



**STAR OF NEW GENERATION1**

# PROJECTS

## OVERVIEW



**STAR OF NEW GENERATION<sup>1</sup>**

# **PROJECTS OVERVIEW**

**Star of New Generation1 (SNG1) Company Limited** is a company that mainly deals with mental health and generational related services. SNG1 is a recognized and registered company in Tanzania with *Reg. No. 171466490*.

Star of New Generation 1 Limited (SNG1) prioritizes the welfare of individuals while also emphasizing the importance of generational well-being. SNG1 believes that a major contributor to poor living standards, mental health challenges, generational cycles of abuse, and general health issues is the failure of individuals to fully understand, accept, develop, maintain, and evaluate their abilities throughout life. This core philosophy, founded by Psychologist *Baraka Tumsime Mushobozi*, guides our mission at SNG1.

The founder's vision for SNG1 is that a wide range of global challenges, including those affecting personal development, health, and generational welfare, can be addressed through mental health practices focused on self-awareness, acceptance, and the wise utilization of personal abilities. SNG1's projects, services, and programs aim to support individual well-being in a way that also benefits future generations.

To achieve this, SNG1 invests in promoting generational and transformed mindsets, as well as in developing cognitive skills and emotional intelligence.

**Our Slogan**

“

*Mental Health  
for Individual  
and Generation's  
Welfare.*

”

# PROJECTS

## OVERVIEW

At Star of New Generation<sup>1</sup> Co. Ltd., our projects are designed to address the core challenges faced by individuals and communities while providing actionable solutions that promote long-term mental health and generational welfare.

Each project highlights a specific problem or issue identified by SNG1, rooted in our understanding of the factors that hinder personal and societal growth. These initiatives focus on bridging knowledge gaps, equipping individuals with essential skills, and fostering resilience to navigate life's challenges.

By aligning our efforts with our mission to transform mindsets and empower abilities, SNG1 projects aim to deliver sustainable outcomes. Whether it is enhancing family dynamics, improving mental health practices, or fostering generational inheritance, the accompanying solutions and long-term impacts reflect our commitment to holistic development for individuals and future generations.

The projects aim to assist individuals in overcoming various setbacks that may hinder their abilities, performance, health, and quality of life as they pursue their personal goals. Below, we present a highlight of these initiatives, presenting their observed challenges, and their envisioned impacts to individuals, communities, and generations.

01

02

03

04

05

06

PRODUCTION PSYCHOLOGY

CULTURAL PRACTICE

FAMILY REJUVINATION

FOOD MINDSET

LEADERS

GENERATIONAL INHERITANCE

## SOME OF SNG1 PROJECTS

07

08

09

10

11

12

13

CHILD-YOUTH EXISTENCE

SUBJECTS APPLICATION

PSYCHOLOGICAL REJUVINATION

MENTAL HEALTH FOR PREGNANT WOMEN

TALENT DEVELOPMENT

EAGLE STAR

AFYA YANGU, AFYA YETU

## SOME OF SNG1 PROJECTS



## Problem observed



Many people develop health problems, complications, and mental health challenges because they are not involved in productive activities or fail to seek sound counseling and psychological interventions before, during, and after engaging in production.

## Potential Long-term Impact

The long-term impact of this project is to nurture individuals with a generational mindset, a transformed mindset, and psychological support. These individuals will develop good mental health for effective and efficient production, benefitting both themselves and future generations. This approach will help families, individuals, and generations achieve better mental health, a foundation for competitive and sustainable production across generations.







### Problem observed



While many cultural practices promote psychological well-being, others contribute to mental health challenges. However, individuals often lack knowledge about how these practices work technically and their effectiveness in improving mental health. This knowledge gap creates dilemmas about which practices to continue or abandon for promoting mental health.

### Potential Long-term Impact

The project aims to eliminate dilemmas by providing knowledge and skills to help individuals identify, sustain, and formulate cultural practices that promote mental health. It will empower people to understand the effectiveness of these practices, enabling their integration into psychological interventions to enhance individual and generational welfare.



## 03

## FAMILY REJUVINATION PROJECT



### Problem observed



Modern families face numerous challenges such as health problems, financial crises, mental health issues, and losses. These challenges often affect cognitive abilities, performance, and overall family health. Many families fail to seek psychological assistance to recover, resulting in unhealthy family dynamics that hinder personal development, foster poor parenting, and perpetuate learned abuse, poverty, and violence.

### Potential Long-term Impact

This project will rejuvenate families after they experience significant challenges. Healthy families will support members' physical, social, spiritual, and psychological development, enabling them to achieve their dreams and maximize their abilities. The project aims to reduce learned abuse, violence, and health problems, fostering individuals' and generations' welfare into psychological interventions to enhance individual and generational welfare.





### Problem observed

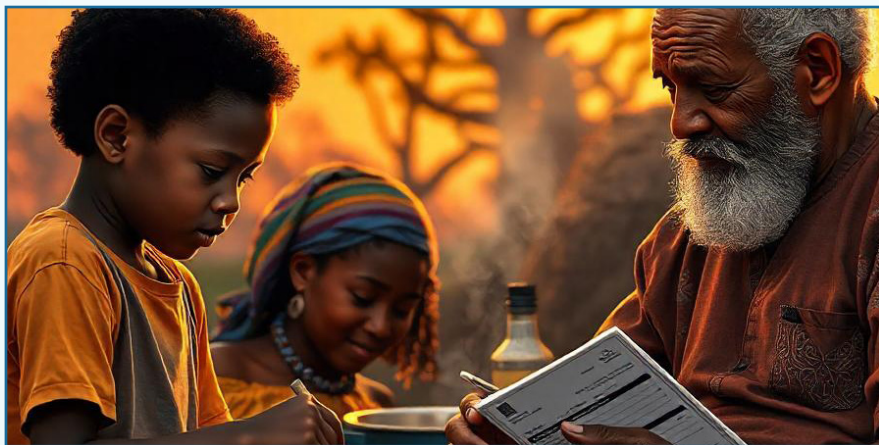


Many individuals lack knowledge and a smart mindset for approaching and utilizing food nutrients, supplements, and healthy diets tailored to brain development and overall health. Poor food choices, preparation, and utilization often lead to mental health challenges, negatively impacting individuals' development and performance.

### Potential Long-term Impact

The project aims to educate individuals on selecting and preparing diets that promote mental and physical health. This will reduce health problems caused by improper food habits, fostering individuals and generations with good mental health, brain development, and overall well-being.





### Problem observed



There is a lack of emphasis on preserving generational mindsets and historical practices that motivate individuals to achieve personal and generational success. This gap results in individuals missing critical motivational triggers for development, leading to mental health challenges and poor utilization of abilities.

### Potential Long-term Impact

This project will help individuals learn, embrace, and sustain useful historical practices and generational knowledge. It will foster good mental health, enabling individuals to use their abilities to overcome challenges and achieve success while creating an environment that supports mental health and welfare for future generations.





### Problem observed



Followers often fail to prioritize their leaders' mental health, which is essential for leaders to effectively prove their abilities and drive development. Without good mental health, leaders struggle to manage emotions, maintain relationships, and foster progress, leading to poor productivity, conflicts, and unhealthy parenting practices.

### Potential Long-term Impact

The project will equip leaders and followers with knowledge of healthy coping mechanisms to address stress triggers and psychological challenges. This will lead to improved cognitive, social, physical, and spiritual abilities, fostering healthy families, productive workplaces, and reduced mental health challenges in communities.







### Problem observed



Many children and youth are not adequately prepared to understand their purpose or contribute to their own and generational welfare. Depression from life stressors has led to an increase in suicide attempts among this group. A lack of preparation results in adults who lack life skills and a generational mindset, creating developmental and social complications.

### Potential Long-term Impact

This project seeks to prepare children and youth to understand the importance of their existence and their contributions to mental health and generational welfare. It aims to reduce life challenges and promote healthy development for children, youth, and future adults.





## Problem observed



Although pregnant women receive essential medical services and nutritional supplements, they often lack psychological support. Many turn to unhealthy coping mechanisms, such as substance abuse or breaking rules unintentionally, when faced with stress from emotional, family, chemical, social, and occupational triggers. These behaviors can lead to serious complications for the pregnant women, their pregnancies, and their babies.

Unmanaged stress in pregnant women may result in conditions such as antenatal or postpartum psychosis, anxiety, bipolar disorder, eating disorders, and

cardiovascular diseases. Poor stress management during pregnancy may cause complications like miscarriages, stillbirths, or developmental issues in babies. The resulting effects transcend generations, reducing the quality of life for families, communities, and nations while straining resources needed to achieve global sustainable development goals (SDGs).

### Potential Long-term Impact

The project aims to provide pregnant women with psychological training, counseling, and support to manage stress effectively. This will promote good mental health for pregnant women, prevent complications for their pregnancies, and support the healthy development of their babies. Over time, this initiative will result in mentally and physically healthy children who contribute positively to society, fostering individual and generational welfare.







### Problem observed



Many people neglect mental health and healthy coping mechanisms, leading to individual health problems, reduced performance, and poor well-being. Unmanaged stress from emotional, chemical, family, social, spiritual, and physical triggers exacerbates mental health challenges, resulting in disorders such as depression, anxiety, cardiovascular issues, ulcers, and memory disorders. These problems impair individuals' performance across various aspects of life, from relationships to professional settings.

## Potential Long-term Impact

The project aims to educate individuals on prioritizing mental health and adopting healthy coping mechanisms to improve performance and well-being across family, community, and professional settings. By addressing mental health issues proactively, the initiative will reduce health problems and complications, fostering healthier individuals and generations that contribute to sustainable national and global development goals.





### Problem observed

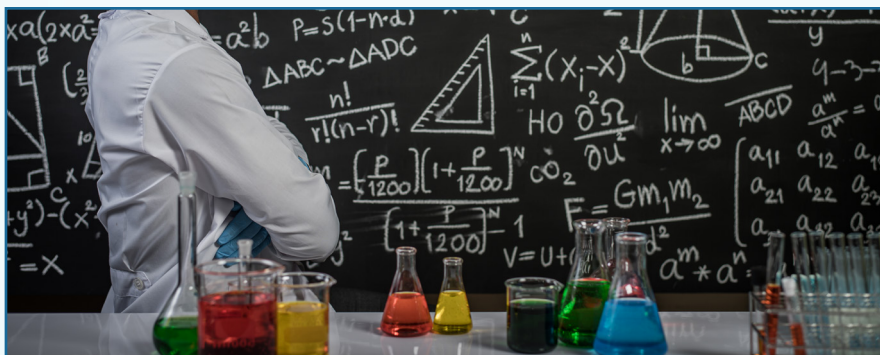


Many people face significant life challenges—such as health crises, mental health problems, or losses—that affect their cognitive abilities, dreams, and overall well-being. Without psychological assistance, these individuals often struggle to recover, leading to unrealistic and unfulfilled lives across mental, physical, social, and spiritual dimensions.

### Potential Long-term Impact

This project will provide psychological interventions to help individuals rejuvenate their mental and emotional well-being. As a result, they will live fulfilling lives, achieve their dreams, and maximize their potential. The initiative will promote personal and generational welfare by fostering resilient individuals who can contribute positively to their communities.





## Problem observed



Pupils, students, trainees, and instructors often lack the psychological maturity and understanding needed to apply what they learn in solving real-world problems. This gap is further exacerbated by inadequate preparation methods, resulting in a disconnect between education and practical life. Consequently, individuals develop mental health challenges, impairments, and struggles within family, community, and governmental systems, perpetuating poverty and other social issues.

## Potential Long-term Impact

This project will empower learners to apply taught subjects and courses to their daily lives with confidence and determination. By fostering psychological maturity and strong self-esteem, the initiative will raise successful individuals and generations who contribute positively to society while promoting mental health and well-being.





### Problem observed



Talented individuals often go unrecognized, especially those with little or no formal education, despite their significant contributions to societal development. Society tends to prioritize academicians and professionals, leaving many talented individuals unproductive and unable to contribute innovative ideas. This imbalance stifles creativity and potential in individuals who could foster socio-economic growth.

### Potential Long-term Impact

The project aims to empower talented individuals by integrating them with academicians and professionals. This collaboration will allow talented individuals to enhance their skills while professionals gain traits like persistence and creativity. Over time, this initiative will foster a culture of innovation, resulting in productive communities that solve critical challenges and contribute to socio-economic growth.





### Problem observed



Many individuals lack proper counseling and psychological interventions to navigate the transitions of human and family life cycles. This gap often leads to mental health challenges, disorders, and poor overall development. Improper transitions affect individuals' performance, relationships, and capacity to achieve personal and generational goals.

### Potential Long-term Impact

This project seeks to equip individuals with the knowledge and skills needed to approach life transitions wisely. By supporting their development and well-being, the initiative will foster healthier, more resilient individuals and families who can achieve their dreams and contribute positively to their communities.





# 14

## PSYCHOLOGICAL AND MENTAL HEALTH FACILITY DESIGNING

### PROJECT



### Problem observed



Many individuals and organizations recognize the importance of establishing mental health and psychological counseling facilities but lack the expertise and guidance needed to design and implement these solutions effectively within their specific settings and requirements. This gap prevents the development of spaces where mental health services can be delivered optimally, delaying access to crucial support for communities.

## Potential Long-term Impact

This project aims to provide tailored guidance and support in designing counseling and mental health facilities. By understanding the unique needs of various settings—be it schools, workplaces, or community centers—this initiative will facilitate the creation of spaces conducive to healing, growth, and psychological well-being. The ultimate goal is to empower individuals, organizations, and communities to establish sustainable facilities that enhance mental health and generational welfare.



# 15

## INTELLIGENCE TRAINING PROJECT



### Problem observed



Many people lack awareness about the different types of intelligence—emotional, social, logical, creative, and others—and their profound impact on daily life and personal development. This gap in knowledge hinders individuals from leveraging their unique abilities to solve problems,



manage relationships, and contribute meaningfully to their communities. Without this understanding, mental health challenges and other health issues often go unresolved.

### **Potential Long-term Impact**

This project seeks to educate individuals about the various forms of intelligence and their applications in everyday life. Participants will gain the tools and knowledge to harness their intellectual potential, improve their mental health, and contribute effectively to their communities. In the long term, this initiative will foster resilient individuals equipped to navigate life's challenges wisely, promoting sustainable development and generational welfare who can achieve their dreams and contribute positively to their communities.





## Join Us in Building a Healthier Future for Individuals and Generations!

At SNG1 Company Limited, we believe that addressing mental health challenges is the cornerstone of individual and generational welfare. Our innovative projects – from empowering families and youth to enhancing psychological well-being through nutrition, talent development, and cultural practices- are designed to transform lives.

### Why Support Our Projects?

By supporting any our initiatives, you will:

- ✓ ***Transform Lives:*** Empower individuals and communities to overcome challenges and unlock their potential.
- ✓ ***Invest in Generational Welfare:*** Foster sustainable development through mental health and psychological well-being.
- ✓ ***Be a Catalyst for change:*** Your support will create ripple effects of positivity across families, communities, and nations.

### How You Can Help

We welcome individuals, institutions, companies, communities, and organizations to partner with us by funding or supporting any of our highlighted projects. Together, we can make a lasting impact for people and communities in need.

*“Together, we can redefine mental health for a better tomorrow!”*



## CONTACT US TODAY

For More Information

For detailed project(s) proposals and related documents, reach to us:



Phone: +255 767 760 660



Email: [info@sng1.co.tz](mailto:info@sng1.co.tz) || [barakamkemia@gmail.com](mailto:barakamkemia@gmail.com)



Iringa, Tanzania.



Follow our social media platforms:



*Star of New Generation1*



<https://sng1.co.tz>

