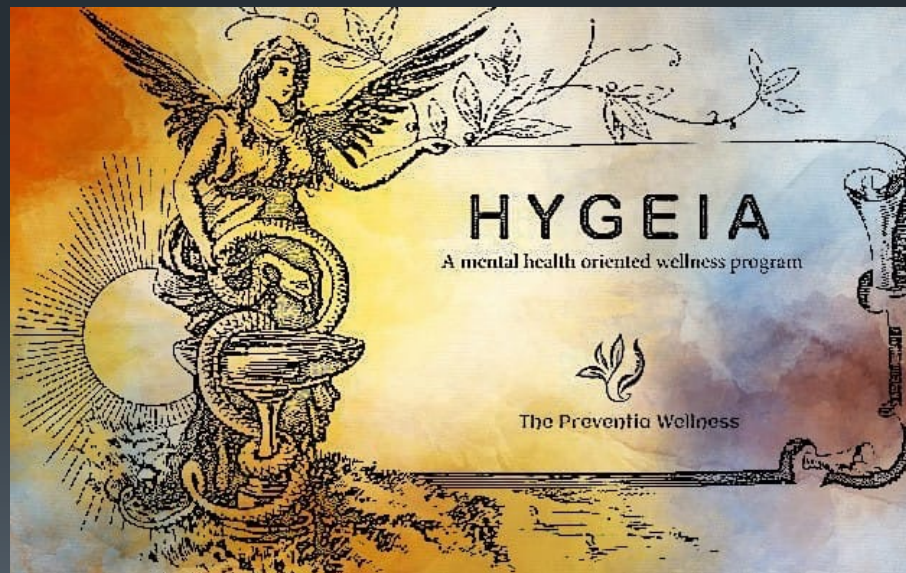
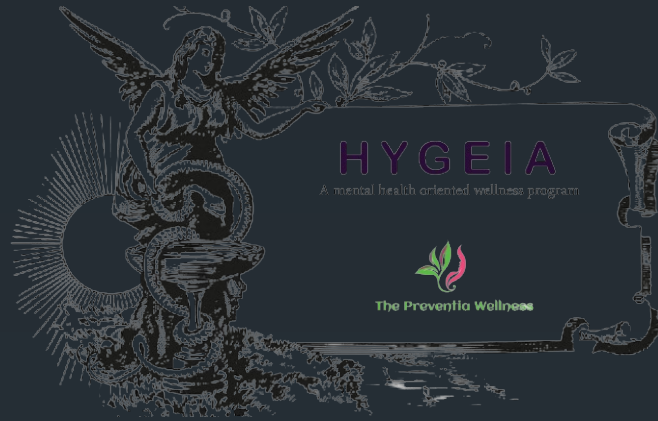


# SAMAGRA

Psychobiological support of  
PRACTICAL PSYCHOLOGY





# Stress in education & Professional Training

An insight into our youth



# Definition

- What is stress?
  - Two varieties – **Acute** and **Chronic**



## Acute

- Is the reaction to an immediate threat, commonly known as the “fight or flight” response.
- Once the threat has passed, your levels of stress hormones return to normal with no long-lasting effects.
- Some degree of acute stress is even considered desirable as it primes your brain for peak performance.

## Chronic

- the kind most of us face day in, day out — is a killer.
- 90% of doctors’ visits are for stress-related health complaints.
- **Chronic stress** makes you more vulnerable to everything from cancer to the common cold.
- The non-stop elevation of stress hormones not only makes your body sick, it negatively impacts your brain as well.

# What's the big deal?

- A couple of videos 4 min – to illustrate in short the effects of stress on the **mind** and **body**

# Mind



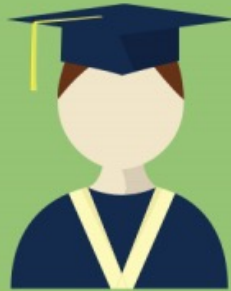
- Embedded video
- Link -<https://youtu.be/WuyPuH9ojCE>

# Body

- Embedded video
- Link -<https://youtu.be/v-t1Z5-oPtU>



# MENTAL HEALTH AND COLLEGE STUDENTS



College students can easily feel anxious trying to balance school, work, friends and family while also trying to figure out the rest of their lives.

Anxiety disorders are one of the most common mental health problems on college campuses.



## The facts

- Global scenario

### FORTY MILLION

U.S. adults suffer from an anxiety disorder and 75 percent of them experience their first episode of anxiety by the age of 22.

**30%**

of college students reported that stress had negatively affected their academic performance.<sup>1</sup>

**85%**

of college students reported they had felt overwhelmed by everything they had to do at some point within the past year.<sup>1</sup>

**41.6%**

stated anxiety as the top presenting concern among college students.<sup>2</sup>

**24.5%**

of college students reported they were taking psychotropic medication.<sup>2</sup>



# The facts

- Global scenario

## Students affected by Mental Illness



EXPERIENCE  
DAILY STRESS



Felt depressed in the last  
three months



DIAGNOSED WITH A  
MENTAL HEALTH  
CONDITION



# In India – the numbers

- A present study(2015) revealed that 63.5% of the higher secondary students experience academic stress.
- Psychiatric problems were found to present in 32.6% of the participants
- Another publication in the Asian Journal of Psychiatry(2016) found that 37.7%, 13.1%, and 2.4% of the students were suffering from moderate, severe, and extremely severe depression in Indian Universities

*All data here is sourced from authentic journal publications – Citations made available on demand*



# Quote

- Prof. Sibnath Deb – (PhD, D.Sc. : Applied Psychology) – *head researcher in aforementioned study*
  - “In India, hardly any university or college has students' mental health support services by trained professional psychologists. Therefore, mental health challenges of university and/or college students go unnoticed and finally some of them develop suicidal ideation and they attempt to commit suicide.”



# India

- has one of the world's highest suicide rates for youth aged 15 to 29, according to a 2012 Lancet report, which illustrated the need for urgent interventions for this demographic
- According to the Ministry of Health and Family Welfare, India has **three** psychiatrists/clinical psychologists/psychiatric social workers **per million people**, according to data from WHO, 95% fewer than the Commonwealth norm of 5.6 psychiatrists per 100,000 people. By this estimate, **India is short of 66,200 psychiatrists.**



# Common outcomes

- Cognitive Impairment
  - Depression
  - Anxiety & Fear
  - Paranoia
  - Sleep disorders
  - Drug & Alcohol Abuse
  - Loss of interest/boredom
- Fatigue
  - Headache
  - Irritable Bowel Syndrome
  - Change in Appetite
  - Obesity
  - Loss of sex drive
  - Hypertension



# Whats being done?

- **Psychotherapy** -such as cognitive behavioral therapy (CBT).
- **Drug treatment** - antidepressants.
- **Exercise and other therapies**
- **Yoga/Meditation**
- **Recreation/Hobbies**



# Our offering

What we bring to the table



# Who we are?

- A Unit of Preventia Venture Pvt.Ltd – **an integrative healthcare organisation**, providing comprehensive mental health oriented wellness solutions for a variety of requirements ranging from treatment of **stress and related physiological and psychological impacts**.
- Our **‘Mental health wing’** has introduced **‘Practical Psychology’** **twelve** years back to provide maximum relaxation and working ability improvement.
- We have over a decade of experience in neuro-psychiatric disorders, acute anxiety and stress.





# What we bring to the table

- Series of programmes targeted specifically at students, developed by us
- Our success is our realization and categorization of stress as **Neurological**, **Psychological** and **Physiological**.
- **Behavioural/ social/and digital**



# Broad outline

- Each programme includes elements of:
  - Neuro-Relaxation
  - Brain storming
  - Counseling & psychological help
  - Physical relaxation
  - Music / general guided meditation sessions for sharpening the memory.



# Why us?

- No internal medication
- Based on cutting edge **modern practical psychology** integrated with ancient Indian principles of **Psychobiology**.
- **Entirely modular** – institutes can customize the program according to their requirements or select particular modules to fit into their existing student wellness programmer.
- **Panel of highly qualified doctors, researchers, and educationalists** to oversee and provide support
- Excellent track record



## Specific programmes

- Samagra – 2 types
  - Triple Teen – school students
  - Samagra – college, university, professional campuses



# Advantages

- Anger and anxiety control
- Sleep issues solved
- Mental calmness
- Increase in focus & concentration power
- Massive increase in productivity and motivation
- Preventive healthcare for
  - Depression
  - Neuro-psychiatric disorders
  - Acute anxiety

# Students & Education

Duration: 3 to 4 months

## Brief outlook

- - 1) Awareness programs (Seminars/Gen. counselling/competitions)
  - 2) Focus & Concentration improvement programs (with practical)
  - 3) Stress management sessions
  - 4) Self-Counselling / Self-Management training
  - 5) Soft skill training (professional development program)
  - 6) Personal counselling (As per necessity)
  - 7) Online Counselling (As per necessity)
  - 8) Parental counselling /adolescence counselling (as per requirement)
  - 9) Digital Wellness Program (Social media addiction/E-Verse/ Eyes and mental strain)
  - 10) Social Wellness (Anti-drug campaign/ social behavior/ environmental commitment)
  - 11) Psychological Therapies (As per requirement)
  - 12) Exam time support (Free on-call support) and General sessions
  - 13) After exam counselling (as per necessity)



**The Preventia Wellness**

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