

# Policy Brief

# SAMA

Safeguarding adolescent  
emotional well-being in India

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## SAMA and the NEP – *The Impact on students, teachers and schools*

The NEP calls for an education system that must develop not only cognitive capacities - both the 'foundational capacities' of literacy and numeracy and 'higher-order' cognitive capacities, such as critical thinking and problem solving – but also social, ethical, and emotional capacities and dispositions.

Project SAMA aimed to simultaneously improve school education and youth wellbeing.

SAMA is a step change in delivering wellbeing programs in Indian schools. It moves us from fragmented, non-sustainable programs to viewing schools, teachers, youth and parents as interdependent systems to be support synergistically.

### Key messages

- SAMA is a whole school approach to 'Feeling Good and Doing Well'.
- SAMA integrates international and Indian evidence of 'what works'.
- SAMA operates as prevention and early intervention and builds safer school climates and processes.



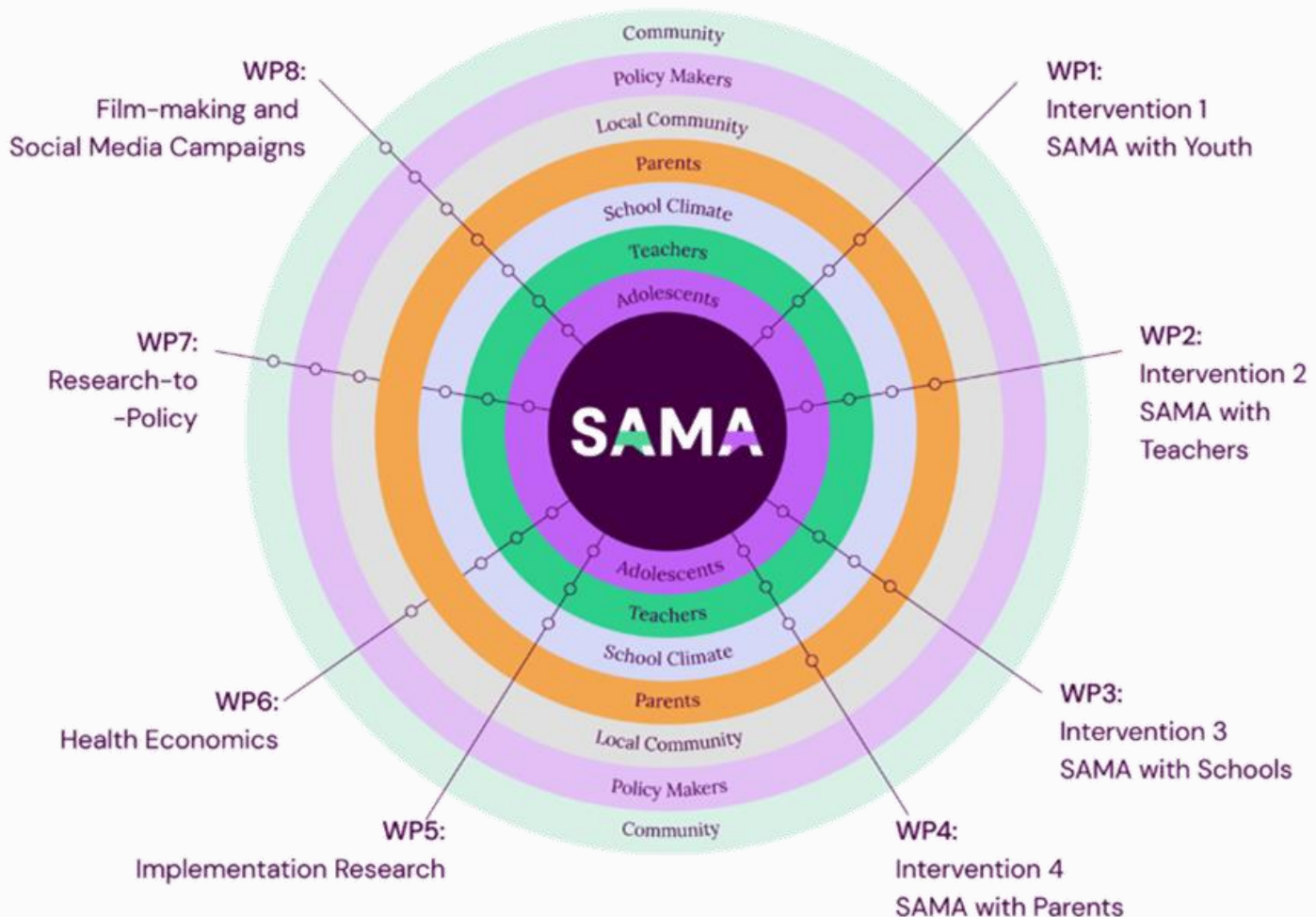
## Project SAMAL Co-production and Feasibility Study

The **ultimate goal of Project SAMA** is to **reduce** the prevalence of youth anxiety and depression and **increase** youth's wellbeing in school for academic and social outcomes

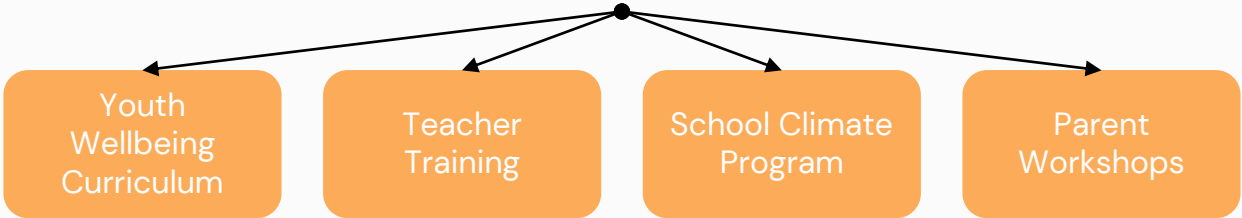
We work across levels of 'the system' influencing youth wellbeing, including individual, school, family, community and policy.

We promote understanding of youth wellbeing and mental health and why everyone benefits when young people in society are well.

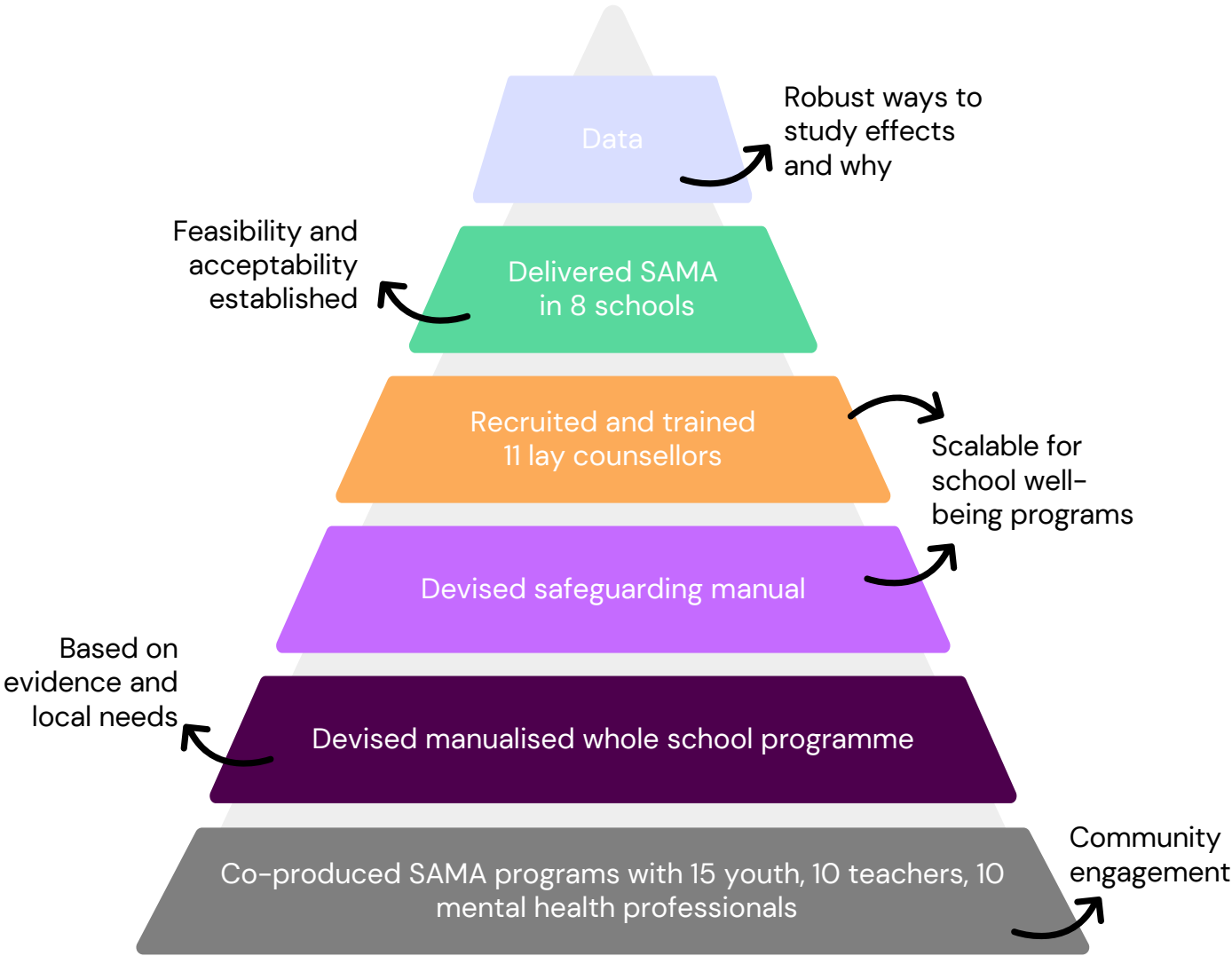
Young people, teachers and headteachers, mental health professionals and policy professionals are driving Project SAMA

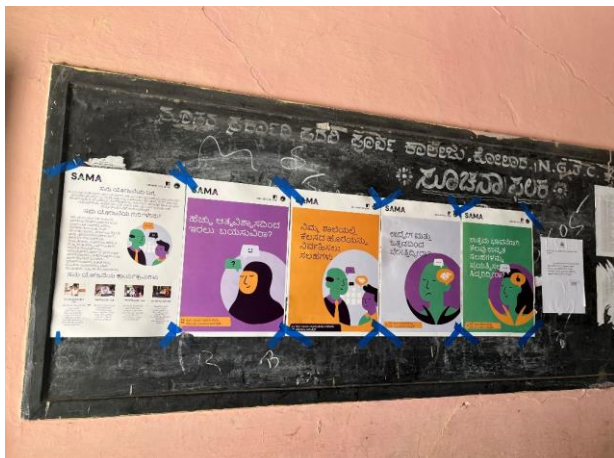


SAMA involves four interacting programs and a SAMA Snehitharu (a lay counsellor).



SAMA's Achievements across its three- years



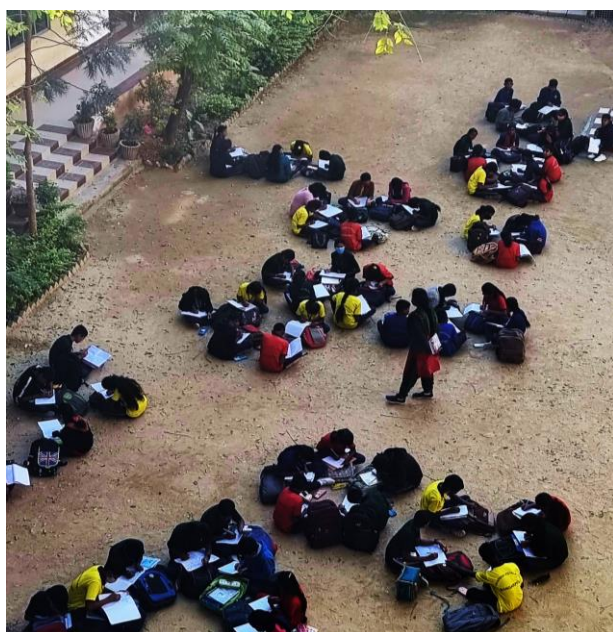


“SAMA is very important for adolescence because they take care of our feelings and suggest us what needs to be done if we are in a bad situation”–

*Student view on Project SAMA.*

“After SAMA built a rapport with our students, we have seen a drastic behavioral change in our students which is quite positive in nature”–

*Teacher view on Project SAMA.*



## Who is delivering Project SAMA?

Project SAMA represents interdisciplinary and international collaboration between NIMHANS and the University of Leeds (UK), working in partnership with Sangath (Goa), Indira Gandhi Medical and Research College (Puducherry), London School of Hygiene and Tropical Medicine (UK), Universities of Oxford, Birmingham and Bradford (UK).

It is funded by the Medical Research Council (UK) and has permission from HMSC and NIMHANS ethics committee.

## For more information

Visit [sama.org.uk](http://sama.org.uk). Alternatively, you can contact our SAMA research team via [projectsama.23@gmail.com](mailto:projectsama.23@gmail.com)