



Dear Friend,

Welcome to the October edition of **Samvaad**!

This month, on the 10th of October, we celebrated World Mental Health Awareness Day. The theme for this year was **'Mental Health is a Universal Human Right'**. To promote mental health, we launched a campaign and organised [various activities across locations](#). We also curated some interesting data bytes, mythbreakers. With our partners, our platform Mind@Ease has made meaningful strides to improve knowledge, raise awareness and drive actions to promote accessible mental healthcare.

This month has also witnessed some new partnerships, the inauguration of a new Academy, an exciting workshop for our team and some awards too. Dive in for more details!

Mental Health Awareness Campaign

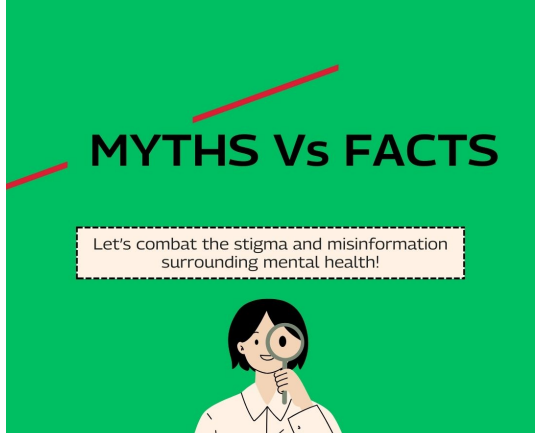


On World Mental Health Day 2023, our CEO, Mr Chetan Kapoor, emphasizes the significance of prioritising mental well-being and TMF's work to make mental healthcare accessible.

[Watch here](#)



How are we faring when it comes to mental health? [Some Data-bytes here](#)



Prejudices around mental health are still dominant. [Find some mythbusters here](#)



How does Mind@Ease work?

For the last three years, [Mind@Ease](#) has worked towards providing mental health services to those in need. This platform has been instrumental in promoting mental well-being and breaking down barriers to accessing mental health services. [Know more about Mind@Ease.](#)

Champions of Mental Health



Access to mental health support and resources early on can make a striking difference to the health and well-being of underserved communities.

Our 'Champions of Mental Health' initiative aims to mentor a group of student leaders who can act as a bridge between those in need of professional support and the available counseling services and mental well-being resources. Our three month long engagement program with the Champions from the communities equips them with leadership skills and mental health awareness. They learn to address challenges in classrooms & communities with empathy and compassion.



TMF Corner



TMF Wins Mahatma Award

The Foundation has won the prestigious 'Mahatma Award for Social Good and Impact for Decent Work and Economic Growth' for 2023.



TMF Recognized by CSRBOX

We have been awarded the CSR Foundation of the Year (Large) category, in the 9th CSR Impact Award 2023 by CSRBOX.



TMF Wins Award for Shikshantaar Program

Our [Shikshantaar](#) program has secured TheCSRUniverse Social Impact Award 2023 in the Education category. Shikshantaar is our flagship teacher training program.



We are Certified as a 'Great Place to Work'

TMF has been recognized as a Great Place to Work in the category of non-profit and charity organizations by the Great Place to Work® Institute (India).



Inauguration of New Logistics Academy in Chennai

We launched Tech Mahindra SMART Academy for Logistics in Chennai. The inauguration was done by Tmt. J. Innocent Divya (IAS), Managing Director, Tamil Nadu Skill Development Corporation in the presence of our COO, Mr. Sajid Ali & other dignitaries from GIZ India & Logistics Sector Skill Council.



SEE Learning Workshop in Hyderabad

We organised a 5-day workshop on Social Emotional Ethical Learning (SEE Learning) for our team in Hyderabad. The primary objective of this workshop was to bring together a cohort of enthusiastic associates, all sharing a common goal of creating a better workplace and a brighter future. During this workshop, the team delved deeply into the realms of self-awareness, emotion regulation, resilience, compassion, systems thinking, and ethical decision-making.



Anganwadi Training Program in Rajasthan

We conducted Anganwadi Training Program as part of the Nand Ghar project in Rajasthan. We had partnered with Anil Agarwal Foundation to provide training to Anganwadi Workers on health, nutrition, and Early Childhood Care and Education (ECCE).



Workshop on Child Safety and Rights in Kolkata

The Foundation organised a two-day workshop on child safety and rights for our Kolkata ARISE+ partners. This was facilitated by the Missing Link Trust with the focus on raising awareness about protecting children and adolescents from trafficking.

New Partnerships



MoU with NSDC

TMF has signed an MoU with the National Skill Development Corporation at the launch of Skill India Digital (SID). Together we will work towards advancing digital skilling, fostering industry participation, and enhancing learner engagement.



Partnership with JP Morgan

We have partnered with JP Morgan to support the skill training of 1,200 girls in our SMART Academies for Healthcare. This training will help these young girls to pursue a career in the allied healthcare field.

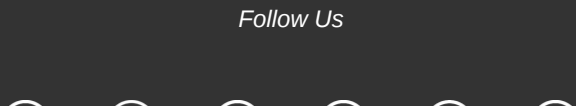
Interesting Reads

[India Needs Youth Mental Health Focus to Strike Demographic Gold](#)

[8 Steps Nonprofits Can Take to Adopt AI Responsibly](#)

[Understanding the Impact of Mental Health on Indian Workforce](#)

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Samvaad is a monthly e-newsletter. If you have ideas on what you would like to see included in our newsletter, then we are all ears!

Please e-mail us your thoughts and ideas at samvaad@techmahindrafoundation.org

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