

# DHRUVH - Social Awareness Forum

Registered as "DHRUVH" vide no. S – 34202 dated 15-01-1998, Registered under Indian Societies Act, 1860

(Registered with 12AA, 80G & FCRA)



*In special consultative status with the UNITED NATIONS Economic and Social Council (ECOSOC) since 2017.*

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Life is a war..... Doctors fight disease. Lawyers fight injustice. Teachers fight ignorance.  
DHRUVH- SOCIAL AWARENESS FORUM fights to prevent your stress & inferiority.

Our group consisting....

Active Listener, Counselor, Social Worker, Faith-Healer, Dietician, Nurse, Physician, Psychiatrist.....

We help to build up your confidence & inner strength to fight again and win the struggle in life.  
Through.....Yogic exercise~meditation~life-style~counseling~only listening.....

**Our work for every single person, groups and corporate from any age group ... and each case is case-specified.. Customized.....**

.....If you feel lonely, depressed, stressed or suicidal due to domestic violence, poverty, unemployment, debts, educational problems, personal relationships, marital troubles, psychological problems, emotional disturbances, sexual difficulties, bereavement, anxiety, failure, addiction, rejection.....  
**can call us for our support at: +91-9873343383, +91-8376062229.**

**We help you to fight back. Regain your honor & dignity. Start a new life with self respect and confidence.....**

**Your confidences will high and problems, fears, complex, anxieties will lighter.....gain of comfortness again.....members of family will rejoin in togetherness.....interpersonal relationship bonds will be stronger ever....., when you get non-judgmental, uncritical and unconditional emotional support sharing your feelings with total confidentiality and anonymity.**

**This service is totally free but we appreciate a donation (we are registered under 80G & FCRA) of any amount to keep our effort continuing with adequate quality.**

For donation----- <http://www.dhruvh.org.in/donate-now.php>

Your peace of mind and satisfaction at the end of the day is our success mark.

**BRING BACK YOUR CONFIDENCE.... HONOR....PEACE-SMILE.... & FAMILY HARMONY...**

- ❖ **Stress –Depression- Confusion- ##suicidal tendency.**
- ❖ **Personality conflict for attitude, growth & development.**
- ❖ **Indecision & complex due to less and lack of confidence.**
- ❖ **Childhood- Teenage behavior including reproductive issue.**
- ❖ **Alcohol, Charas, Ganja, Brown-sugar, & substance addiction.**
- ❖ **Obsessive & compulsive attitude to any person, act or ritual.**
- ❖ **Marriage (Pre & Post), family and Cross-cultural relationship.**
- ❖ **Sexual life sufferings (Straight, Bi-sexual, Transgender, Hijra).**
- ❖ **Straight partner stuck in marriage knots with gay/transgender.**
- ❖ **Male-female sexual\*\* superstition, myth, hesitation & infertility.**
- ❖ **Peer-group for people suffering from loneliness (any age group)**
- ❖ **Peer-group for people suffering from various life-style diseases.**
- ❖ **Control Cholesterol-BP-Sugar-Piles by strengthening your immunity**

## **##Suicidal behaviour indicates deep unhappiness but not necessarily mental illness.**

Throughout the world there has been a steady increase in the number of suicides and India is no exception. With the process of industrialization, break-up of the joint family and living under great pressure – people are less able to cope. Living in a metropolis city increases the incidence of loneliness, isolation, competitiveness, work pressure and interpersonal problems.

Many individuals when unable to cope turn to inappropriate and destructive solutions leading to more people becoming alcoholic, taking to drugs, or suffering from mental illness. Lack of appropriate and timely emotional support and the absence of readily available external support systems also contribute to the rise in the number of emotional crisis. A World Health Organization (WHO) study confirms that at least 30% of all medical ailments have a psychological origin and as 'treatment' they would require emotional support and befriending more than mere medication.

A metro city has its own psycho-social status to make you worked up and stressed out. Hectic schedules, traffic congestions, commuting problems and rising cost of living have led to rising level of frustration and low tolerance level

As per National Crime Records Bureau's report, during the decade (2004–2014), it has recorded an increase of 15.8% (1,31,666 in 2014 from 1,13,697 in 2004). [[DNA CORRESPONDENT](#)]

Värnik claims India's adjusted annual suicide rate is 10.5 per 100,000, while the suicide rate for the world as a whole is 11.6 per 100,000. About 800,000 people commit suicide worldwide every year, of these 135,000 (17%) are residents of India, a nation with 17.5% of world population.

[[Värnik, Peeter \(2012\). "Suicide in the World". \*Int. J. Environ. Res. Public Health\*. 9: 760–771. doi:10.3390/ijerph9030760. PMC 3367275 !\[\]\(c694a3ff3b077d76910920a6a1593ab4\_img.jpg\) PMID 22690161.](#)]

The Government of India classifies a death as suicide if it meets the following three criteria:<sup>[8]</sup>

- it is an unnatural death,
- the intent to die originated within the person,
- there is a reason for the person to end his or her life. The reason may have been specified in a suicide note or unspecified.

If one of these criterion is not met, the death may be classified as death because of illness, murder or in another statistical category

Causes for suicide in India In 2014	
Causes	No of people
Bankruptcy or indebtedness	2,308
Marriage Related Issues	6,773
Non Settlement of Marriage	1,096
Dowry Related Issues	2,261
Extra Marital affairs	476
Divorce	333
Others	2,607
Failure in Examination	2,403
Impotency/Infertility	332
Other Family problems	28,602
Illness	23,746
AIDS/STD	233
Cancer	582
Paralysis	408
Insanity/Mental illness	7,104
Other prolonged illness	15,419
Death of dear person	981
Drug abuse/addiction	3,647
Fall in social reputation	490
Ideological causes/Hero worshipping	56
Love affairs	4,168
Poverty	1,699
Unemployment	2,207
Property dispute	1,067
Suspected/Illicit relation	458

<https://data.gov.in/catalog/stateut-wise-distribution-suicides-causes>

Those who attempt suicide do so for lack of social, economic and emotional resources. After all, India has one of the [world's highest rate of suicides](#) among people aged between 15 years and 29 years.

Each year, between 30 and 40 people per 100,000 Indians aged between 15 and 29 kill themselves. This accounts for about a third of all suicides in the country.

Every 40 seconds a life is lost through suicide(Worldwide as per WHO data).

Suicide Rate (India 2006-07): General Population-11.5 % per lakh. Army-7.5 % per lakh.

More suicides occur between 18 and 45 - in other words in the most productive age group of our society.

- Every 3 seconds a person attempts to die.
- Suicide is one of the top three causes of death among the young in the age group of 15-35 years
- The psychological, social and financial impact of suicide on the family and the society is immeasurable.
- About 1 lakh people die by suicide in India every year.
- Each suicide leaves at least 6 people devastated.

6 lakhs people become survivors every year in India.

Suicide estimates suggest fatalities worldwide could rise to 1.5 million by 2020.

Suicide is a largely preventable public health problem, causing almost half of all violent deaths as well as economic costs in the billions of dollars, says the WHO.

Dr Catherine Le Gals-Camus, WHO Assistant-Director General, Non-communicable Diseases and Mental Health said: "World-wide, more people die from suicide than from all homicides and wars combined.

There is an urgent need for co-ordinated and intensified global action to prevent this needless toll. For every suicide death there are scores of family and friends whose lives are devastated emotionally, socially and economically."

Under High stress your biological age can be 30 times higher than your calendar age.

69% of people suffering from stress related disorders such as depression were apprehensive that society would consider them to be crazy.

55 % of people suffering from stress related disorders say they have no or very few close friends.

71% people under stress refrain from social activities.50% of people under stress say they are not able to pursue leisure activities or hobbies.

The typical age of onset of social anxiety disorder is 12 to 19

- 77% people under stress say anxiety or disorders such as insomnia or depression hamper their romantic relationships.
- 58% are embarrassed to acknowledge that they are depressed.
- 35% people suffering g from social anxiety disorder say they avoid intimacy with partners.

A study says 72% writers, 42% artists, 41% politicians, 36% intellectuals, 35% musicians and 33% scientists are prone to stress related disorders.

Depression among the youth has increased from 2% to 12% in the last five years. Globally 3 out of every 5 visits to the doctor are for stress related problems.

76% people under stress say they have sleeping disorders and 58% suffer headaches.

Laughing helps ease stress. And laughing 100 times equals 10 minutes of working out on a rowing machine or 15 minutes of cycling.

85% of people under stress tend to have strained relations with family and friends.

70% of people under stress say they have become short-tempered.

A NIMHANS study says 36 % techies in Bangalore show signs of psychiatric disorder. Globally 1 out of every 10 students suffer significant distress.

Over 50% of lost workdays accross the world are due to stress, says an ILO study. 16000 students in India committed suicide between 2004 and 2008

According to reports 50% employees in India Inc are under stress :30% have problems such as addictions and marital discord.20% suffer from depression.

Depression is the No 1 occupational disease of the 21st century says WHO. 49% of people under stress say they suffer from upset stomach or nausea.

71% people undress stress feel they are not productive and cry regularly.

Over 50% of the World's children are brought up in stressful conditions, says UNESCO. 1 in every 20 IT professionals comtemplates suicide , says NIMHANS study.

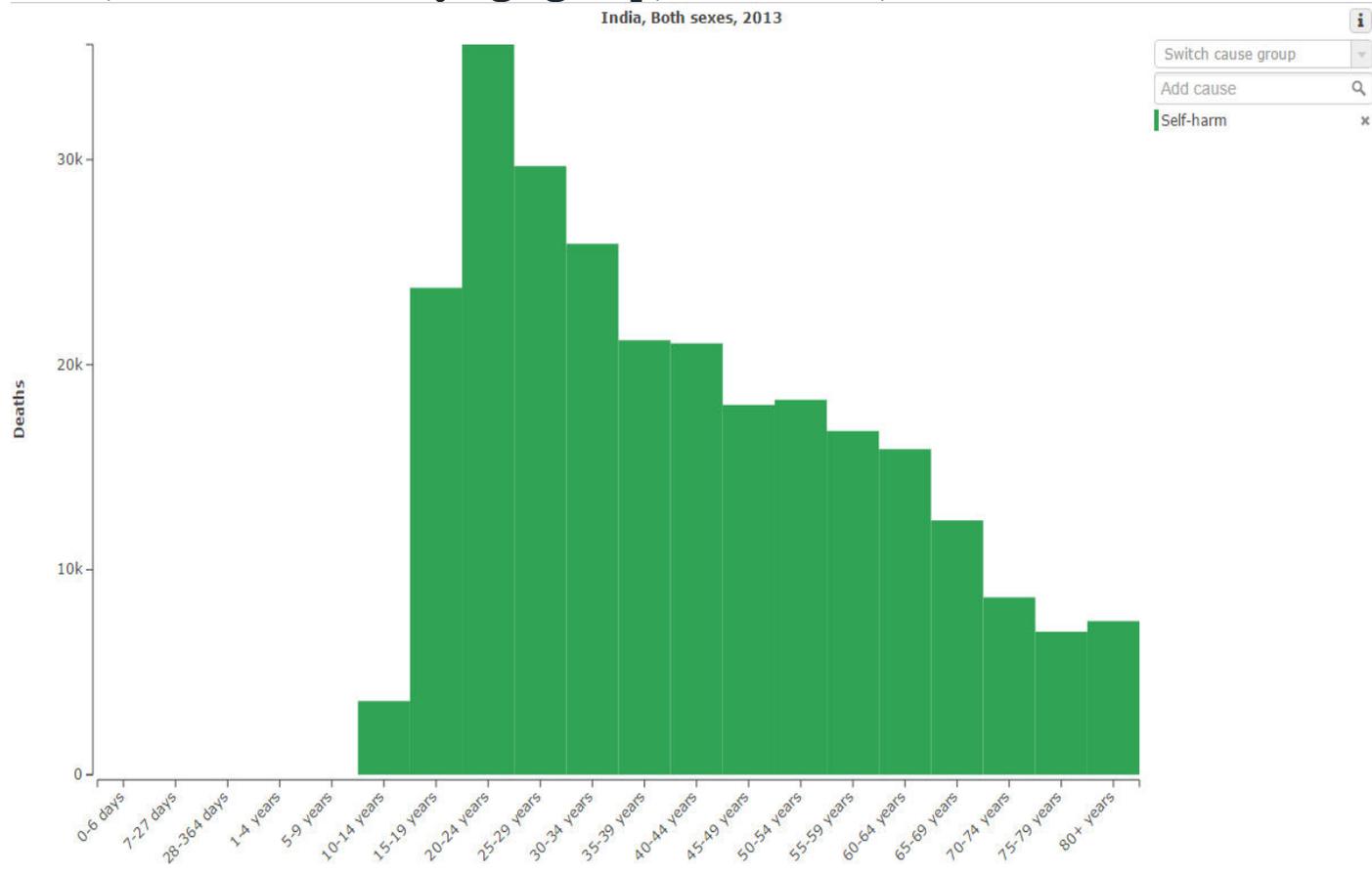
Children laugh about 300 times a day while adults laugh only 15 to 100 times.

66% CEO's in India are stressed out and 11% find it too much to handle says ASSOCHAM.

72% of students in India are unaware of how to deal with stress and it's ill-effects.In 2006 alone 5,857 students committed suicide owing to exam stress.

27.6% of IT professionals in India are addicted to narcotic drugs says a NIMHANS study.

## India, suicide deaths by age group, both sexes, 2013



Note: These data come from the Global Burden of Disease study. [View the online data visualization tool.](#)

\*\* Since most Indians are quite orthodox and conservative about their culture and ethics, often the younger generation has to face problems in freely communicating with them. Still now, talks about sex, intimacy and the human body are restricted to certain limits of knowledge, beyond which our old pattern influenced culture consider them as social taboos and moral degradation. So special care has been given on the issues, as details, to get resolved:

### Women's sexual health problems include the following:

1. Loss of Libido (Low Sex desire)
2. Lack of Enjoyment During Intercourse (Condition where female is not enjoy Sex)
3. Dryness Of Vagina During Intercourse (Dryness in Female's Vagina at time of Sex)
4. Absent Orgasm in Female & Lack Of Confidence (where Female Feels afraid of Sex)
5. Sexual Depression (female who considers her sexuality is as boring, passive and gloomy )
6. Sexual Apathy (Totally unconcerned attitude of a female for sex towards her partner)
7. Sex Counseling for a Female and Couple

8. How to Have First Sex Knowledge and Tips for a Female and Couple
9. Tips to Improve Sex Life for a Female and Couple
10. Fear due to Negative Attitude of a Female about Sex
11. Premarital Sex Problems of a Female & Sex Problems of a Female after Marriage
12. Resolving Sex Related Myths of a Female
13. Hesitation in female from having sex & weakness after sex or masturbation in a female
14. Lack of confidence in due to sex problems & how can improve sex life with exercise
15. Burning in Female's Vagina after Sex or Masturbation.

### **Men's sexual health problems include the following:**

1. Erectile Dysfunction: The inability to get or maintain a solid erection of the penis (lose erection).
2. Premature Ejaculation: Getting discharged before or very soon after starting sexual intercourse. This can also happen when a man is sexually aroused or even during masturbation.
3. Nightfall: The involuntary ejaculation of sperm during sleep in the night or in early hours of morning.
4. Penis Size: A lot of men are concerned about the size of their penis. Most of these are due to the myths surrounding the issue in today's day and age. While the majority of men are endowed with a size which is more than enough to sexually satisfy their partner; a few cases exist which require treatment for enlargement of penis and there are some viable options which are available for this.
5. Excessive Masturbation: Even though masturbation is a very healthy and natural sex outlet and requires no treatment except for moderation of the habit, in some cases it may be a problem if it becomes obsessive and highly frequent.
6. Spermatorrhea (Dhat): This is a condition in which there is an abnormal release of semen without any sexual activity.
7. Loss of Libido: The loss of sexual desire in men is becoming increasingly common today due to the stress of hectic lifestyle and other reasons like erectile dysfunction, premature ejaculation and disharmony in the relationship etc.



