'We should put people and planet above profits'

The world we live in is yet another breathing maze through which we are running tirelessly from morning to evening to solve. The clock continues to tick with our hearts and pulses beat faster as the pieces that form an outcome seem to disappear with more and more people joining the rat race. It's a race that we call a modern life and luxurious lifestyle.

But while running between the two poles of this relay we forget to differentiate our misconceptions from our delusions and end up confusing a modern life for a healthy living. Living in a century where everything is available at a click of a button, we have built a small wonderland like a comfortable yet two-faced and lonely cubby hole within those apps and notifications of ours and forget to think or live beyond them.

Our minds are instructed to follow a uniform algorithm each and every day of our lives. At the end of the day, what can be more human than the fight for survival.

Playing the tug of war between the strings of taboos and myths, we forget to live up to the sole purpose for being given birth and doing good. In this world, where the existence of humanity is questioned as each milestone of development passes, we forget to rethink our actions, reflect and be kind.

This system of taboos from which we reap many benefits has enabled exploitation in the terms of ignorance to thrive. Our society still considers mental health and issues related to it to fall under the shadow of a taboo and refuse to accept the consequences that come with them which in its true sense is staggering.

We humans are considered to be simple creatures but the complexity

We still have time to rethink our actions and give humanity the last chance to exist , writes Pari Gupta , a student of Class 9, Suncity School, Sector 54, Gurugram

hidden within us seems to unravel as problems strike and end up affecting us mentally more than physically.

The societal issue of mental health has been hidden behind the curtain of stigma and discrimination for a while now in spite of our mental wellbeing controlling all three pillars of our well-being: physical well-being, social well-being and emotional well-being.

Living in a nocturnally dual world where deep down all of us have guilts and regrets, we have put profits above the people and planet.

As time passes, everyone at some point or the other ends up showing the visage which is yet to be unmasked.

A visage that is vulnerable and just needs a helping hand to get them through the tough times but we are so engrossed in pampering our own selves and building our empires that we consider an unheard scream for an ignored whisper.

A scream which needs itself to be heard and accepted. Be the one to lend a hand to those who are in need and not to those who are greed. Who knows that hand would be the ray of sunshine that person really needed, we still have time to rethink our actions and give humanity the last chance to exist else we might end up being the masters of our own mind but the slaves of our own soul?

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