



CHANDIGARH CITIZENS FOUNDATION
Connecting Citizen | Inspiring Collaboration | Nation Building



*Building Resilient
Minds, Healthier Futures*

PROJECT SAATHI

**Mental Health and
Well-being Programme
for School Students**

Chandigarh Region:
Blueprint For
India's Future

About Project SAATHI

Project SAATHI is a Pioneering, unique and impactful pilot initiative of Chandigarh Citizens Foundation (CCF) to improve the mental health and emotional well-being of school students. The four-month long daily engagement of students is a well-designed package of interventions that involve classical yoga and meditation, engaging games, fun activities, experiential life skills lessons and community group activities designed to reduce stress and enhance physical and mental health well-being of students. As a four-month pilot project it is being implemented in six government schools of Chandigarh, in collaboration with School Education Department of Chandigarh Administration

Project SAATHI was launched on January 28, 2026 by Shri Gulab Chand Kataria. Governor of Punjab and Administrator U.T Chandigarh

Building Resilient Minds, Healthier Futures

Rooted in classical framework of Śikṣana-krama and the Yoga Sutras, Project SAATHI channelises children's energy into structured learning, expression, discipline and inner stability.

Why This Matters

- Global health crisis–Rising levels of stress, anxiety, emotional distress and self-harm risks among students.
- Adverse impact of social media, academic pressure, family stress, loneliness & lack of role models
- Need to improve mental healthcare support system in schools
- Need for early preventive intervention to build resilience and life skills



Project SAATHI bridges this gap with a preventive, engaging, and holistic approach.

What We Do

- ✚ **Capacity building** of counselors and teachers by clinical psychologists of PGIMER and Government Medical College;
- ✚ **Fun activities and games** for ice-breaking, trust building
- ✚ **Classical Yoga Asanas, Pranayama and Meditation** for resilience and emotional balance
- ✚ **Experiential Life Skills Learning** through stories, role play and experience sharing
- ✚ **Community Group Activities** for fostering connection and teamwork

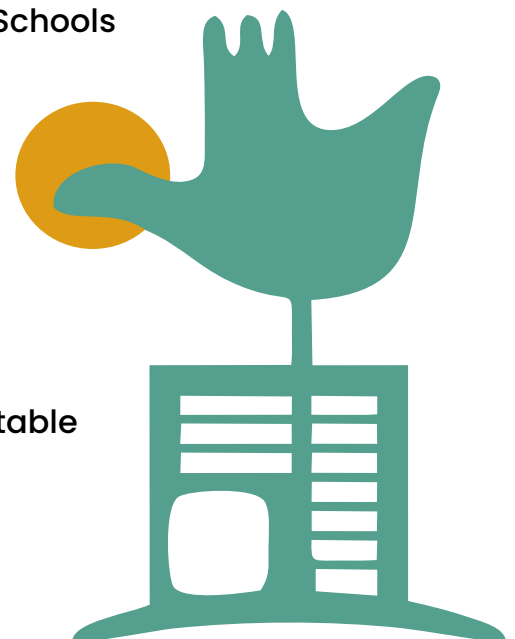


Who We Serve

- ✚ 3600 students of classes 7,8,9,&11 across 6 Government Schools in Sectors 10, 16, 18, 33, 38 and 39 Chandigarh
- ✚ 87 School Counsellors
- ✚ 150 Teachers

Pilot Vision

- ✚ Project Duration: Four Months
- ✚ Daily structured classroom sessions integrated into timetable
- ✚ Pre and post assessment for Classes 7, 8 and 9.
- ✚ Scalable model for replication across schools & colleges



How This Works

Practical experiential learning- No theory, lectures, books or notebooks

Games & Activities

- 👉 Traditional Games - Fast, lively, reflex based movements channel children's abundant energy reducing inertia and restlessness
- 👉 Team challenges and creative tasks build friendship, bonds and atmosphere of joy, trust and openness

Yoga & Meditation

- 👉 After movement and breadth, children are guided into stillness
- 👉 Dynamic asanas, pranayam and meditation to relax the body, infuse energy, calm the mind and balance emotions
- 👉 Creates a receptive state where children naturally open up





Life Skills Learning

- 👉 Stories, theatre, role play, writing, conversations and group reflections
- 👉 Safe space is created to express, trust and be heard in a non-judgmental atmosphere
- 👉 Children experientially learn life skills, building resilience :

- **Self-awareness and identity**

Discover the real me - uniqueness, inner powers, values, strengths and confidence

- **Power of thoughts and emotions**

Think Right, Feel bright- Cultivate calmness, clarity and confidence

- **Nutrition and Health**

Healthy body, happy mind - mindful eating & physical well being

- **Relationships**

Stronger together- empathy, communication and conflict resolution

- **Digital discipline**

Smart use, safe use- cyber safety, responsible technology use

- **Time management & Study skills**

Master your time- planning, focus, self-discipline

- **Environment & Sustainability**

Responsible action, environmental awareness, global perspective



Impact We Aim to Create

- Enhanced self awareness and emotional balance
- Reduced stress and anxiety among students
- Improved physical health, concentration and discipline
- Better expressions, social skills and relationships
- Resilience through lifelong coping tools

• Project Partners •

- 👉 Krishnamacharya
Ashtanga Viniyoga
- 👉 Brahmakumaris
- 👉 Isha Foundation





Voices

As the Nodal for the School Health Program it is often deeply concerning to witness the emotional and mental challenges faced by our students. In such a scenario, SAATHI brings a refreshing and meaningful change—no lectures, no textbooks, no teaching just a safe and open space where students can express themselves freely and speak from the heart. A much needed and inspiring step for Chandigarh school students by CCF in the right direction.

Mrs. Gurpreet Kaur

Nodal Health & Wellness coordinator for all Chandigarh Govt Schools

Project SAATHI has been successful in promoting student's physical, mental, and emotional well-being. The project has created a positive learning environment within the school. Teachers have observed noticeable improvements in student's behaviour, discipline, and interaction with their teachers. The programme has shown some positive changes among students and we recommend that it continue on a regular basis to ensure sustained benefits for students.

Satbir Kaur

Teacher GMSSS Sector 39

Project SAATHI has positively impacted our students' physical and mental well-being through yoga. It has improved their focus, discipline, and confidence. The initiative has created a healthier and more positive school environment. We sincerely appreciate this valuable programme.

Rupinder

Principal GMSSS Sector 33

Students shared that the sessions have helped them understand the importance of emotional well-being, stress management, healthy relationships, and positive communication. Engaging activities like mindfulness, abdominal breathing, Nyasam practice, group discussions, and interactive exercises have left them feeling calmer, more confident, and emotionally self-aware.

Many have shared that they can now manage their emotions better and find it easier to express their thoughts and feelings with friends and parents.

Rakhi Biswas

Counselor, GMSSS-16



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Mental health issues are ominously becoming a global crisis. When that affects the children, future of humanity is at risk. Chandigarh Citizens Foundation's initiative of Project SAATHI is a pioneering and unique experiment. Powerful tools of yoga, creative games, experiential life skills are empowering students to build resilience and better mental, emotional and physical health. This model can be replicated everywhere. Now, it is for all other schools and colleges in India and abroad to adopt this impactful model of mental healthcare for students and address what is becoming a global crisis.

General V P Malik
Former Chief of Army Staff
President Chandigarh Citizens Foundation

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Chandigarh Citizens Foundation

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