



Youth
Economic
Forum

Bridging the Gap Between
Youth and Policy Makers

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Media Contact: Farhan Khalid
Email: f.khalid@yeforum.com.pk
Contact No. +923335356462

Ref. No.: 01/YEF /PR-04-03-2020
Webs: www.yeforum.com.pk
Twitter: @yeforumpakistan
Facebook: Youth EconomicForum

PRESS RELEASE

June 12, 2020: We all know that the main motive of YEF is to let the young and able workforce get their chance to shine. Youth is the backbone of any nation and can play an important role in the development of society. To be precise, Pakistan currently is the largest generation of young people ever recorded in its history. There were different live sessions being held related to different topics following an essential topic that is "mental health". Mental health includes our emotional, psychological and social well being. It affects how we think, feel and act. Mental illness is not always taken seriously in our society especially in normal routine but during the pandemic people have been given a chance to talk about it openly as now we have more time to think and have realized a lot of things. This is what was exactly discussed in the live session. The session was moderated by Jalil Hamdani, along with expert Irum Abrar. Keeping up the norm we had our student representatives Manal Shahzad, student at BNU and Adnan Khan, social sciences student at Bahria University.

There is an uncertainty as people do not know where to head and where life will lead them to or what solutions would come into being and when. Sitting at home can lead us to different thoughts and thus anxiety. This was then elaborated that initially people were taking the virus lightly and not taking precautions leading to more cases and hence, constant state of fear. Following the impact on economy, different classes, family and personal crisis, the pandemic is throttling the global economy. In a matter of weeks the highly contagious disease has pushed the world to the brink of a recession. Which brings us to the impact of the economic crisis on different classes. Less privileged people, especially surviving on daily wages were being neglected and did not have anything to eat. Then comes the family crisis where the frustration was being taken out on other family members leading to increased domestic violence. Mismanagement and uncertainty leads to an increased pressure and anxiety in students specifically who are in their final year and planning to study abroad. All these impacts are linked to one another and hence cause personal crisis at some point.

Every problem should be discussed to bring out solutions or at least make it better and this is what was basically discussed in the last part of the session. Now that people have ample time, they can use it wisely by doing whatever makes them happy be it, meditation, learning new things as in cooking, drawing in order to Excel. The pandemic is truly a blessing in disguise as it corrects nature after years of competing and running in life. There is a chance of correcting oneself. To conclude, the main element of mental illness is to know the cause in any situation. People must show up and speak about their problems openly so that introverts get the confidence too and look for therapies and solutions only then things can be sorted out.

Lastly, it was concluded that it is our responsibility to help people with their issues and understand rather than taking it lightly or neglecting it. As only then the norms and stereotypes of the society can be influenced.