

psychological challenges in youth which can be very disturbing. So educational institutions like us should play a positive role by intervening and providing them a conducive environment in college premises.”

She further added that They, as an institution, have taken up different issues each time and goes into them in great detail to help students understand the nuances and intricacies of the underlying issues. The entire effort is managed by the mentoring and counseling committee of the college.

In the words of one of the participant, Neha, “It was a very useful session as they could give us the exact reasons why we were feeling stressed and then gave us tips to handle individual areas”

According to Arindam Sen, Founder, Zyego, “Statistics suggest that India has one of the highest Suicide rate among people aged between 15 and 29. Although the reasons are myriad but failure in examination, unemployment, and depression are some of the main reasons”

He further added “Instead of putting pressure on their children regarding their exams, Parents should be liberal. The success of someone lies in what they choose to do with their resources, the actions they take, and most importantly their passion towards a particular interest. Every parent should understand the inherent strength of the child and let him or her take a path of their own. If required, a child along with the parent can take an appointment with a psychologist to work through their fears and expectations.”

Today, in this fast-paced world there is an urgent need of encouraging families, communities and educational institutions to be a part of the support system to strongly promote mental health. Adapting a stigma-free environment paves the way for a successful delivery of mental health services especially among the youth.