

Mind Empowered Charitable Trust

Illuminating Minds, Transforming Lives



#meforyouth



Starlet Innovation Challenge

- ★ Starlet **Innovation Challenge** is an inclusive innovation event where individuals come together to collaborate, build on ideas, and create impactful tech solutions working together towards assisted tech, organized by Mind Empowered Charitable Trust.
- ★ The event is part of Mind Empowered's core verticals: **Psychological Empowerment, Inclusive Education, and Social Innovation.**
- ★ This initiative provides a safe, collaborative space for participants to ideate, innovate, and create impactful tech-based solutions—especially geared toward **supporting individuals with disabilities and unique needs.**

The challenge fosters confidence, inclusivity, and a diverse community of changemakers, engaging over 200+ participants from 15+ colleges across **three successful editions.**

Partnered with WiCyS, the 2025 theme centers on “**Inclusivity for Individuals with Disabilities,**” encouraging tech solutions that promote accessibility and equity.

How STARLET works



TEAM FORMATION

Event Kick-off by Welcoming Student Participants from various disciplines



Formation of 3-4 member teams (non-coders put in teams with coders)



Each team provided with a Mentor for guidance

IDEATION & CODING

Civic/ Social Challenge given with 24 hours timeline



Teams Brainstorm and ideate on Technology Solutions



Mentors Guide Teams to develop working prototype within 24 hours

PRESENTATION & JUDGING

Teams present solution to Judges who are industry Experts



Judges decide on the most viable and practical solution as winner



Winning teams get cash prizes



STARLET : Beyond codes & computers



- ★ Interactions with **Industry Experts**
- ★ Food and fun **Games**
- ★ Mind Empowered uses this platform to create awareness regarding **Mental Health**



Our Outcome

- ★ Enhanced **Technical Skills**
- ★ **Productive Engagement** with Industry Experts and Mentors
- ★ Increased **Self Confidence** in Girls and Other Gender Minorities
- ★ Improved **Mental Health Awareness**





Previous Event partners And Event Sponsors

Starlet 1.0 ,Starlet 2.0 & Starlet 3.0



CIVIL INDIA 20
(part of G20)



CITTIC, CUSAT



GITHUB



AISAT ENGG COLLEGE



KERALA
STARTUP
MISSION



COMMUNITY
SKILL PARK



SCHOOL FOR LOGISTICS
FOR MILITARY & INDUSTRIAL



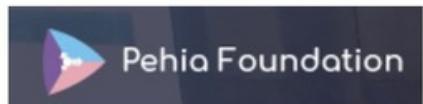
WICYS INDIA



FOSS UNITED



PEOPLE YOU PROSPER WITH



PEHIA FOUNDATION

TinkerHub



Samāgata
Foundation



SLBS MARKLANCE



STARLET at a glance



Student Testimonials



Meera Muraleedharan • 2nd
Student at CUSAT
1yr •

+ Follow ...

I am excited to share that our team Ace Makers have won second place in the Starlet Hackathon organised by Mind Empowered. It was an incredible learning experience working with such talented individuals.
I am grateful to Mind Empowered for this opportunity and to each member of my team for their effort.
#team #grateful #mindempowered



Fathima Farhath P A • 2nd
Student Cochin University of Science and Tec...
1yr •

+ Follow ...

"Success is not final, failure is not fatal: it is the courage to continue that counts." - Winston Churchill

I'm thrilled to share that my team Ace Makers and I recently achieved second place in the Starlet Hackathon organized by **Mind Empowered**. It was an exhilarating experience that pushed me out of my comfort zone and allowed me to showcase my skills and creativity.

It was a challenging one, but our persistence and dedication paid off in the end. I'm proud of the hard work we put in and the innovative solutions we developed to empower women. This achievement would not have been possible without the support and hardwork of my team mates. Huge Thanks to **Meera Muraleedharan, Shafna Navas** and **Fathima Farhana** for your invaluable contributions.

I am grateful to have had the opportunity to collaborate with some of the brightest minds in the industry and to have learned from them. Thank you **Mind Empowered** for organizing such a fantastic event. I am excited to continue exploring new opportunities and challenges. Looking forward to the next challenge!

#hackathon #innovation #teamwork #success #team #opportunity #opportunities #creativity #event



Gowry Krishna S • 1st
Student at Cochin University of Science and Technology
10mo •

...

We are delighted to announce that our team Codemates stood out in the "Best Social Hack" category at the renowned Starlet 2.0 Hackathon, organized by Mind Empowered with FOSS United, GitHub, and WiCyS as sponsors.

This experience was incredibly rewarding with my enthusiastic team members Athira V Babu and Parvathi Aji for learning lot about coding, problem-solving, and teamwork.

We extend our sincere gratitude to our valuable mentors ASHWIN ANIL ARUN K N Dheeraj Dilip Muhammed Rinshad S. THRISHA K who played a crucial role in guiding us throughout the development of our project. Thank you for your unwavering commitment and dedication to our team's growth and learning.

Our heartfelt gratitude to Mind Empowered for organizing the Starlet Hackathon and AISAT for providing a platform to showcase innovative solutions.

#womenempowerment #hackathon #winner #starlet #mindempowered #teamwork #project



Divya Suseelan PMP®, CSM® • 2nd
Exec Alumni IIM-C | Delivery Manager @ Experion Tec...
9mo •

+ Follow ...



A couple of weeks back, I was invited as a speaker to Starlet 2.0 Hackathon, an inclusive Hackathon conducted by **Mind Empowered** for women and other gender minorities. A day well spent with the students from various colleges who participated in the Hackathon. I am truly grateful to Maya and **Siddharth Shikumar** for giving me this opportunity to interact with the students to share my experiences and also help them clarify their questions and assumptions about IT industry to the best of my knowledge. **#opportunity #students #share #speaker #itandsoftware**



Fathima Farhana K I • 2nd
Student at Cochin University of Science and Technolo...
1yr •

+ Follow ...

Starlet hackathon was such a nice experience and exposure to new people. Thankyou **Women Empowered** and **Mind Empowered** for bringing up this opportunity to all the women and gender minorities.

**#thankyou
#hackathon
#mindempowered**



Proposed Budget : STARLET 4.0 - July 2025

Budget created for an estimate of 100 participants

Expense	Amount (INR)
Prize Money for top 3 winners	40,000
Food / Catering for 2 days	60,000
SWAGs (Mementoes for judges/speakers and materials for all attendees)	15,000
Transport cost	15,000
Accommodation cost	15,000
Administrative overheads (Miscellaneous expenses)	10,000
TOTAL AMOUNT	1,55,000



Why Sponsor us

Collaborating with Mind Empowered for Starlet will :

- Bring **Visibility** to your brand
- Create a brand image for your organisation **Being Inclusive**
- Make your brand known for **Encouraging Female representation** in workforce



Sponsorship Tiers

	Platinum (Rs.50000)	Gold (Rs.25000)	Silver (Rs.15000)
Logo in Website	😊	😊	😊
Logo in meetup announcements, reels and email to attendees	😊	😊	😊
Social Media Shoutout	😊	😊	😊
Logo featured in event Venue (Banners/standees/posters)	😊	😊	
Provision for Interaction with attendees and distribution of merchandise	😊	😊	
Slot to Speak	😊		



ANNEXURE

- ★ Problem Statement
- ★ Our Solution
- ★ Our Objectives
- ★ About Mind Empowered



Article in

Deccan Chronicle

MENTAL HEALTH CRISIS TURNS ANOTHER PANDEMIC- WORLD MENTAL HEALTH DAY

by

Dr. Venkateshwaran,
Consultant Consultant Child and Adolescent Psychiatrist,
Dr. Mehta's Hospitals, Chetpet.

■World Mental Health Day today Mental health crisis turns another pandemic

T. SUDHEESH I DC
CHENNAI OCT 10

Covid-19 pandemic which necessitated strict social distancing and physical distancing, induced a change in human lifestyle, maintaining which has become a difficult task. On the occasion of World Mental Health Day on Sunday, mental health experts in the field of mental health and psychiatry opined it was high time to take note of the mental health issues that have made the life of children more stressful.

Two days ago, the World Health Organisation (WHO) had declared mental health kind of mental health crisis as the world became one of the worst.

The number of suicide cases in India has increased due to Covid-19 and it will be worse.

Health minister Ma.

Suresh Gopi on September 17 that the health department was

studied show that it takes 18 to 204 days for a person to develop symptoms of depression after a new behaviour to emerge. According to the study, nearly 200 cases in the state were reported. In the last 16,000 days, mental health has taken a toll on people due to multiple reasons including the lack of access to mental health facilities and the new normal impact. Even as India acquires things which we can't control. It will prove useful if we can learn to bring up our mood and constantly self monitor our mental health and focus ourselves in self-regulation and self-care activity. When you are stressed, do you have time to practice abdominal breathing? Try to bring calmness. If you are stressed, suddenly will cause more stress. Dr. Mehta's Hospitals, consultant child and adolescent psychiatrist, Dr. Mehta's Hospitals, observed that Post Traumatic Stress Disorder (PTSD) is of paramount importance. PTSD is a mental health impact because it is a response to a death experience or witnessed a death experience or witnessed one.

"The rising cases of suicides during the pandemic are a matter of concern," says Dr. Sunil Mittal, senior psychiatrist and director of World Federation of Mental Health (WFMH).

During lockdown, children used mobile phones and other electronic gadgets. The

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Demand Rises For Online Consultations: 7-State Survey

Sushmi.Dey@timesgroup.com

CAUSE FOR CONCERN

13.7% Prevalence of mental illness in India as per National Mental Health Survey (2016)

28%

of global suicides occur in India

Access to mental healthcare
49% had a mental health facility within 20km radius
26% reported no mental health facility within 50km radius
59% reported lack of any de-addiction service in their area

The study – conducted by Cosmos Institute of Mental Health and Behavioural Sciences and WFMH – covered 10,233 individuals in urban and rural regions across 175 districts of Uttar Pradesh, Punjab, Haryana, Himachal Pradesh, Delhi, Uttarakhand and J&K.

Web platforms claim patients are increasingly seeking online consultation for mental illness. For instance, Practo's Online Consult has registered an 8% growth in psychiatric queries since last year. Besides, treatment cost appeared a significant deterrent in accessing care as 30% of patients have no health insurance or thought mental health treatment was not covered. Only 8% were aware that health insurance covered such a disorder.

The study also points to the lack of private sector participation in creating facilities for treatment of mental illness. Unlike other healthcare verticals, presence of private players is dismal in the mental health segment.

"Availability of facilities

New Delhi: Even as India acquires things which we can't control. It will prove useful if we can learn to bring up our mood and constantly self monitor our mental health and focus ourselves in self-regulation and self-care activity. When you are stressed, do you have time to practice abdominal breathing? Try to bring calmness. If you are stressed, suddenly will cause more stress. Dr. Mehta's Hospitals, consultant child and adolescent psychiatrist, Dr. Mehta's Hospitals, observed that Post Traumatic Stress Disorder (PTSD) is of paramount importance. PTSD is a mental health impact because it is a response to a death experience or witnessed a death experience or witnessed one.

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facility within a 20km radius was similar. Similarly, while 49% had a person with a known addiction in their family or among friends, 39% had no de-addiction service near their home, posing a challenge to access treatment, the survey shows.

"The lack of facilities or

access to care raises practical

issues for care givers fa-

cilitating treatment for per-

sons with mental illnesses

who feel there is disconnect

between the ground reality

and government policies."

"Availability of facilities has been an issue, and an overwhelming 87% individuals favoured use of technology to try to bridge this divi-

de by using mobile phones, apps and telemedicine," says Sri Shanti Jaju, clinical psychologist at CIBMS.

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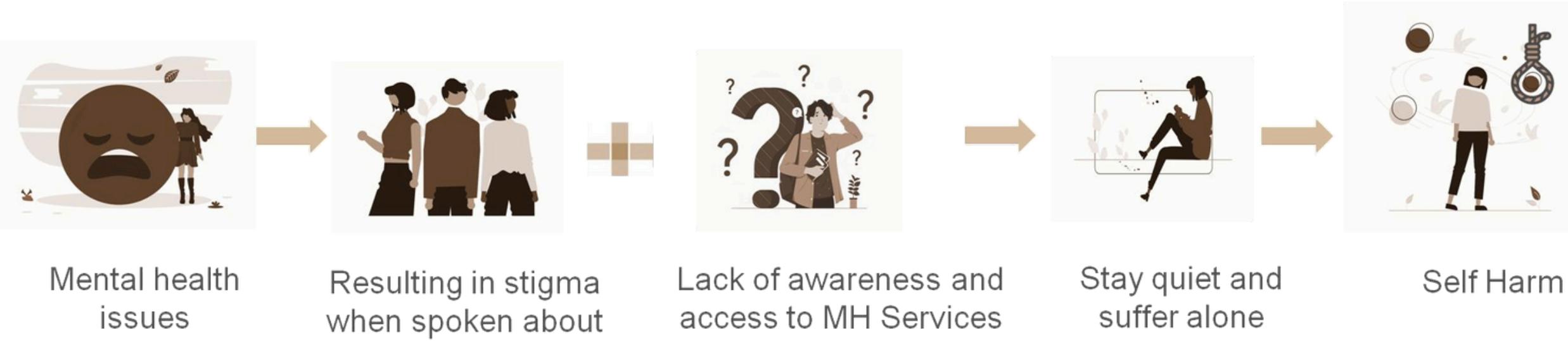
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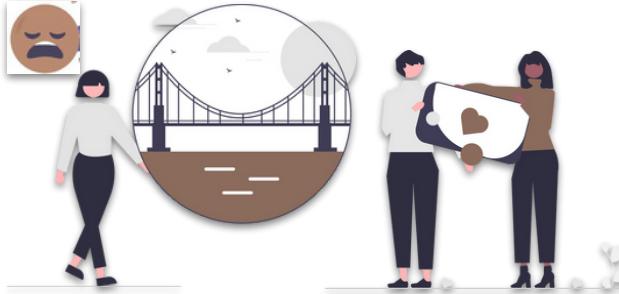
The Problem



No Self Awareness about Mental Health, Societal Stigma, Rising Stress Levels

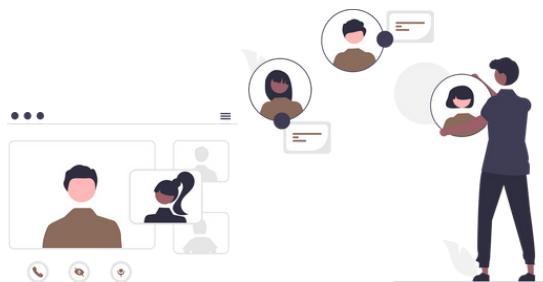


Our Solution



Preventive Mental Health - Bridging the Gap

ME connects the **people in need** with mental health experts



Tailoring Mental Health Activities

ME tailors activities to , **s uit individual needs** recognizing diverse coping methods, ensuring everyone finds support for their mental well-being.

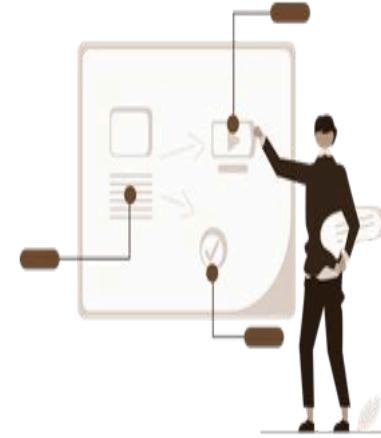


Our Objectives



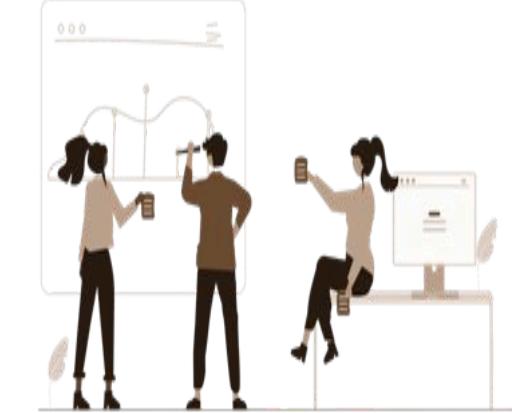
Self Awareness

- ★ Webinars
- ★ Mental Health Workshops
- ★ Offline Events



Self-Expression

- ★ Events for Self Expression
- ★ Volunteering for Community Initiatives
- ★ Support Groups



Self Sufficiency

- ★ Technical Workshops
- ★ Creative Workshops
- ★ Soft Skills Workshops



About Mind Empowered



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