



MAKING PEOPLE AS HAPPY AS THEIR INSTAGRAM PICTURES



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ਠਹੜਾਅ

ਠਹੜਾਅ foundation is a registered Non-profit organization committed to work for better mental health of people. It is an attempt to create a mentally healthy and stable nation. The main objective of ਠਹੜਾਅ is to remove the stigma associated with mental health that has been escalated deep into the society. We at ਠਹੜਾਅ believe that the lack of awareness and understanding among people is one of the major reasons due to which a larger portion of people dealing with mental illness remain unheard.

INTRODUCTION

ਠਹੜਾਅ recognizes that we are currently in a generation where faking smiles on social media is a constant trend wherein actually finding real reasons to smile is a tough grind. Hence, we aim at setting insights to help people come out of the dark room which holds thousands of thoughts stockpiled in it. Because, we want you to be as happy as your Instagram pictures FOR REAL.

01. INTRODUCTION

ਠਹਿਰਾਅ

For a society like ours it is comprehensible that we do not give much attention to mental health. Our society has somewhat failed at making people understand that mind is as much a part of our body as any other organ and it too can get ill sometimes and need help to heal. Therefore, it is our constant effort to spread how crucial it is to remove this stigma attached with mental health. We focus on holding public campaigns at regular intervals to make people understand how important it is to understand mental health and connect with the person dealing with it.

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ਠਹਿਰਾਅ believes as is said that depression starts with anxiety. So how do we know when is the right time to consult a counselor? The answer is the right time is the very inception of such thoughts. Do not give these thoughts the power to overpower you, rather take action in the very beginning and try to cut these thoughts totally by reaching out for help. This way you can lead a good, happy and healthy life.

However, it's never too late to reach out. ਠਹਿਰਾਅ is always here to offer active listening i.e. non-judgmental and non-critical listening to anyone when they feel anxious, stressed or in despair. ਠਹਿਰਾਅ is an initiative where you can place your trust, and reach out to us as whenever in need of a confidante.

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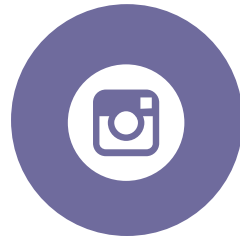
OUR AIM

We at ਰਹੋReal aim at bringing your real smile back to you. We want you to be as happy as your Instagram pictures FOR REAL.



01

ensure that schools and colleges have permanent counselors



02

hold regular campaigns to make people aware about the importance of mental health

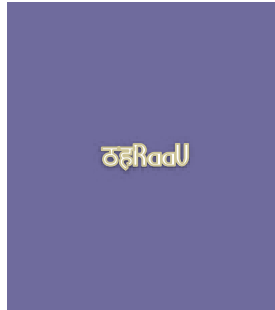


03

lend an ear to those who are fighting their inner demons to assure them that they are not alone in this and we have got their back.

02.

AIM



**ਠੇਠਾਅ initiative knows no
boundaries as we wish to help people
irrespective of any societal factors
such as caste, culture or
backgrounds etc.**



02.

MOTIVE

In India there is a stigma attached with mental health. A majority of people, who are not factually aware or concerned, end up attaching unreasonable theories with people facing mental health issues. This further makes it difficult for people who are actually dealing with mental illness to come out and talk about it which ultimately worsens the case.

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NGO **ਧੌਰਾਦਾ** aims at removing this stigma and helping those who are facing such mental health issues. Our drivers are the ideals of patience, compassion and comprehension. With these we make an attempt to bring people out of their dark world to see the bright and colorful side of the world which awaits them.

02

We aim at building a society incorporated with a little more kindness, love, compassion and understanding towards each other.

03



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COVID-19 posed an extraordinary challenge to the world. The main psychological impact till date is elevated rates of stress or anxiety.

Quarantine and its effects on many people's usual activities are quite evident. The lockdown has caused serious changes in the routines or livelihoods of a vast majority of people especially in terms of increased levels of loneliness, depression, alcohol and drug consumption, and self-harm or suicidal behavior.



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FIRST SESSION with Mr. Kunal Gujral (Social media influencer):-

Our first session was with Mr. Kunal Gujral. He highlighted the importance of strengthening relationships and how to scrap out self-harm. It was an interactive session as all the attendees discussed their issues with Mr. Gujral and he made it a point to express his ideas by sharing his own journey and perspectives. He told us to respect and prioritize ourselves in any relationship, and to not let any other person take us for granted. By sharing his personal experiences in life he made us realize that self love is the most important key to mental peace and harming ourselves for any reason is nothing but foolishness.

SECOND SESSION with Mrs. Anuja Kapoor (Indian criminal psychologist):-

Our next session was with Mrs. Anuja Kapoor. She is a famous Indian criminal psychologist, social activist and a mental health expert. In this session she discussed on how to deal with over thinking and how to solve family issues which occur due to generation gaps. It was an informative and interactive session. Mrs. Kapoor explained how one gets into overthinking, and how reading good books, meditating, introspecting, listening to music or anything that calms you as a person can help you overcome over thinking. She also dwelled upon various aspects of generation gaps and asserted her point about how, through peaceful and two way communication such situations can be tackled and dealt with.

MEET THE TEAM



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Thank YOU

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