

Mental Wellbeing in India

my journey

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FLOW OF THE SESSION		
01	02	03
Introduction	The power of Why	Why Social Impact?
Know me	Why does WHY matter?	My fuel for mental health advocacy
04	05	06
Things that matter	Atomic Habits	Future avenues
The idea, people and decisions in non-profits	The power of consistency	For social impact and entrepreneurship

01

HERE'S MY STORY

What's yours?



HISTORICAL TIMELINE



2018

**Founded
Hotm**

Recognised the
need to talk about
mental health, with
digital tools

2021

becoming

We became a
member of the
United Nations.

Engineering

Pursued
engineering, was
uncertain about
the path forward

2019

Growth

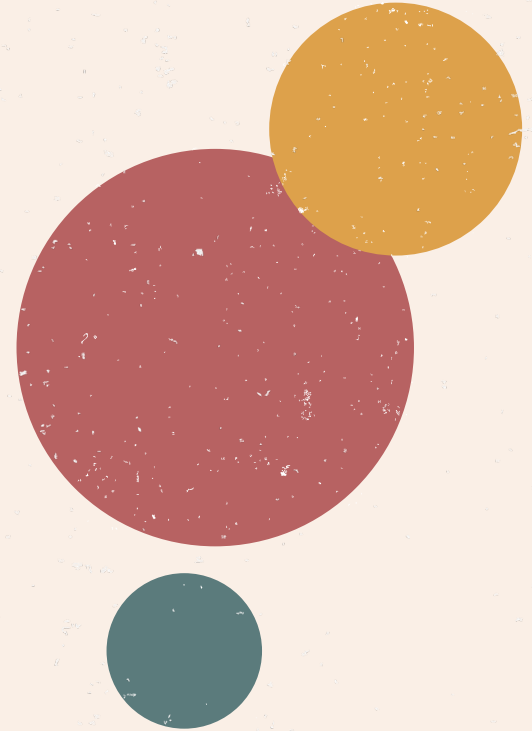
Consistent efforts with
courage, empathy.
Awarded the IHW National
Digital Health award.

2022

Unconventional entrepreneurship

I started without a team, plan, or fixed goals.
It's not something that I recommend but what truly worked for me in the process,

- Consistent efforts made all the difference
- Learning, unlearning and relearning-creating myself rather than just finding myself
- Focusing on and trusting the process
- Empathy with members





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“Find your why and you’ll find
your way”

—JOHN C. MAXWELL



(no right or wrong answer)

FOCUSSING ON THE WHY



AWARENESS

It helps you be clear on why do you want to do whatever you're doing



INITIATION

Helps in developing a plan of action. For eg- market research and analysis



COLLABORATION

Whether it's inviting team members, or different collaborators



03

Why Social Impact?





Nearly 14% of India's population

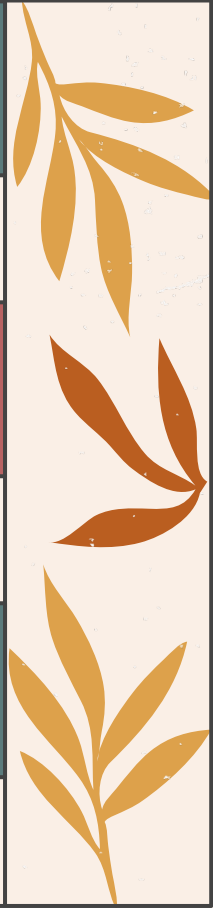
required active therapeutic interventions (NIMHANS Survey 2016)

20% of Indians

Suffer from mental diseases by the end of 2022. (WHO Report)

35% increase

In Indian who suffer from a mental health disorder from 2021.
(Global Burden of Diseases)



My reasons



**Lack of
resources**

**Lack of
Dialogue**

**Giving back to the
community**

PROBLEM VS. SOLUTION APPROACH



Problem

Focussing on the problems that you are facing, or someone you know is
Eg- A staggering treatment gap of 70-92% is present in India.



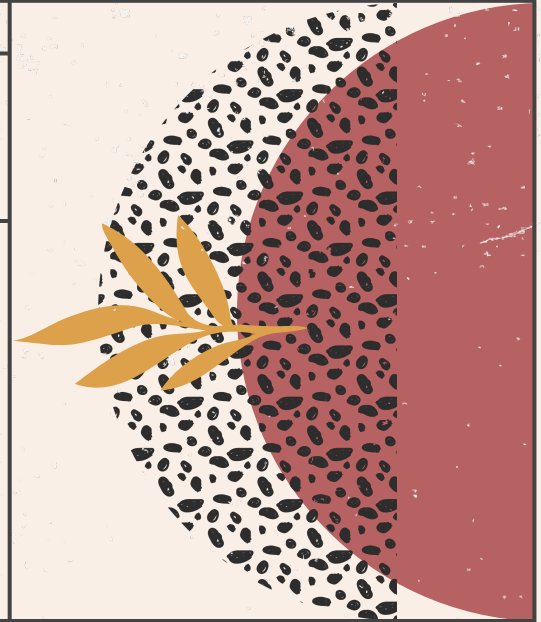
Solution

Thinking about solving it from the perspective of the target audience
Eg- Affordable initiatives to make resources accessible.

THINGS THAT MATTER

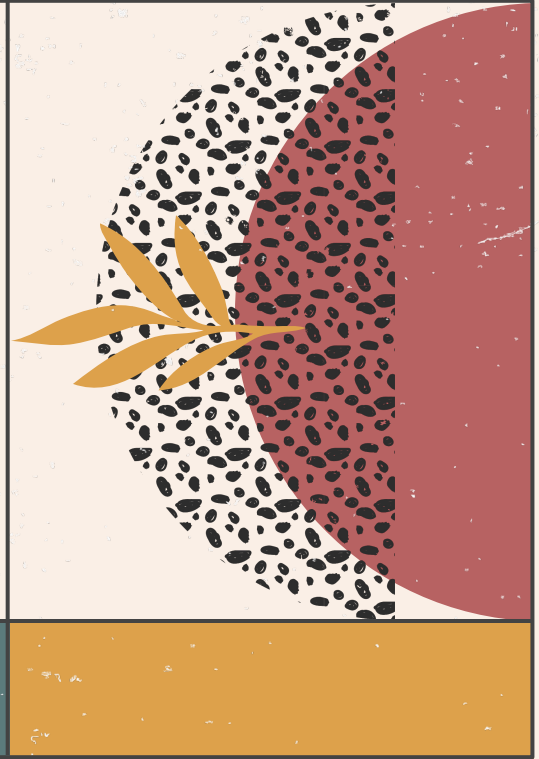
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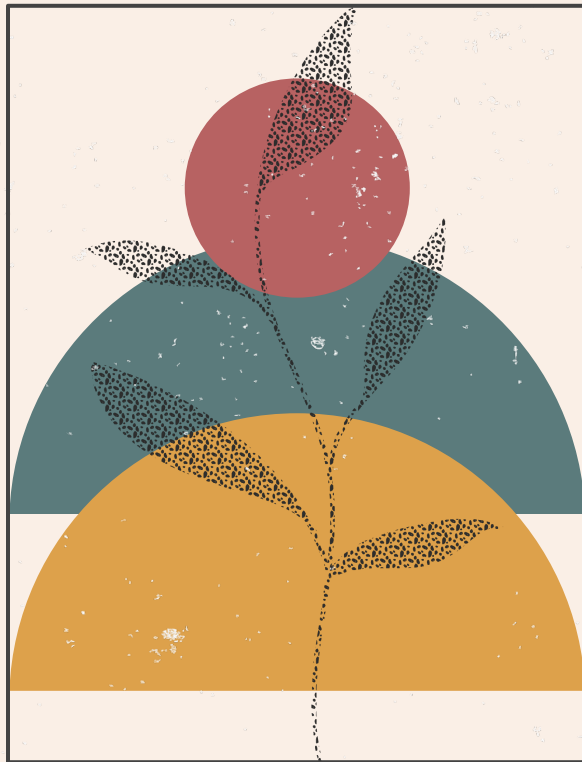
The cause
The team
Innovation
Ability to learn, adapt
Consistent and structured approach
Feedback mechanism



Values that matter

Courage
Empathy
Kindness
Patience
Inclusivity
Consistency





05

Atomic Habits

<https://s3.amazonaws.com/jamesclear/Atomic+Habits/Habits+Cheat+Sheet.pdf>

Being Consistent



Daily habits

Setting daily habits for the goals that you want to achieve

Accountability

Having accountability buddies for your progress



Momentum

Building a momentum with your daily habits will also build confidence

Discipline

Showing up even when you don't feel like it

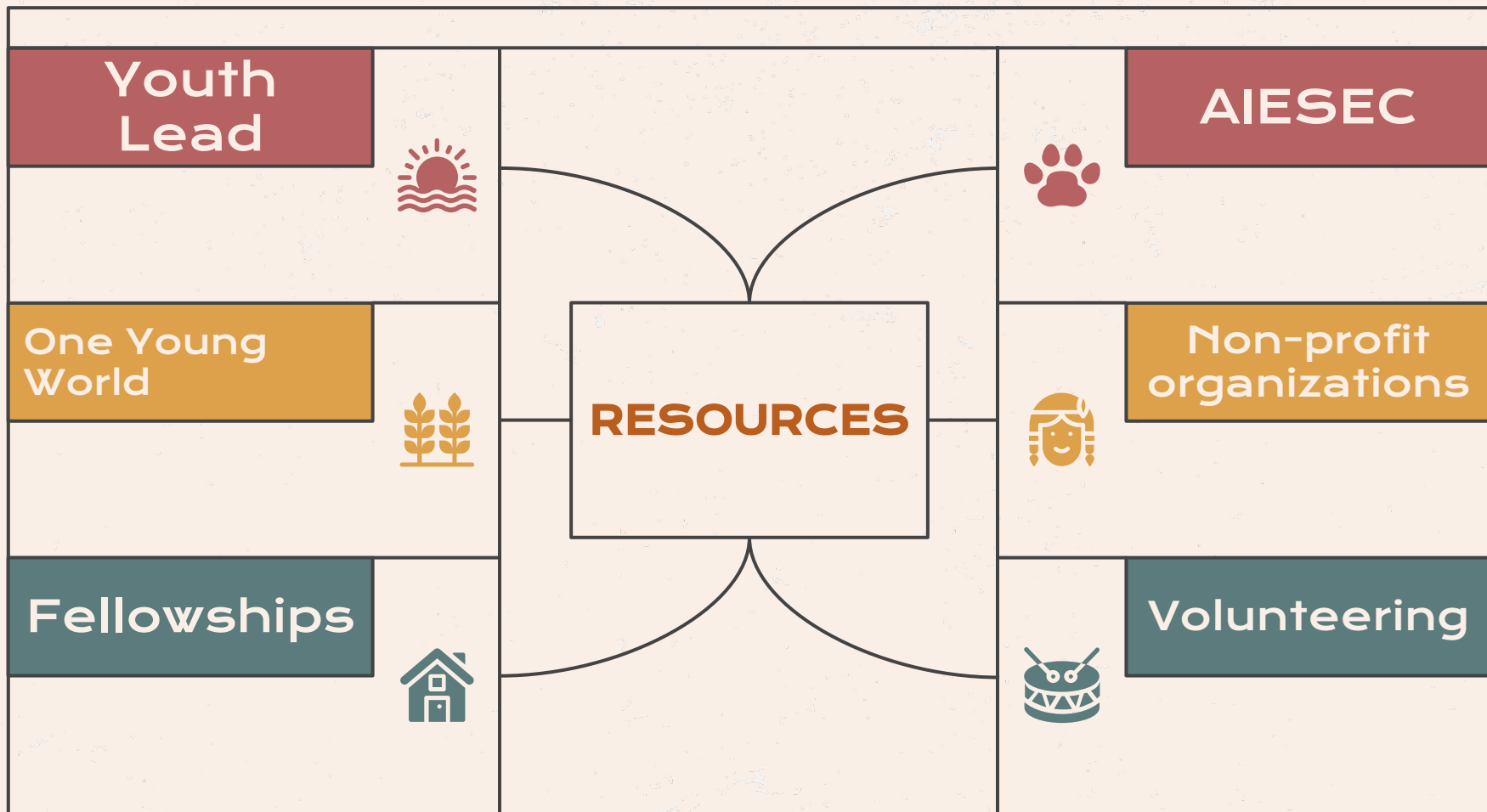




06

Resources for social impact

To inspire you in your journey of innovation



HUESOFTHEMIND

We help you help yourself

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THANK YOU!

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