



THE BRIGHT SIDE FOUNDATION

A registered mental health NGO established in 2020

Working towards enriching the social, emotional, and mental well-being of the people of India.

PROJECT: WIND BENEATH THE WINGS

Wind Beneath The Wings is a flagship project designed with utmost care to provide a strong mental health foundation to the adolescents of India.

The project is built on two essential themes :

- Positive Mental Health
- Social and Emotional Learning

The project is essentially a mental health promotion model. It incorporates a primary level of prevention of mental health problems and a universal intervention aimed at influencing the general population.

The project encompasses the most essential components of Social and Emotional Learning: Self Awareness, Self Management, Social Awareness, Relationships, and Responsible Decision Making (CASEL). The project was built with an aim to enrich the social, emotional, and mental well-being of adolescents by equipping them with all the skills required to lead a mentally healthy life. The primary beneficiaries of the project will be students from the Government schools of India and Orphanage homes.

The project will be executed in three steps :

- Equipping our team with a series of training sessions that dwells into understanding Social Emotional Learning and promoting Social skills, Emotional skills and promoting positive mental health.
- Equipping Teachers with skills to enhance their own mental well-being and to create empowering classrooms.
- Building safe spaces.

The Bright Side Foundation has aligned with United Nations Sustainable Development Goal 3 and target 3.4 for Wind Beneath The Wings.

IMPACT: Our team has currently equipped **220+** adolescent kids, all over India and covered major cities like Jaipur, Hyderabad and Delhi. These kids are now equipped with a Social and Emotional Learning curriculum that enriches the personal and social well being through Self Awareness, Self Management, Social Awareness, Relationships, and Responsible Decision Making (CASEL).