

ANMOL-JEEVAN

SOCIAL IMPACT

JETHA KE JABAAZ

Mridul Saggi Shivam Bansal Money

Maharaja Surajmal Institute of Technology



PROBLEM STATEMENT

INCREASING RATE OF SUICIDES AND LOW MENTAL HEALTH

1. India reports the highest number of suicide deaths in the world

Mental health issue have become a common and devastating issue.

2. In every 45mins, a student in India commits suicide.

3. Approx 33 students in India commit suicide daily.

3. "The reasons identified behind such suicides include academic stress, family reasons, personal reasons, mental health issues, etc."





SURVEY TO GET REAL LIFE DATA

WE CONDUCTED A SURVEY AMONG OUR COLLEGE STUDENTS (40 STUDENTS) THROUGH A GOOGLE FORM AND RECORDED THE FOLLOWING DATA:

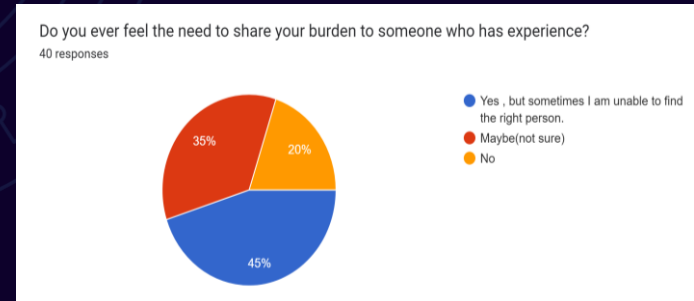
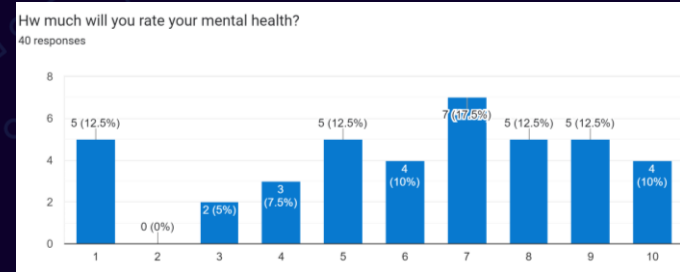
SURVEY LINK: <https://docs.google.com/forms/d/1d2SyUGYcSyqIH6Ybz32fEKcdnhvp8yHGHlgbZc7-4BE/edit#responses>

1) OUT OF 40 STUDENTS, 15 STUDENTS RATED THEIR MENTAL HEALTH BELOW 5 OUT OF 10.

2) MORE THAN 65% STUDENTS CHOSE THE OPTION OF FEELING LOW MORE THAN ONCE IN A WEEK

3) MORE THAN 57.5% STUDENTS HAD FACE PROBLEMS WITH THEIR DAILY WORK DUE TO LOW MENTAL HEALTH

4) 40% PEOPLE CHOSE THE OPTION OF NOT ABLE TO FIND THE CORRECT PERSON FOR GUIDANCE





REASONS FOUND BEHIND THE SURVEY RESPONSES:

THE STUDENTS FACE THE FOLLOWING PROBLEMS AND REASONS DUE TO WHICH THEY FEEL DEPRESSED AND COMMIT SUICIDES

- 1) LACK OF GUIDANCE FROM EXPERIENCED MENTORS.
- 2) NO MENTAL HEALTH IMPROVEMENT WORKSHOPS.
- 3) LACK OF PEOPLE TO SHARE THEIR EMOTIONAL FEELINGS WITH THEM.
- 4) IMPROPER MANAGEMENT OF THEIR WORKLOAD AND FEELING STRESSED.

|| || || || || || || || SOLUTION

1. **MENTORING SESSIONS**: Our website provides direct mentoring session with experienced mentors.
2. **WORKSHOPS**: People feeling depressed and low in life can attend mental health workshops.
3. **SELF MENTAL HEALTH QUIZ**: People can take mental health quiz to check their mental health status and gain awareness about it.
4. **NGO,s SUPPORT**: People are helped with connecting them to government NGOs and other NGOs to provide them with right guidance, moral support, fruitful sessions.
5. **MENTAL HEALTH TIPS**: People can find quick links to useful articles, videos and podcast to gain motivation and uplift their mental health status.



TECH STACK

TECHNOLOGIES USED:

- 1)HTML
- 2)CSS
- 3)JAVASCRIPT
- 4)MONGODB
- 5)EXPRESS AND
NODEJS





LEAN CANVA

PROBLEM MENTAL HEALTH ISSUE AND INCREASING SUICIDE RATES	SOLUTION WILL CONNECT THE STUDENTS WITH MENTORS AND GUIDE THEM DURING THEIR LOW PT IN LIFE	UNIQUE VALUE PROPOSITION CONDUCTED SURVEY AMONG COLLEGE STUDENTS AND CREATED QUIZ TO GET SELF ANALYSIS OF MENTAL HEALTH HIGH LEVEL CONCEPTS	CUSTOMER RELATIONSHIPS DIRECT CONTACT BETWEEN MENTOR ANS CUSTOMER THROUGH WEEBSITE	CUSTOMER SEGMENTS EARLY ADOPTERS
EXISTING ALTERNATIVES NO SUCH WEBSITE AVAILABLE THAT PROVIDES MENTOR HELTH SESSIONS, QUIZ, MENTOR SERVICES ALL AT ONE PLACE	KEY METRICS		PROBLEM NEED TO CREATE MORE TRUST BETWEEN PEOPLE AND METOR AND INCREASE THE RATE	
COST STRUCTURE		REVENUE STREAMS		



SOCIAL/ENVIRONMENTAL IMPACT

As per our survey and analyzing various data available on the net, we concluded that the major issue faced by the youth is mental health as in every 43 minutes a student commits suicide in India.

The people visiting our website can take a quick mental health quiz to analyze their mental health status and can also find the solutions to improve the same on our website.

Our website helps in connecting the audience with proper consulting services and providing mentoring sessions.





PROGRESS REPORT

What have you done ?

WE MADE A WEBSITE WHICH HELPS IN CONNECTING THE STUDENTS WITH THE MENTORS AND HELPS IN PROVIDING THEM WITH PROPER GUIDANCE AND MENTAL HEALTH TIPS.

KEY FEATURES :

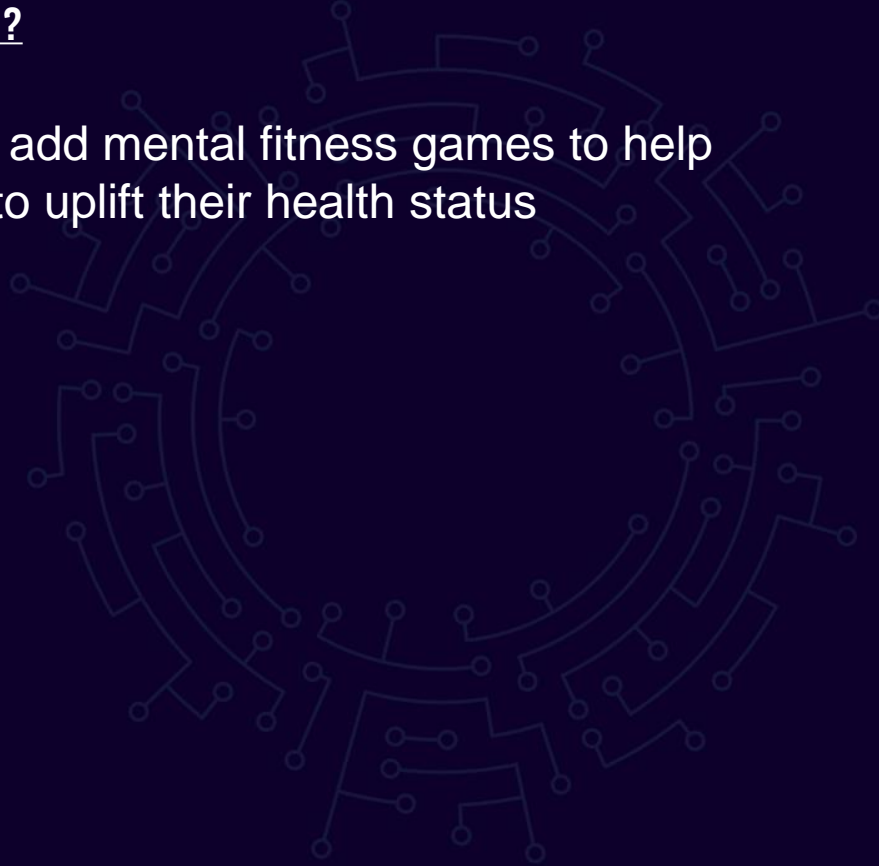
- 1)SELF MENTAL HEALTH QUIZ
- 2)CONNECT TO MENTOR
- 3)JOIN MENTORSHIP CAMPAIGNS AND WORKSHOPS.
- 4)CONNECT WITH NGO,s
- 5)READ QUICK MENTAL HEALTH TIPS.



PROGRESS REPORT

What are you planning to do ?

We are planning to add mental fitness games to help people feeling low to uplift their health status



IMAGES OF UI

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Suicide doesn't end the chances of life getting worse, it eliminates the possibility of it ever getting any better.

[Download](#)[Download](#)



PROGRESS REPORT

Mental health quiz:



1. DESCRIBE YOUR CURRENT MOOD

- ☐ Pretty happy
- ☐ I am worried about some things
- ☐ Antisocial
- ☐ Terrible, I'm fed up

Submit



ANTISOCIAL

You prefer to be on your own and you struggle to develop relationships with others. You lack empathy and you don't exhibit any emotions. Getting to the root of this problem will help you to understand it and tackle it, so speak up.

PROGRESS REPORT

What have you done ?

Take guidance of the mentor, to help you through the tough phase of your life!!

Join the Campaign



AASRA

Contact No. - 91832377



LIFELINE FOUNDATION

Contact No. - 91832227



SUMAITRI

Contact No. - 911231377



OUR FACILITIES

**Quiz (self-
analysis
health)**

[Read More](#)

**Connect to
mentor**

[Read More](#)

**Workshop /
Sessions**

[Read More](#)

**Videos ,
Articles and
podcast**

[Read More](#)



Articles / Podcast

Suicide prevention



Suicide is a desperate attempt to escape suffering that has become unbearable. Blinded by feelings of self-loathing, hopelessness, and isolation, a suicidal person can't see any way of finding relief except through death.

[Read more](#)

Never give up on yourself



Achieving a goal is a wildly exhilarating thing. If you're flirting with the idea of giving up, you could be throwing away something wonderful—your best future. forced into a privatized and individualistic mode of grieving

[Read more](#)

Tips for mental health



Reasons to keep living





THANKYOU!!

