

# Project Report

## **Rural Mental Health Camp - 1**

### ***A Wellness Program for Intellectually Challenged Children and their Parents***

**(A Pilot Project in association with Inclusive  
Education Department, NIMHANS Centre for  
Well-Being (NCWB) & Samadhana Child  
Guidance Centre)**

**Date: 21-Feb-2026**

**Venue: Government High School, Sidlaghatta and Salumarada  
Thimmakka Tree Park, office of regional forest officer, Dibburahalli,  
Shidlaghatta, Chikkaballapura Dist.**

## **About the Project**

### **i. Vision**

1. Attempt to improve Intellectual challenged children's abilities by indulging them with nature & playful outdoor activities.
2. To conduct 1-1 counselling with parents & children, provide health care assistance and referral & follow up wherever needed.
3. Create awareness to reduce the Intellectual challenge problem in the society by associating with experts.

### **ii. Mission**

This camp is planned as a result oriented pilot project to enable counsellors & well-being volunteers directly interact with Intellectually challenged children & their parents and closely work with them to understand their requirements & what Mental Health care professionals can do to improve their life. A regular follow up is also planned as continuation of this activity.

### **iii. Event Summary**

It was a wonderful initiative taken by collaboration between Nodal officer & special educator Jagadish Kumar BM, BEO & Education officer (Sidlaghatta) Narendra Kumar, Assistant director(food - mid-day meals) Anjaneya, Range forest officer Rajesh, and well supported by other NGOs and volunteer groups like NCWB and Samadhana Centre.

### **• Program Agenda**

**Venue 1:** Govt High School, Sidlaghatta

- Inaugural session by Education Dept. 9:30am
- Lecture Sessions:
  - **Track-1** (14yrs-18yrs) : Room 1
    - Exam Stress management for students - Gayathri B G. 10:00am-10:40am
    - Parental guidance - Roopashree Hegde. 10:40am-11:20am
    - Introduction to Brain - Arun K. 11:20am-12:00noon
  - **Track-2** (7yrs-13yrs) : Room 2
    - Children development and hygiene maintenance - Pushpa Prakash. 10:00am-10:40am

- Child disorders - Praveen Vasishta. 10:40am-11:20am
- Exercises for mental health - 11:20am-12:00noon

## Venue 2: Tree Park

- Group Activities and Counselling
  - i. Tree Park tour by forest Dept - 12:30pm-1:15pm
  - ii. Lunch - 1:15pm-2:00pm
  - iii. Group Activities by NIMHANS WBVs - 2:00pm-4:00pm
    - i. Games, drawing, painting, competitions, meditation, subtle exercises etc
    - ii. Counselling by Counsellors from Samadhana centre & NIMHANS WBVs 2:00pm-4:00pm

## • Event Details

A significant educational program was conducted today, led by **Mr. Narendra Kumar**, BEO & Education Officer of Sidlaghatta. The event focused on enhancing the support systems for students, particularly those requiring special education and mental health guidance. Key speakers included **Mr. Jagadish Kumar BM** (Nodal Officer & Special Educator), who highlighted the role of special educators in mainstream schools. **Mr. KS Pamaraju (Kiran)**, Coordinator of NCWB, and **Mrs. Gayathri BG**, Coordinator of [Samadhana Child Guidance Centre](#), shared expertise on community-based child welfare.

Total of 8 Mental Health counsellors from Samadhana Child Guidance Centre & NIMHANS centre for Well-Being (NCWB) and 7 Volunteers from NCWB have attended the program.

As part of morning session Mental health lecture session was conducted as per the agenda at Govt. High School Sidlaghatta. The session was attended both by Students and their parents. A special focussed session on Exam stress handling is conducted for the 9<sup>th</sup> & 10<sup>th</sup> students which is positively received by all students.

After the lecture session, a folk dance & drama event is conducted where-in intellectually challenged students proved their talent by exhibiting Folk dance, Veeragase & plays. Additionally, environment awareness session is also conducted by school authorities. All the participants collaborated with children and fully engaged in all the activities.

For the afternoon session everyone moved to Saalumarada Thimmakka Tree Park, where lunch was served. Group games &

Blind fold walk is conducted including all children, parents & other participants. After the group activities a small gift including drawing kits distributed to all children. Expert Counsellors conducted 1-1 counselling session with Children & Parents (details are given below). Padmashree Dr. C.R. Chandrashekar's book was distributed to all Parents & children at the end of the session.

## **Details of Participants**

### **Track-1:**

- No. of Students Attended Exam Stress Management session = 60  
(Students of 9th & 10th Class)
- No. of Parents attended Parenting guidance session = 30
- No. of Students/Parents attended Introduction to Brain session = 30

### **Track-2:**

- No. of students attended child development, hygiene & child disorder session = 30

### **Counselling:**

- No. of Children & Parents attended Counselling session = 36 (18 Children + 18 Parents)

### **Books Distributed:**

- 1 Nimma Makkala Arogya - 50 Copies
- 2 Human Brain - 20 Copies
- 3 Vidyarthigale Hegirabeku - 10 Copies

### **Summary of counselling session [Child name (Challenge) - Counsellor Name]:**

- 1 Nagesh (ID) - Deepa HPK
- 2 Karthik (Locomotive) - Gayathri BG
- 3 Rachana (Panic) - Roopashree Hegde
- 4 Nirmitha (Fits) - Aarathi Shenoy
- 5 Pavan Raj (HI) - Rekha Murthy
- 6 Arjun Raj (HI) - Chandrakantha M Kaujalgi
- 7 Ganavi (ID) - Pushpa Prakash
- 8 Akash (ID) - Praveen Vasishta
- 9 Varun (Locomotive) - Rekha Murthy

- 10 Saicharan (Low Vision) - Deepa HPK
- 11 Mohan (ID) - Aarathi Shenoy
- 12 Dileep (ID) - Gayathri BG
- 13 Bhavana (ID) - Aarathi Shenoy
- 14 Deekshith (ID + Low Vision) - Chandrakantha M Kaujalgi
- 15 Thanushree (ID) - Pushpa Prakash
- 16 Satwik (Dwarf) - Roopashree Hegde
- 17 Niranjan (ID) - Gayathri BG
- 18 Mouna & Sanjana (HI) - Gayathri BG

### **Conclusion:**

All the volunteers felt happy to be part of the noble cause and reaching out to the voiceless by giving back something to society by realising to count on our blessings. All students enjoyed the event & wilfully participated in all activities. Parents felt a moment of support & togetherness with the counsellors & well-being volunteers. Regularly organizing such events will help identify the children problem early, provide timely medical assistance & continued support for parents.