



BEHIND THE INK

foundation

Designing pathways to mental well-being in workspaces and communities through Expressive Arts and Social-Emotional skills

About i-behind the ink

At i-Behind the Ink, we encourage and create awareness about Mental Health and equip teams to prioritize their Well-being in organizational, group, and community settings. Using Art as a tool for expression and the SEE Learning framework we customize our programs and curriculums to cultivate compassion, build resilience, and cope with everyday stressors.

Over the span of two years, we have collaborated with various organizations and institutions to design, create, and implement curricula and projects for youth, employees, students, and beneficiaries at the grassroots.



Our Programs

ESHAA

Evolving Spaces for Healing and Acceptance through Art

A group based curriculum for encouraging work-life balance and mental health awareness in working professionals

MAMTA

Mental Health Awareness for Mothers through Art

Workshops for primary care-givers of families equipping them with tools to prioritise self-care and well-being

NAVATA

Nurturing Adolescence with Values and Aspirations through Art

Specifically designed curriculum to address emotional, social and physical needs and challenges of adolescents and young adults

TEJAS

Transitional Employment Journey Assisted Services

Workshops for longtime service personals before retirement to aid smooth transitioning

Projects &
Collaborations

Studybase
PowerUp School Education

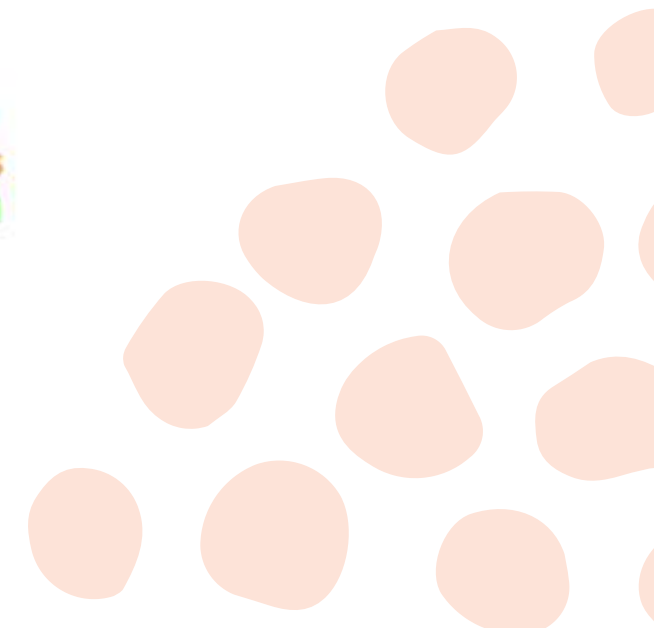


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UMOYA SPORTS
PLAY BEYOND BARRIERS





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