

Challenges and Prospects before Today's Youth



Challenges are what make life interesting overcoming them is what makes life meaningful. A special session on “Challenges, Opportunities and Distractions of College life” was organized by Dr. Ganesh Shankar, Psychiatry Dept. GSVM Medical College, Kanpur on 20th August 2018. He gave a general overview of various problems associated with the challenges and distractions in a student’s life. He also highlighted the importance of training of mind on four domain- personal, social, academic and leisure time activity. He not only described the sign of depression but also gave solution to come out from it. It was an enriching session where Dr. Shankar touched upon sensitive issues of student life and gave them very relevant life tips. During the session Dr. M P Gupta (Director), Dr. Asmita Dubey (Asst. Director), faculty and students were present.