

OCTOBER 10, 2020

CELEBRATING HEALTHY MINDS

GLIMPSES OF #MISSIONMIND



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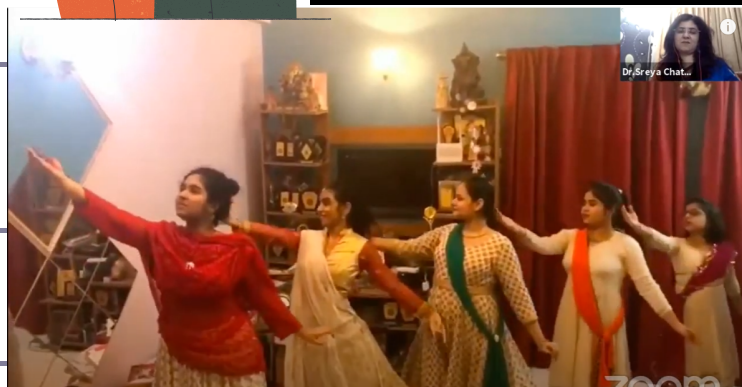
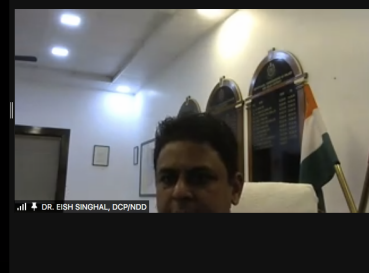
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PROTECTIVE FACTORS

At parties or in other social situations, :
with a group of friends, if possible, or keep in contact with someone
know during the party. Keep an eye out for one another, and don't
be anyone alone at a party.
drinking too much.
think you have been drugged, tell a friend and leave the party or
and get help right away.
not go somewhere alone or leave a party with someone you do not
know or feel comfortable with.
Get to know someone well before spending time alone together. Spend
the first few dates in public places.
If you are with someone you know and your instincts tell you something is
wrong, trust your feelings and get away from the person.





ENTERING A HEALTHY HEADSPACE

by Sagnik Sarkar

"Everybody should know there is no such thing as normal. There is no black-and-white definition of normal. Normal is subjective."

Today, when the world is under an unprecedented situation, a time when depression has become a new normal for everyone- Advance Health Care Foundation decided to conduct an online Symposium: **'Adolescence- A Period of Bumps and Humps'** on Mental Health for all the adolescents who are going into different period of transition within themselves. As beautifully expressed by the host and **Adolescence Development Polymath, Megha Chattopadhyay**, "We either think about the past and dwell upon it or we think about the future and we make expectations about the future, but the most important thing we forget is to live in the present moment and relish the things happening now." The Event kick-started with **Dr. Sreya Chattopadhyay, Director, Advance Healthcare Foundation**, expressing her gratitude on behalf of all the volunteers present in AHCF to all the panelists, speakers, panelists, guests, clubs, different NGOs, attendees from across the globe, and students from various schools for making this Symposium possible. The event was also graced by the honourable presence of **Dr. Satnam Singh Chhabra**, who congratulated the AHCF Team and the participants on this noble initiative.

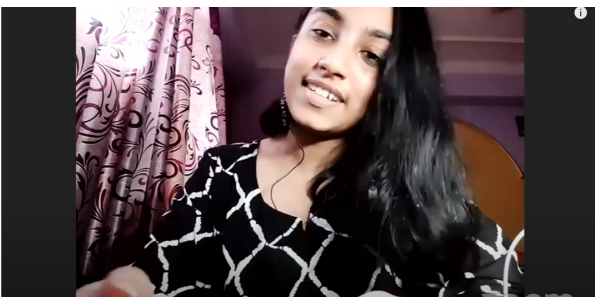
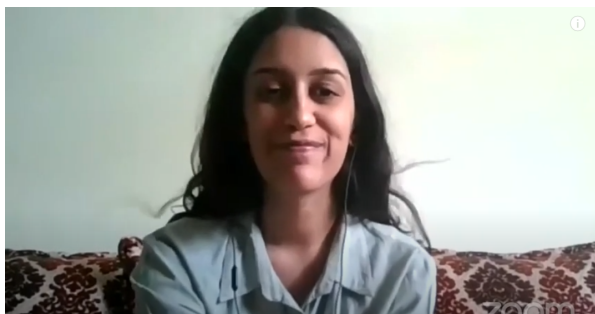
The virtual stage was then graced by **Dr. Saurabh Kole, Director, Advance Healthcare Foundation**, who discussed the prime objective of Advance Healthcare Foundation and shared some of the notable works done by the NGO. **Mr. Sunil Garma, Mayor of Dehradun**, inspired the young members of the audience to focus on steady progress and not instant results. Sharing the wise teachings of Swami Vivekananda with the students, he highlighted the importance of focusing on the present and making it better rather than worrying about the future. **Shri. Ratnajyoti Dutta, Honorary National Advisor**, gave tips to students on how having a healthy body, positive mind and a peaceful environment is the ultimate key to success. With these mindful words intact, we embarked upon a journey to attain a healthy mind and wishful thinking.

EVERYTHING IN BETWEEN

by Maansi Anand

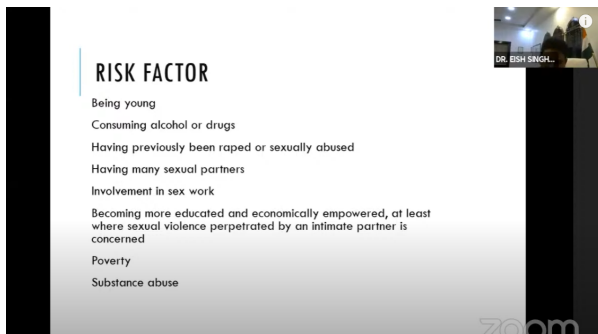
The power of one's voice lies in their actions.

In such pressing times, when countries all over the world are suffering from the repercussions of a global pandemic, a 'mental health pandemic' has also robbed people off their sanity. As tiny elements in this system capable of bringing change, the Adolescence Development Club launched two bright new initiatives on the occasion of Mental Health Day- Anonymous Tapes and Youth Media Channel. The first initiative, as introduced by **Grammar Fascist Maansi Anand**, focuses on providing a safe space for adolescents to share whatever they wish about themselves and avail advice upon their discretion. The Youth Media Channel, as introduced by **Adolescence Development Polymath Satakshi Akanksha**, will be a podcast series in conversation with inspiring personalities dwelling upon astonishing tales of overcoming depression, complete switch in career decisions and so on.



Spilling the Beans on Substance & Sexual Abuse

By Aanya Narula and Atharva Yash Shrivastava



Today, most young people are likely to experience sexual or substance abuse because of the current scenario and the mentality of the society. AHC foundation hosted a presentation on the topic “Spilling The Beans”- To create awareness amongst the youth about sexual and substance abuse by **Dr. Eish Singhal, IPS**. The presentation began with a brief discussion about the Risk factors of abuse and its impact on mental health. Dr. Singhal commented on the consideration of two major topics, primarily- 'Effect Of Abuse on Mental Health' and 'Sexual Abuse'. He shared his own practical views during his course of experience, stating various incidents and their impact on the mental health of adolescents. Moreover, serving his responsibility towards the nation, he advised the audience on various protective measures.

Dealing with Inter-Personal & Intra-Personal Relationships

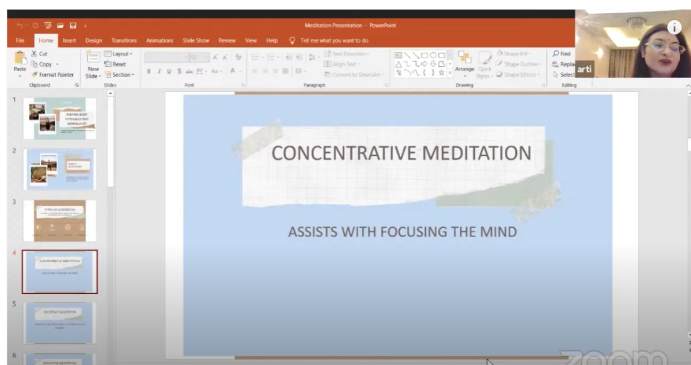
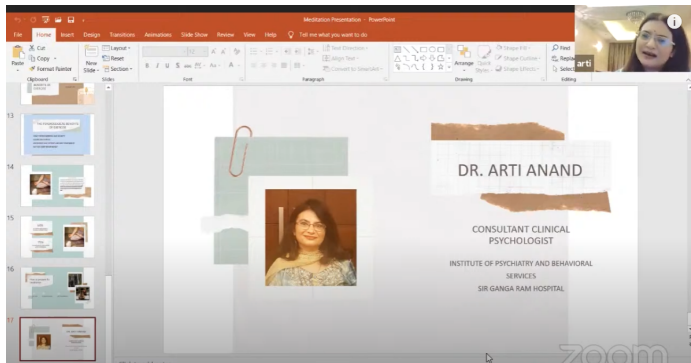
By Kesar Raina and Khushi Malhotra



Dr. Shobit Garg, Associate professor of Psychiatry at SGRRMHS, Dehradun, guided everyone on ‘Dealing with Inter and Intra Personal Relationships in the Maze of Life’. He forwarded the idea that talking about adolescents is as complex as finding a vaccine for COVID; hence it’s best to summate it in a clinical point of view. He highlighted that excessive stress and pessimistic thoughts could indicate poor mental health. Furthermore, he also discussed the negative effects COVID has on our relations and explained the concept of balanced relationships. He also discussed the key challenge for adolescents is to identify their identity. Dr. Shobit asserted, how young adults fall into traps of addictions. He used #justsayno for students to not give in to peer pressure.

Keeping the Body Physically & Mentally Fit

By Aadya Kapoor and Mahika Nagar



Dr. Aarti Anand, Psychologist, Sir Ganga Ram Hospital, New Delhi, took up this extremely informative session on how to keep ourselves physically and mentally fit. She gave students tips on how to keep themselves healthy, and how yoga and meditation are the best for keeping our minds healthy. The importance of meditation and how it helps students in maintaining their focus and increasing their retention ability were also discussed in detail. She also elaborated upon how meditation can help one enhance their empathy, cognitions and promotes healthy well-being and is a natural stress stabilizer. Further, Dr. Anand proceeded to discuss the psychological benefits of meditation, which were very enlightening.

Overcoming Pressure, Anxiety and Competition

By Rida Hasan and Koyena Chatterjee



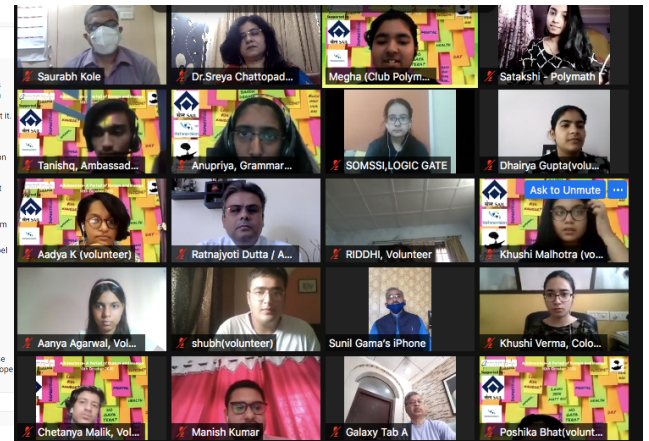
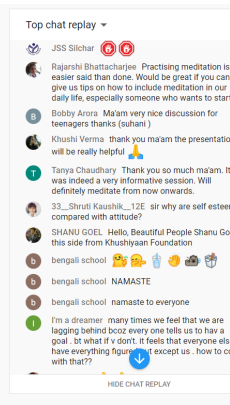
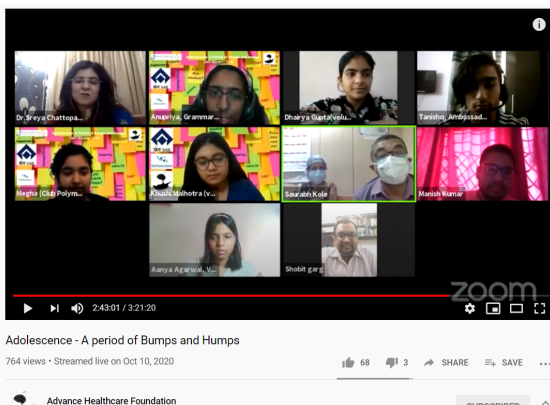
It was a pleasure to have **Dr. Uday Chaudhuri**, renowned psychiatrist known for his cheerful nature & radiating positivity. He commenced his speech with the slogan "Mental Health for All- Greater Investment, Greater Access." The COVID-19 situation is targeting our minds and he was there to help find a solution for this mind pollution. He cited the example of Sally Skittle, who bounces back every time it is punched- similarly, the adolescents have to build up resilience despite adversity by manifesting their potentials. We depend so much upon Artificial Intelligence, but the most important is Emotional Intelligence which plays a pivotal role in handling our own selves and relationships. Positive psychology and well-being is a skill to emphasise on happiness and culturing the purpose in life.



#MISSIONMIND: EVERYTHING FROM WHITE TO GREY MATTER

by Anupriya Bhatnagar

The event also held a panel discussion titled "#MissionMind: Taking Care of your White and Grey Matter". The panel comprised of **Dr. Joyita Chakraborty**, a renowned gynaecologist and obstetrician in Kolkata with experience of over 22 years; **Dr. Shobit Garg**, Associate Professor of Psychiatry at SGRRMHS having a great understanding of the psychology, mentality and thought process of adolescents and **Dr. Rwitika Ghosh** and **Dr. Manish Kumar**, young doctors having keen interest in the psychology and psychiatry, especially of adolescents. After the informative presentations and speeches by the eminent guests, the floor was opened for questions related to adolescents put up by the YouTube audience. The questions ranged from dealing with one's first menstruation to growing role of technology in new relationships and feeling comfortable in one's own body. The panelists provided articulate and distinctive answers that helped the audience understand themselves better. The panel discussion proved to be a platform where teenagers could freely discuss about all issues related to the age of adolescence without any judgement or critique. The knowledge and information provided during the panel discussion really helped the young adults comprehend themselves better.



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