

DELHI PUBLIC SCHOOL, FEROZEPUR

REPORT ON WEBINAR- UNDERSTANDING ADOLESCENCE- 13 AUGUST, 2020

Adolescence is a new birth, for the higher and more completely human traits are now born. - **G. Stanley Hall**



All of us, at some moment, have had a vision of our existence as something unique, untransferable and very precious. This revelation almost always takes place during adolescence. Keeping in mind the need to deal with children stepping into adolescence a webinar was organised by DPSHRD.

Dr. Samir Parikh is Director, Department of Mental Health and Behavioural Sciences, Fortis Healthcare, emphasized on that adolescence is characterized by rapid growth, hormonal change, changes in bodily appearance and changes in brain structure. This stage is characterized by emotional turmoil, insecurity, peer influence, risk taking behaviour, irrational decisions, pushing limits on permissible behaviour. It is also a time when young people make mistakes, which if not dealt constructively and sensitively, could result in them ruining their lives. Adolescence is a time when young people need to be surrounded by a protective system, positive role models, and be engaged in positive activities which channelize energies towards good deeds.

According to Dr. Samir Parikh Ideally, a mental health curriculum needs to run parallel with to existing educational paradigm within schools. Mental health often tends to get neglected when compared to the significance typically attached to general-health awareness (hygiene and sanitation, nutrition and balanced diets, education about infectious and communicable diseases). A point to be reiterated is that similar to physical ailments, mental illness is also rooted in a biological basis, as opposed to mythological beliefs which attribute mental illnesses to the presence of evil spirits, or the like.

Healthy eating during adolescence is important as body changes during this time affect an individual's **nutritional** and **dietary** needs. Teens are becoming more independent and making

many **food** decisions on their own. Many teens have a **growth** spurt and an increase in appetite and need **healthy food** to meet their needs.

Sound sleep is strongly associated with better physical, cognitive, and psychological well-being. By contrast, poor or disordered sleep is related to impairment of cognitive and psychological functioning and worsened physical health. It is concluded that poor or altered sleep in adolescent patients may trigger and maintain many psychiatric and physical disorders or combinations of these conditions, which presumably hinder recovery and may cross into later stages of life.

The duties of a teacher are neither few nor small, but they elevate the mind and give energy to the character. - Dorothea Dix

The support of **peers** and **teachers** at school can have great effects on student's well-being. Adolescents who feel that there are people who care about them at school and feel connected to the school are more likely to be academically motivated and less likely to engage in a variety of negative behaviors including drug use, violence and sexual activity. Support from teachers can be expressed in many ways including caring, having rules that are perceived as clear and fair, and allowing for age appropriate autonomy in decision-making. A positive relationship with a teacher may motivate a student to learn, participate more in class, or engage in other behavior related to academic achievement.

Last, but not the least, a mental health curriculum is to be introduced to encourage help-seeking behaviour, especially in connection with mental health. It is through the training of young children and adolescents during their prime years that we can improve their own psychological well-being. The long-term implications of incorporating such a curriculum within schools will contribute to a society which is educated, informed and sensitized towards mental health.

Everyone who remembers his own education remembers teachers, not methods and techniques.

The teacher is the heart of the educational system.

- Sidney Hook