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www.peacfulmind.org

UNITED NATIONS GLOBAL COMPACT

COMMUNICATION OF ENGAGEMENT (COE)

PERIOD COVERED

From: 10 Jan 2022

To: 21 Dec 2023

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-Chairman
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 driven by a steadfast commitment to upholding our core values, ensuring the excellence and sustainability of our endeavors through effective coordination and collaboration. In our latest strategic plan, we have pinpointed several pivotal challenges that our initiatives aim to tackle:

1. Raising awareness and changing perceptions regarding mental health.
2. Identifying and engaging potential societal and individual stakeholders for collaboration.
3. Guaranteeing the long-term sustainability of our projects.
4. Cultivating innovation to create new models that can effectively reach grassroots levels.
5. Advocating for 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 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 its core, PMF has established policies to safeguard the mental health of our entire workforce. We have recently undertaken a commitment to formulate key indicators encapsulated under the umbrella of "Psychological First Aid." Additionally, we consistently organize workshops, camps, and training sessions to further reinforce these efforts.

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

1. Training Programs and Workshops: We offer a variety of training sessions and workshops focusing on mental health and psychology. Some of the workshops facilitated by us include—
 - 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
 - Personality Analysis

2. The Global Youth Mental Health Forum (GYMHF) serves as a worldwide platform under our organization's auspices. Launched in 2018 as a "Youth Forum," its mission is encapsulated in the slogan "Better Mindscape for a Better Tomorrow." Concentrating on youth psychology, child psychology, and child mental health, the forum unites youth, youth activists, NGOs, and psychologists from diverse nations. It brings together a spectrum of participants, including international political leaders, youth activists, celebrities, and journalists, to deliberate on the critical issues within the realm of Youth Psychology.

The organization envisions hosting annual meetings across Africa, Asia, and the Middle East, featuring regional directors and advisors. Beyond these gatherings, the foundation aims to empower youth activists with psychological first aid skills and involve its members in specific initiatives. Hon. Modou Lamin B. Bah, a Member of the National Assembly from Banjul, Gambia, has been recently appointed as the President of the Global Youth Mental Health Forum. Under his leadership, GYMHF is poised to achieve remarkable feats and make significant contributions to the cause.

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 and Personality Analysis

4. PMF Fellows: PMF provides fellowships to individuals who contribute or aspire to contribute to subjects, research, society at large, and more.

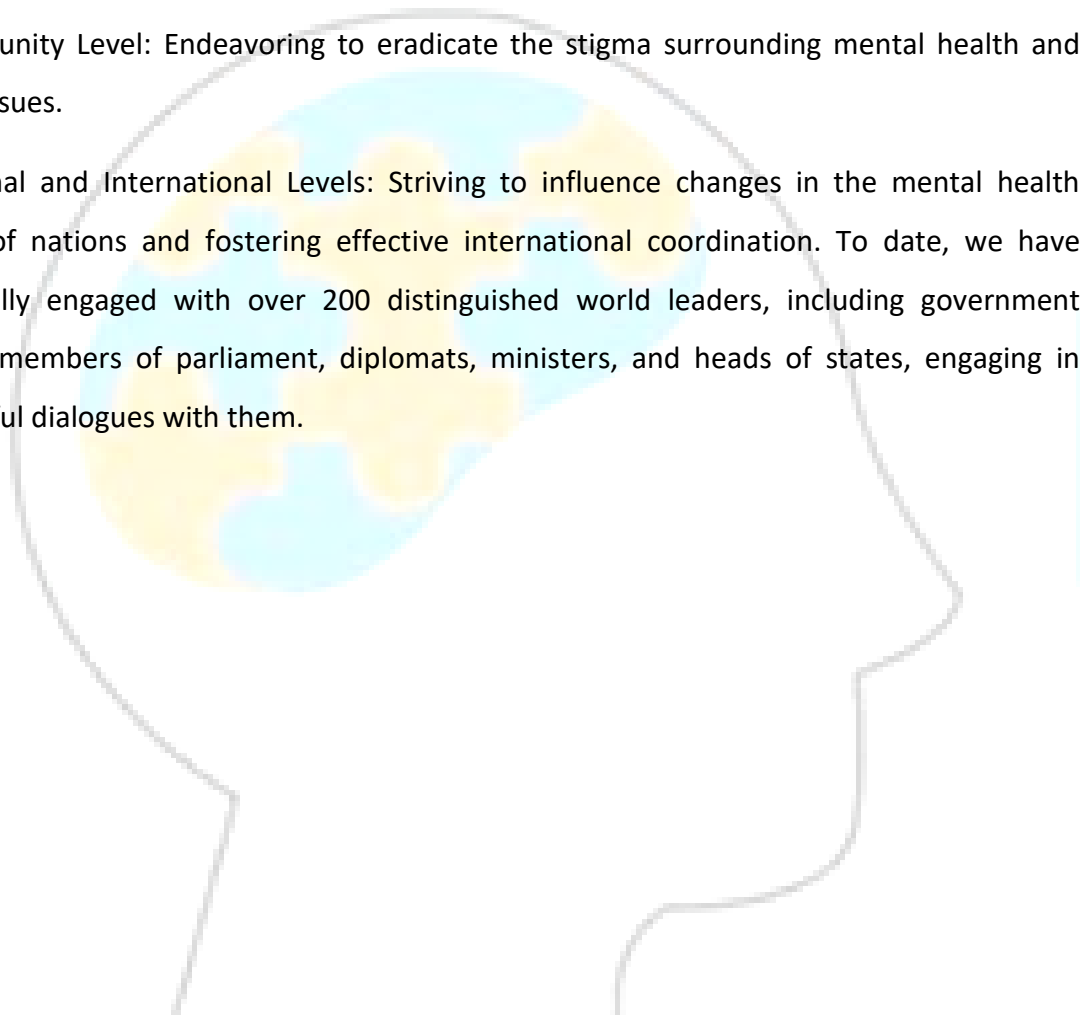
5. World Leaders for Mental Health: Foster discussions between world leaders and esteemed mental health professionals or practitioners, aiming to collaboratively formulate recommendations for mental health policy development.

6. PMF actively engages in mental health advocacy and diplomacy, garnering recognition from prominent newspapers and media outlets such as The Times of India, The Blunt Times, and Fox Interviewer. Additionally, PMF has forged collaborations with esteemed organizations, including the State of African Diaspora (Ministry of Health), Ministry of Environment & Climate Change, Southwest State of Somalia, UNA-Somalia, and others in recent times.

6. In 2022, PMF opened to partner to raise Emergency Funds for Health crisis in Ukraine.

MEASUREMENT OF OUTCOMES

- The sessions and webinars on mental health related issues have been attended by +5000 people. The number is just increasing.
- Several programs have successfully made a positive impact on the lives of thousands.
- Effective distribution of content, promotion, and active audience engagement achieved through the website, webinars, campaigns, and various social media platforms.
- Effecting Change on Multiple Fronts:
 1. Individual Level: Assisting individuals in effectively managing mental health issues.
 2. Community Level: Endeavoring to eradicate the stigma surrounding mental health and related issues.
 3. National and International Levels: Striving to influence changes in the mental health policies of nations and fostering effective international coordination. To date, we have successfully engaged with over 200 distinguished world leaders, including government officials, members of parliament, diplomats, ministers, and heads of states, engaging in meaningful dialogues with them.



APPENDIX

PMF Workshops, Meeting and Webinars – 2022

1. PMF meeting with Hon. Felix Kabanga, MP on “Mental Health Policies in Democratic Republic of Congo” – 31 January, 2022
2. PMF webinar in collaboration with Ayanay Psychological Accreditation and Psychreg.org in conversation with Keynote Speaker Hon. Dr. Chitalu Chilufya, Panel speakers Dennis Relajo Howell, Mattis Vanderley, Dr. Omar Abdirahman Ali, Devika Chhabra and Moderators Dave Sleet, Zakria Abdalmomen on the topic “Stepping Stones for positive Mental Health”. – 19 February, 2022
3. PMF panel discussion on “Changes in behaviour of students due to COVID-19 era and online classes & how to handle/manage this change” in collaboration with On Sky Global held at India International Conclave’22 D’Eminence, Shangri-La Eros, New Delhi – 16 April, 2022
4. PMF opened to partner to raise Emergency Funds for Health Crisis in Ukraine – 20 April, 2022
5. PMF World Leaders for Mental Health discussion with Hon. McHenry Venaani on “Mental Health Policies in Namibia – 16 May, 2022
6. PMF Mentors discussion with Mr. Hasler Iglesias Venezuelan on “Social Impact Entrepreneurship” – 28 May, 2022
7. PMF World Leaders for Mental Health discussion with Dr. Ben Phiri, Member of Parliament, Malawi on “Mental Health perception, policies and way ahead in Malawi” – 8 June, 2022
8. PMF 7th Anniversary celebration and meeting with IAS Ira Singhal, H.E. Rosalia Artega Serrano, H.E. Ameenah Gurib Fakim, Dr. Adrian Low, Dr. Margaret Kagwe, Jemima Okonkwo, Dr. Prabhjeet Singh Narula, Dave Sleet, Zakria Abdalmomen, Dr. Harsha Agrawal and Dr. Nabhit Kapur – 25 June, 2022
9. PMF World Leaders for Mental Health webinar in conversation with Hon. Andrés Chiriboga on “Mental Health and Ecuador – Effects of Pandemic on Mental Health of Students” – 1 July, 2022
10. PMF Global Youth Mental Health Forum discussion with Hon. Usame Mohammed Muhumad on “African Youth – well being & emotional investment” – 14 August, 2022
11. PMF panel discussion on occasion of World Mental Health Awareness Day-2022 in conversation with Keynote speaker IAS Ira Singhal and panel speakers Dr. Prabhjeet Singh Narula, Sheetal Aggarwal, Harsimran Kaur Wadhwa, Zakria Abdalmomen, Jyoti Handa, Agrima Juneja on the topic “Make Mental Health & well-being for all a global priority” – 10 October, 2022
12. PMF World Leaders for Mental Health in collaboration with Team CPRA presents research based policy report on “Mental Health Policies globally & suggestive measures” – 10 October, 2022
13. PMF Year End Session on “Mental Health & services- Accessibility, Affordability and way forward 2023” in conversation with Dave Sleet, Dennis Relajo Howell, Dr. Prabhjeet Singh Narula, Kudakwashe Mushonga, Moustapha Mahamat Silim, Dr. Farah Ahmed, Dr. Margaret Kagwe. – 30 December, 2022

- PMF RK Kapur Leadership Award Laureate 2022 – HE Fatoumata Tambajang, Former Vice President, Gambia

- PMF branches in 2022:

1. PMF GCC HQ – Dubai, UAE
2. PMF, Canada – Director – Mattias Vanderley, Board Member for London-Fanshawe, Conservative Party of Canada

- New Fellowship announced in 2022:

1. Mrs. Nirmal Kapur Memorial Scholarship

- New projects of 2022:

1. Emergency Funds for Ukraine Crisis

- New Collabs of 2022:

1. UNA- Somalia
2. Rwanda Youth Compact
3. JET- The regenerative transition specialists
4. Zambian centre for Innovation, Entrepreneurship & Sustainable Development
5. World Fund for Development & Planning (WFDP) & intergovernmental organization with special UN consultative status to Africa

- Services for people in 2022:

1. Internship
2. Hiring for Project Facilitators, Coordinators
3. Effective Research Writing
4. Research Associate
5. PMF Fellows

- Courses for 2022: Global Academy of Psychological Sciences

1. Handwriting Analysis and Grapho Cybernetics, Personality Analysis-Basic
2. Diploma in Advance Applied Psychology
3. Thematic Apperception Test

- PMF In News and Media in 2022:

1. Fox Interviewer – April'22
2. ANI – Aug.'22
3. India Today – Sep.'22



PMF Workshops, Meeting and Webinars - 2023

1. PMF Mentors discussion with Hon. Dr. Patricia Ane Kailati on “Women in Leadership & Mental Well-being” – 4 March, 2023
 2. PMF Global Youth Mental Health Forum webinar on “Well-being & Youth Empowerment” in conversation with Hon. Fuad Gena and HE. Amb. Denis G. Antoine. – 11 March, 2023
 3. PMF discussion on “Poverty & Peace- Contributions to Mental Health” in conversation with Celso Herminio Soares Riberio. – 20 May, 2023
 4. Zambia Institute of Entrepreneurship conducted training of professionals of NSANSA wellness on topic of “#Zambia on caring for Adolescents”, it is conducted by PMF – Dr. Prabhjeet Singh Narula – 1 June, 2023
 5. PMF World Leaders for Mental Health session with Senator Gloria Thomas on “Management of Mental Health Policies via visa young generation in Grenada. – 30 June, 2023
 6. PMF World Leaders for Mental Health panel discussion on “Strategies on how good governance can be used to prioritize mental health through economic development” in conversation with HE Dr. Louis George Tin, HE Chiril Gaburici, Hon. Lorenzo Harewood, BSM, JP, Halima Daud. – 5 August, 2023
- PMF RK Kapur Leadership Award 2023 Laureate – HE Netumbo Nandi- Ndaitwah, Deputy Prime Minister & Minister of International Relations & Cooperation, Namibia.
 - PMF Goodwill Ambassador 2023: Amb. Samantha Simens, Ambassador of AU Assembly Agenda 63 for Nigeria
 - New Appointments in Team in 2023:
 1. President, Peaceful Mind Foundation – Dr. Prabhjeet Singh Narula
 2. President, Global Youth Mental Health Forum – Hon. Modou Lamin B. Bah, Member of National Assembly, Banjul, Gambia
 3. Advisory Board, Peaceful Mind Foundation –
 - HE Amb. Muhammad M.O. Kah, Ambassador of Republic of Gambia to Swiss Confederation & Former Gambia Permanent Representative to the United Nations
 - HE Dennis Godwin Antoine, Former Grenada Ambassador to China
 - HE Ishatou Toure, Former Vice President, Gambia
 - Dr. Adrian Low, President, Hong Kong Psychological Association
 - Mr. Dave Sleet, Managing Director, Ayanay Psychological Accreditation, UK

- New Collabs of 2023:

1. African Youth Development and Excellence Center- Ethiopia
2. State of African Diaspora (Ministry of Health)
3. Ministry of Environment & Climate Change, Southwest State of Somalia
4. Rama University, Kanpur, India
5. Ministry of Social & Community Development, Housing and Gender Affairs, Grenada

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1. Handwriting Analysis and Grapho Cybernetics, Personality Analysis-Basic
2. Diploma in Advance Applied Psychology
3. Thematic Apperception Test

- PMF In News and Media in 2023:

1. The Times of India – Feb'23
2. Ahmedabad Mirror – Feb'23
3. The Blunt Times - Feb'23
4. United Research Forum – Aug.'23
5. Rama University News – Sep.'23

