

# Problems of Young Minds in India: NCC Training May Be the Solution

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## **Abstract:**

Our society as well as our country is passing by an era which is showing us some peculiar problems which never haunted us previously in a major way. The name of the recent threat is ‘**depression**’. It affects our youths so badly that if we do not take this problem very seriously with utmost importance then a large number of young lives will be lost. Recent reports showing us that the students of premier Institutes of our country committing suicides and in the major cases the cause behind this is **depression**. In this paper I will try to **excavate** the reasons behind this and discuss on some probable solutions and **explore** how National Cadet Corps(NCC) training can help us to get rid of this problem.

**Keywords:** Depression, Excavate, affects, Explore.

## **Introduction:**

India has more than 50% of its population below the age of 25 and more than 65% below the age of 35. So, if we would like to create a strong, self-reliant India, then we have to focus on and motivate this huge youth segment in a positive direction. Now, which is alarming today is that after passing two years of confinement for Covid - 19, we have started our journey with a new pace in spite of a large number of people and their families had lost their jobs and lives in this pandemic. This pandemic brought us a depressive mood for all but still, we are trying to survive. Young people are suffering mainly due to dissatisfaction, in their academics, jobs, personal lives, some sort of aimlessness which forced them to engulf in depression. Nuclear families, Busy parents, academic pressure, crisis in jobs, diffracting impact of social media , junk food ,imbalance of physical and mental exercise creates a huge pressure on young minds today. Those who can bear with this can somehow manage but those who cannot are going to ‘Depression’.

## **Problems faced by youths & their root causes:**

### **Unemployment and Employment in non- core sector :**

The unemployment rate in India has declined post –Covid 19 for all educated levels but it remains above 15% for graduates and has reached as high as 42% for graduates under 25. The report was published by the Azim Premji University citing data from the latest Periodic Labour.

One more problem, youths of our country facing is improper deployment of Human Resource in different areas, eg. A B.Tech (Civil/ Mechanical/Electrical/Biotech) is working as an IT professional or an MA in History is working as sales personnel which leads to pure job dissatisfaction among youths as well as creates Depression and pure misuse of resource.

One more thing, as India has a huge population. So, it would be very common the coexistence of both organized and unorganized job segments but if we can balance to nurture both equally then mental stress can be somehow decreased for those who belong to unorganized job sectors.

**Loneliness:**

Major number of boys & girls are coming from nuclear families. A number of families, today both the parents are working and they have only child. So, Loneliness is the very common feature for them. In many cases it has been found by the psychologists that they are seeking Parental or elderly care but they are missing that.

**Academic pressure:**

Today the Higher Education is giving stress in the form of Exams and Tests. In many cases it has been found that the Testing process is not justified at all and their ranking processes in case of professional degrees from premier institutes are also generating pressures on young minds for getting jobs through Campus interviews along with normal academic pressure to maintain a good CGPA score among all semesters. Students who are not getting through the campus feeling depressed and thinking their lives are in vain. In case of General degree Courses unavailability of jobs are forcing them to be isolated as the losers in life.

**Social media:**

To get released and relieved from the surrounding pressures presently young minds are tending to involve in different activities in Social media which are not come to be very well for them. Even in some cases it has been found that they fall in the trap of fraudulent activities and unknowingly they get in touch with the Dark Web segment. Which creates anxiety, tensions and initiates depression.

**Bullying:**

It is a major curse today on young lives. It can cause loneliness, depression, anxiety, lead to low self-esteem and increased susceptibility to illness. Bullying can also cause maladjustment in young people and targets of bullying who were also bullies themselves exhibit even greater social difficulties. Major Premier Institutes, Universities, facing a problem of Ragging( is a form of bullying) of senior members on juniors, which is becoming a psychological disease among the young people which causes depression even sometimes generate lifelong Psychiatric diseases.

**Sexual activity:**

In a number of cases due to the unawareness of Sex, young people are getting involved in different illicit relationship which may cause mental anxieties generate different complicated sexual diseases and sexually contaminated diseases also which may lead to a great depression in young chaps.

**Peer pressure:**

When the Pressures of our day to day life are heavily active, the stresses of life may actually come from individual peers. They may give pressure to do something that someone very uncomfortable to do. Such as shoplifting, doing drugs or drinking or taking risk at the time of driving a car, having sex before feeling ready. This also causes Depression among young minds.

**Obesity:**

Present days young people usually have junk foods which is of huge calorie but they don't go for any regular physical exercise to burn out those extra calories consumed which results obesity. Obesity causes different diseases and also make someone physically unfit. which initiates depression.

**Drug use:**

Uncontrolled use of drugs may cause depressive mind. Without having proper medical guidance taking of drugs is purely harmful for body and minds.

**Alcohol use:**

Somebody to get relieved from mental anxiety and for having deep sleep become habituated with alcohol, which may cause mental irritation and depression.

**Onscreen violence:**

Today young minds are very much involved in viewing OTT Platforms where we can view uncensored movies which is full of violence, use of slang and filthy dialogues, unnecessary obscene which affect young minds in a large way.

**Probable solutions:**

The most effective solution of this problem will be the creation of physically and mentally fit youths which also initiates a better Human Resource of our Country. The steps which can be taken are as follows:

1. Maintain a good balance of Physical and mental Exercise every day.
2. Take healthy food and avoid junk foods.
3. Yoga or meditation can be a good solution for living stress-free life.
4. Involve in some selfless work.
5. Don't take anything in life so seriously in such a way that without which living will be impossible.
6. Be generous, help others when anybody in trouble.

The major number of points will be covered by the training given by the largest uniformed youth organization, National Cadet Corps(NCC), which was firstly started in Germany in the year 1666. It was formed in India with the National cadet corps Act of 1948.It was raised on 15<sup>th</sup> July, 1948, prior to that it was University Corps which was under Indian Defence act, 1917.with the objective to make up the shortage of the Army.In 1920 it was replaced by UTC( University Training Corps) under the Indian Territorial Act. Eventually it was converted into UOTC( University Officers Training Corps), by the British in the year 1942 during World War II.After 1965 and 1971( where NCC played a great role) wars against Pakistan, NCC syllabus was revised; rather than just being second line of Defence, NCC syllabus laid greater stress on developing quality of leadership and Officer like features. Greater importance was given to areas like Social service and youth management.

**What NCC training can do:**

NCC training can give a physically fit and mentally strong People. NCC taught young minds the benefits of Unity and disciplined life. It motivates students for doing selfless jobs. It trains Physical exercises

which are very important in maintaining of Physical fitness and can contribute to keep healthy weight, regulating the digestive system, building and maintaining healthy bone density, muscle strength, joint mobility, promoting physiological wellbeing as well reducing surgical risk and it increases the strength of immune system. Exercise makes our muscles work and require our body to burn calories. It helps in

- Weight management
- Reduce one's Health Risk.
- Strengthens one's bones and Muscles.
- Increases one's Chances of living longer.

NCC also trains Yoga which cultivates the ways of maintaining balanced attitude in day to day life and endows skill in the performance of one's actions. It is useful to achieve a peaceful body and mind. It helps to manage stress and anxiety and keeps you relaxing.

Running, cycling can significantly improve physical and mental Health which are also included in the Physical exercises part of NCC. NCC incorporates an Adventurous Life by introducing, Trekking camps, Army attachment Camps, Youth Exchange Programmes and so on where students can learn how to share their own resources with others how to help others in trouble and how to work selflessly.

### **Conclusion:**

The Sino- Indian war in 1962 taught us to meet the requirement of the Nation by making NCC training compulsory in 1963. It was compulsory for five years and again in the year 1968 the corps was made voluntary. This training can make young minds to face adverse situation of life with a smiling face and teach them how to fight back in the living world by facing the battle of life. NCC plays vital role in moulding the youth at their most impressible age. The training packages comprising various areas including theory and practice shaping both physique and mind develop the personality of the cadets inculcating self-confidence, spirit of adventure, comradeship, team spirit, patriotism and high discipline. The study highlights how NCC helps the youth to develop their personality. So, It can be suggested that if NCC training can be made compulsory for at least one year along with the normal Academic curriculum in the the senior School division or in the first year of studies at UG level or PG Level then hopefully a big percentage of young minds can get rid of the serious threat of this era called DEPRESSION.

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