

Ashish my younger son was going through severe depression (Dysthymia) from 2014 onwards. Ashish was showing great resolve and fighting with his weaknesses with help from medicines. It was very obvious to us that he was fighting internally and externally but was very moody and has not tasted much success in whatever he was trying. This was becoming a vicious cycle pulling him further down.

Ajay Patel and Ameeta Patel were our neighbors in Bangalore and are our family friends for over 20 years now. They told us about the MRA institute and the Initiatives of Change. We asked Ashish to read about it online and he liked the course contents and he joined a 5 day camp in May 2016.

Obviously we had our parental anxieties about how he will take to this environment at Panchgani as he was not used to getting up early in morning, having meals in time, taking medicines and so on.

To our surprise he returned a changed person and this change was very drastic and dramatic for both me and my wife Sneha. Ashish had started sharing his viewpoint and also he was able to openly talk about his failures in life and plan for a better future for himself.

He had started taking bath using bucket, never switched on A/C in the room during summer. He had started taking responsibility for things in house and participate in discussions. He was very much impressed by the stories of others he told us about how someone did social project on menstrual hygiene with girls in Assam and later was invited for a tea in Buckingham Palace by Queen of UK.

Within 3 months of doing this Ashish opted to join a IT company in Chennai and also choose the path of living in Chennai, away from home and parents and his comfort zone.

After he shifted to Chennai he had to face many challenging situations like Madam Jayalalithaa's hospitalization and death, storm and rains, demonetization, Jallikattu social unrest and so on. During these periods he had to live without electricity for weeks, carry water buckets from ground floor to his second floor room, no mobile communication as towers were shut, no money as ATMs were closed.

We as parents are proud that he has managed these situations on his own and has never cribbed even once. Also we are happy that he has shared what he was facing and going through with us.

I am very much impressed with the courses conducted by MRA and IofC. I strongly recommend this for all youngsters who wish to take control of their life and want to "be the change that they wish to see" in society.

Hemang Kulkarni and Sneha Kulkarni
Parents of Ashish Kulkarni