



1 Student in Every Hour

Commits suicide in India, with about 28 suicides reported every day.

4 Out of 10

Students go through depression.

1 out of 4

Youth moderately suffers from depression, loneliness, worthlessness, and suicidal thoughts.

More than 50

Students committed suicide in 23 IITs during the last 5 years.

10,159 Students

Committed suicide in 2018.

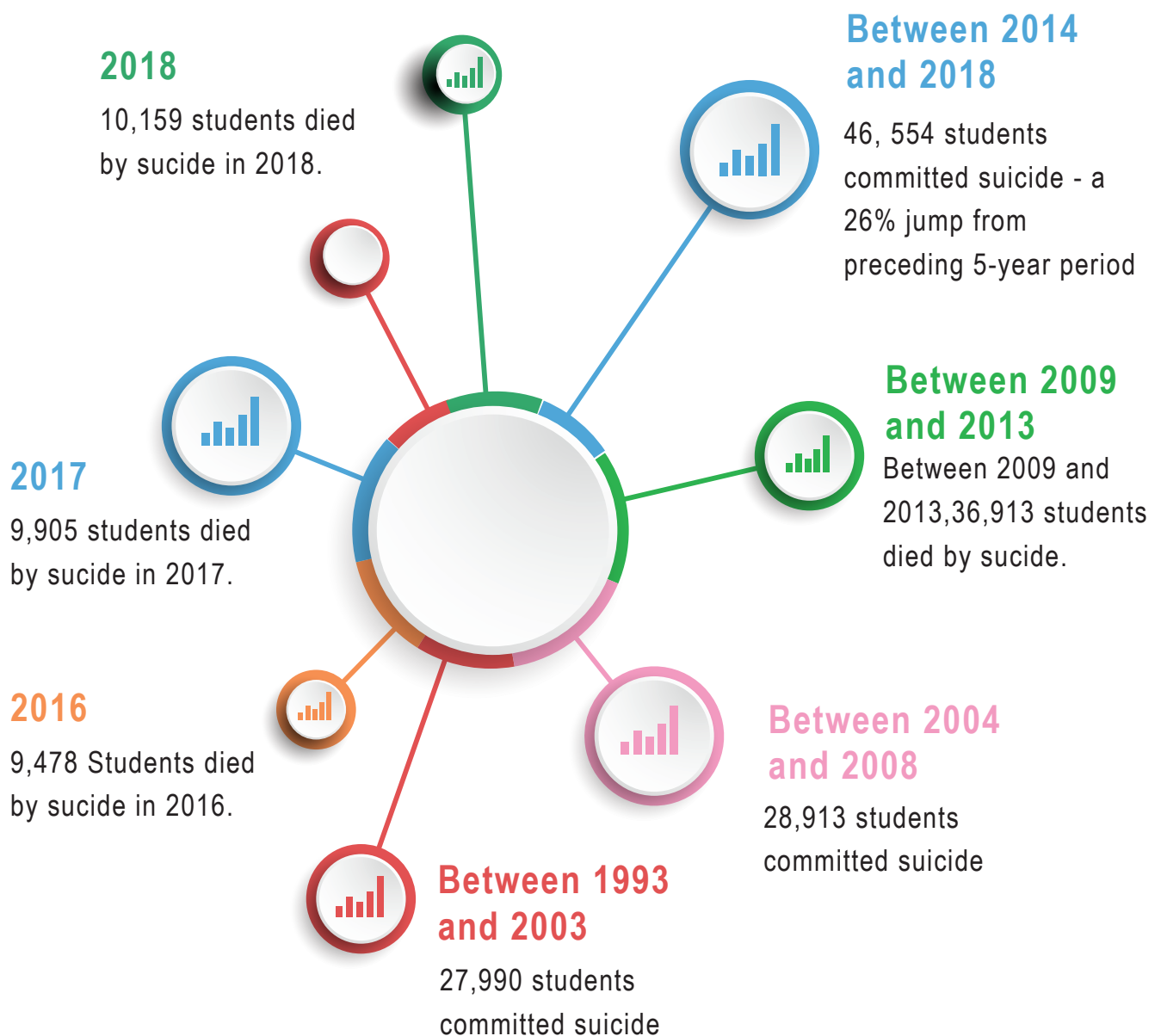
15-29 Age Group

Has the highest rate of suicide.



**Data gathered from National Crime Records Bureau (NCRB), Lancet Report*

“The higher (suicide) rates may come from the greater likelihood of disappointments when aspirations that define success and happiness are distorted or unmet by the reality faced by young people in a rapidly changing society.” - Dr. Vikram Patel



The academic institutions, including secondary schools, colleges and higher academic institutions including IITs and IIMs, across the country have been facing a serious problem of a regular series of suicides within their campuses. The underlying assessed reason behind these suicides have been found to be the inability to cope with the academic stress, and peer and parental pressure.

Reasons Behind Suicides

- Changing roles of women.
- Breakdown of the joint family system.
- Increased competitiveness in schools.
- Increased sociability of children.
- Peer and parental pressures.
- Immense technological advances.
- Environment laden with stress and strain for the children and young people.
- More job anxiety, higher expectations, and more pressure to achieve due to economic boom.

The Context

The changing family structure and the evolving social trends with a breakdown in the traditional support system has created a gap for fulfilling the physical, psychological and social needs of the child, demanding and stressing the need for an alternative support system to meet the needs of the children and young people in our country.

Between 2014 and 2016, as many as 26,467 students committed suicide in the country, according to government statistics. Looking to prevent suicides among students in higher education institutions and improve their mental well-being, the Ministry of Human Resource Development has come up with a counselling plan for the IITs as well as other higher education institutes, according to a news published in *The Print* on 3rd October 2019. To enable students in the high-pressure environment of the Indian Institutes of Technology(IITs), the ministry has asked all IITs to open wellness centres and seek the services of professional counsellors on a mandatory basis, said a senior ministry official.

For other higher education institutions across the country, the HRD ministry is planning to involve over 300 counsellors for an online mechanism. It is also engaging private partners could provide counselling sessions to students.

Mind Matters

Alternative counselling-based interventions in schools and academic institutions is the bridge that might fill this gap. The area of counselling in India is quite young, highly unrecognized, under-rated and needs to spread and establish itself as one of the best forms of help.

Our Programme

Our Academic Wellbeing product is designed to help young people of all ages to have an opportunity to express their concerns and challenges in a safe and encouraging environment, where they are ensured that no judgement will be made on them; help them to gain a better and clearer perspective on their teachers' and parents' position; gain an insight into themselves and their enormous potentials; recognise their strengths and capabilities and they will learn the skills to focus their minds and consequently become more confident, focused and effective.

The services of this product for students are proactive and preventive in its focus. It assists all students in acquiring and using life-long learning skills. More specifically, our counselling interventions employ strategies to enhance academic abilities, provide students with self-confidence to make informed career choices, develop personal qualities for employment readiness, encourage self-awareness, foster interpersonal communication skills, and impart life success skills for all students.



Psychological Core

Our Premise

Our Academic Wellbeing product is designed and structured on the principles drawn from the following value statements:

- We must give our students a vision of the future. The best combination of academics, culture and value education is required for preparing grounds for a vast and noble vision of life to unfold young person's inner strengths and balance.
- Training of mind is the essence of education. When the mind is trained to focus on the work in hand, one's performance becomes excellent. Excellent performance leads to excellent results.
- To bring out the divinity or potentialities in us is education. Education has a larger purpose of transformation of the individual; therefore, education must be with a vision.
- We must recognise the difference between the Literate and the Educated. Examinations and degrees may produce glorified literates, but only an education that deals with academics as well as 'Man-Making' can produce truly educated people.
- Academic excellence alone is not good enough. An education followed faithfully has the real potential for both inculcating inner values of life and also achieving outer objective success.
- A secular education will make them proficient to meet the challenges in their professions, and the values of life inculcated will mould them to be better persons in society.
- The real education – Value based education – is that which develops children and young people into conscious human beings aware of their highest capacity.

The proposed programme is specifically designed and targeted at students of secondary, senior secondary and higher academic institutions to help them learn the art of freeing themselves from their perceived fears and anxieties (de-stressing); and to help them refocus their minds (Re-stressing) on their enormous inherent capacities which is necessary for bringing out excellent performance from them.

Scope of Service Package

Mental Health

Mental Health First Aid Training for staff, administrator, teachers, and parents, where appropriate.

Enabling Workshops

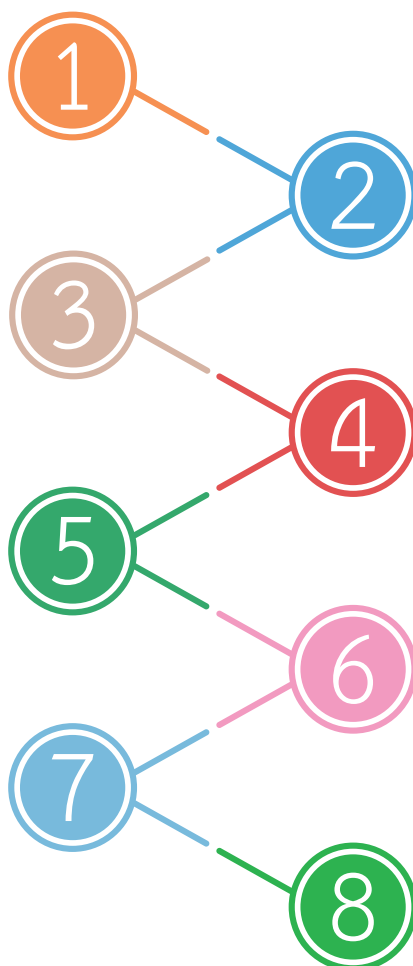
Enabling workshops for a small target group of students.

Teaching Faculty

Enabling workshops for teaching faculty to impart them with Psychological Tool Kit, in addition to Mental Health First Aid, to get the best out of students.

Group Clinics

8 Weekly follow up group clinics (sessions) in addition to one-to-one support to participants throughout the year to help them transfer their learning into practice.



Online Counselling

Access to a discrete and confidential online Counselling service for students, staff, administrator, teachers, and parents.

For The Parents

Enabling workshops (where feasible) for the parents

Optional Mtembership

All participants will get an optional membership to our mailing list to receive our Regular Advisory Notes on managing day to day mental health/behaviours management/mindfulness/soft skills issues

Reports

Regular Performance Reports on services.

Commercials

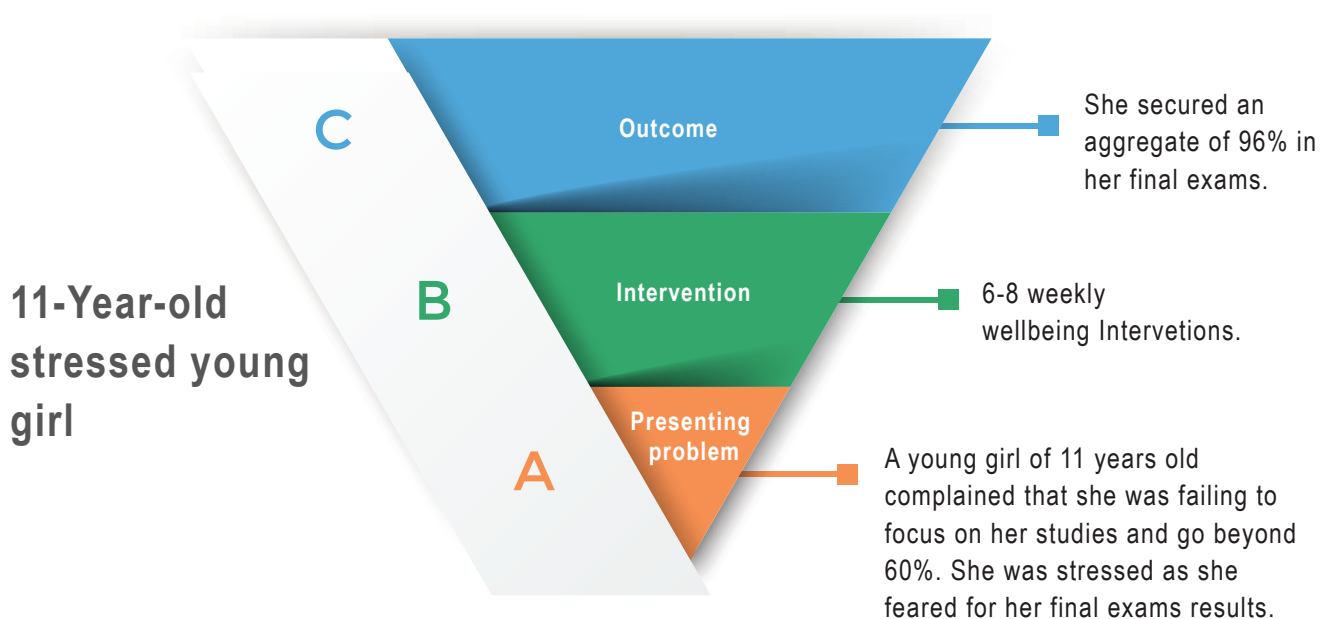
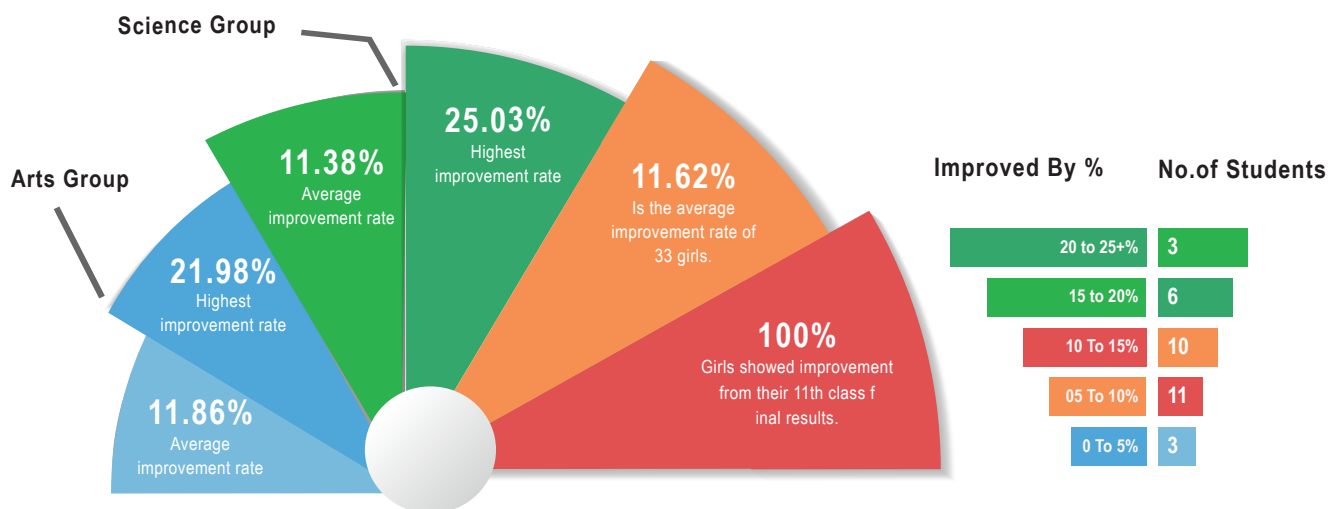
Types of Service Packages	Service Packages (Minimum Sessions Purchased)	Per Session Cost (Exclusive of GST)	Total Plan Cost
<ul style="list-style-type: none">• Silver• Silver+• Gold• Gold+• Platinum• Platinum+	<ul style="list-style-type: none">• 500• 1000+• 1500+• 2500+• 3500+• 5000+	<ul style="list-style-type: none">• ₹ 2,000.00• ₹ 1,850.00• ₹ 1,700.00• ₹ 1,550.00• ₹ 1,450.00• ₹ 1,250.00	<ul style="list-style-type: none">• ₹ 10,00,000.00• ₹ 18,50,000.00• ₹ 25,50,000.00• ₹ 38,75,000.00• ₹ 50,75,000.00• ₹ 62,50,000.00

- These rates are exclusive of GST.
- Industry average consumption is 10-12 counselling sessions per person.
- Minimum length of service must be at least six months.
- Block of 100 and 200 add-on counselling sessions can be purchased on expiry of purchased sessions during half yearly & annual plan periods respectively at the corresponding unit rate of the running plan.
- The academic institution will have to make the payments to Insight LCS based on the agreed upon terms of the assignment.
- Insight LCS will at no point of time collect any money or charges from the students directly.

Impact of our Wellbeing Interventions

Pardada Pardadi Education Society (Anoop Shahar, UP) in the Academic year 2019-2020

Insight LCS' Performance Enhancement Programme was undertaken by 33 girls of standard 12th of PPES in Science and Arts streams. This was a non-academic intervention that provided a pressure-free environment for the students.



Insight Wellbeing Services

Emotional Wellbeing, Employee Wellbeing, Academic Wellbeing & Health Wellbeing are the products designed by Insight Life Coaching Services in collaboration with Enabling World to counter human performance issues in different working environments in our society.

Academic Wellbeing product is a collaborative proposal to work in partnership with schools, colleges, and higher academic institutions in India, designed to help young people of all ages to have an opportunity to express their concerns and challenges in a safe and encouraging environment and learn to employ strategies to enhance academic abilities, gain self-confidence to make informed career choices, develop personal qualities for employment readiness etc.

Enabling World is a synonym to 150 years of collective experience of its visionary directors, who have been in the business of facing organisational challenges, conceiving, curating and delivering creative and enabling solutions to individuals, teams and organisations to bring the best out of them and achieve excellent results. Founded in 2012, Enabling World is a combined effort of highly experienced business leaders with global organisational perspectives.



Behind the professional quality and creative solutions of Enabling World is a dedicated team of highly experienced business leaders, professionals, trainers, coaches, and counsellors who work closely

We are in the business of enabling people to build and sustain strategic competitive advantage through its HR Consulting, Technology, Transformation, Executive Coaching, Leadership Development Programmes, Organisational Assessments, Management Development Programs, Soft Skills Trainings, Counselling, Employee Wellbeing Solutions and Talent Search amongst other solutions.

Insight Life Coaching Service, a constituent partner of Enabling World, is a specialist in psychological interventions and services providing confidential counselling and Wellbeing Services to individuals, teams, organisations, and institutions. Insight Life Coaching Services is an organisational member of National Counselling Society of UK.



The Wellbeing Team

Anupam Srivastava

Director, Insight LCS &
Enabling World

He is a UK based social work and counselling practitioner who has worked extensively with a wide range of people over 33 years. He is a leadership counsellor, mentor and mind-coach with a mastery over unfolding the best out in people and is skilled in the science of transforming people into fully functional individuals and to integrate them into the full scope of business operations ensuring that the human capital benefits the overall organization including securing their fuller engagement in productive and economic



Sushil Tayal

Director, Enabling World

He is a Gallup Certified StrengthsFinder Coach, ILO Certified Master Facilitator for Responsible Business Conduct, Knowledge Advisor & Master Facilitator with SHRM India with over 3 decades of experience of leading global teams & transforming organisations.

Pushpraj Vachali

Director, Enabling World

He has worked at senior management positions in Hospitality, Telecom and Retail sectors of Indian Corporate world. He is an acclaimed HR Advisor, Thought Leader, Facilitator and a seasoned Human Resources professional.

Sanjiv Jain

Director, Enabling World

He is a Certified Coach, Strategic HR & Change Management consultant, an IBM Certified Design Thinking and Agile practitioner, and versatile HR Thought Leader with over 3 decades of experience.

Our Products

E

Employee Wellbeing

Our Employee Wellbeing product is designed for small, medium to large Indian corporations to counter rising absenteeism, massive loss of workdays, lack of employee engagement, declining employee motivation & declining employee morale and staff retention problems.

A

Academic Wellbeing

Our Academic Wellbeing product is a collaborative proposal to work in partnership with schools, colleges, and higher academic institutions in India, designed to help young people of all ages to have an opportunity to express their concerns and challenges in a safe and encouraging environment and learn to employ strategies to enhance academic abilities, gain self-confidence.

Ayush Wellbeing

Our Ayush Wellbeing product is a collaborative proposal to work in partnership with health professionals, organisations, and institutions not only to complement pharmacological interventions but also to make a range of nonpharmacological intervention available to patients and their families. Our partnership contribution can range from pain and symptoms management, stress management.

A

Emotional Wellbeing

Our Emotional Wellbeing product is designed for the members of Indian public and a professional response to bring about consistency in counsellor training, education and a framework for standards of practice and raise awareness amongst the population to increase the acceptability of counselling as a professional and make confidential, culturally sensitive and affordable services available to citizens.

E

Our Leadership Approach

We develop Leadership competencies through Strengths Finder, Psychometric Assessments, 360° feedback, Coaching and Trainings



Our Strategic Partnerships

Watson Talent Management,
Talent Acquisition



Talent Acquisition Automation



Learning Platform



HR Consulting



Workforce Planning



HRMIS, Payroll, Engagement



Learning Platform
Video Indexing



Compensation &
Reward Management



Compliance Solutions



Employee Wellbeing



Psychometric Assessments



Contract Staffing



Clients Our Experts Enabled

				
 Cognizant	 Britannia <small>Eat Healthy. Think Better.</small>	 SRM <small>SOCIETY FOR HUMAN RESOURCE MANAGEMENT</small>		 LUPIN
 Swiss Re	 FCA <small>FIAT CHRYSLER AUTOMOBILES</small>			
 MORNEAU SHEPELL		 bajaj Corp Ltd.		
	 UNITED BREWERIES LIMITED	 ADITYA BIRLA GROUP	 murugappa	 vodafone
 airbnb	 ERICSSON			
				 First Advantage <small>A Symphony Technology Group Company</small>
	 care <small>Defending dignity. Fighting poverty.</small>	 kaapro <small>Let's do good</small>	 First Advantage <small>A Symphony Technology Group Company</small>	 OCWEN



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