

# Mental Health

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A topic to talk about..... Hey Almighty, I am so blessed to be born in a culturally rich country like India... but when I sit all alone, one thing always knocks my door, and irritates me, that in our prestigious country, the culture, the rituals, society are all above the person's happiness and life.

Somewhat, Somewhere, Somehow, everybody feels this but often ignore, consoling and relaxing our hearts and minds, that this is the way life goes, our parents, grandparents, great-grandparents faced this, then obviously we will be served with the same dish.

If one raises his/her voice, either society will come to the front and successfully repress the bud or family itself will disown their unique child. And then comes the worst feeling, a person starts feeling... had he done right!! and society will diligently make him realize and believe that he is in total flaw. And a person becomes so self conscious and this leads to depression.

But sadly in India, depression is not actually considered to be a Disorder, and we have failed to pay proper heed to this. Subsequently lakhs of people commit suicide because they feel this is the last resort. But this can be averted if one can share, what he/she actually feels, what his/ her ideas are.

But until the fundamental problem is not addressed, no meaningful fix is possible and fundamental problem is when a person meets any accident, we rush to hospital but when he is not emotionally and mentally sound, we never take the option of psychiatrist and take it for granted saying it happens sometimes... all part of life. Suicide of great Indian talent, words fall short to describe him... an engineer, a rank holder in AEEEC, fascinated by the planets, rings of Saturn, moon and universe, a person with such a positive aura....is a wake up call for us...such a happy face used to hide so many emotions. It is something serious, something far more serious than the current coronavirus. For coronavirus, sooner or later we will have the vaccine but in case of depression, even having the vaccine of love and understanding, knowing the efficacy of this vaccine, we are not ready to inject it.

There is no reason to stay away from depressed people, depression is not contagious disease, so please often visit your loved ones, kindly listen what is stuck deep down in their hearts. We often enroll in various courses to excel in academic and professional front, same way we also need a mental course that actually plays a very significant role in all aspects of your life.

Mental health is an elephant in the room. There is a need to talk about it. We now need to push the right buttons before the entire world begins to mumble.

- Deepika Jaglan

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Navigated to Mental Health