

# **ANMOL-JEEVAN**

## ***SOCIAL IMPACT***

**JETHA KE JABAAZ**

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## 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:

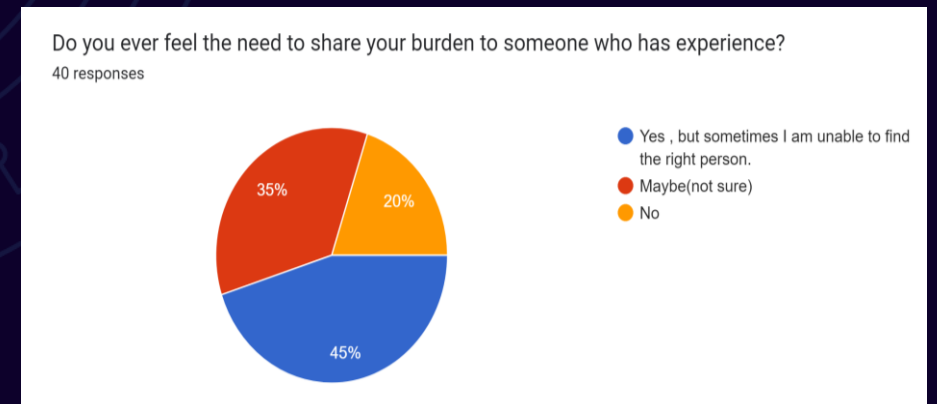
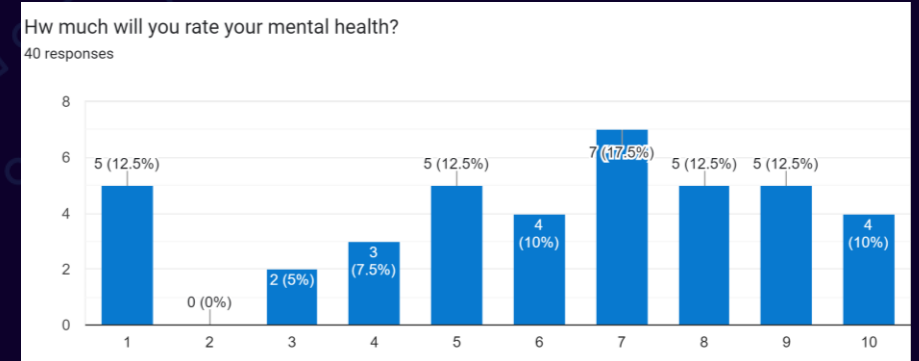
SURVEY LINK: <https://docs.google.com/forms/d/1d2SyUGYcSyqlH6Ybz32fEKcdnvhp8yHGHlgbZc7-4BE/edit#responses>

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







## 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 HEALT 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 have you done ?

Video

link:[https://drive.google.com/file/d/18ppiDkX9061vKXMswRNLdpLwhY89jrm/view?usp=share\\_link](https://drive.google.com/file/d/18ppiDkX9061vKXMswRNLdpLwhY89jrm/view?usp=share_link)

anmolJeevan


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



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## 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



## 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 ?

### OUR FACILITIES

**Quiz (self-  
analysis  
health)**

[Read More](#)

**Connect  
to mentor**

[Read More](#)

**Workshop  
/ Sessions**

[Read More](#)

**Mental  
Health  
Tips**

[Read More](#)