

IMPACT ASSESSMENT REPORT

SEHER-School Mental Health Program

01 Project Details

Project Number:	10218
Project Title:	SEHER-School Mental Health program
Major Stakeholders:	Adolescents, Parents, School counsellor, Teachers
Project Duration:	Feb 2019 - Apr 2022
Project Budget:	Rs. 145 lakhs
Location:	Pimpri Chinchwad municipal area of Maharashtra
Implementation Agency:	Sangath
Assessment Agency:	SoulAce

02 Background

Sangath, established in 1996, is known for its commitment to research and innovation, leveraging tech and evidence-based practices to enhance mental health outcomes. The effort between Bajaj Allianz General Insurance Co. Ltd. and Sangath addresses the mental health of adolescents in 20 government-run/aided secondary schools in Maharashtra's Pimpri Chinchwad municipal area.

Recognizing school's critical role in shaping student's well-being, the intervention focuses on capacity building, enhancing social skills, and providing counselling services within the school environment. The overarching goal is to foster a supportive school climate conducive to positive mental health outcomes, reproductive and sexual health, and gender equity, while addressing issues like bullying, violence, and substance use.

With a target beneficiary group of 550,202 students, the program prioritizes the enhancement of school climate and the provision of essential support services, the program aims to create an environment where students feel valued, supported, and empowered to thrive academically and personally.



03 Key Activities

- Comprehensive training and supervision was provided for school health facilitators to administer mental health promotion interventions in secondary schools.
- Established a supportive school environment for adolescents through accessible mental health lay counseling services facilitated by diverse communication methods.
- Created strategic partnerships with stakeholders such as students, parents, and teachers to raise awareness about mental health within the school community.
- Conducted interactive classroom sessions to cover topics like mental health , reproductive health and gender equality while also addressing issues like bullying , violence and substance abuse.
- Peer groups were established to encourage support among peers and facilitate sharing of problems.
- Both online and in-person counselling services were offered to students .
- Parent-teacher meetings were organized to improve parent-student relationships.
- A conducive school environment for adolescents was cultivated through the provision of mental health lay counselling services via diverse communication methods.

04 Key Impacts

Enhanced Understanding and Awareness

- Increased knowledge regarding mental health matters among school students empowered stakeholders, including parents and teachers, to contribute to creating a more supportive school environment for mental well-being.
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Improved Educational Engagement

- The intervention led to improved concentration and focus on studies, boosting academic performance.
 - Students also showed enhanced abilities in conflict resolution and empathy, contributing to their emotional well-being. **68.9%** reported improved cooperation with classmates.
 - **72.1%** noted better friendship-making skills, and **70.3%** displayed enhanced conflict resolution abilities.
 - Additionally, **68.9%** showed increased empathy and understanding of others' perspectives in the past 2-3 years.
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Improved Behavior of Students

- The intervention improved student behavior with increased discipline and fewer fights, fostering a respectful school environment.
 - **79.3%** reported heightened confidence and positivity, reflecting improved overall well-being.
 - The program facilitated mental and emotional resilience, boosting self-esteem and promoting a healthier mindset.
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Key Stakeholder Satisfaction

- Stakeholder interactions underscored student satisfaction, noting the establishment of a safe space with counsellors for comfortable expression.
- Teachers expressed contentment with increased student confidence, attributing it to workshops and counselling sessions, fostering a more disciplined student body conducive to learning.
- **72.5%** of students rated the mental health promotion program as excellent, with **25%** rating it as very good, and **2.5%** rating it as good, indicating high satisfaction levels.