

Application No. SP073

Q1. Applicant Information

Name (first and last)	Mohammad Haq
Email address	mohhaq@ucdavis.edu
Phone number (xxx) xxx-xxxx	5103858414
Name of Department/ Unit/ Student Organization	Muslim Student Association
What is your role or position within the Department/ Unit/ Student Organization?	Treasurer

Q2. Event/ Program Information

Name of the Event/ Program	Nourishing the Soul: Cultivating Mental Wellness in Our Community
Date(s) of Event (include the year; must take place in 2024-25 academic school year)	November 2nd
Location	California Hall
Estimated # of UC Davis students that will attend/ benefit from program	650
TOTAL event/ program budget (\$x,xxx)	20000
Funding request amount from COSAF (Student Programming Fund) (\$x,xxx)	15000

Q3. Please provide a detailed description and purpose of the event/ program.

Description: The event aims to create an inclusive and supportive space for members of our university community to come together and engage in meaningful discussions about mental health. Through a series of interactive workshops, talks, and activities, participants will explore various aspects of mental wellness, coping mechanisms, and strategies for self-care. The event will provide resources and support for individuals who may be struggling with mental health challenges or seeking guidance on how to support others in their community. **Purpose:** Raising Awareness: The event will raise awareness about mental health issues within our community, breaking down stigma and encouraging open dialogue about mental wellness for all individuals, regardless of background. **Cultural Sensitivity:** Recognizing the diversity within our community, the event will incorporate perspectives from various cultural and religious backgrounds, ensuring that support is inclusive and sensitive to the diverse needs of participants. **Education and Resources:** Workshops and talks will provide practical strategies and resources for managing stress, anxiety, and other mental health concerns, empowering participants to take proactive steps towards their own well-being. **Community Building:** Through group activities and discussions, the event will foster a sense of belonging and support within our community, encouraging participants to connect with one another and share their experiences in a supportive environment. **Faith and Spirituality:** While respecting individual beliefs and backgrounds, the event may explore how faith and spirituality can play a role in mental health and well-being, offering insights from various religious traditions. **Promoting Help-Seeking Behavior:** The event will encourage participants to seek help when needed and provide information about available mental health resources on campus and in the wider community, ensuring that support is accessible to all. **Empowerment:** By equipping participants with knowledge and skills related to mental health and well-being, the event will empower individuals to take control of their own mental wellness and advocate for the mental health needs of our community. Overall, "Nourishing the Soul: Cultivating Mental Wellness in Our Community" aims to create an inclusive and supportive environment where individuals from diverse backgrounds can come together to learn, share, and support one another on their journeys towards mental wellness.

Q4. How will the requested funds be utilized to support this event/ program?

Venue Rental: A portion of the funds will be allocated to rent an appropriate venue that can accommodate all participants comfortably and provide the necessary facilities for workshops, talks, and group activities. Speakers and Facilitators: Funds will be used to compensate speakers, facilitators, and mental health professionals who will lead workshops, give talks, and facilitate discussions during the event. This may include honorariums, travel expenses, and accommodation if necessary. Marketing and Promotion: Funds will be allocated to promote the event and reach a wide audience within the university community and beyond. This may include printing posters, flyers, and banners, as well as digital marketing efforts such as social media ads and email newsletters. Materials and Supplies: Funds will be used to purchase materials and supplies needed for workshops and activities, such as handouts, writing materials, art supplies, and audiovisual equipment. Refreshments and Catering: A portion of the funds will be allocated to provide refreshments and catering for participants, ensuring that they are comfortable and well-nourished throughout the event. Accessibility and Accommodations: Funds will be used to ensure that the event is accessible to all participants, including those with disabilities. This may include providing sign language interpreters, accessible transportation, and accommodations for individuals with specific needs. Evaluation and Follow-up: Funds will be allocated for the evaluation of the event, including surveys and feedback forms to assess its impact and gather suggestions for future improvements. Additionally, funds may be used for follow-up activities or resources to support participants after the event.

Q5. Please enter estimated attendance for the following groups.

Staff	<input type="text" value="5"/>
Faculty	<input type="text" value="10"/>
UC Davis Students	<input type="text" value="650"/>
Other (please specify and include number)	<input type="text" value="150 - other universities"/>

Q6. Who is the target audience of the event/ program? (e.g. students, program participants, users of a specific service)

University Students: This event primarily targets university students from diverse backgrounds who may be experiencing mental health challenges or seeking to learn more about mental wellness. Students are often under significant stress due to academic pressures, social dynamics, and other factors, making them a key demographic for mental health support. Faculty and Staff: Faculty members and university staff members are also part of the target audience. They may benefit from learning about mental health issues affecting students and how they can support student well-being within their respective roles. Community Members: While the event is hosted at the university, it is open to members of the wider community, including local residents, alumni, and individuals from neighboring institutions. Mental health is a universal concern, and opening the event to the broader community fosters inclusivity and promotes awareness beyond campus borders. Support Services Users: Individuals who have utilized or may potentially utilize mental health support services offered by the university, such as counseling centers or wellness programs, are also part of the target audience. The event can provide them with additional resources and strategies for managing their mental health. Religious and Cultural Groups: Given the inclusive nature of the event, members of religious and cultural groups within the university community are also encouraged to participate. The event may provide insights into how faith and culture intersect with mental health and offer support tailored to specific cultural or religious backgrounds.

Q7. What program, activity, or service will be provided?

Workshops and Seminars: Interactive workshops and seminars led by mental health professionals and experts will provide participants with practical strategies and coping mechanisms for managing stress, anxiety, and other mental health challenges. Topics may include mindfulness techniques, stress management, self-care practices, and building resilience. Panel Discussions and Talks: Engaging panel discussions and talks featuring guest speakers from diverse backgrounds will offer insights into various aspects of mental health, including cultural, religious, and social factors. Speakers may share personal experiences, research findings, and resources related to mental wellness. Peer Support Groups: Peer support groups facilitated by trained volunteers or mental health professionals will provide participants with a safe and supportive space to share their experiences, connect with others facing similar challenges, and offer mutual support and encouragement.

Q8. What will be learned?

Increased Awareness of Mental Health Issues: Participants will develop a deeper understanding of common mental health challenges such as anxiety, depression, stress, and burnout. They will learn about the signs and symptoms of mental health disorders and gain insight into the prevalence and impact of these issues within their communities. **Cultural and Religious Sensitivity:** Participants will develop cultural and religious sensitivity regarding mental health, learning how cultural and religious beliefs, practices, and norms influence perceptions of mental illness and help-seeking behaviors. They will gain a greater appreciation for the diverse ways in which mental health is understood and addressed across different cultural and religious contexts. **Practical Coping Strategies:** Participants will acquire practical coping strategies and skills for managing stress, anxiety, and other mental health challenges. They will learn mindfulness techniques, relaxation exercises, and self-care practices that can help promote mental wellness and resilience in their daily lives. **Effective Communication Skills:** Participants will enhance their communication skills, learning how to express their thoughts, feelings, and concerns related to mental health in a constructive and supportive manner. They will gain confidence in engaging in open and honest conversations about mental health with friends, family members, peers, and support providers. **Empathy and Compassion:** Participants will develop empathy and compassion towards individuals facing mental health challenges, recognizing the importance of offering non-judgmental support and understanding. They will learn how to actively listen, validate emotions, and provide encouragement and assistance to those in need. **Stigma Reduction and Advocacy Skills:** Participants will learn strategies for reducing stigma surrounding mental illness and promoting a culture of acceptance and support within their communities. They will gain advocacy skills and tools for challenging stereotypes, promoting awareness, and advocating for positive change in mental health policies and practices. **Personal Empowerment and Resilience:** Participants will feel empowered to take control of their own mental health and well-being, recognizing that they have the agency to seek help, access resources, and make positive choices that promote resilience and self-care. They will adopt practices that promote self-compassion, self-awareness, and personal growth. Overall, participants in the mental health event/program will leave with a deeper understanding of mental health issues, increased empathy and compassion towards others, practical skills for managing their own well-being, and a commitment to promoting mental wellness within their communities.

Q9. How will the learning be shown or what does the learning look like? (e.g. demonstrated knowledge of course material, change in behavior, a practiced skill, a task achieved)

Engagement in Discussions: Participants actively engage in discussions during workshops, seminars, and group activities, demonstrating their understanding of mental health concepts and their ability to articulate their thoughts, feelings, and perspectives on the topic. **Application of Skills:** Participants demonstrate the application of practical coping skills and strategies learned during the event, such as mindfulness techniques, relaxation exercises, or effective communication skills, in their daily lives. They may share examples of how these skills have helped them manage stress or improve their overall well-being. **Behavioral Changes:** Participants exhibit changes in behavior related to mental health, such as seeking help when needed, practicing self-care habits, or advocating for mental health awareness and support within their communities. These changes reflect a deeper understanding and acceptance of mental health issues and a commitment to taking positive action. **Increased Empathy and Sensitivity:** Participants show increased empathy and sensitivity towards individuals facing mental health challenges, demonstrating their ability to listen actively, offer support, and validate emotions without judgment. They may provide examples of how they have supported friends, family members, or peers who are struggling with mental health issues. **Reduced Stigma and Stereotyping:** Participants challenge stigma and stereotypes surrounding mental illness, both within themselves and within their communities. They may speak out against discriminatory language or attitudes, promote awareness of mental health issues, and advocate for greater acceptance and understanding. **Improved Self-Advocacy and Assertiveness:** Participants demonstrate improved self-advocacy and assertiveness in seeking help and accessing resources for their own mental health needs. They may share stories of overcoming barriers to seeking support, such as stigma or cultural norms, and taking proactive steps towards their own well-being. **Supportive Community Building:** Participants contribute to creating a supportive and inclusive community environment where individuals feel comfortable discussing mental health openly and seeking help without fear of judgment or discrimination. They may participate in peer support groups, organize mental health initiatives, or facilitate conversations about mental wellness within their social circles.

Q10. How does the event/ program provide services that are of growing interest to students? (if applicable)

Relevance to Student Experience: The event addresses mental health issues that are highly relevant to students, such as academic stress, social pressures, financial concerns, and transitions to adulthood. By focusing on topics that directly impact their lives, the event captures the interest of students and provides them with valuable insights and resources. **Inclusivity and Diversity:** The event acknowledges the diverse backgrounds and identities of students and provides services that are inclusive and culturally sensitive. By incorporating diverse perspectives on mental health, including those related to culture, religion, and ethnicity, the event appeals to students from various backgrounds and fosters a sense of belonging and understanding. **Practical and Applicable Skills:** The event offers practical skills and strategies for managing mental health challenges that students can apply in their daily lives. Whether it's mindfulness techniques for stress reduction, communication skills for building relationships, or self-care practices for maintaining well-being, the event provides students with actionable tools to address their mental health needs. **Peer Support and Connection:** The event facilitates peer support and connection among students, recognizing the importance of social support in promoting mental wellness. Through group activities, peer support groups, and opportunities for shared experiences, students can connect with others who may be facing similar challenges and find solidarity and understanding. **Accessibility and Outreach:** The event strives to be accessible and inclusive, reaching out to students through multiple channels and ensuring that services are available to all who may need them. By offering a variety of formats, such as workshops, seminars, and online resources, the event caters to different preferences and schedules, making it easier for students to participate and engage.

Q11. How does the event/program foster diversity, equity, and inclusion?

Representation and Diverse Perspectives: The event incorporates diverse voices, experiences, and perspectives on mental health, including those from different cultural, religious, ethnic, and socioeconomic backgrounds. By featuring speakers, facilitators, and content that reflect the diversity of the student body and broader community, the event ensures that all participants feel represented and valued. **Cultural Sensitivity and Awareness:** The event promotes cultural sensitivity and awareness by acknowledging and respecting the cultural norms, beliefs, and practices related to mental health within various communities. By offering workshops, discussions, and resources that are culturally relevant and sensitive, the event creates a welcoming and inclusive environment for participants from diverse cultural backgrounds. **Equitable Access to Resources and Support:** The event promotes equitable access to mental health resources and support services, recognizing that marginalized communities may face additional barriers to accessing care. By providing information about available resources, advocating for inclusive policies, and addressing systemic barriers to mental health care, the event strives to ensure that everyone has access to the support they need to thrive. **Community Building and Allyship:** The event fosters community building and allyship among participants, encouraging solidarity and support across diverse identities and backgrounds. By facilitating dialogue, collaboration, and mutual understanding, the event promotes empathy, compassion, and active engagement in creating a more inclusive and equitable campus community.

Q12. How does the event/ program provide crucial services to students? (if applicable)

Accessible Mental Health Resources: The event offers students access to a wide range of mental health resources, including workshops, seminars, peer support groups, and information booths. These resources provide students with valuable information, tools, and support for managing their mental health and well-being. **Skill-Building Opportunities:** The event provides students with opportunities to develop important skills for managing stress, coping with challenges, and promoting mental wellness. Workshops and activities may focus on topics such as mindfulness, stress management, communication skills, and self-care practices, equipping students with practical tools they can apply in their daily lives. **Supportive Community and Peer Connections:** The event creates a supportive community where students can connect with peers who may be facing similar challenges and share their experiences in a safe and non-judgmental environment. Peer support groups, group discussions, and interactive activities foster a sense of belonging, solidarity, and mutual support among participants. **Education and Awareness:** The event raises awareness about mental health issues and promotes education and dialogue surrounding mental wellness. By providing information about common mental health challenges, destigmatizing conversations about mental illness, and promoting awareness of available resources and support services, the event empowers students to take proactive steps towards their own well-being. **Advocacy and Policy Change:** The event may serve as a platform for student advocacy and activism around mental health issues. Participants may have the opportunity to advocate for changes in campus policies and practices, increase access to mental health resources, and promote a more supportive and inclusive campus culture for all students.

Q13. Has your Department/ Unit/ Student Organization put on this event in the past?

- Yes
- No
- Uncertain

Q14. Please provide the following information on the previous event(s).

This question was not displayed to the respondent.

Q15. How was the success of the event measured?

This question was not displayed to the respondent.

FUNDING AMOUNT REQUESTED FROM COSAF | 2024-25

Name of Event/Program:

Nourishing the Soul: Cultivating Mental Wellness in Our Community

Name of Department/Unit/Student Organization:

Muslim Student Organization (Collaboration with Beautiful Minds Project, Fa

Program Date(s): **November 2nd**

ITEM	ESTIMATED COST	SUB-TOTAL
FACILITY: Room Rental, Room Set-Up, Equipment Rental, Audio/Video		
1.	Room Rental and Set-Up Costs	\$ 500.00
2.	Miscellaneous Facility Expenses	\$ _____
3.		\$ _____
4.		\$ _____
5.		\$ _____
6.		\$ _____
		\$ 500.00
FOOD: Refreshments, Breakfast, Lunch, Dinner (include estimated cost per person)		
7.	Refreshments and snacks during breaks	\$ _____
8.	Dinner Catering	\$ 4,500.00
9.	Lunch Catering	\$ _____
10.	Additional Food Expenses	\$ _____
11.		\$ _____
12.		\$ _____
		\$ 4,500.00
PERFORMERS, GUEST SPEAKERS, HONORARIA		
13.	Honorarium for Guest Speakers	\$ 10,000.00
14.	Honorarium for miscellaneous contributors	\$ _____
15.		\$ _____
16.		\$ _____
17.		\$ _____
18.		\$ _____
		\$ 10,000.00
PUBLICITY/MARKETING: Flyers, Posters, Advertising, Mailing, Printing		
19.	Advertising Costs, Printing Flyers, Printing Posters, Social media	\$ _____
20.		\$ _____
21.		\$ _____
22.		\$ _____
23.		\$ _____
24.		\$ _____
		\$ 0.00
SUPPLIES: Decorations, Online Tools, Software, Licenses		
25.	Event Decorations and Additional Supplies	\$ _____
26.	Software Licenses	\$ _____
27.	Miscellaneous Publicity/Marketing Expenses	\$ _____
28.		\$ _____
29.		\$ _____
30.		\$ _____
		\$ 0.00
TRAVEL: Transportation, Parking, Lodging		
31.	Transportation Expenses	\$ _____
32.	Parking Fees	\$ _____
33.	Lodging Fees	\$ _____
34.	Miscellaneous travel expenses	\$ _____
35.		\$ _____
36.		\$ _____
		\$ 0.00
Total Amount Requested from COSAF:		\$ 15,000.00
OTHER FUNDING SOURCES: Income, ASUCD, Dept & Club Contributions		
1.	TBD	\$ _____
2.	TBD	\$ _____
3.	TBD	\$ _____
4.		\$ _____
		\$ 0.00

BUDGET SUMMARY

Please Enter Total Event/Program Budget:	\$ 20,000.00
Less Other Fund Sources:	\$ 0.00
Less Amount Requested from COSAF:	\$ 15,000.00
Balance (if any):	\$ 5,000.00