



Dhaka Medical College Hospital

Department of Psychiatry

To whom it may concern

This is to certify that the **Project Rummana** started its' journey in early 2022 which focuses on mental health of adolescents and young adults of Bangladesh. This age group is targeted as they are an intersection of sensibility and possibility, so by preparing them for the future can contribute largely to country's future.

The piloting of the project took place in four different educational institutes covering different academic levels and socio-economic backgrounds. Focusing on this age groups' mental health, this project module includes sessions on disseminating accurate knowledge regarding mental health, breaking the widespread taboos, injecting a sense of responsibility into them for the community.

The results were analyzed scientifically and showed significant level of change in knowledge, attitude and practice regarding mental health, which indicates the promise of this project. We are proud to be a witness of the formation of the project and delighted to be able to contribute to the designing of the intervention.

I wish this project to be successful and implemented in full scale.

Almamun
19.01.2023

Dr. Abdullah Al-Mamun

Professor and Head

Department of Psychiatry

Dhaka Medical College Hospital