



# Global Shapers Gurugram

Impact Report 2020-2021

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## Impact Report 2020-2021





CURATOR



IMPACT OFFICER



FOUNDING CURATOR



# MEET THE *Global Shapers*



# IMPACT NUMBERS 2020-2021

**30,000+** PEOPLE IMPACTED

**65** ACTIVITIES

**4** PROJECTS

**20** PARTNERSHIPS

**6** SDGs COVERED

# Youth Mental Health

With an aim to drive awareness on the importance of youth mental health in India, the project targets young adults aged 15-24.

## KEY HIGHLIGHTS:

- Workshops and webinars were conducted with mental health professionals for parents, teachers and students, to impart awareness on the importance of mental health and wellbeing.
- To commemorate World Mental Health Day, a Youth Mental Health Summit was organised, led by mental health professionals.
- Social media campaign around #NotOkIsOk with sub theme #MondaysForMentalHealth
- Celebrated World Gratitude Day with gratitude challenges to instil an #AttitudeOfGratitude, by working with other Global Shaper Hubs to create a video sharing what we are grateful for.



# Project Highlights

## Milestone #1

- Workshops with mental health professionals

## Milestone #2

- Youth Mental Health Summit

## Milestone #3

- Social media campaign - Mondays for Mental Health

## Milestone # 4

- Social media campaign - 26 days of Mental Helath

# Youth Mental Health Summit

To commemorate world mental health day, a youth mental health summit was organized led by mental health professionals on 10th October, 2020.

## Key Highlights:

- An open plenary with experts like Dr. Marcus Ranney (GM India, Thrive Global) and many others
- Lived experiences featuring real life struggles and triumphs around mental health
- An art therapy session featuring an origami expert
- Reach - 2500+
- Collaborations/Partnerships - 5 organizations and 6 professionals

**#YOUTHMENTALHEALTHSUMMIT**  
**PROGRAM FLOW**  
10TH OCTOBER 2020 | 2 PM ONWARDS

**2:00 PM**  
**OPENING PLENARY**  
A SHARED VISION FOR YOUTH MENTAL HEALTH

**3:00 PM**  
**LIVED EXPERIENCES**  
STORIES OF PERSONAL STRUGGLE AND TRIUMPHS  
AROUND MENTAL HEALTH

**4:00 PM**  
**ART THERAPY**  
IMMERSE IN A CALMING EXPERIENCE AS YOU CREATE  
YOUR OWN MASTERPIECES.

**4:45 PM**  
**IDENTIFYING MENTAL HEALTH ISSUES**  
UNDERSTAND SIGNS OF MENTAL HEALTH DISORDERS  
IN YOUR LOVED ONES & LEARN HOW TO HELP THEM

**#NOTOKISOK**

## 26 Days of Mental Health

A 26 day long social media campaign with an objective to spread awareness around mental health issues and ensure that people have easy access to resources to deal with their mental health positively. For each letter of the alphabet we mentioned one mental health issue everyday for 26 days along with key information about the same in collaboration with the organizations that work in the specific domain.

### Key Highlights:

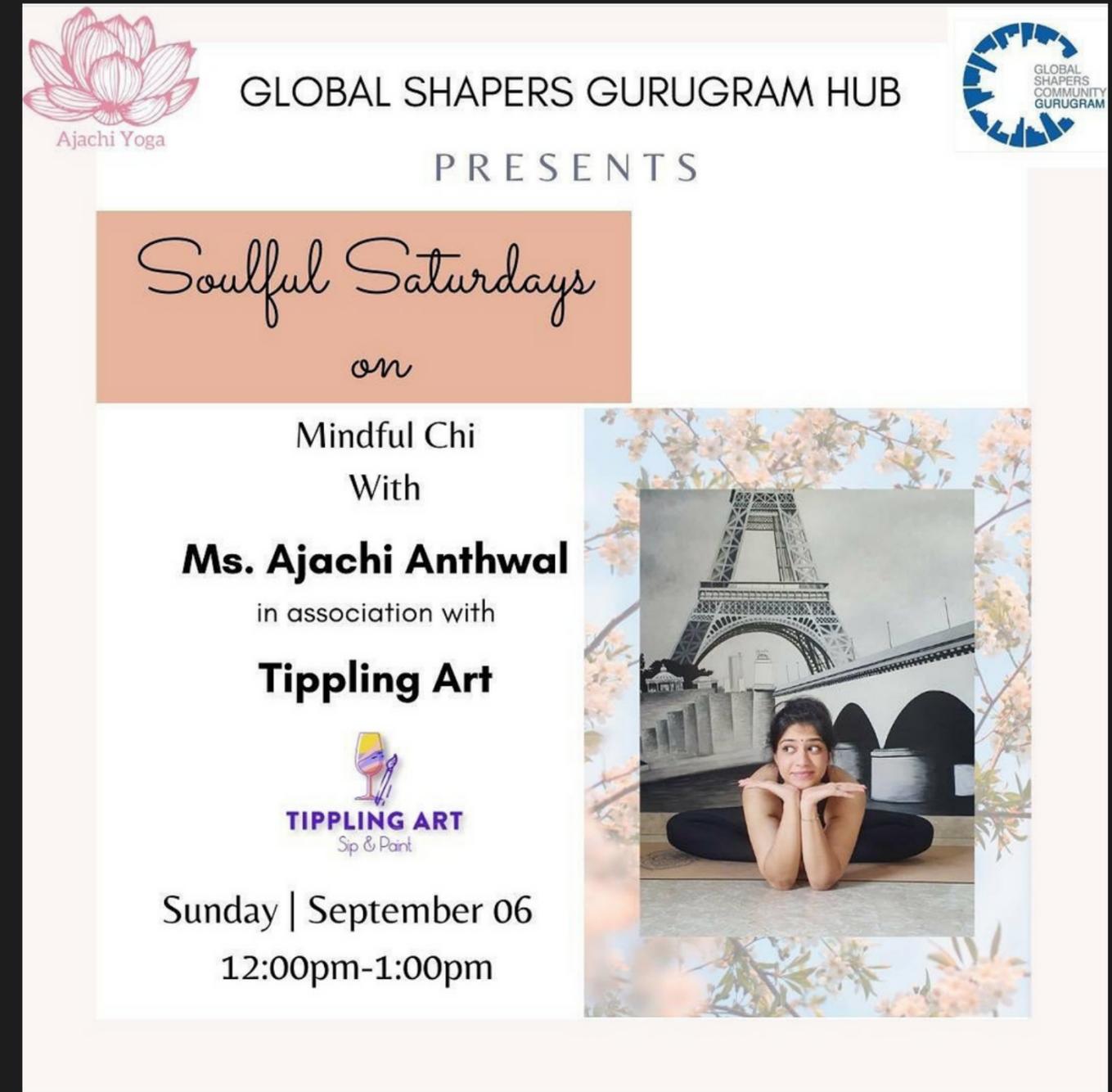
- Bilingual campaign in collaboration with the Panama Hub
- Collaboration with 5 Indian hubs for outreach
- Collaborations/partnerships - 12 organizations
- Engagement - 1000+



# Anxiety Management

With COVID-19 impacting our daily lives, 2020 was a year where burnouts became normal, especially amongst the working professionals whose lives shifted gears completely. Keeping the situation in mind, Anxiety Management project was launched with an aim to hold bi-monthly interactive webinars for professionals, on how to tackle anxiety amidst the pandemic and lockdown.

Over the course of time, 5 sessions were organized on different themes including self-care, art therapy, finding balance, nutrition and soulful meditation. The webinars were conducted by an external expert including Ms. Sana Khullar, Ajachi Anthwal in collaboration with Tippling Art, Ms. Andrea Stone, Ms. Debjani Bhardwaj and Mr. Arindam Kalra had. Each session had an average of 400+ audiences and all received overwhelming responses from those who attended.



The poster is for an event titled "Soulful Saturdays" presented by the Global Shapers Gurugram Hub. It features the Ajachi Yoga logo (a pink lotus flower) and the Global Shapers Community Gurugram logo (a blue circular emblem). The event is "Mindful Chi" with Ms. Ajachi Anthwal, in association with Tippling Art (Sip & Paint). The event is scheduled for Sunday, September 06, from 12:00pm to 1:00pm. A photograph of Ms. Ajachi Anthwal in a yoga pose is shown on the right side of the poster.

Ajachi Yoga

GLOBAL SHAPERS GURUGRAM HUB

PRESENTS

*Soulful Saturdays*  
on

Mindful Chi  
With

**Ms. Ajachi Anthwal**  
in association with

**Tippling Art**

  
TIPPLING ART  
Sip & Paint

Sunday | September 06  
12:00pm-1:00pm

# Project Milestones

- Milestone #1** ● Session with Sana Khullar
- Milestone #2** ● Webinar with Ajachi Anthwal
- Milestone #3** ● Webinar with Andrea Stone
- Milestone #4** ● Webinar with Debjani Bhardwaj
- Milestone #5** ● Webinar with Arindam Kalra

## Nari Shakti

NariShakti is a community for working women professionals which aims to give them the tools and network they need to progress and lead professionally. Under this larger gender vertical, we are running various initiatives:

- Skillshots
- HadHiHai
- Online campaign on workplace bullying



### HOW TO START & RUN AN ONLINE VENTURE



with **Sharda Agarwal**  
Co-founder  
Sepalika

**29 Aug** | 4 pm - 5 pm

Register at [rebrand.ly/narishakti](https://rebrand.ly/narishakti)  
Questions? [GlobalShapersGurugram](#) on FB

# Project Highlights

## Milestone #1

3 sub themes

## Milestone #2

13 partner organizations

## Milestone #3

30 interviews conducted

## Milestone #4

350+ registered attendees

## Sub theme 1: SkillShots

Women interviewed 10

Content created 40

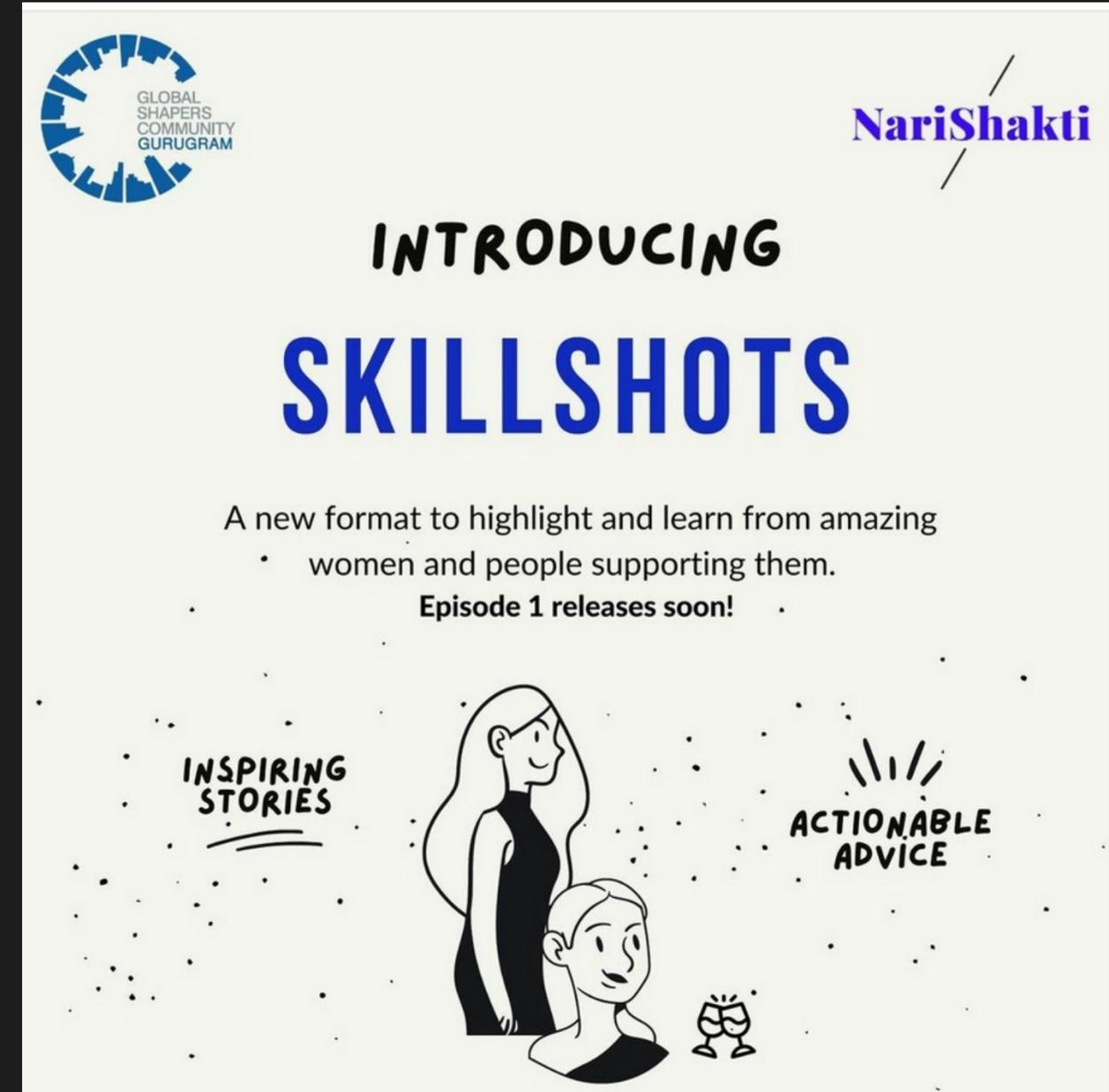
Registered attendees 300

Cities reached 100

Views on social media platforms 5000

Partners/ organizations engaged 3

A series of fascinating episodes where eminent personalities from various walks of life explore a range of topics like brand building, sales, storytelling, starting and scaling a business.



## Sub theme 2: HadHiHai

People interviewed 20

Social media posts 16

Reached on social media  
(impression) 6500+

Views on social media 1600+

Social media engagement) 400+

The aim was to amplify the voice of women against gender inequality through digital advocacy and an online campaign. Shapers interviewed members of the community to get a glimpse of what domestic violence means to them.



NariShakti

# #HadHiHai

16 days campaign against Gender-Based Violence

We reached out to our community around in India and asked them...

how many women in India, on average, have faced sexual harassment at work?

Our Partners ONE FUTURE

## Sub theme 3: Online campaign on workplace bullying

Doodles 30

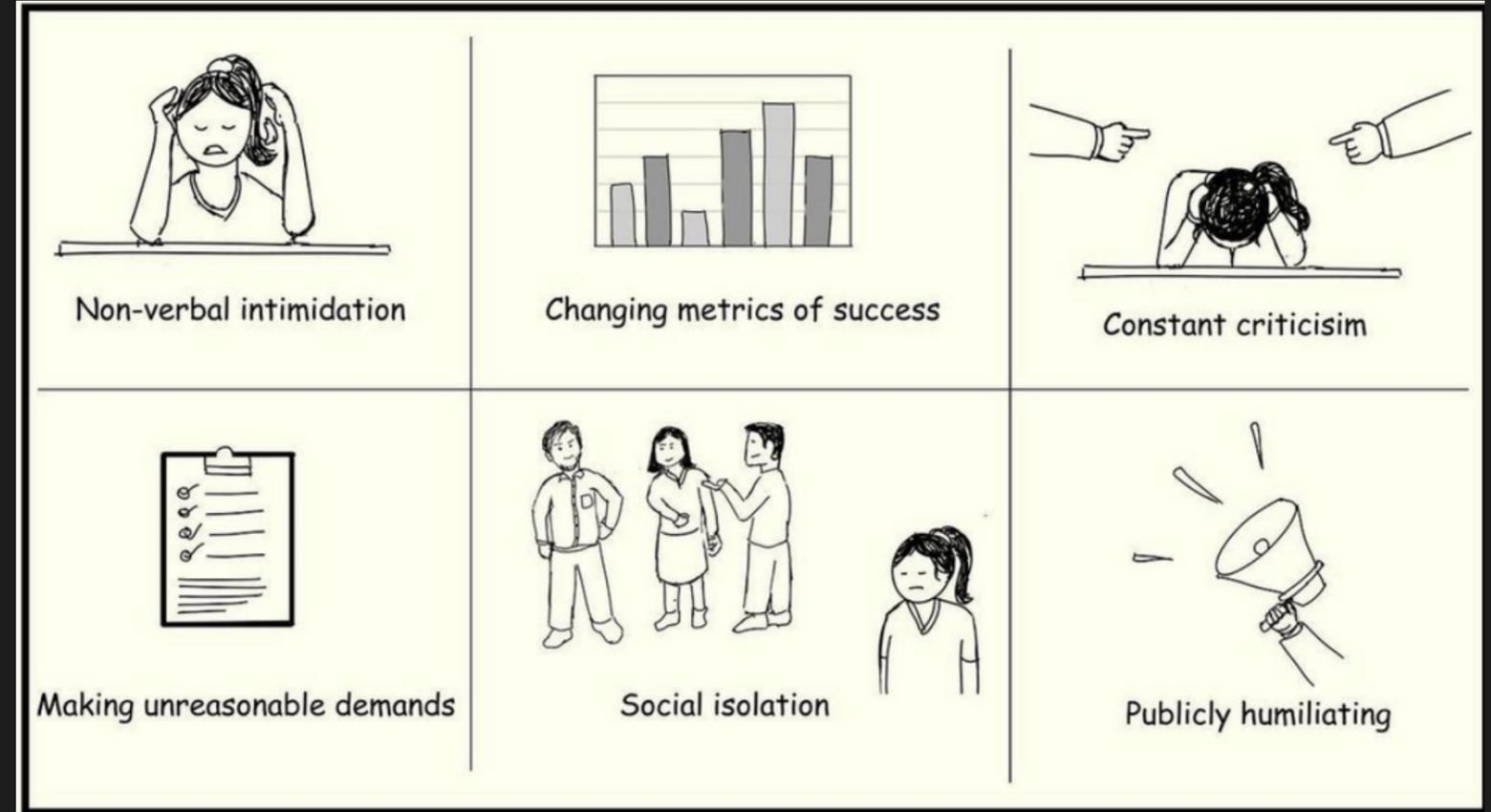
Blog posts 30

Partners 30

Workshop attendees 40

Views on social media 15000=

30 day campaign to help working professionals learn about ways to identify workplace bullies, how workplace bullying can affect someone, and the safe actions one can take against bullying. The campaign was followed by a workshop from the gender expert and lawyer.



# Shapers for Educators

Shapers for Educators is a cross hub collaboration aimed to address the need for upskilling of teachers in the wake of the pandemic. It was curated and delivered keeping in mind the fact that all educational institutions were transitioning to delivering content online and teachers were struggling to acquire skills such as - excel, powerpoint etc that would help them cope with this. The project was delivered in the form of a series of five interactive webinars over a span of four months. The topics covered included - excel, powerpoint, google forms and canva.



GLOBAL SHAPERS COMMUNITY GURUGRAM

AN EXCLUSIVE BOOTCAMP

## BASICS OF POWER POINT PRESENTATION FOR EDUCATORS



**BENEFITS :**

- LEARN IMPORTANT PPT TOOLS & SKILLS
- IMPROVE ONLINE TEACHING
- **CERTIFICATE** OF MERIT FOR ATTENDEES\*

**PROF. SAMAR GILL**  
20 years of training and research experience

**DETAILS**

**Date : 21st OCTOBER, 2020**  
**TIME: 5:00 - 6:00**  
**MODE: ZOOM**

**REGISTER NOW**

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OUR PARTNERS

CEO@18

LEAN IN | India Entrepreneurs

HEALTH SET GO  
THE BENCHMARK FOR HEALTHY SCHOOLS

GLOBAL SHAPERS COMMUNITY MARRAKECH

# Project Milestones

**Milestone #1**

Session on Excel #1

**Milestone #2**

Session on Excel #2

**Milestone #3**

Session on Powerpoint

**Milestone # 4**

Session on Canva

# Covid Relief

## Hub Activity

Through the months of February and March, we conducted multiple donation drives via different partners - NGOs, hubs in other cities and restaurant partners.

- 1) Via Superplum, we donated 450 kgs of mangoes in NCR and 800 kgs of mangoes in Bangalore
- 2) Via KS Bakers we donated 1000 packets of biscuits in Hyderabad
- 3) Via Sattviko, we donated dry snacks to 400 individuals in Gurgaon
- 4) Via Dr. APJ Abdul Kalam Trust we donated 350 biscuit packets and 350 bread packets to people in Gurgaon



# Shapers Day of Giving

## Hub Activity

As a hub, we came together to do a Christmas donation drive this December. Through our NGO partner - Dr. APJ Abdul Kalam Minority Trust, we supported a total of 147 families and 360 individuals. The items donated included - socks, gloves and mufflers. The amount for this was raised via an internal fundraiser within the hub. The total amount raised was INR 13,200



# Fundraising for second wave of Covid

## Hub Activity

As a hub, we collaborated with The Lung Care Foundation, Young Leaders for Active Citizenship (YLAC) and Global Shapers new Delhi Hub to procure oxygen concentrators for government hospitals in Delhi NCR. We raised funds for 100 oxygen concentrators which will be donated to under-resourced hospitals. This helped the hospitals to convert regular beds into oxy-beds, to provide oxygen to COVID-19 affected patients.



Every penny counts

Each donation can make a difference!

**PLEASE DONATE**



# Survey on Toxic Relationships

## Hub Activity

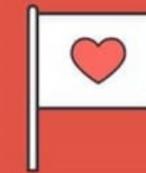
This Valentine's Day, we conducted a survey to understand how and why people across different age groups approach relationships not knowing that a lot of our beliefs about relationships are toxic to begin with & how these habits are baked into our culture.

### Key findings -

- 76% of our respondents said that they have been in a toxic relationship
- 71% said that pop culture promotes toxic relationships
- 74.1% of the respondents did not find it useful to discuss what they were going through with their partners

## TOXIC ROMANTIC RELATIONSHIPS

SURVEY | VALENTINE'S 2021



It can be hard to see the red flags and signs of a toxic relationship, so this Valentine's Day, we at Global Shapers Gurugram wanted to break down some of these patterns and statistics for you.

