



PPUGI MEN'S MENTAL HEALTH CONFERENCE 2026 BLUEPRINT

when men are supported, a woman fulfils her purpose, families become stronger, communities become healthier, and society becomes more peaceful and united.



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ABOUT PEACE, PROGRESS AND UNITY GLOBAL INITIATIVE (PPUGI)

Peace, Progress and Unity Global Initiative (PPUGI) is a non-governmental organization committed to promoting peace, progress, unity, mental health advocacy, humanitarian services, community development, youth empowerment, and social inclusion.

Founded by Her Eminence Amb. Dr. Prevail Farida Olayinka Ahmed, FCPA, DFILMMD-UK, CPAC, PPUGI was established to foster a culture of peace, strengthen communities, and create opportunities that empower individuals and promote sustainable development.

Headquarters

Global Headquarters: Lagos State, Nigeria.

Vision

To build a world where peace, progress, and unity serve as the foundation for sustainable development, justice, and human dignity.

Mission

To promote peaceful coexistence, support vulnerable populations, empower communities, advocate for mental health and wellbeing, and drive initiatives that contribute to social and economic development.



ABOUT PEACE, PROGRESS AND UNITY GLOBAL INITIATIVE PPUGI

Core Areas of Focus

Peacebuilding and Conflict Resolution
Mental Health Advocacy and Support
Humanitarian Services and Community Outreach
Youth Leadership and Empowerment
Women Development and Inclusion
Education and Capacity Building
Social Justice and Human Rights Advocacy
Community Engagement and Sustainable Development

Major Programs

PPUGI Men's Mental Health Conference and Awareness Campaigns
Community Peace Clubs (CPC)
Youth Leadership and Development Programs
Women Empowerment Initiatives
Humanitarian Relief and Support Projects
Peace Dialogues and Advocacy Campaigns
Leadership Development and Mentorship Programs

Motto

"Peace begins with Understanding and ends in Unity."



ABOUT THE CONFERENCE

The PPUGI Men's Mental Health Conference & Awards is an annual flagship initiative of Peace, Progress and Unity Global Initiative (PPUGI) dedicated to raising awareness about men's mental health, emotional wellbeing, resilience, and the importance of seeking support.

The conference provides a safe platform for honest conversations around the unique challenges men face in society, while promoting practical solutions, support systems, and healthier approaches to emotional and mental wellbeing.

The event brings together professionals, policymakers, community leaders, faith leaders, corporate organizations, security personnel, traditional institutions, and men from all walks of life to engage in meaningful discussions that foster healing, growth, and positive change.

In recognition of exceptional service to humanity, the event also features an Awards Ceremony to honour individuals whose contributions continue to make a significant impact in society.



WHY WE DO WHAT WE DO

At Peace, Progress and Unity Global Initiative (PPUGI), we recognize that many men are silently carrying burdens that often go unseen and unaddressed.

Society frequently expects men to be strong at all times, provide solutions to every problem, suppress their emotions, and endure life's pressures without complaint. Unfortunately, these expectations have contributed to a culture where many men suffer in silence, often without the support they need.

Behind many smiles are hidden struggles. Behind many achievements are battles with stress, anxiety, burnout, grief, loneliness, emotional exhaustion, financial pressures, relationship challenges, and other mental health concerns that are rarely discussed.

Far too many men are taught to remain silent rather than seek help. As a result, many continue to struggle alone until their challenges begin to affect their families, relationships, careers, health, and overall quality of life.

This is why PPUGI remains committed to creating safe spaces where men can be heard, supported, empowered, and encouraged.



WHY WE DO WHAT WE DO

We believe that:

- Mental health is not a weakness; it is a vital part of overall wellbeing.
- Seeking support is a sign of strength, not failure.
- Every man deserves access to encouragement, guidance, and support.
- Healthy men contribute to healthier families, stronger communities, and a more peaceful society.
- When men thrive emotionally and mentally, everyone around them benefits.

The PPUGI Men's Mental Health Conference & Awards was established to break the culture of silence, challenge stigma, encourage healthy conversations, provide practical support, and inspire hope.

Beyond awareness, we are building a movement that reminds men that they do not have to carry life's burdens alone.

Our goal is not only to start conversations but also to save lives, strengthen families, improve communities, and promote a culture where men feel safe enough to speak, heal, grow, and seek help when needed.

This is why we do what we do.



WHY WE DO WHAT WE DO

Because every man matters.

Because every life matters.

Because no man should suffer in silence.

Our Message Remains:

“You’re First Human Before Being a Man.”

And when men are supported, a woman fulfils her purpose, families become stronger, communities become healthier, and society becomes more peaceful and united.



OUR JOURNEY SO FAR

Since its inception, the PPUGI Men's Mental Health Conference has continued to grow in reach, impact, and relevance.

Notable Achievements

2025 Edition

The 2025 edition successfully brought together about 1,000 participants, including men from various professions, community leaders, healthcare professionals, and representatives from several security agencies.

Key achievements included:

- Increased awareness of men's mental health challenges.
- Promotion of conversations around emotional wellbeing among men.
- Strengthened partnerships between mental health professionals and community stakeholders.
- Enhanced visibility of men's mental health advocacy across different sectors.
- Encouragement of early help-seeking behaviours among participants.
- Creation of new support networks for men experiencing emotional and mental health challenges.

FEEDBACK FROM PREVIOUS PARTICIPANTS

Feedback received from participants, stakeholders, and partners has consistently highlighted the importance and impact of the conference.

Common Feedback Themes

“A Much-Needed Conversation”

Many participants expressed appreciation for creating a platform where men could openly discuss issues often ignored by society.

“Breaking the Culture of Silence”

Attendees reported gaining a better understanding of mental health and felt encouraged to seek support when necessary.

“Practical and Impactful Sessions”

Participants valued the practical tools and coping strategies shared by speakers and facilitators.

“A Life-Changing Experience”

Several attendees described the conference as transformative, helping them understand that seeking help is a sign of strength rather than weakness.

“A Platform Worth Sustaining”

Partners and stakeholders encouraged PPUGI to continue expanding the initiative due to its relevance and positive societal impact.



CONFERENCE OBJECTIVES

1. Raise awareness about men's mental health and emotional wellbeing.
2. Break the silence and stigma surrounding mental health challenges among men.
3. Promote healthy coping strategies and resilience.
4. Encourage men to seek support without fear or shame.
5. Foster stronger support systems within families, workplaces, faith communities, and society.
6. Strengthen partnerships among stakeholders working to improve men's wellbeing.
7. Inspire positive behavioural and lifestyle changes among participants.



CONFERENCE HIGHLIGHTS

Keynote Address

The Silent Battles Men Fight: Why We Must Break the Silence

Panel Session

Providing Direction and Support: Breaking the Silence

Discussion Areas:

- Mental Health Challenges Facing Men
- Stress, Anxiety and Burnout
- Relationships and Family Pressures
- Workplace and Financial Pressures
- Emotional Intelligence and Resilience
- Faith, Purpose and Mental Wellbeing
- Healthy Living and Preventive Healthcare
- Building Effective Support Systems for Men

Interactive Session

“Let’s Talk Men”

An open and engaging conversation designed to encourage honest dialogue, questions, experience sharing, and peer support.



PPUGI AWARDS CEREMONY

A major highlight of the event is the PPUGI Conference & Awards Ceremony.

The Awards segment is dedicated to recognizing and celebrating outstanding individuals who have made and continue to make remarkable contributions toward societal development, peacebuilding, humanitarian service, leadership, community development, advocacy, and nation-building.

These awards serve as a symbol of appreciation for individuals whose commitment to service continues to inspire positive change and impact lives across communities.

AWARD OBJECTIVES

The PPUGI Awards seek to:

- Celebrate excellence in service.
- Recognize impactful leadership.
- Honour outstanding humanitarian efforts.
- Promote positive role models.
- Encourage continued contributions to society.
- Inspire future generations toward purposeful service.



AWARD CATEGORIES

- PPUGI LIFETIME Award for National Service Excellence

Presented to individuals whose work has significantly influenced communities and improved lives.

- PPUGI Distinguished Award for National Service.

For individuals in public service, security agencies or governance who have demonstrated exceptional dedication, patriotism leadership, and service to national development.

- PPUGI Peace Ambassador Award

Presented to individuals advancing peace, unity, and social cohesion.

- PPUGI Community Development Award

Presented to individuals driving sustainable community transformation.

- PPUGI Leadership Excellence Award

Presented to individuals whose leadership has inspired positive societal change.

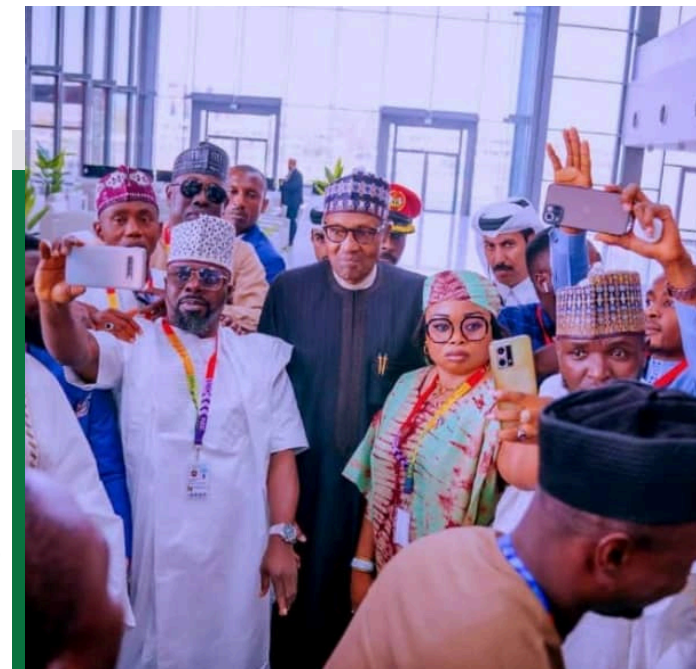
- PPUGI Lifetime Impact Recognition Award

Presented to distinguished individuals whose lifelong contributions have left lasting legacies in society.



EXPECTED OUTCOMES

- At the end of the conference, participants are expected to:
- Gain greater awareness of men's mental health issues.
- Develop healthier coping mechanisms.
- Build stronger support networks.
- Become advocates for men's wellbeing.
- Promote conversations that reduce stigma.
- Strengthen personal, family, and community relationships.
- Contribute to creating a society where men feel safe seeking support.



ABOUT THE CONVENER

Her Eminence Amb. Dr. Prevail Farida Ahmed, FCPA, DFILMMD-UK, CPAc, (Eshet Chayil | Giwar Mata) is an accomplished humanitarian, peace advocate, leadership strategist, and social development practitioner whose work continues to impact lives across Nigeria and beyond. She is widely recognized for her unwavering commitment to peacebuilding, mental health advocacy, community development, women and youth empowerment, and humanitarian service.

As the Founder and Global President of the Peace, Progress and Unity Global Initiative (PPUGI) and Farida's Charity Foundation (FCF), she has championed numerous initiatives aimed at fostering peaceful coexistence, social inclusion, human dignity, and sustainable development. Through these platforms, she has led interventions that have provided support to vulnerable populations, empowered women and youths, promoted mental health awareness, and strengthened community resilience.

A respected Global Peace Ambassador and West Africa ECOWAS Youth Ambassador, Her Eminence has consistently used her voice and influence to advocate for dialogue, unity, justice, and nation-building. Her passion for humanity has earned her recognition from various national and international organizations, positioning her as a bridge-builder across cultural, religious, and social divides.



Her advocacy for Men's Mental Health has become one of her defining contributions to social development. Through the annual PPUGI Men's Mental Health Conference, she continues to drive conversations around emotional wellness, psychological support, and holistic well-being, particularly among security personnel and men who often suffer in silence.

Professionally, she serves as the Chief Executive Officer of PFA Consulting Firm, where she provides leadership development, organizational growth strategies, purpose discovery coaching, conflict resolution support, and community transformation initiatives. Her expertise spans peacebuilding, conflict management, leadership mentoring, humanitarian response, and social impact development.

Her Eminence is also the visionary behind the proposed PFA Trauma Inform and Wellness City, a groundbreaking initiative designed to provide trauma-informed care, mental health support, rehabilitation services, empowerment opportunities, and holistic wellness solutions for individuals, families, and communities.

A woman of faith, compassion, and purpose, she is affectionately known as "Eshet Chayil" (Woman of Valor) and "Giwari Mata" (Champion of Women), titles that reflect her dedication to service, integrity, courage, and transformational leadership.

Driven by the belief that "Peace begins with Understanding and ends in Unity," Her Eminence Amb. Dr. Prevail Farida Ahmed continues to inspire hope, create opportunities, and build platforms that empower individuals and communities to thrive.

Her life's mission remains clear: to serve humanity, promote peace, empower lives, and leave a lasting legacy of positive transformation for generations to come.



2026 CONFERENCE PLANNING COMMITTEE



Mr. Nasirdeen A. Subair
Secretary



Mrs. Yemisi Francis
Fin. Sec



Hon. Ibrahim Abdul Ebbo
Chairman



Mal. Abdullateef O. Ahmed
Mobilization



Hon. Chief Mariam Wasiu
Warfare



Mr. William Destiny
Organising Sec.



Com. Segun Adeboboye
Media



Hajia Maimunah Yusuf
Vice Chairman



Mr. Micheal O. Oshinlaja
Protocol



Lt Col S.A Omidiji Rtd
Security





CONCLUSION

The PPUGI Men's Mental Health Conference & Awards is more than an event; it is a movement committed to changing lives, restoring hope, strengthening families, and creating a society where men are empowered to thrive mentally, emotionally, physically, and spiritually.

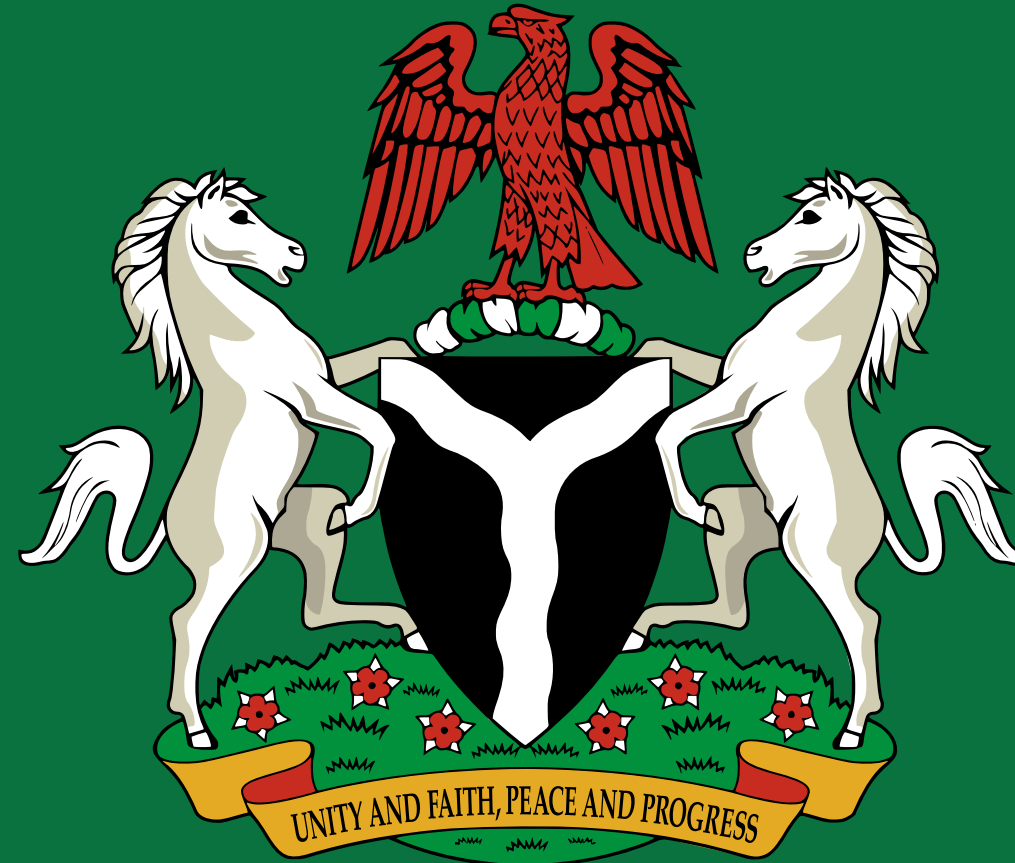
As we continue to break the silence, we remain committed to our message:
"You're First Human Before Being a Man."

PPUGI Motto:

"Peace Begins with Understanding and Ends in Unity."

Organized by:

Peace, Progress and Unity Global Initiative (PPUGI) in Collaboration with PFA Specialist Consulting Firm



**POWERED BY FARIDA'S CHARITY
FOUNDATION (FCF)**



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