

MISSION POSSIBLE: INDIA

Project Profiles 2017-18

PROJECT FLASH – MERIDIAN SCHOOL, BANJARA HILLS



This team chose to spread awareness about leading a healthy lifestyle to people in their city. They focused on the importance of mental and physical wellbeing while living fast paced lives in a big city like Hyderabad to different stakeholders. They did this by hosting yoga sessions at partner schools, conducting awareness surveys and competitions, organizing health camps and supplies. They also spread awareness in two rural schools they had adopted.

Project Objectives:

- Spread awareness about the need to lead a balanced and healthy life
- Encourage people to focus on their mental health and wellbeing along with their physical wellbeing

Activities:

- Collaborated with the organization Behtar India and conducted community campaigns on health, cleanliness and environment
- Conducted health camps and yoga sessions at two adopted government schools
- Organized various information sessions with psychologists and doctors
- Set up an MMR vaccine Drive in their own school to raise funds to administer the vaccine to protect children from Mumps, Measles and Rubella
- Participated in the “Say No to Drugs” campaign organized by the Hyderabad Police Department

Results:

- The target audience is more aware about the importance of a healthy mind and body
- Through the various information sessions with doctors, students have a better idea about practical ways to improve their wellbeing



Next Steps: These Agents of Change plan to continue their involvement with this SDG and go deeper in their work on mental health and wellbeing

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