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www.peacfulmind.org

UNITED NATIONS GLOBAL COMPACT

COMMUNICATION OF ENGAGEMENT (COE)

PERIOD COVERED

From: 10 Jan 2020

To: 22 Dec 2021

This report outlines PeacfulMind Foundation's activities and commitment in support of the United Nations Global Compact.

CEO STATEMENT OF CONTINUED SUPPORT

To our stakeholders

I am pleased to inform about PMF's continued support for the ten principles of the UN Global Compact with respect to health, environment, safety, human rights, etc. With this commitment we express our ongoing support to the Global Compact in promoting mental health and wellbeing and communicating our progress to the general public.

PMF is a registered trust with a vision to promote mental health and peace across nations where we are established. We engage in collaboration with various stakeholders through our outreach programs

and partnerships and develop and work on the basis of a need based model. With consistent brainstorming and adherence to innovation, we generate ideas, bring people together, communicate our work and attempt to increase our influence. PMF exists to have impact on one and all and society as a whole. In our Communication on Engagement (COE) we describe the methods and training platforms we have developed to support the UN Global Compact.

Nabhit Kapur

Nabhit Kapur
Founder-President
Peaceful Mind Foundation



DESCRIPTION OF ACTIONS

Peaceful Mind Foundation (PMF) is a global organization based in New Delhi, India with a vision “to make psychology a household term” and advance the principles of UN Global Compact.

Our vision is motivated by our commitment to adhering to our core values, maintaining quality and sustainability of our work with efficient coordination and cooperation. Our most recent strategic plan identified some key challenges that our work seeks to address:

1. Sensitization about mental health perception and awareness
2. Looking for potential stakeholders in society/ individuals to collaborate
3. Ensuring sustainability of the project
4. being innovative in developing new models to go to grass root levels.
5. Wellbeing diplomacy

We therefore directly support the aims of the UN Global Compact, both through the content of our work and our business practices and are committed to inspiring and catalysing change to build the society we seek. PMF has been actively focusing through its work on “the mental health policy and reforms” through its latest initiatives like **world leaders for mental health** and **Wellbeing diplomacy** to provide policy makers a platform to speak up, share and learn from each other. At a foundational level, PMF has a set of policies to ensure that we support the mental health of all across our workforce and have recently committed to developing a set of key indicators for all under the concept of “Psychological First aid”. Furthermore, we also conduct regular workshops, camps and training sessions.

To make psychology a “household term”, our foundation is involved in the following:

1. Trainings and Workshops We provide a range of trainings and workshops related to mental health and psychology. Some of the workshops conducted by us are –

- Attitude Building ● Stress Management ● Projective tests like Thematic Apperception Test (T.A.T), Sentence-completion test, House-tree-person test, and Draw-a-person test ● Leadership ● Anger Management ● Graphology/Handwriting Analysis

2. Global Youth Mental Health Forum (GYMHF) is a global platform powered by our organisation. Initiated in 2018 as a "Youth Forum", its mission is cited as "Better Mindscape

for Better tomorrow". The forum focuses on youth psychology, child psychology and child mental health and amalgamating youth, youth activists, NGOs as well as psychologists from across nations. The forum brings everyone together on a single platform like international political leaders, youth activists, celebrities and journalists etc to discuss the most crucial issues facing the domain of Youth Psychology. The organization also plans to convene yearly meeting in locations across Africa, Asia, and Middle East, with all its regional directors and advisors. Beside meetings, the foundation will produce youth activists in psychological first aid and will engage its members in specific initiatives.

3. Global Academy of Psychological Sciences (GAPS) provides the following courses in the educational domain

- Advance Diploma in Applied Psychology
- Diploma in Child Mental Health
- Diploma in Psycho-Diagnostic Testing in Behavioural Sciences
- Certificate Course in Handwriting Analysis

4. PMF FELLOWSHIPS: PMF offers fellowships to individuals who contribute/ wish to contribute to the subject/ research/ society at large, etc.

5. World leaders for mental health- Facilitate conversations of world leaders with renowned mental health experts and/or practitioners, to assist in developing recommendations for mental health policy.

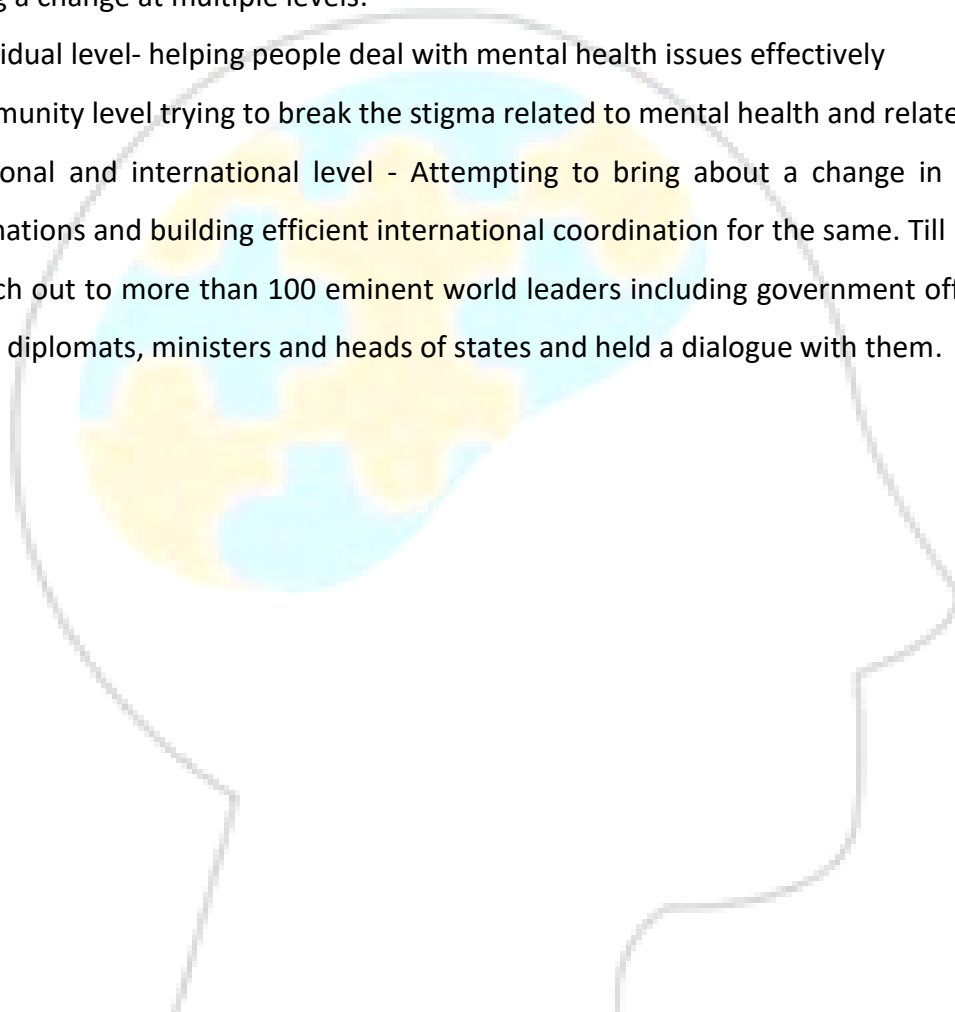
6. PMF found it deeply indulges in mental health advocacy and diplomacy. Its work and impact was covered by several leading newspapers and media outlets. E.g.- The Week, Forbes India, Corporate Investment Times, etc. Moreover, PMF collaborated with organisations like Zimbabwe United Nations Association – ZUNA, United Youth Circuit and served as the Mental Health Partner for World Sustainability Summit hosted by United Youth Summit 2022.

5. In the wave of COVID-19 Pandemic, PMF came up with a program to provide counselling services to corona warriors including the police personnel. It's Mental Health Envoys (volunteers) also played crucial role in spreading awareness and fighting on the frontlines. PMF also disseminated information to create awareness regarding how to deal with anxiety, panic attacks, depression, etc arising out of the pandemic.

6. In 2021, PMF opened a special counselling unit for Afghanistan to provide psychological aid to the Afghans in and out of India.

MEASUREMENT OF OUTCOMES

- Through the counselling program, PMF was able to reach out to more than 1000 police personnel in COVID times to provide one on one counselling.
- The sessions and webinars on mental health related issues have been attended by more than 2000 people. The number is just increasing.
- Various programs have been able to make an impact on thousands of lives
Successful dissemination of content, promotion and active engagement of audiences through the website, webinars, campaigns and social media platforms
- Creating a change at multiple levels:
 1. At the individual level- helping people deal with mental health issues effectively
 2. At the community level trying to break the stigma related to mental health and relate issues
 3. At the national and international level - Attempting to bring about a change in the mental health policies of nations and building efficient international coordination for the same. Till now we have been able to reach out to more than 100 eminent world leaders including government officials, members of parliament, diplomats, ministers and heads of states and held a dialogue with them.



APPENDIX

PMF Workshops, Meeting and Webinars – 2020

1. PMF Nigeria Psychological First Aid Workshop with School and Community Children – 13th January, 2020 (In leadership of Jemima Okonkwo, Director, PMF Nigeria)
2. PMF India Mental Health Awareness and Anger Management Workshop with Govt. School Children at Rajasthan – 18th February, 2020 (managed by Tanvi Pareek, Chief of Staff, Peaceful Mind Foundation)
3. PMF Board Meeting – 27th March, 2020
4. PMF webinar in conversation with Hon. Nora Berra, Hon. Senator Tony Loffreda, Akshay Sharan on Psychological Outlook On COVID-19 (Coping Strategies Vs. Myths) – 12 April, 2020
5. PMF Mentors webinar in conversation with Ms. Shana Wilson on Transforming Stress into Art – 29th April, 2020
6. PMF Mentors webinar in conversation with H.E. Ameenah Gurib Fakim on Paradigm Shift after Covid-19 – 11th May, 2020
7. PMF Mentors webinar in conversation with Noel A. Ferguson on Putting a Value on Leadership – 23rd May, 2020
8. PMF Mentors webinar in conversation with HE Dr. Rosalia Arteaga on Educational Challenges During And Post COVID-19 – 29th May, 2020
9. PMF Nigeria webinar in conversation with Mr. Addah Tamuno- Opube on Temperaments and its effects on our Personalities, Relationships and Mental Health – 6th June, 2020
10. PMF Mentors webinar in conversation with Mr. Felix Ulloa on the new El Salvador Post COVID-19 – 13th June, 2020
11. PMF Nigeria, GYMHF webinar in conversation with Franca Orakwue and Jemima Okonkwo on Effects of Rape on our Mental Health and Values – 20th June, 2020
12. PMF Mentors webinar in conversation with Dr. David Nabarro on COVID-19, Public Health and Leadership – 23rd June, 2020
13. PMF Mentors webinar in conversation with Hon. Dr. Kiran Bedi on Leadership in the new normal – 4th July, 2020
14. PMF Mentors webinar in conversation with HE Ivo Josipovic on Croatia, Balkans and EU in a global crisis – 6th July, 2020
15. PMF Nigeria in conversation with H.E. Prof. Nabhit Kapur with Mental Health Coping with the times – 6th July, 2020 (Host Igwenagwu Emmanuel)
16. PMF Mentors webinar in conversation with Hon. Nora Berra on Creating Opportunities from obstacles – a Public Health perspective – 11th July, 2020
17. PMF Nigeria in conversation with Bolarinwa Oluwatimilehin Adeleke on Mental Health and Music – 17th July, 2020
18. GYMHF workshop in conversation with Sarah Adenaike, Dr. Prabhjeet Singh Narula, Ms. Ambreen Ali on Youth and it's Dealing in Practical Crisis – 25 July, 2020

19. PMF Mentors webinar in conversation with HE Jose Horta on Asian Leaders, Asia Century, the Talk and the Reality – 08 August, 2020
20. GYMHF & PMF Mentors webinar in conversation with Amb. Asutosh Pattanayak, Dr. Mark Berelowitz, Dr. Adrian Low, HE Amb. Roy Fernandes on Youth Empowerment in Post COVID World – 12 August, 2020
21. PMF Mentors webinar in conversation with Ms. Ira Singhal IAS on Picking the right relationship – 29th August, 2020
22. PMF Open Mic Inaugural Session on Stress is inevitable – 20th September, 2020
23. GYMHF webinar in conversation with Ms. Ira Singhal IAS on Communication in relationships – 26th September, 2020
24. PMF Mentors webinar in conversation with Hon. John H Merrill on Voter Registration and our efforts to protect the 2020 election cycle – 2nd October, 2020
25. WLFMH inauguration with HE Ameenah Gurib Fakim, Hon. Adil Ati
After inauguration WLFMH session in conversation HE Ameenah Gurib Fakim, Hon. Adil Ati, Ms. Karima Rhamen, Larisa B Miller, Dr. Prabhjeet Singh Narula, Dr. Milan Krajnc on The Global Need For Mental Health Reforms – 10th October, 2020
26. PMF Nigeria in conversation with Mike Umoh on Stress Management and Mental Health – 23rd October, 2020
27. PMF Nigeria, Zimbabwe and South Africa Collaboration in conversation with Jemima Okonkwo, Nigel Jeche, Washington Chipango on Discuss Mental Health (Social Anxiety, Self-Esteem & Mental Health, Managing Emotions)– 31st October, 2020
28. PMF South Africa Art workshop on Mental Health and Break the Stigma with School Children– 1st November, 2020
29. PMF South Africa Action Plan Meeting – 5th November, 2020
30. GYFMH in conversation with Dr. Rashid Farooq on Youth and Pop Culture – 11th November, 2020
31. WLFMH webinar in conversation with Hon. Adil Ati on Focused on reforms and policies needed for Mental Health in Sudan – 28th November, 2020
32. PMF Mentors webinar in conversation with HE Anote Tong on Climate Change and Implications for Small Islands – 30th November, 2020
33. PMF Mentors webinar in conversation with Hon. Leona Marlin-Romeo on Gender and Digital Transformation in the Caribbean – 19th November, 2020
34. PMF & GYMHF Nigeria with school children at Ibukuola Memorial Nursery & Primary School, Lagos State on Child Sex Education – 10th December, 2020
35. PMF Ghana Open Mic Session in conversation Counselor James E. K. Gbedemah on How to Manage Post Election Stress – 22nd December, 2020
36. PMF Fight against COVID-19, a Talk session on Positive Side of COVID-19 – 27th December, 2020 (in collaboration with Ayanay Psychological Accreditation, UNA-Ethopia)

PMF RK Kapur Leadership Award 2020 – HE Alvaro Uribe Velez, Former President of Colombia

PMF Peace Prize 2020 – Mr. Farhan W Butt, Philanthropist

PMF Goodwill Ambassador appointed in 2020– Mr. Massimo Brebbia

PMF branches in 2020:

1. PMF West Africa
2. PMF Argentina
3. PMF Italy
4. PMF Jordan

New projects of 2020

1. PMF Africa – Mental Health Education in Schools (Mental Health Awareness Programme)
2. Fight against COVID-19
3. PMF Mentors
4. World Leaders for Mental Health
5. Open Mic: Stress Buster with pals
6. PMF Fellowship and Goodwill Ambassador

New Collabs of 2020

1. International Conference on Mental Health Care
2. Hongkong Association of Psychology
3. Dept. of Health and Social Services of Micronesia
4. BullyID
5. Speedy Comics, UAE
6. Ayanay Psychological Accreditation
7. United Nations Association – Ethiopia
8. United Nations Association – Chad
9. Rashid Center for determined ones, UAE

Services for people in 2020:



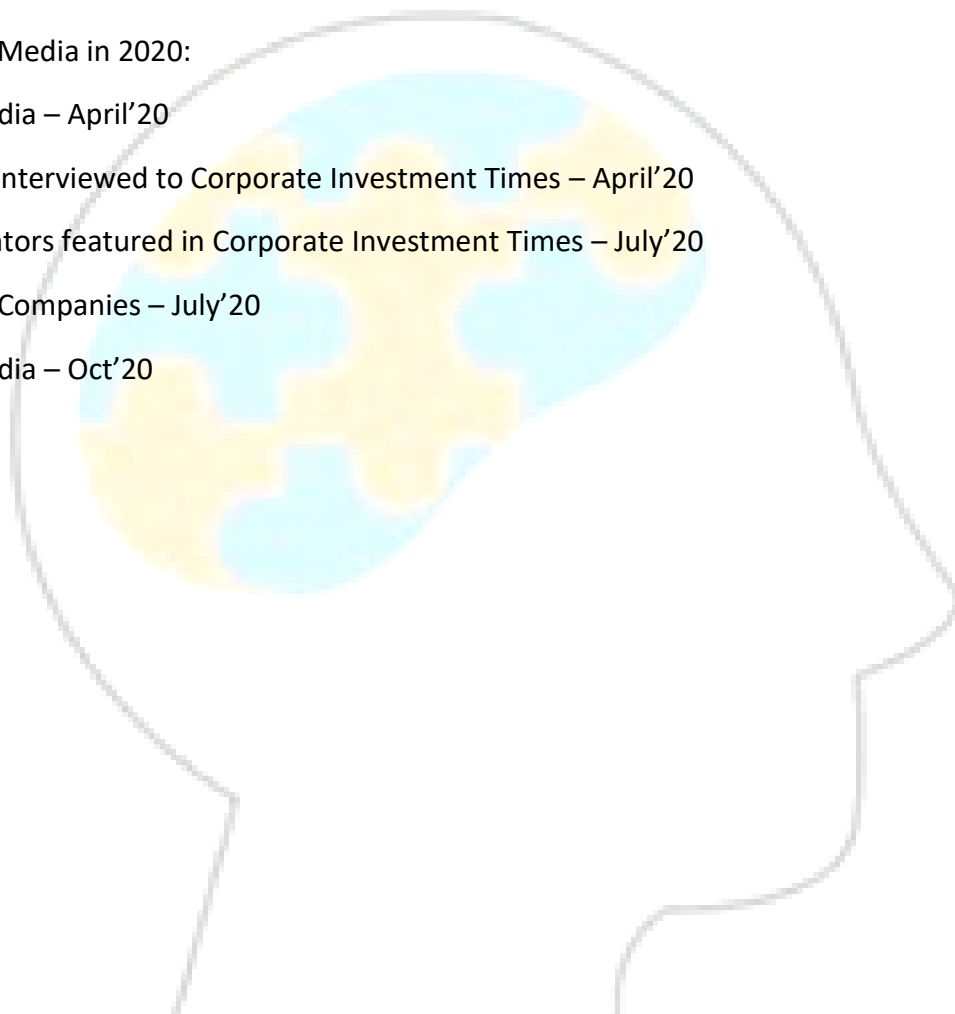
1. Internship
2. Hiring for Project Facilitator
3. Effective Research Writing (postponed due to covid-19)
4. Research Associate
5. Mental Health Envoys Volunteers for Fight against COVID-19

Courses for 2020: Global Academy of Psychological Sciences

1. Handwriting Analysis and Grapho Cybernetics
2. Diploma in Advance Applied Psychology

PMF In News and Media in 2020:

1. Forbes India – April'20
2. Founder interviewed to Corporate Investment Times – April'20
3. PMF Mentors featured in Corporate Investment Times – July'20
4. 100 Best Companies – July'20
5. Forbes India – Oct'20



PMF Workshops, Meeting and Webinars - 2021

1. WLFMH First Advisory board meeting – 15th January, 2021
2. APA Inaugural Conference along with PMF, the correct fit of Mental Health policies in system – 22nd January, 2021
3. WLFMH series of 5 webinars, (why/how/what and policy ahead): Individual actions and responsibilities – 22nd February, 2021 to 26th March, 2021 (in collab with Amnesty International Middlesex Society)
 - Introduction Session of the concept of Mental Health - 24th February, 2021
 - Basics to Developing as well as maintaining a Peaceful Mind and its connection to physical health (Speakers: Dr. Adrian Low, H.E. David Archer)- 2nd March, 2021
 - Addressing the stigmas connected to mental health (Speakers: Ms. Jude Radwan, Akshay Sharan, Dr. Francis Ohanyido) - 11th March, 2021
 - The Advancement of Mental Health care in Policy and what people should expect from it (Speakers: Hon. Allen Ellison, Hon. Yousef M. Alfakhri) – 18th March, 2021
 - The Advancement of Mental Health through individual involvement (Speakers: Ms. Ira Singhal, HE Dereje Wordofa, HE Dr. Rosalia Arteaga, Andres Yousif-Romero) – 26th March, 2021
4. PMF Ghana Open Mic in conversation with Mr. Selorm Kofi Dake on Business Sustainability for SMEs in the Covid-19 Era – 20th March, 2021
5. PMF Mentors session With Honorable Peter Mayen, Peace process and Reconciliation – 1st May, 2021
6. PMF Mentors session With HE Etienne Ys, Insights on Global Education, the role of Youth in Leadership – 22nd May, 2021
7. PMF Mentors session With Hon. Dionisio da Costa Babo Soares, Covid-19 response and East Timor – 2nd June, 2021
8. PMF Mentors session With Hon. Gilberto De Barros, Ways to recover the informal sector from economic fallout from COVID – 10th June, 2021
9. WLFMH/GYMHF webinar conversation with Hon. Patricia Ane Kaliati, HE Ivo Josipovic, Hon. Hosna Jalil on Advancement of Mental Health Through Diplomacy and Interpersonal Communications – 23rd June, 2021 (along with Amnesty International Middlesex Society)
10. PMF Mentors session With HE Anand Satyanand, #COVID19, leadership and New Zealand – 28th July, 2021
11. WLFMH Webinar in conversation with HE Fatoumata Jallow Tambajang on Mental Health Reforms and Policies in Africa – 31st July, 2021
12. GYMHF Webinar in conversation with Hon. Claude ES Hogan, Dave Sleet, Dr. Adrian Low, Moustapha Mahamat Silim, HE Moses Benjamin Jallow, Mr. Bernard Bebe on Mental Health of Teens during COVID times – 7th August, 2021 (along with 180 degrees)

13. GYMHF Panel Discussion in conversation with Dave Sleet, Dr. Nazir Ahmad Yosufi, Dr. Prabhjeet Singh Narula, Siobhain (Vonnice) Crosbie, Amb. Dr. Faith Nyamukapa on 'Young Motivation for Education System-COVID 19 Trial' - 25th September, 2021

14. PMF Mentors with Hon. Winnie Kiiza on 'Women rights in independent world-post COVID-19' – 10th October, 2021

15. Rama University along with PMF in conversation with Prof. Dr. Nabhit Kapur, Dr. Prabhjeet Singh Narula on Mental Health In an Unequal World – 12th October, 2021

16. WLFMH Webinar with Hon. Mary I. Isaac on 'Mental Health and well-being in Caribbean, special focus (St. Lucia)' – 27th November, 2021

17. PMF Webinar on 'Psychology and Mental Health in a Smaller World' – 22nd December, 2021 (along with Ayanay Psychological Accreditation, UNA-Chad, UNA-Zimbabwe, Hongkong Psychological Association, Demartino Hospital, Federal Republic of Somalia)

PMF RK Kapur Leadership Award 2021 Laureate – Dr. Imam Umer Ahmed Ilyasi (Chief Imam of India)

PMF Peace Prize 2021 – Sheikh Abubakr Ahmad (Chairman of Sheikh Zayed International Peace Forum and Grand Mufti of India)

PMF Goodwill Ambassador appointed 2021: Mr. Carlos Sentis, Amb. Mercy Masika

PMF branches in 2021:

1. PMF Faroe Island
2. WLFMH Mental Health In Libya
3. WLFMH Mental Health In Syria
4. WLFMH Mental Health In Sudan
5. WLFMH Mental Health In Yemen

New projects of 2021:

1. Special Counselling Unit for Afghan People

New Collabs of 2021:

1. Zimbabwe United Nations Association – ZUNA
2. United Youth Circuit
3. Mental Health Partner for World Sustainability Summit hosted by United Youth Summit
4. Rama University

Services for people in 2021:

1. Internship

2. Research Associate
3. PMF Fellowship
4. Rorschach Test Workshop (cancelled due to covid-19)

Courses for 2021: Global Academy of Psychological Sciences

1. Handwriting Analysis and Grapho Cybernetics
2. Diploma in Advance Applied Psychology

PMF In News and Media in 2021:

1. The Standard – April'21
2. WLFMH Featured in The Week – May'21
3. Fortune India – June'21
4. Spot Latest – June'21
5. The Indian Saga- July'21
6. Mid-day – July'21

