

# Mental Health:

## The need for acceptance in youngsters

There is a need to start focusing on young people's mental health in school and adolescence when the illnesses begin

**W**e shouldn't allow ourselves to believe that just because our social media feed has mental health and wellbeing content mental health awareness is spreading.

Dr Samir Parikh, MBBS, DPM, MD(psy), Director - Fortis National, Mental Health Program, Fortis Healthcare echoed the sentiment at the BW Businessworld Festival of Wellbeing, organised recently in Mumbai. He warned that we should not think that the era of mental health awareness has arrived. The condition no doubt is a lot better today, yet we have a long way to go.

"Fifty per cent of all mental illnesses have their onset in adolescence, which means if we start focusing on young people's mental health in school and adolescence, we will be able to make an impact on 50 per cent of adult mental health concerns."

Dr Parikh identified bullying as a has been identified as one of the most significant factors leading to mental health issues. What is the way to

resolve this problem? "Media literacy and mental health should be incorporated in school curriculums where students not only learn to look for people in distress but also learn to listen to people in distress in a positive manner and in turn link them to a solution."

As to the impact of social media on today's youth, Dr Parikh said the pressure to conform is real in young people. "Today, rather than the human interface or person-to-person interface, we have become text and social media oriented, which impedes our ability to understand feelings. We cannot change it, but we can at least help them navigate this change," he added.

"The solution to mental health issues does not lie with experts like me, especially when we have a massive shortage of experts. The solution lies in everybody recognising that they are equal stakeholders when it comes to the wellbeing of society," Dr Parikh said. He appealed to the audience to raise their own acceptance of mental health concerns so that young people can talk about how they feel and express it to their parents, teachers and friends. 🌈

**As we have become text and social media oriented, the youngsters of today have a different perspective of mental health altogether. A virtual world cannot create a sound mind for a young boy or girl if indulged in excessively**

# Purpose Is Very Essential To Human Life

An-entrepreneur-cum-spiritual-leader-cum-scientist, **Dahryn Trivedi** believes that wellbeing is a process and the answer to the problems with science and traditional medicine

**M**odern-day living has been taking its toll on the people in myriad ways and one of them is the rising incidence of mental health issues. Dahryn Trivedi, Co-founder of Divine Connection, delved into this phenomenon in her keynote talk at the recently concluded BW Businessworld Festival of Wellbeing.

Speaking on the subject of "Consciousness - The Final Frontier for Health and Wellbeing", Trivedi said: "More than 1 billion people are suffering from mental health issues and are on medication, and millions are on borderline." What is of even greater concern is that mental health problems are increasing throughout the world.

She talked of the existence of happiness in the lives of individuals, a reality that has been proven via research and therapeutic practices. It has been demonstrated that everyone can have a contented life, she said. "Everything moves in a manner that fosters its survival and development. It is reasonable and natural to want to be happy in life. Though we can see that this is actually following the path of greatest growth, science refers to it as choosing the path of least resistance. It's not natural or normal to experience failure, misery, frustration, or fruitless striving, Trivedi said.

She questioned the current state of humanity where mental health is a huge crisis today. She posited that perhaps we don't understand human nature. She also questioned what wellbeing is all about. She went on to say that science has no concrete cure to mental health without dependency of the patient on medicines. "A neuroscientist would say that if we were to take all the supercomputers across the world, it would still be difficult to map only one human brain," she said.

Trivedi said she deeply believes that wellbeing is a process and it is the answer to the problems with science and traditional medicine. Wellbeing is also the answer to many other problems, she added. The wellness industry is a multi-trillion-dollar industry, four times larger than the pharmaceutical industry, she noted. "Two decades of research have already passed where science is trying to decode the ultimate enlightenment consciousness, having conducted 6,000 experiments, 650 publications and more than 2,000 universities (including the top universities in the world) have also done research. People are understanding that science can't cure everything and are looking for other answers," she said. 🌈

**"The Wellness sector is estimated to be nearly four times as large as the pharmaceutical business in terms of revenue."**

