

## **What we did in 2018-19**

We conducted few fund-raising activities in Australia and overseas. EC members and our advisors paid membership fee voluntarily, which helped to generate fund for the projects. Our sponsor also contributed to our activities significantly. 100% of the fund was transferred to Innovation for Wellbeing Foundation (IWF) in Bangladesh to implement the project.

### **Fund raising activities**

- Jamdani sale (also promoting a Bangladeshi heritage)
- Manas product sale (Handmade Cushions)
- Fund raising breakfast in Toowoomba
- Fund raising high tea in Canberra

### **Sponsorship**

- Alvina's Collection

### **Mental Health Awareness creating activities in Australia and Bangladesh**

1. Our second round of Mental Health Awareness workshops in Bangladesh ended this year. Please see attached report. This report includes achievements at a glance, detail of the schools covered under this project, project description and activities.

2. We organised a “Youth Mental Health Workshop” for Bangladeshis living in Canberra in November 2018 with the support of Headspace Canberra and BAAC.
3. In addition to our fund-raising activities for the mental health project, we also organised a creative art competition “What is Happiness” to create mental health awareness. Ahelee from Melbourne, Rumaan and Shehvaar from Canberra won the prizes in three different categories. Pandsi board director, Dr Liana Leach (Senior Research Fellow at the ANU) and Dr Marian Currie from University of Canberra were in the Judges panel.
4. We organised a "Women Mental Health Workshop" in Canberra in August 2019 in collaboration with PANDSI and BAAC.

### **AGM 2018-19**

1. Dr Shamaruh Mirza presented the Annual Progress Report 2018-19
2. Samira Rahman presented the Financial Report 2018-19
3. Executive Committee 2019-20 was formed. Two new members Rezwana Farha and Rozana Azad were included in the EC 2019-20. Welcome to the team. We thank Dr Sabrin Farooqui for her support in last two years, we will miss her.

We would like to thank all our donors, sponsors, BAAC, partners and well-wishers for their consistent support in last two years. We strongly believe, together we can do better.

### **Attachments:**

Picture 1-6: Mental Health workshops in Bangladesh

Picture 7: Fund Raising high tea in Canberra

Picture 8: Jamdani sale

Picture 9: Fund raising breakfast in Toowoomba

Picture 10-11: Mental health workshop in Canberra

Report: Promoting School Mental Health Awareness