

DEPARTMENT OF COMMUNITY MEDICINE
Pt. J. N. M. Medical College, Raipur (C.G)

School Health Activity in Brighton International School, Raipur
29th November, 2019

India has the largest adolescent population in the world, characterized by rapid physical growth, significant physical, emotional, psychological and spiritual changes. They are not only in large numbers but are the citizens and future of tomorrow. The health status of an adolescent determines the health status in his/her adulthood. Promoting healthy behaviours during adolescence, and taking steps to better protect young people from health risks are critical for the prevention of health problems in adulthood, and for countries' future health and ability to develop and thrive. Many serious diseases in adulthood have their roots in adolescence. The main issues faced by the adolescents include: Menstrual health and hygiene, malnutrition, mental health challenges, violence, injuries, peer pressure and substance abuse. The problems of adolescents are multi-dimensional in nature and require holistic approach.

With these backgrounds, a health education session on "*Adolescence and Adolescent Health*" was done by the faculties and postgraduate students of the Department of Community Medicine, Pt. J.N.M. Medical College, Raipur in Brighton International School, Nardaha village, Raipur, Chhattisgarh on 29th November, 2019. Around 250 students from class 6th to 8th standard and teachers were present.

During this activity, interactive session was taken to create awareness regarding:

1. The normal physiological, mental and social changes during adolescence
2. Health issues were discussed such as:
 - a. Mental health problems
 - b. Violence
 - c. Injuries
 - d. Malnutrition and
 - e. Substance abuse.

Solutions were discussed for the challenges faced by them such as:

1. How to manage various changes during adolescence
2. Balanced diet & exercise
3. Adequate sleep for at least 6 to 8 hours, were discussed.

Tremendous active participation was found from the audience and queries were solved. With this, the activity fulfilled its objectives effectively and the session ended with take home message.



