

ANNUAL REPORT

2020-21

YWP
You're
Wonderful
Project



INTRODUCTION

Started as a student-run organisation, You're wonderful project; works towards mental health awareness and accessibility. It tackles mental health-related issues and works towards removing the stigma around the same. The aim of the organisation is 4 fold which includes raising awareness, encouraging acceptance of mental health, promoting prevention and facilitating intervention. With a dedicated team of members from different walks of life, the organisation provides a forum for expression by individuals mainly through art, dialogues and articles that are research-oriented.

The novel coronavirus pandemic made its way in the year 2020-21. This unprecedented situation was difficult for everyone to cope up with. Even we as an organisation, were initially on a standstill but we made it through!

CAMPAIGNS AND EVENTS- 2020

1. **Talks to Unlock:** The Talks to Unlock Series by You're Wonderful Project; consisted of workshops conducted by experts in various fields. From June 7th to 13th, 2020, YWP; hosted instagram lives on a diverse range of topics including: body positivity, queer mental health, news and mental health, etc.

2. **Workshops:** Throughout 2020, YWP; conducted a series of paid as well as free workshops on different topics, such as: Developing Healthy Boundaries hosted by Samskriti Baxi (Training Head, Pratisandhi Foundation); Explore with YWP; Understanding Impact assessment, facilitated by Ms. Rai Sengupta (Development Consultant and National Level Keynote Speaker); and A guide to Children's Mental Health, facilitated by Renuka Fernandes (School Counsellor & HOD Psychology DPS, Gurgaon), Aishwarya Chawla (Counselling Psychologist, Children First), Dr. Kedar Tilwe (Psychiatrist, Fortis Mumbai), Jaya Singh (Associate general Manager, CRY), Dr. Rohit Garg (Psychiatrist), Mimansa Singh Tanwar (Clinical Psychologist, Fortis), and Gagandeep Kaur (Clinical Psychologist, Gold Medalist, Director, Unique Psychological Services)

3. **Connect 2020:** In August 2020, You're Wonderful Project; introduced Connect: A guide to understanding online peer support, a campaign through which participants could understand and acquire skills essential for providing peer support. Sessions on different topics and modules were conducted as part of Connect including: online peer support, ethics of working with minors on an online forum, providing peer support to individuals with neurodevelopment disabilities, etc. The second instalment of Connect (I.e. Connect 2.0) was held in March 2021, and the third instalment in June 2021.

CAMPAIGNS AND EVENTS- 2020

4. Disorder Dialogues: Disorder Dialogues is an event designed by YWP; to help create a better understanding of mental disorders and cultivate sensory and empathy regarding mental health conditions. The attendees of this event are given an opportunity to interact with mental health professionals, as well as individuals diagnosed with certain mental health disorders. In 2020, YWP; hosted 3 in person Disorder Dialogues Events pre-pandemic, and one event in the online mode.

5. Discover: In January 2021, YWP; introduced the Discover Bootcamp, which aimed to equip its participants with knowledge regarding the intricacies of Psychological Inquiry. It included sessions from eminent professors and on-field researchers, as well as members of YWP's RnD team.

6. Helping Hands: Helping hands was an internship programme launched by YWP; in December 2020. The interns had a part-time flexible role in which they were required to ideate, discuss, and implement various fundraising strategies. Interns also got the opportunity to be a part of the planning and discussions on sponsorships and CSR partnerships. The interns worked along with the YWP; Fundraising team and select few later got a chance to be a part of the team as well.

7. Sociozen: Sociozen x YWP; was an internship specifically for high school students (Classes 9th -12th). It was conducted in August 2020, and its objectives included: initiating conversations around mental health, creating awareness and facilitating mental health accessibility, and promoting discussions related to the role of social media and the ideal ways to operate it in order to bring about social change.

395+

People supported by text
based Peer Support

**“I felt safe. Like I had someone to
talk to, free of judgement, who
actually cared about what I had to
say.”**

98.5%

Increase in cases catered
to this year, as compared
to 2019

Peer Support Analytics 2020-21

96+

Referrals to professionals

**“I would say that I survived
2020 just because of YWP;.”**

**“I am able to cope up with my
anxiety better now”**

Research and Development

Published Papers 2020-21

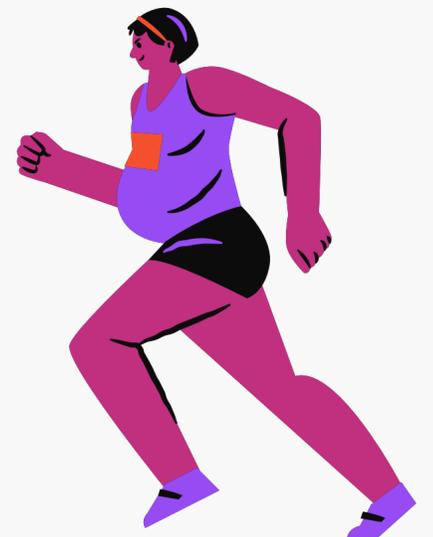


Exploring the experiences of an online Peer Support Service: an inward approach

Read it here

Effect of sports participation on general mental health of athletes with intellectual disabilities from Special Olympics Bharat

Read it here



Effectiveness of an online Peer Support Model: a quantitative study

Read it here