D3 – Dream, Diverse, Develop

1. Problem Statement

In past two decades we have seen the world changing and India adapting to the fast changes and leaning towards the modernization but this journey has brought many challenges and problems hand to hand, one of which is anxiety and depression. Which I believe is more dangerous than cancer because in all other diseases or health related issues the patient gets to know the symptoms and is willing to recover from it but in this scenario patient is unaware of the condition and doesn’t even know whether he is in depression and by the time he/she realizes it gets too late. It can be found in any person no matter whether he is a 10-year kid or 80-year-old grandpa. What I believe is with the current development more and more families are becoming nuclear from joint and children are not given proper time and care, no one to hear their grievances, at an early age they start to solitude themselves from others. Reason could be anything like bullying, less grades etc. But such problems start to develop at an early age itself and then some of them either indulge into debauchery or they take a step closer to death.

1. Suggested solution
2. As, we all know that Infosys is doing a really great job by conducting emotional wellbeing sessions for employees and by building a team of trained employees a.k.a Samaritans but what about the children of schools and colleges, we might be a developing country but we can share the solution and approaches of the developed countries, there every university and high school have counselors to deal with day to day problems of student life but we don’t have any facility such issues were raised in Lok Sabha but no approach was taken. What I believe is that we can set a goal for 1 year to cover at least 24 schools in Trivandrum i.e. 2 school per month and conduct a full day counselling session for students to guide them and if at all needed to inform the school management about the major concerns and issues so that an action could be taken.
3. Implementation details

A team of employees including Samaritans led by Dr. Mini K Paul could be formed to form proper documentation and problem statement which could be further passed to the school/university for allotment of dates conduction of sessions.

1. Projected Results

Positive outcome is the only expectation from such measures, even if we are able to help a bunch of children to guide them to the right path, it would be self-satisfactory and will contribute to the social well-fairness of the society.

1. Challenges/constraints

There will be many challenges that could be anticipated like,

* Communicating with school/University Authorities
* Forming trained teams
* Approaching students by emphasizing
* Dealing with the uprooted problems