

Youth Interaction Programme(YIP)

Why YIP?

Have you heard of people suiciding ? Do you know how many people suicide every year? 800,000 people. Yes, you heard it right 800,000 people that means a person every 40 seconds. Now why all this happens because each and every one of us suffers from some or other kind of stress and anxiety.

We are a generation of broken hearts and broken people with nowhere to go. In India 89% of the surveyed population said that they are suffering from stress and only 10% of them felt comfortable talking about their problems with a medical professional. So youth is in need of someone to talk to them to tell them that its ok and every problem in life has a solution and nothing is bigger than your own life.

The age group that is most prone to these kind of mental health problems is 18 to 25 that is the college going age group. Students in this phase are frustrated of their life, confused about what they want to do and irritated with their love lives.

Students of this age group have many brilliant ideas and have passion but what they lack is guidance and direction, and that's where we want to step in and provide everyone with whatever their directive needs are. As an entrepreneur I have gone through such phases and want to help those who are struggling at that same point.

That's why we are coming up with YIP where we come at your door, listen to your problems and give you a better solution. In YIP we will conduct sessions at different institutions and communities all over Rajasthan.

What is YIP?

YIP will be conducted by NAYARA(Nitanju Association of Young Artists and Recreational Activities) , powered by Nitanju Events and Neetu Chopra, COO Nitanju Events will be the main speaker.

As a team we believe that every problem can be solved out in three steps

“संघर्ष”

“संवाद”,

“रचना”

Whenever we face a problem we first “Struggle” with the problem on our own and try to solve it without other’s help, as a result we are unable to solve these problems and eventually these problems remain deep under our smiling faces and that’s what makes us stressed. Our youth is always stuck at this.

Now with our sessions we give them the next step, “Conversation”, we let them share their problems and give them a way for reaching to the roots of their problems and then comes the step of “Creation” where we will give them a way of solving their problems and atleast make them empowered enough to face probems all over their lives.

Our sessions will be comprising of an introductory speech and then a one on one interaction with students hearing about their problems and giving them positive enviroment of speaking out and helping them with their problems.

Now so as to help the students we will be applying the story telling method so is to fully embrace each heart that listens. As a speaker I will try to relate each and every problem to the experiences I had in my entrepreneurial and personal life. So that everyone listening feels comfortable about sharing their own stories.

Our Requirements

- **A podium with a good mic and sound facility.**
- **LCD projector for displaying content related to our session.**
- **Two Way tickets from Udaipur to the venue place of the session.**
- **Stay and food arrangements for two people.**
- **Though we do not have any registration fee but if we bring with us notebooks costing about Rs.50, so if anybody wants to contribute they can buy these notebooks from us.**

