Program Report

Name of the activity: Career Anxiety & Depression: Let's Talk

Category of the activity: *Soft Skill*

Date, Time & venue:

14/03/2021, 2 pm

"The Uncertainty Principle"

https://www.youtube.com/live/S1sCZ8DSrx0?feature=share

Name of the resource person:

1. Dipjyoti Deb, Venture Partner at BSH Start Up Kitchen and Start Up Mentor, Munich, Germany

2. Payel Goswami, Assistant Teacher at Barisha Uchcha Balika Vidyamandir, Student Mentor at Padakhhep

3. Piyali Das Adhikary, Psychological Counsellor

4. Debolina Das, Assistant Professor, Haldia Government College

No. of the participants: 95

Brief description of the program:

Future is always uncertain and in this era of consumerism and universal rat race, the situation has become very critical for the ambitious youth who work hard and dream for big. Starting from family expectations and personal ambition to ever fluctuating job market, nerve rattling competition and skyrocketing of course fees, there are so many parameters to optimize that today's youth feel helpless in the battlefield. They often get demotivated, lose all energy and hope, eventually feeling insecure and puzzled all the time, unable to take the right decision at the right moment. Out of so many available options and advertisements galore (many of them making fake promises), the confidence and determination of a student after deciding on a particular career path keeps wavering every now and then. All these taken together with self-doubt and self-pity, cause career anxiety and depression. This program covered all the relevant issues and speakers tried to discuss the probable strategies that will help the students deal with the situation at hand and move forward.

Outcome:

1. Speakers shared their own uncertainties and anxiety during their own youth. This helped instil confidence and hope in the students and made them realize that everybody who is established today have gone through the same phase once in their life.
2. Students could deeply relate to what they were listening to. The story of how the speakers could cope with their situation motivated them to stay hopeful and carry on with their efforts.
3. The psychological counsellor Smt. Piyali Adhikary gave the students some useful tips on how to remain focussed on their goal.
4. The students' mentor Smt. Payel Goswami and Mr. Dipjyoti Deb also guided the students on how to resist and shove away their negative thoughts and make good use of their time.

Debolina Das
PROGRAMME COORDINATOR
THE UNCERTAINTY PRINCIPLE &
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OF PHYSICS

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