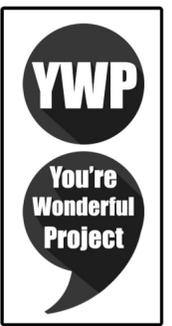


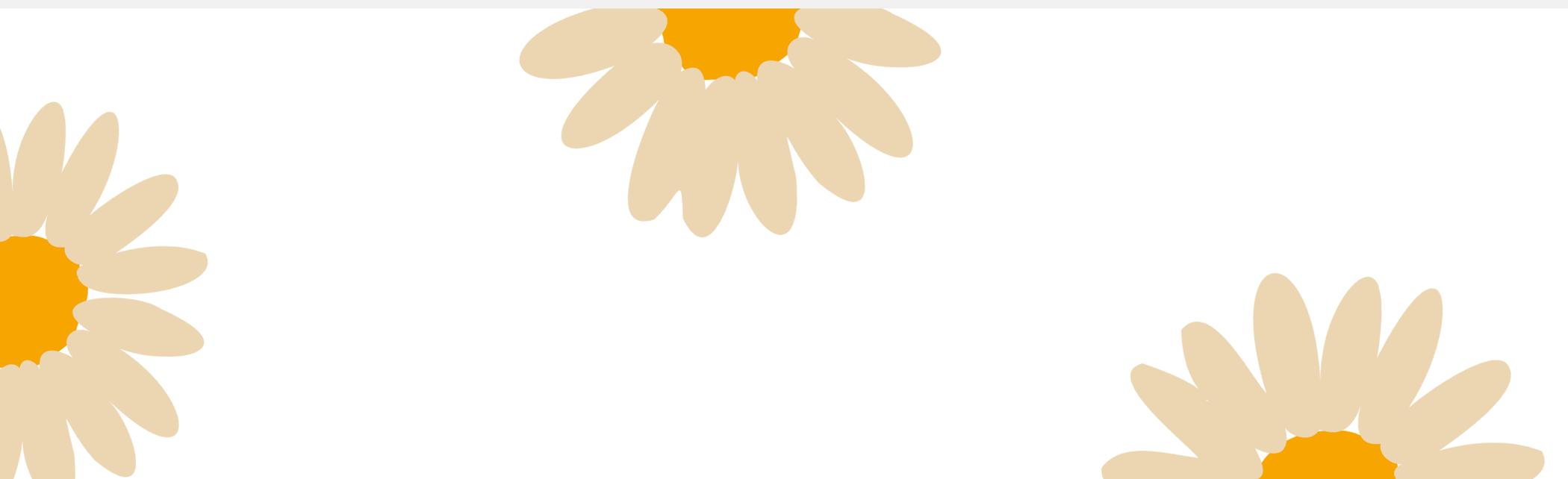
# ANNUAL REPORT

2021-22



## 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.



# CAMPAIGNS AND EVENTS- 2019

1. **DISCOVER** - It is a three weeks long research boot camp meant to give a comprehensive understanding of research in psychology. It includes sessions from eminent professors and on field researchers and offers an enriching experience to all participants. The aim is to equip the participants with basic tools and working knowledge of psychological research. To provide a comprehensive understanding of the domain of research: from research ideation to citations and from presenting to getting published in renowned journals all around the world. To open up opportunities in the field of research for the participants within the organisation. Discovered 2.0 was organised in August 2021.

2. **WORKSHOPS** - You're wonderful project organised a stand-up and music fundraiser to encourage the attendees to donate as much as they can to support the cause of mental health awareness and accessibility. This event was in collaboration with girl up empower and girl up aashayein. An exciting event of music, dance and drawing analysis was also organised with Ms. Saachi Arora, a clinical psychologist and a certified graphologist, musicians Dhanush and Hanan Mir and dancer Harsimran Kukreja. In light of national poetry writing month, YWP in collaboration with Pen the thoughts organised a poetry writing competition. To observe the pride month in June 2021, YWP along with Qonnect organised a workshop centred around the perspective and experiences of where individuals, that will address techniques to cope with the pandemic, create a safe space to share experiences and heal with the community. To shed light on the plethora of topics encompassed within the theme for World Mental Health Day, YWP organised a world mental health Day conclave from 10th to 12 October 2021. There were six sessions on various issues that concern the field of mental health.

3. **CONNECT** - YWP organised connect in March 2021. It is 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 neuro development disabilities, etc. The next edition of connect was organised on June 20th.

## CAMPAIGNS AND EVENTS- 2019

4. **GIVEAWAY** - In light of world menstrual hygiene day, YWP in collaboration with the pink box India organised a giveaway contest in the month of May. The prize was an exciting hamper.

5. **10/10 CAMPAIGN** - To raise the awareness about mental health YWP got 1010 people to pledge monthly for the cause of mental health by 10/10 i.e mental health awareness day.

6. **HELPING HANDS 2.0** - This is the second version of YWP's campaign to raise funds for mental health awareness, research and increasing access to mental health services. The campaign is for the volunteers who would like to participate in the fundraising strategies, marketing and pitching for donations, taking initiatives and implementing them and working with a professional team to pull off a fundraising event.



**483**

People supported by text based Peer Support

**30+**

Cases per week

**Anxiety and Relationship Troubles**

Major Issues Reported

## **Peer Support Analytics 2019-20**

**204**

Referrals to professionals

**107**

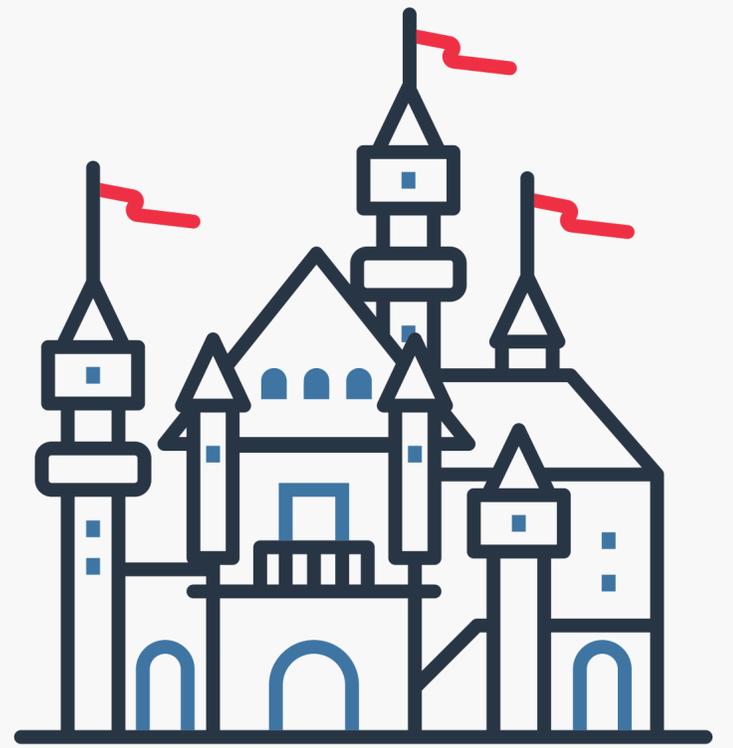
Direct Peer Support Cases

# Research and Development

Published Papers 2019-20

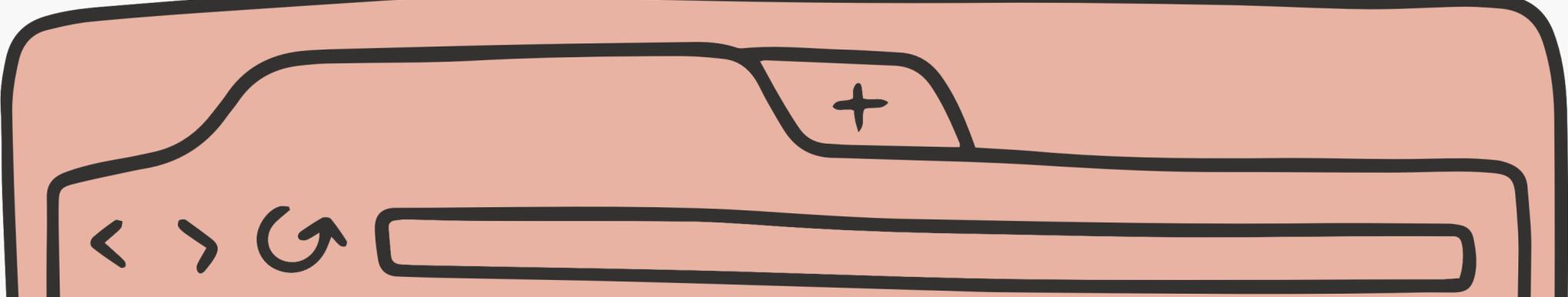
Exploration of Mental Health in  
Disney: Prevalence of Generalized  
Anxiety Disorder in popular Disney  
characters

***Read it here***



Impact of Trauma, Prevalent  
Interventions, and Help-Seeking Attitudes  
among Sexual-Assault Survivors: A  
Systematic Review

***Read it here***



From Victims to Survivors: Understanding the Psychological Impact of Trauma Experienced by Acid-Attack Survivors through Qualitative Research

II) Appointed research advisors for the team

III) Established collaboration with SGT university to set up ethical review process for our team

IV) Founded 2 new projects :

1) Trauma project: Moving underway with research on trauma projects in 2 areas

A) intergenerational trauma [exploring intergenerational trauma in different classes of Dalits: relooking at the cognitive triad of depression from an intersectional lens, trying to understand social transmission of trauma through generations in the Dalit community, and exploring how intergenerational trauma manifests itself in the form of depressive symptomatology, while exploring intersectionality of class within caste through this research].