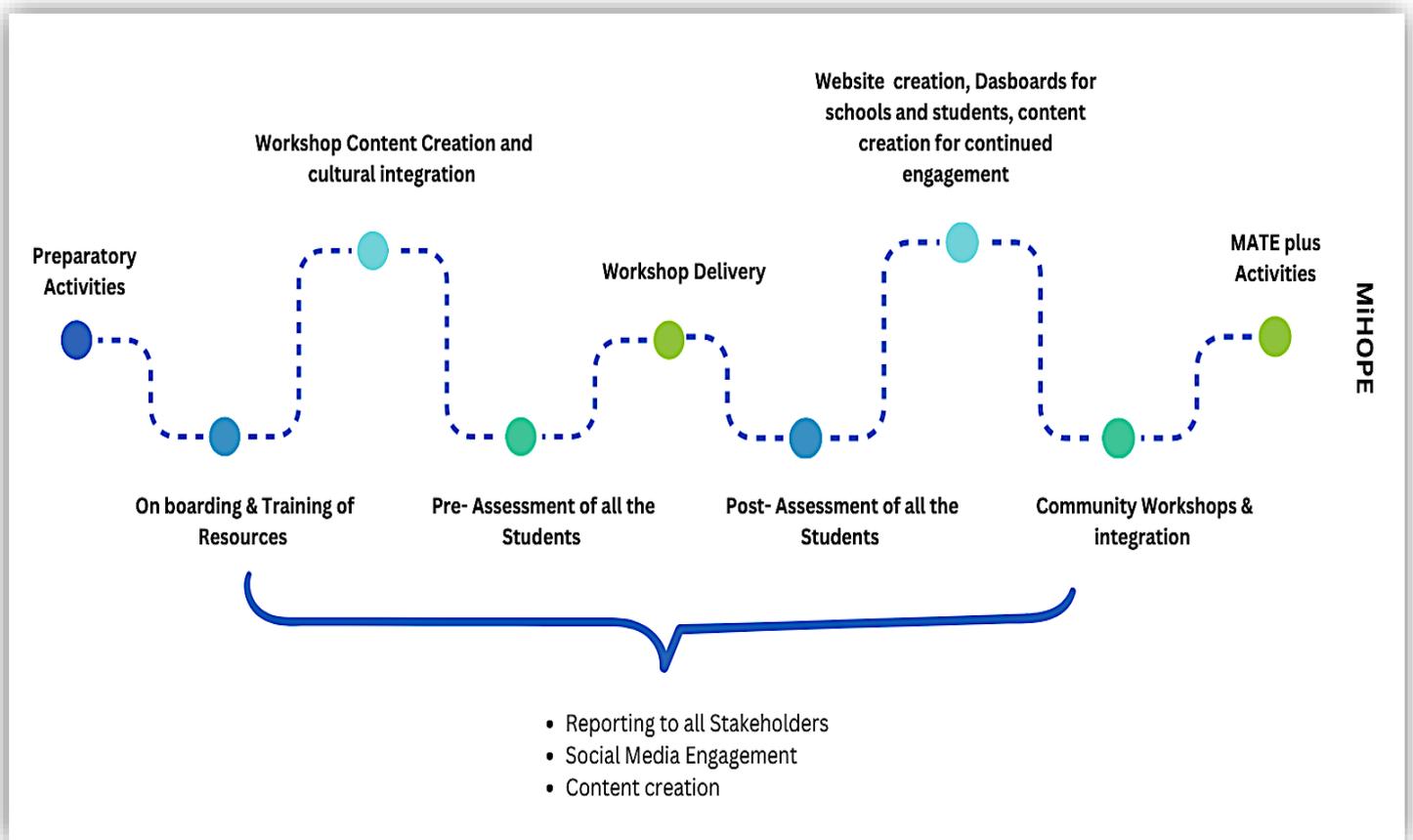
Project Name	<p style="text-align: center;">Mind Activation Through Education (Mate) Program in Government Schools Of Meghalaya</p>
Objectives of the Project	<ul style="list-style-type: none"> • Create youth-driven activities and promote volunteers and personal mentors who can be trained as frontline support to address issues around mental health within the campus. • Develop resilient educators and parents who can handle students with varying needs and take a keen interest in connecting with their world. • To teach students self-calming or anxiety-coping techniques by hosting mental health counselling camps, and interactive sessions within the school campuses • Build a safe and interactive classroom environment that includes organizing activities to help manage stress and promote well-being. • Promote and propagate an open-door policy within schools to help students feel comfortable in sharing their problems and seeking appropriate support. • Provide telehealth offerings for counselling and medical assistance on confidential matters • Encourage social time through workshops with parents/guardians/educators by promoting co-curricular activities to build self-esteem and social skills.
Target Timelines	<p>The project is intended to be implemented in phases in Meghalaya with the pilot phase Beginning in 10 schools across all the 12 districts of Meghalaya in the first year of the project. In the subsequent two (2) years, the project shall be expanded to 40 schools of all the districts across the state.</p>
Components of the Project	<ul style="list-style-type: none"> • Assessments for Students: A set of four assessments to be done pre and post the workshops • Workshops for Parents/Teachers • Training the Network of Counsellors for community awareness • A set of 4 Workshops for Students • MiHope – Diagnosis & treatment for those requiring additional professional intervention
Mate Website	<p>A web-based module shall be developed to provide support to the students, parents and schools. The website shall comprise of key content aimed to enhance the knowledge and critical thinking gained during the workshop through engaging cognitive games, activities, workbooks, and quizzes that are likely to tickle the social and emotional brains and aid higher retention of the concepts taught during the workshops.</p>



4. Project Journey

- Mind Activation Through Education (MATE) programme was sanctioned for three years
- MATE started its journey on **1st March, 2024**
- It completed year 1 of its journey on **28th February, 2025**
- **On 1st of March, 2025** the second year begins for the project.

4.1. Journey of MATE Project



4.2. Project Activities

4.2.1. Preparatory Activities:

- Meetings were held with the Department of Education, Government of Meghalaya & Mr. Sampat Kumar, Development Commissioner & Project Director, MPOWER, Government of Meghalaya in the month of March to collaborate on the project.
- Identification of schools and a list of the same was to be provided by MPOWER in collaboration with the Department of Education, Government of Meghalaya.
- A letter of intent for collaboration was signed between Project Director, MPOWER and Mental Health Foundation.

4.2.2. Workshops & Training of Resources

- The mental health professionals were trained in taking the four assessments as a baseline and the content of the workshop.
- The content for the first, second, third, fourth and fifth workshop have been contextualized keeping in view the culture of the state with inputs from key stakeholders.

4.2.3. Identification of Districts

In the first year of the project, the programme was launched in **four districts** of Meghalaya were selected to implement the programme out of the 12 districts. These districts were strategically selected to ensure a diverse representation and to address the varying needs of students across urban, semi-urban, and rural areas.

The MATE programme is designed to expand its reach across all districts of Meghalaya. In the remaining two years, the following districts will be covered:

S.No	Name of the districts	Covered
1	East Khasi Hills	
2	East West Khasi Hills	
3	West Khasi Hills	
4	Ri Bhoi District	
5	South West Khasi Hills	
6	East Jaintia Hills	2nd & 3rd year
7	West Jaintia Hills	
8	East Garo Hills	
9	West Garo Hills	
10	South West Garo Hills	2nd & 3rd year
11	South Garo Hills	2nd & 3rd year
12	North Garo Hills	2nd & 3rd year

4.2.4. Districts Covered in the first year



4.2.5. On boarding of schools

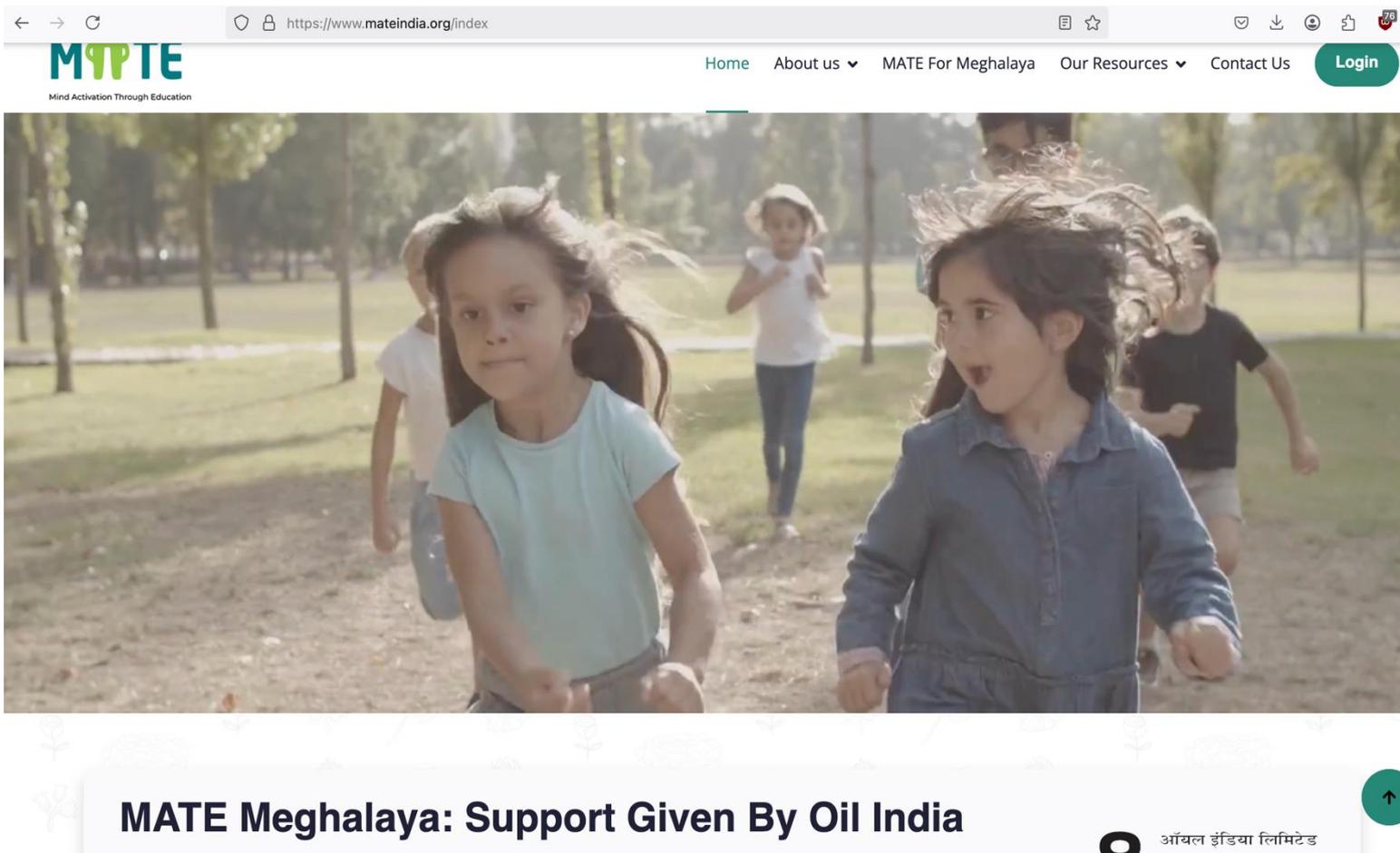
Ten Schools have been identified to be a part of the programme. The team of MPOWER, Government of Meghalaya, facilitated the identification of the schools. The schools have been selected from 3 districts of the State of Meghalaya in the first phase of the programme. The list of schools is given below.

-  Shillong Public School
-  Hillcrest Higher Secondary School
-  Grace Academy School
-  Dew Drop Friendship Academy School
-  St. Thomas Higher Secondary School
-  Salem Presbyterian Higher Secondary School
-  All Saints Sec School
-  St. John's Secondary School
-  Ingsaw UP School

4.2.6. Website Creation and Dashboard

Website and individual dashboard have been created for continued learning for the schools and students. The website is live on the domain name <http://mateindia.org> The website testing is completed and content is being added.

Promotion: An Instagram Page has been started for students who face difficulty in accessing content from the website. https://www.instagram.com/project_mate/



← → ↻ https://www.mateindia.org/index

MATE
Mind Activation Through Education

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MATE Meghalaya: Support Given By Oil India

ऑयल इंडिया लिमिटेड

OUR Resources

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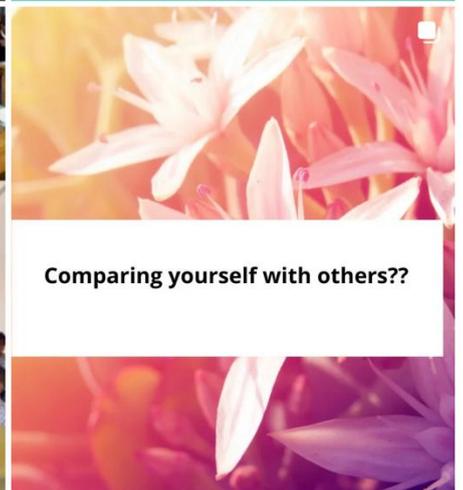
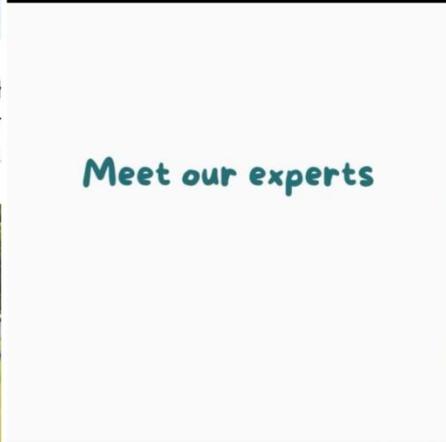
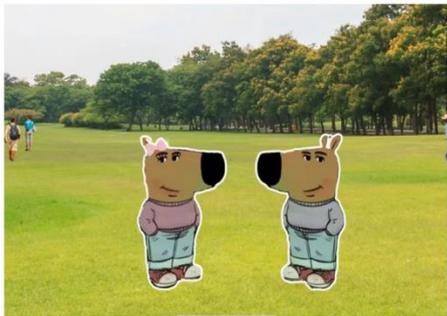
POSTS

REELS

TAGGED



essed out? I've got this—let's chill and c
OPE counselling's here for me, no judgr
just good vibes. Mental health = priority.



5. Project Progress

5.1. Project Activities completed

1. Workshop 1 Contextualization	
1.1 Background Research	✓
1.2 Baseline Psychometric Assessments	✓
1.3 Developing and contexing workshop 1	✓
1.4 Delivery of workshop 1	✓
1.5 Analysis of Psychometric assessments	✓
1.6 Feedback of the participants on workshop 1	✓
1.7 Generating report on the workshop 1 and assessments	✓
2. Workshop 2 Contextualization	
2.1 Background Research	✓
2.2 Developing and contexing workshop 2	✓
2.3 Delivery of workshop 2	✓

3. Workshop 3 Contextualization	
3.1 Background Research	✓
3.2 Developing and contexing workshop 3	✓
3.3 Delivery of workshop 3	✓
4. Workshop 4 Contextualization	
4.1 Background Research	✓
4.2 Developing and contexing workshop 4	✓
4.3 Delivery of workshop 4	✓
5. Workshop 5 Contextualization	
5.1 Background Research	✓
5.2 Developing and contexting workshop 5	✓
5.3 Delivery of workshop 5	✓
6. Monitoring and Evaluation	
6.1 Analyze data to assess impact	✓
6.2 Reporting to stakeholders	✓
7. Ongoing Support and Maintenance	
7.1 Provide ongoing support to schools participating in the initiative	✓

7.2 Maintain and update the website with relevant content.



5.2. Status of Workshop 1, 2, 3, 4 and 5 Delivery

District	School	Total Number of Students	Baseline Assessments	Absent from W1	W1 Dates	W2 Dates	W3 Dates	W4 Dates	W5 Dates
East Khasi Hills	Shillong Public School	161	149	12	21 st May 2024	4 th July 2024	30 th August 2024	28 th October 2024	
	Hillcrest Higher Secondary School	77	70	7	10 th May 2024	7 th June 2024	16 th August 2024	30 th September 2024	17 th February 2025
	Grace Academy Secondary School	111	96	3	20 th May 2024	5 th July 2024	28 th August 2024	23 rd September 2024	3 rd December 2024
	Dew Drop Friendship Academy School	40	31	9	1 st June 2024	1 st August, 2024	13 th September 2024	18 th October 2024	
	St. John's Sec School	159			18 th July 2024	20 th August, 2024	3 rd October 2024	30 th October 2024	
West Khasi Hills	Salem Presbyterian Higher Secondary School	34	32	2	14 th June 2024	25 th July 2024	9 th August 2024	20 th September 2024	12 th and 28 th November, 2024
	Church of God Secondary School	50	45	5	30 th May 2024	24 th July 2024	8 th August 2024	19 th September 2024	22 nd November 2024 & 18 th March, 2025

Eastern West Khasi Hills	St. Thomas Higher Secondary School	445	407	38	29 th May 3 rd , 4 th June 2024	22 nd & 23 rd July 2024	6 th and 7 th August, 2024	25 th & 26 th September 2024	
Ri-Bhoi	Ingsaw Up School	13			19 th July 2024	23 rd August, 2024	17 th September 2024	6 th November 2024	3 rd December 2024
	St Johns Secondary School	150			29 th July 2024	27 th August, 2024	10 th September 2024	25 th October 2024	11 th November, 2024

5.3. Assessments:

Under the project a total of four assessments were done of the students pre and post the delivery of the workshops.

- a. The State-Trait Anxiety Inventory (STAI)
- b. The Child and Youth Resilience Measure (CYRM-R)
- c. The Perceived Stress Scale (PSS)
- a. The Pediatric Symptom Checklist (PSC)

PRE AND POST THE WORKSHOPS

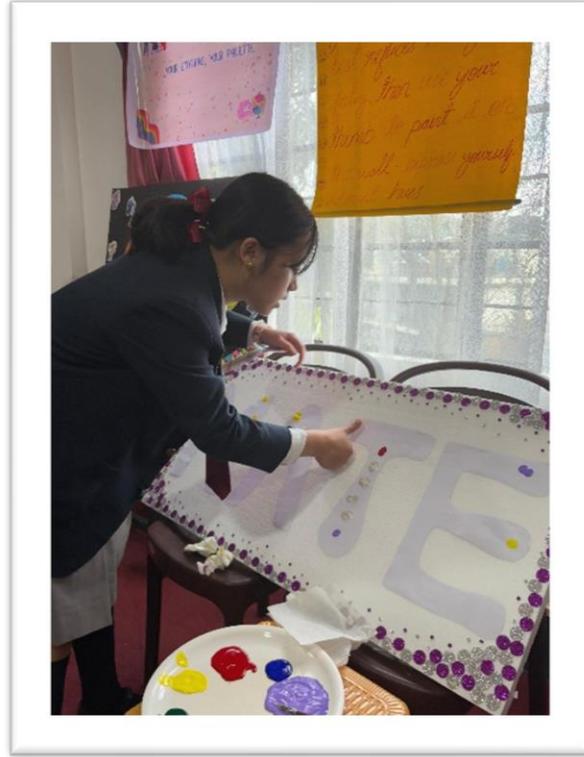
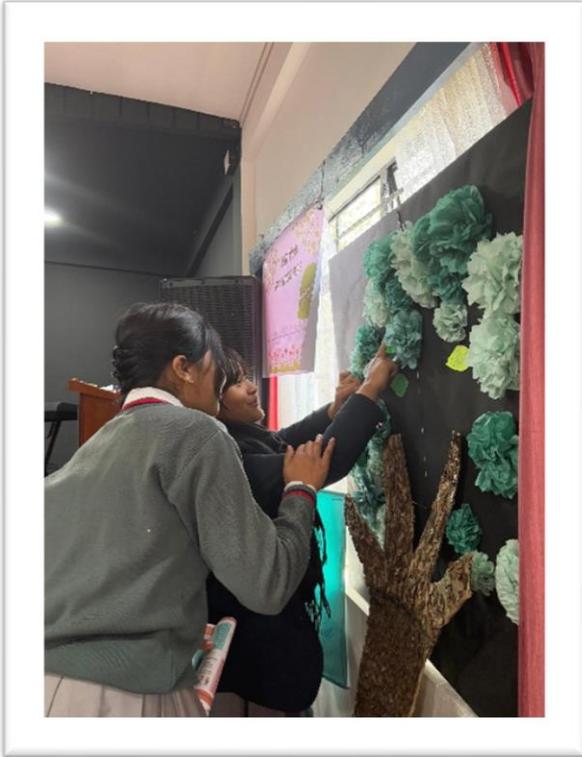


**TOTAL NUMBER OF STUDENTS
ASSESSED
996**





5.4. The Community Mobilization



Location:

1. Mount Hermon School, Nongstion, West Khasi Hills District, Meghalaya

Date: 24th February, 2025

Time: 1:00 PM – 3:00 PM

2. Siejlieh, Nongstion, West Khasi Hills District, Meghalaya

Date: 25th February, 2025

Time: 11:00 AM – 1:00 PM

3. Mawkyrwat, South West Khasi Hills District, Meghalaya

Date: 27th February, 2025

Time: 11:00 AM – 1:00 PM

Overview

The community mobilization event under the Mind Activation Through Education (MATE) project was successfully held at Mount Hermon School, Nongstion and Siejlieh in West Khasi Hills District and Mawkyrwat in the South West Khasi Hills District. The event aimed to raise awareness about mental health, foster meaningful dialogue within the community, and promote greater understanding and support for mental well-being.

The program included a Nukkad Natak (street play), an informative play on mental health. The play aimed to present essential concepts in a way that was both accessible and culturally relevant to the community. The performance was delivered in Khasi and incorporated elements of Phawar (Khasi traditional melodic chants), ensuring the content resonated with the local culture and values. Additionally, participants also had the opportunity to explore various stalls, which provided further information and activities related to mental health.

Objectives of the Program

- **Raise Awareness on Mental Health:** To educate the community on the significance of mental health, its impact on overall well-being, and the need for timely and effective interventions.
- **Encourage Support for Those in Need:** To promote a culture where individuals feel comfortable seeking help for mental health challenges and where assistance is readily available.
- **Break the Stigma Around Mental Health:** To challenge misconceptions and social stigma surrounding mental health, encouraging more open discussions and support.
- **Foster Community Support Systems:** To build a sense of solidarity within the community, where members can support one another in addressing mental health challenges

Outcome of the Program

The program was held in the school hall at Mount Hermon School, with students from classes 8 to 10 standards. Additionally, the event took place in the Community Hall in both Siejlieh Village and

Mawkyrwat, where three schools from each location were invited to join the program alongside local community members. The program began with a welcome speech from the MATE team, introduction of the Mental Health Foundation as an organization and highlighting MATE as an ongoing project focused on adolescent's mental health in Meghalaya. This was followed by a speech from community leaders, who emphasized the importance of such an initiative in their community and stressed the significance of maintaining a healthy mind. Following this, the Program Manager of MATE delivered a speech, underscoring the importance of good mental health and encouraging individuals to seek the appropriate support and help when needed. A quiz was conducted to engage the audience, providing them with key information while encouraging interaction.

The program continued with a Nukkad Natak (street play) performed by Volunteers and the MATE team. The play aimed to raise awareness about mental health, challenge stigma, and encourage individuals to seek help when necessary. Throughout the performance, the audience displayed strong engagement and attentiveness. Following the play, students and community members visited various stalls that provided information and activities related to mental health. The session concluded with a vote of thanks by the MATE team, who expressed gratitude for the community's participation and emphasized the continued importance of raising awareness about mental health.

Conclusion

The community mobilization program successfully achieved its goals, sparking meaningful discussions on mental well-being. The schools and community members were very engaging and expressed their gratitude for having the opportunity to participate in an event that addressed mental health—an issue often not openly discussed. They felt encouraged by the experience and were eager to foster further connections with the MATE team, looking forward to more initiatives that support mental health in their communities. It is hoped that the enthusiasm generated by these events will continue to inspire ongoing community-led efforts to promote mental well-being in the region.

5.5. Feedback from the Participants

The feedback for the workshop was collected from students on voluntary basis. A total of 1,034 students provided their responses. A thematic analysis of the same was done and the following themes and subthemes emerged:

Theme 1. A better understanding of overall health

The codes for this theme included 'health' and 'new concepts.' Most of the students shared that they have a deeper understanding of overall health. Many were previously unaware that health encompasses not only physical aspects but also emotional, social, and spiritual health. This concept

was new to them, as they had not considered the interconnectedness of these various facets and how they can influence one another. Learning about the gut brain axis was something new to them which they found interesting. One student shared that, “It was better than the other workshops I visited! I had fun while learning about my physical, mental and social health. You taught us in a way that we could understand easily”. Another mentioned “Every session brought more knowledge and understanding on what we are and what are our thoughts making our perspective wider”. The codes for this theme included “health” and “new concepts”

Theme 2. Enhanced Mental Health

Enhanced emotional regulation

Students reported an improved ability to manage their emotions following the workshop. They indicated greater awareness and control over their emotional responses. A student shared that, “the workshop has helped me a lot with my health and how to control my emotions.... The best part about this workshop is that it healed me a lot”. A majority of the students also mentioned that the workshop provided them an opportunity to express their feelings better. One student shared that, “I get to learn new things and I love that I get to express my feelings”. Another expressed, “It’s kind of good to be here, got to share feelings, how I feel..... I had a great time with it”. The codes for this subtheme were ‘express feelings’ and ‘control emotions’.

A sense of calmness

Students shared that the workshop brought a sense of calmness to their life. A lot of the students shared how the workshop made them feel ‘relax or jaijai’. A student shared, “I felt very comfortable and calm...Your teaching makes my mind come at peace”. Another mentioned, “I feel more relax when I come here”. ‘Calm’ and ‘relax’ were the codes for this subtheme.

Activities aiding in stress and anxiety management

Students mentioned that the activities and the stories incorporated helped them understand the concepts better. They also mentioned that the breathing exercises helped them when they are experiencing stress or anxiety in their lives. They mentioned that the activities can also serve as a tool for them in the future when they are feeling overwhelmed. A student mentioned that, “your activities have often helped me when I was stress and I know it will also make me feel relived in the future”. Another goes on to say, “I love all the sessions and the breathing exercise really helped with difficult situations”. ‘Activities’, ‘breathing’ and ‘stories’ were the codes for this subtheme.

Theme 3. A better understanding of self

‘Self’ was the code for this theme. Students mentioned that the workshop has helped them in understanding themselves better, to be kind to themselves, and how to love themselves. The environment created for them made them to be more expressive about their feelings, which made

them more comfortable in exploring their own emotions in getting to better understand themselves.

One student shared that “I used to think that I’m not perfect, but when you guys came it was so amazing and I changed my mind, because you guys lightened my mood”, another shared “I do like it, it actually helped me because I am more likely an introvert, so it actually helped me a lot”. Another shared that the workshop helped in “how to love myself, me”.

Theme 4. Facilitator’s approach

The codes for this theme were ‘friendly’, ‘patience’ and ‘supportive’. Students mentioned that the facilitator’s patience and friendliness created an environment in which they felt safe and comfortable expressing their feelings. This supportive atmosphere contributed to students’ openness and willingness to engage in the activities and discussions. A student shared that, “It was a happy journey with you all. I felt secured a lot with you all”. Another expressed that “It was a good experience. We can interact with adults who are creative, friendly, matches our vibe and understands us”. Another student shared that, “I felt very safe with you, it’s like I have known you for so many years”

Overall, students revealed that they loved the workshop and that the workshop has helped them in a lot of ways, one of the ways is in helping them in making better decision “I like the workshop because I can make myself calm when I am angry and make a good decision”, some has also mentioned that it has also made them more confident “The workshop just made me feel a lot better and made me to build a lot of self-confident”, some students have also reported that the workshops has motivated them “It helped me a lot because my life was going bad and it makes me feel motivated”.

Feedback - I really like all the sessions, Jos is funny, Naphi is very pretty and kind and Rose is so sweet and kind and the last teacher (I forget the name sorry) is really nice, I love all the sessions and the breathing exercise really helped with difficult situations, I just hope that this will be the last one, I really look forward to other workshops in the future.

It was a happy journey with you all. I felt secured a lot with you all. Thank you so so so much for being here. I want all of you to come again next year. 😊 Bye, see you all soon.

I am happy because the teachers are honest, kind, nice and they are very good at explaining and I get to learn new things and I love that I get to express my feelings.

I love it, it helps us a lot it help us to control our feeling. It helps to love our self to care about our self. It helps to learn about our brain and health and about our feeling. I thank you for you inspire us to be better person.

Feedback - I enjoyed what you guys taught us the past few months, it was really really fun and I really hope you guys come again!! We all will miss you!! These stress scale that you gave us was so helpful because I can share my feelings and my feelings. I used to think that was not perfect, but when you guys came it was so amazing and I changed my mind, because you guys helped my mood! So I hope you guys will do great in your future careers.

It was great experience, The workshop helped me a lot with self confidence, emotional, and mentally. I feel very relaxed after the sessions. I hope to see you all next year!
THANK YOU ❤️
LOTS OF LOVE

I love it, it helps us a lot it help us to control our feeling. It helps to love our self to care about our self. It helps to learn about our brain and health and about our feeling. I thank you for you inspire us to be better person.

Feedback I feel really nice and enjoy what all the sessions, especially the breathing exercise, I feel calm and positive after all of these sessions.
Thank you for your help and positivity. ❤️

I like Sir Jos and Miss Nafi, Rose and Sarah because they were very helpful and 'you for' the workshop was fun and I hope I will see them again in the future and
My overall Word is

I love it, it helps us a lot it help us to control our feeling. It helps to love our self to care about our self. It helps to learn about our brain and health and about our feeling. I thank you for you inspire us to be better person.

It was more better than the other workshops I visited! I had fun while also learning about my physical, mental and social health. You taught us in a way where we could understand easily.
Thnx for teaching us! 😊

Bery Good!

FEEDBACK:
I've learned alot about how to make my own decisions, choices. How to communicate with others. I've learned more about how to be more mature.
Thank you so much for coming

Through out all the sessions, every session brought more knowledge and understanding on what we are and what we can thought and make our mind and perspective wider.
And I will like to spend more time with the workshop it self and learn more about what it has to offer to us.

When I have a smile on it makes me feel that my parents are beside me even though if they are not there smile makes me feel so good and it helps me to forget any bad things that happened to me, and any pain that I feel cure's me these workshop are good but I like the first one and it helped me alot and so it made me smile

Workshop 1,2,3
Learning about the health about brain and our body self
It help me to control the anger

Through out all the sessions, every session brought more knowledge and understanding on what we are and what we can thought and make our mind and perspective wider.
And I will like to spend more time with the workshop it self and learn more about what it has to offer to us.

It help me alot because (I was going) my life was going bad and it make me feel motivated.
THANK YOU 😊

Feedback:
It feels good, it made me more mentally strong. After the second session it made me realize that what a good friendship is and what type of people we should be with.

In the past I felt sad and I understood that we live in the best world to really improve up thinking and my mental health. There were also some really funny and amazing stories that really made me laugh and I am looking forward to the next workshop. I am hoping that the teacher that work up students to tell their story with their world with like they do with me.

Feedback:
It was a good experience. We can interact with adults who are creative, funny, friendly, matches our vibe and understands us. They teach us about new stuff and also alot about ourself, which we can also apply in our long run and show to our toxic people out off our life, which I could guarantee we need to know and apply them in our future.

I do like it, it actually helped me because I am more likely an introvert so it actually helped me a lot, I hope you guys will come back next year too. If not, I think you should be a bit strict because class VII my class is really naughty they won't listen unless you shout and thank you so much for helping me gain more trust in people and helped me socialize more. 😊
THANK U
MISS ROSE
MISS NAPHI
AND
SIR JOSE

It is interesting and also fun. It has help me alot with my health and how to control my emotions - It also helps me to find true friends and how to love myself -
I really enjoyed the workshop. I've been such much happier but not that much. But it was a good experience in my life.
The best part about this workshop is that it helped me alot

Feedback:
I wish that we would have workshops all the time because this helps me to express my feelings and helps me face anxiety!
With love
- Aharin
Elene
Khanjari

It was a great experience, The workshop helped me a lot with self confidence, emotional, and mentally. I feel very relaxed after the sessions. I hope to see you all next year!
THANK YOU ❤️
LOTS OF LOVE

Way Forward

MATE Project – Way Forward (Next Year)

- Expand outreach to **15 schools** across selected regions.
- Build on existing modules to include more *interactive, arts-based, and culturally relevant content*.
- Integrate periodic **mental well-being check-ins** for early identification and support.
- Conduct **capacity-building workshops** for teachers and school counselors.
- Establish **student peer-leader groups** to sustain conversations beyond sessions.
- Collaborate with local stakeholders for stronger **community engagement**.
- Develop a **monitoring and evaluation framework** to track impact more robustly.
- Strengthen digital tools for **assessment and follow-up**.
- Create and disseminate a **report/publication** highlighting impact stories and learnings.
- Plan a **state-level showcase or festival** to celebrate student voices and growth.



Thank
You

