

Dream India Network, Assam

Report



BUILDING BRIGHT FUTURES (BBF)

Empowering adolescents through mental health initiatives, active participation, and career guidance in Government schools of Assam, India.

Summary

The annual report highlights project aspects including initiation, activities, plans and outcomes. The project was implemented by Dream India Network and in collaboration with Samagra Shiksha Abhiyan (SSA) through Memorandum of Understanding (MoU) signed between both organizations. Under this collaboration, 20 government schools were allotted by the Inspector of Schools for the implementation of various programs for the students of Class VIII to X.

The project focuses on promoting the holistic development of students through Group Mental Health Counselling, Career guidance, Personality development, Introduction of the concept of Children Parliament and Training of Trainers (ToT) for teachers. The project aims to create child-friendly and supportive environment where students could improve their emotional well-being, develop leadership qualities and gain awareness regarding future educational and career opportunities.

The project significantly contributed to improving student participation, emotional awareness, communication skills, leadership abilities and overall development of the students.

Introduction

The school environment plays vital roles in shaping the emotional and social development of children. Recognizing the growing need for counselling and students support systems in schools, Dream India Network (DIN), in collaboration with Samagra Shiksha Abhiyan (SSA).

The project was implemented across 20 government schools allotted by the Inspector of Schools. The initiative aims to address students emotional well-being, educational aspirations, leadership development and life skills through counselling and participatory activities.

The project components include:

- Mental Health Counselling
- Life skill and Career guidance
- Children Parliament

Through interactive sessions, awareness programmes, group activities, visual learning method, power point presentation, discussion and counselling the sessions were conducted.

Objective

The major objective of the project:

- To promote emotional and well-being among students.

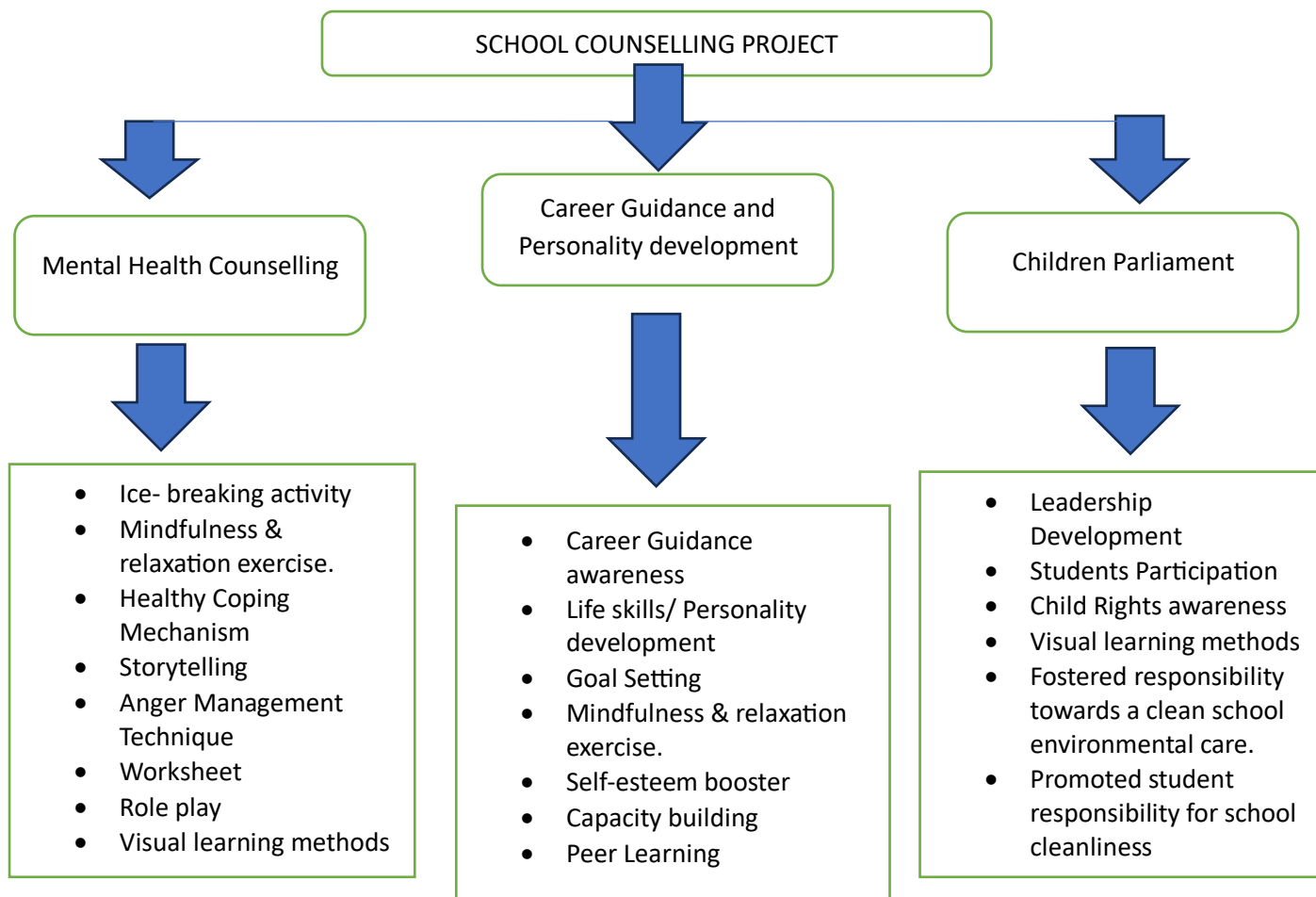
- To provide counselling support for students facing emotional, behavioural and academic challenges.
- To create awareness regarding career opportunities and educational pathways.
- To develop essential life skills among students.
- To strengthen leadership and participation in school environment through Children Parliament.
- To provide one-to-one counselling support to students who are in need.

Project Coverage

School Coverage Overview

Particulars	Details
Implementing Organization	Dream India Network (DIN)
Partner Organization	Samagra Shiksha Abhiyan (SSA)
Number of Schools Covered	20 Government Schools
Project Components	Group mental health counselling, Career guidance, Personality development, Children's Parliament, Training of Trainers (ToT) for teachers
Mode of Implementation	Interactive sessions, Discussions, Activities, Counselling, Power Point Presentation

Project Implementation Structure



Topics Covered in session

Mental Health Counselling:

The Mental health counselling program focused on promoting emotional wellbeing, self-awareness, and healthy coping strategies. The counselling program was designed to strengthen students' mental and emotional wellbeing. The session focused on developing self-confidence, managing stress and emotions, improving decision-making abilities. Through interactive learning and discussion, students gained practical skills to support their emotional and psychological well-being.

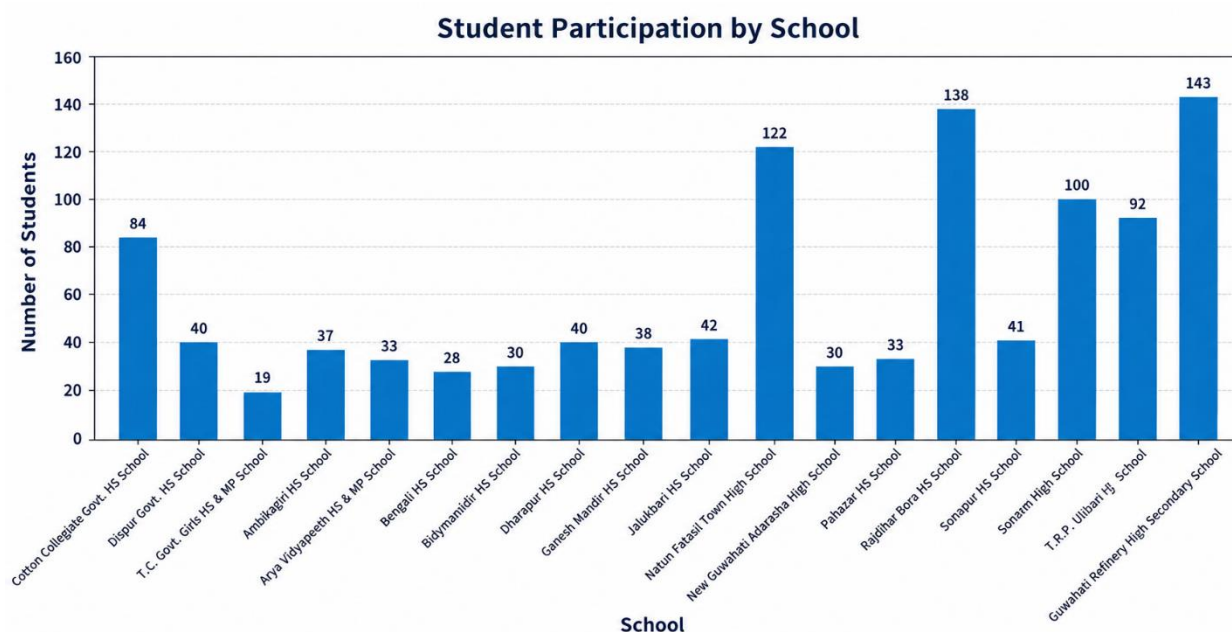
Topics covered in the session:

- Stress and anxiety management
- Self-confidence and self-esteem
- Peer-pressure and relationships
- Positive thinking and emotional expression
- Behavioural and academic challenges
- Healthy coping strategies

Methodology:

- Interactive discussion
- Group counselling activities
- Rapport-building exercise
- Activity-based learning
- Question and answer session
- Visual learning methods
- Power point presentation

Illustration of Diagram - Phase 1

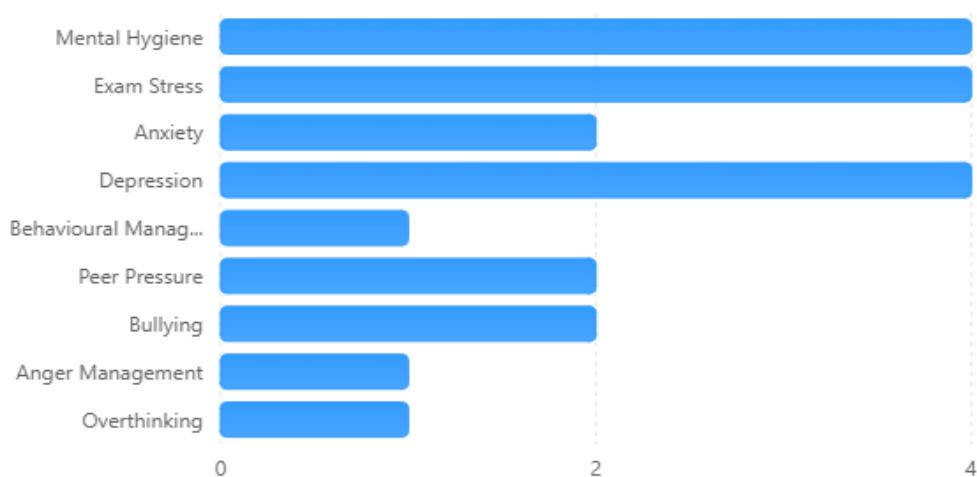


❖ The chart above chart illustrates varying levels of students participation across different schools, with a few schools showing notably higher participation rates while most schools demonstrate moderate levels of involvement.

Topics covered in the First phase of Mental Health Counselling Session

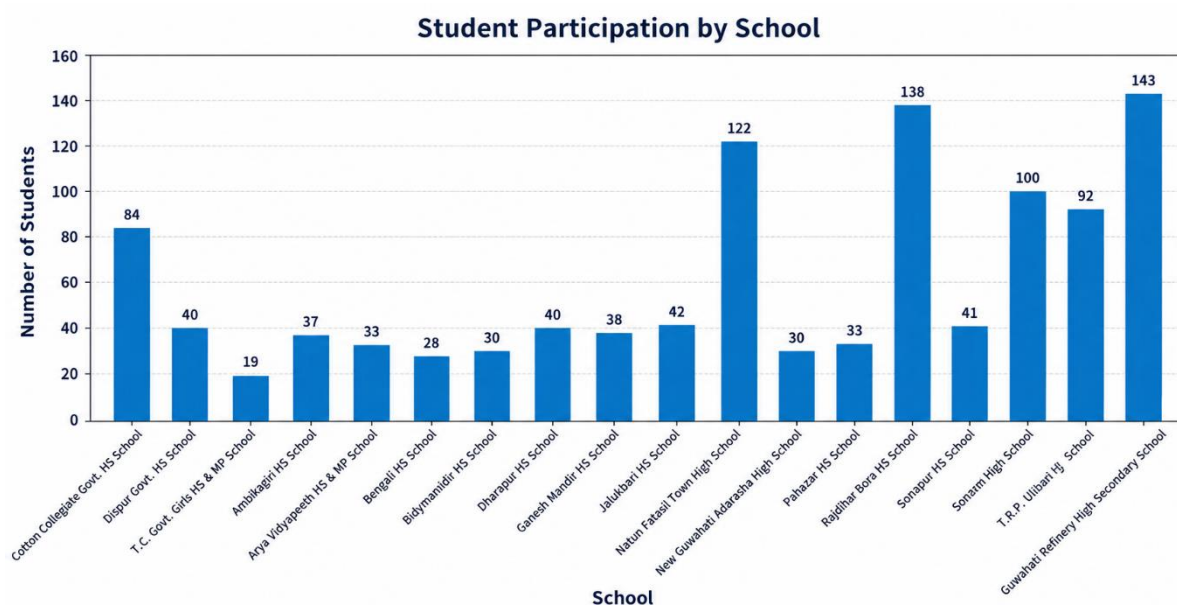
Schools Covered Under Each Session Topic

Number of schools where each mental health session topic was conducted.



❖ The chart illustrates the number of schools where different mental health topics were conducted. Mental Hygiene, Exam Stress and Depression were the most frequently covered topics, indicating their importance in school-based mental health

Illustration of Diagram - Phase 2

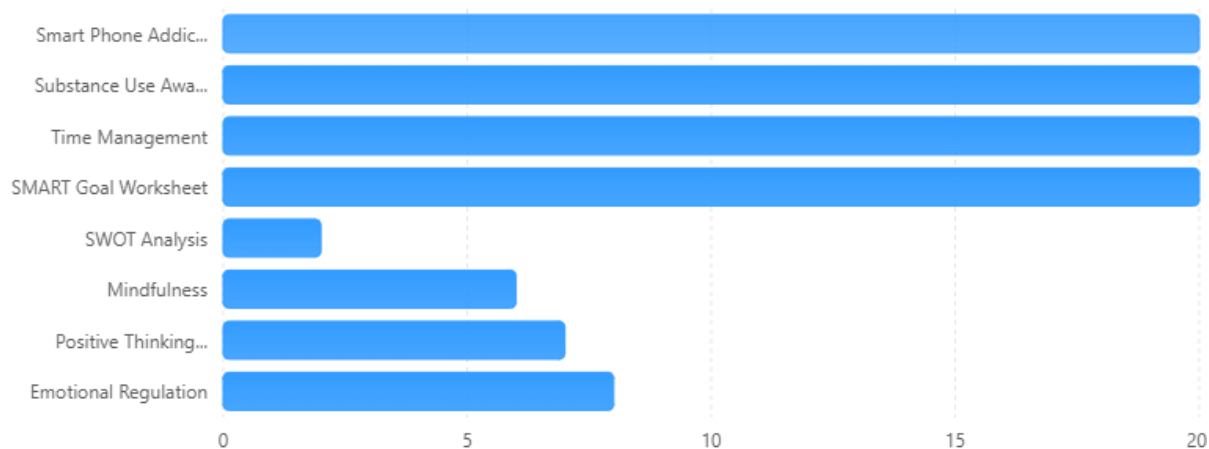


❖ The above chart illustrates varying levels of students participation across different schools, with a few schools showing notably higher participation rates while most schools demonstrate moderate levels of involvement.

Topics covered in the Second phase of Mental Health Counselling Session

Session Topics Conducted Across Schools

Number of schools in which each session topic was conducted.



❖ The chart shows that Smart Phone Addiction, Substance Use awareness, Time Management, and SMART Goal worksheet session were conducted in the highest number of schools. Topics such as Emotional Regulation, Positive Thinking, Mindfulness, and SWOT Analysis were also conducted in the schools.

Children Parliament

Children Parliament is a platform where children actively participate in decision-making processes related to their school and community. It will help students develop leadership qualities, communication skills, teamwork and a sense of responsibility towards school. These gives the students the sense of responsibility, promotes democratic values, confidence and prepare them to become responsible members of the society.

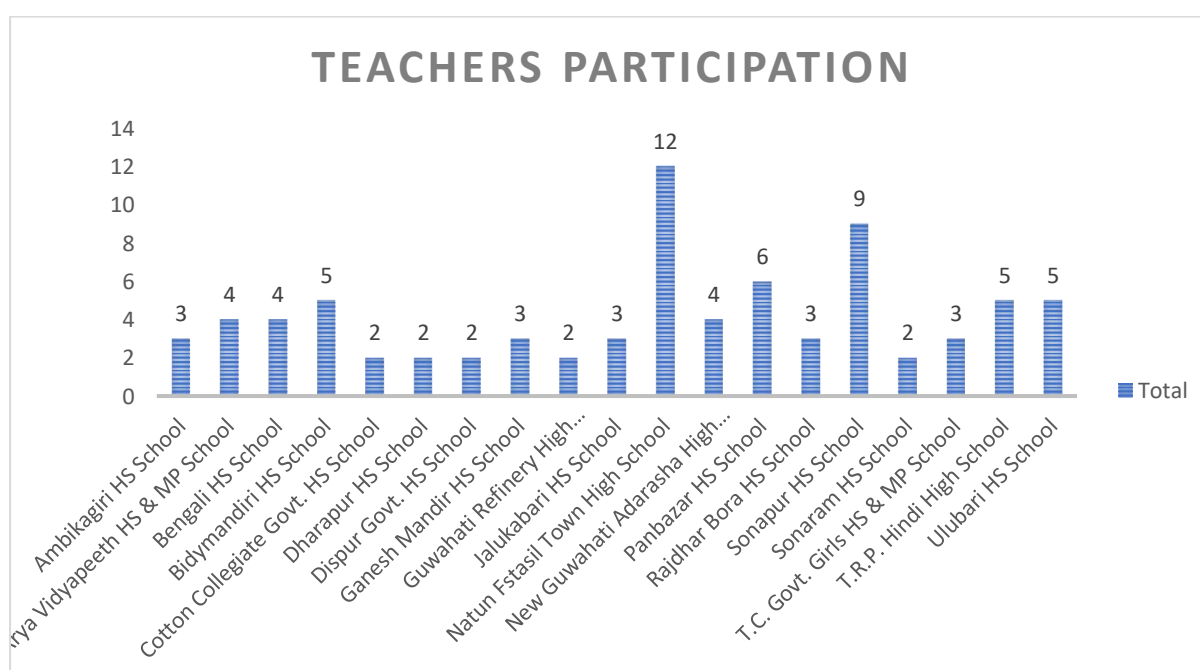
Topics Covered in session

- Child rights and responsibilities
- Child-related concerns and issues
- Sustainable Development Goal (SDGs)
- Importance of participation in school activities
- Structure and functioning of Children Parliament
- Leadership and democratic values
- Roles and responsibilities of student representatives

Methodology

- Session on Children Parliament
- Leadership-building exercises
- Group discussion and participation activities
- Students interaction sessions
- Support for students representation and participation

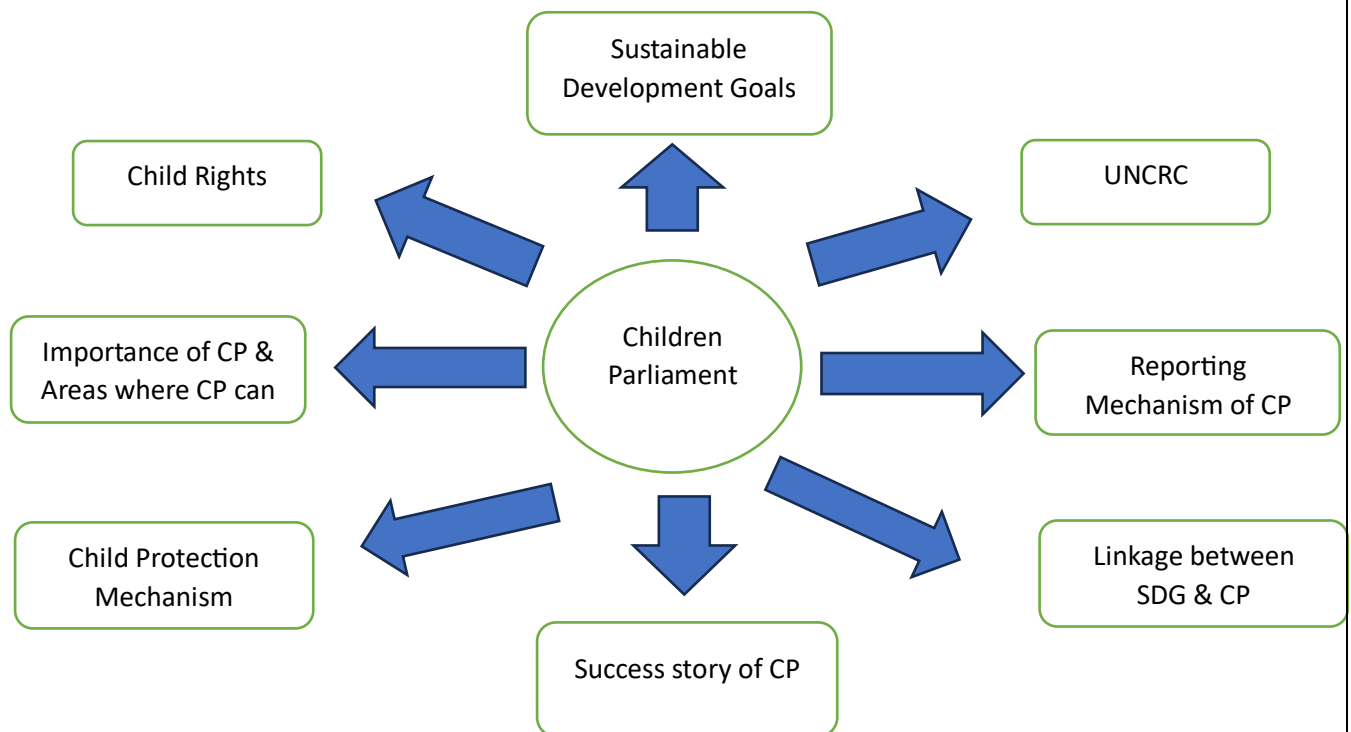
Illustration of Diagram - Phase 1



- ❖ The above chart illustrates, teachers participation varied across schools, with Natun Fatastil Town High School having the highest participation.

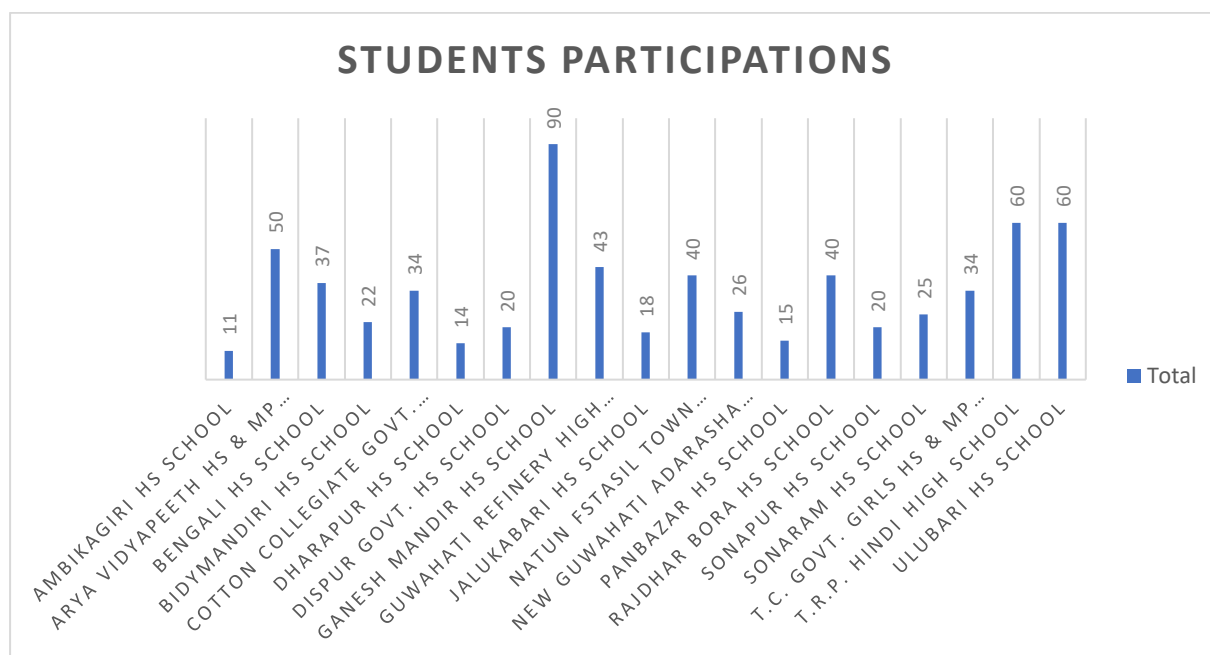
A one-day training session on Children Parliament was conducted in view to understand the function, structure, Sustainable Development Goals, United Nation Convention on the Rights of the Child, function, structure and reporting mechanism aligning with Child Rights. It has also presented the current position of Assam towards achieving Sustainable Goals. The session was presented as orientation and capacity building for the teachers in creating opportunity for the students in decision making of the school, sensitive towards school issues and take responsibility through proper structured Children Parliament.

Topics covered in the First phase of Children Parliament Session

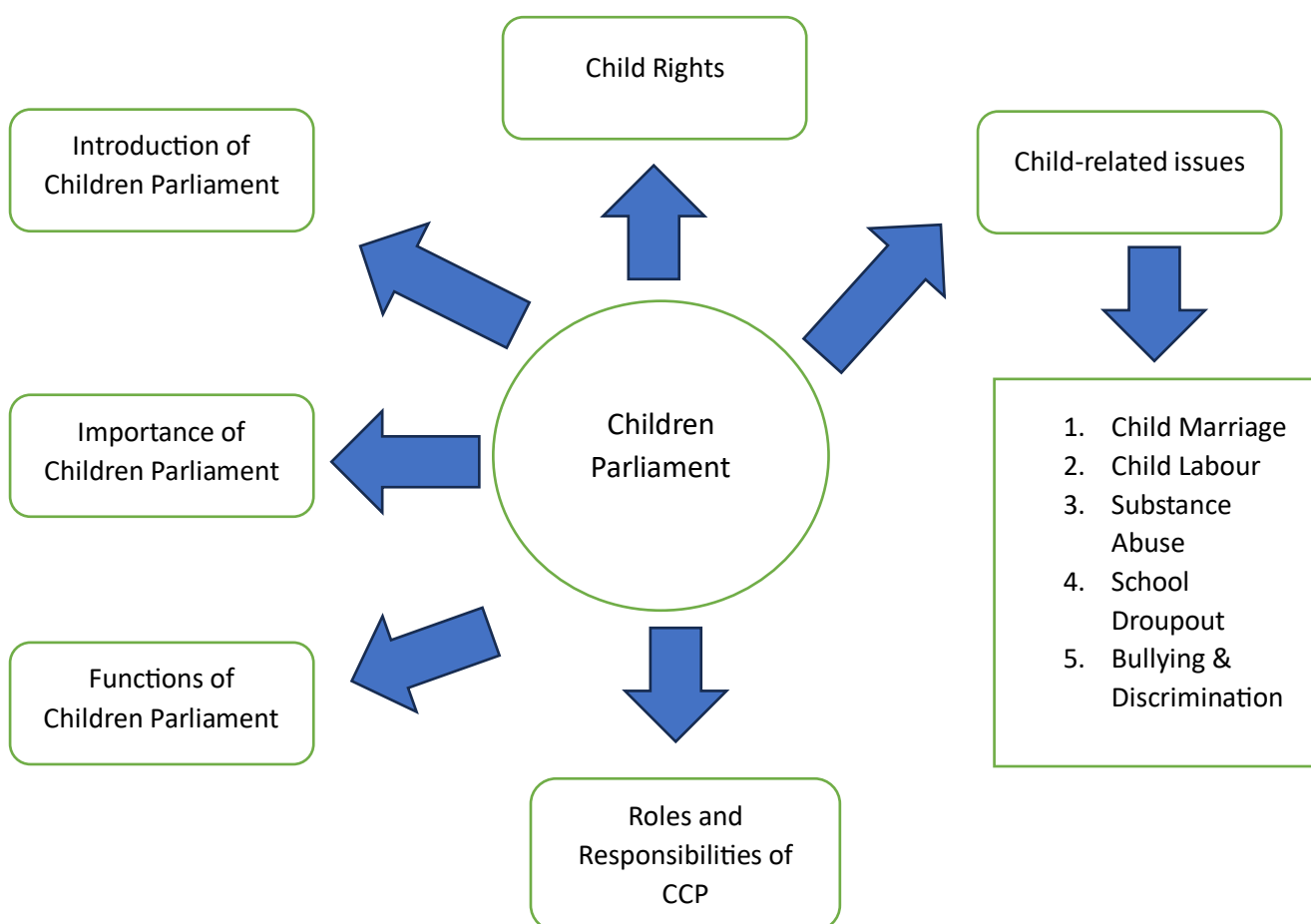


- ❖ The diagram presents the core components of the Children Parliament, highlighting Child Rights, Protection Mechanisms, UNCRC, SDGs, Reporting Systems and Success Stories. Together, these areas promote child participation and protection.

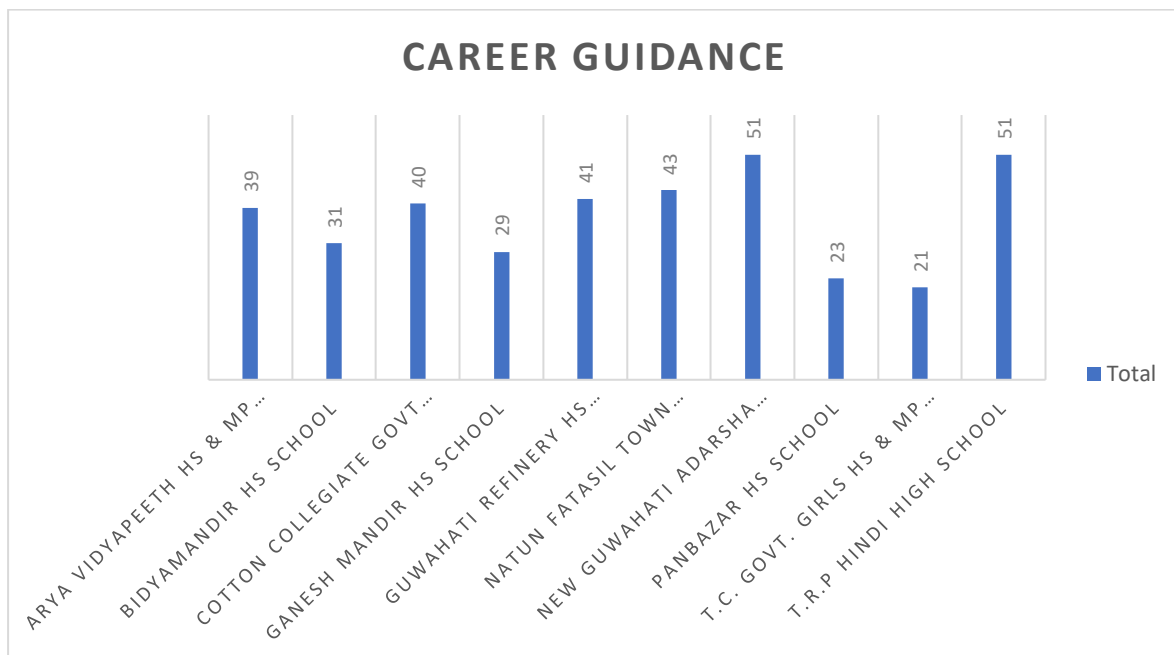
In the second session of Children Parliament, activities were conducted to encourage active students' participation in school, leadership communication, teamwork and decision-making skills among students, importance of Child Rights, roles and responsibilities of students towards schools, identify common issues affecting students in schools and society. The session also promotes democratic values, confidence.



Topics covered in the Second phase of Children Parliament Session



Career guidance of 1st phase



Outcome

- Increased student participation in school activities
- Development of leadership and communication skills
- Improved teamwork and responsibility among students
- Awareness regarding child rights and participation
- Strengthened confidence and decision-making abilities

Key Achievements:

Successful completion of session at 20 government schools

Promotion of emotional well-being and mental health awareness among students.

Increased awareness regarding educational and career opportunities.

Strengthened communication, leadership and life skills among students.

Improved students' participation through Children Parliament activities.

Development of a more supportive and child-friendly school environment.







