

EDITORIAL



"ANGRY, ANGSTY OR ADAPTIVE?"

Adolescence is a phase when a person transits from childhood into young adulthood. There are phases (early - ages 11 to 14, middle - 15 to 17, late adolescence - 18 to 21) that are marked according to the developmental changes that a child goes through. In recent years, kids (twens, age 8 to 11) are maturing faster due to early (premature) onset of puberty.

The adolescent experiences physical, emotional, behavioral, cognitive and most importantly social developmental changes. There is an urge towards developing social relationships and exploring them. There is constant turbulence of thoughts & emotions. The hormones play havoc. At the same time, there is exposure to many new things, especially premature exposure to sexual content these days; courtesy digital media and OTT platforms. Since, the peer group is in the same bus, they want to experiment, oblivious of the repercussions of their actions. **With so much going on inside, there are external pressures and expectations from peers, parents and society.**

Ideally, **they should focus on academics, career, personality & character building** – however, **the physical changes keep on distracting them in every other possible direction.** These contradictions and conflicts if not handled properly, might lead to destructive behavior. The number of teenage depression cases are on the rise & we are facing the 'Mental Health Epidemic' in India. Hence, the responsibility of parents, teachers, counsellors become manifold.

We need to be kind, empathetic & understanding during this sensitive period to help them build resilience & mold them into healthy adults

With this 'Teenage Mental Health' issue, we are trying to help each one of us sail through smoothly.



Dr. Aabha Pimprikar
Co-editor, Parent of Teenagers
President DAGMHI 3030



DISTRICT ROTARACT REPRESENTATIVE SANAIEL AHMED ROTARACT CLUB OF NAGPUR VISION

District Rotaract Representative (DRR) Sanaiel started his career as an active Rotaractor from Hislop college, Nagpur in 2009. In 2018 he chartered his own club RAC Nagpur Vision. He has served in various posts in the district and presently he is DRR for 2023-2024.

He is a young enthusiastic leader for the Rotaractors of the district. Professionally, he is a 'teachers training module' designer for Central Board Secondary Education, Government of India.

He strongly feels that mental health should be paid equal attention to as we pay for physical health. He has seen that a large number of young people suffer from depression, anxiety etc. In fact, he has known young people who have committed suicide because they could not deal with the situation.

His personal routine includes prayer and gratitude to the almighty for a new day and health. He has always been involved in social work and that gives him peace and contentment. His happiness mantra is "Give a lot, expect little".

He feels that the youth can be provided with counseling and hope, that every problem can be solved. In his opinion the young people can be motivated to get involved in different activities which will make them happier. He is willing to do this with DAGMHI 3030. Since inception, DAGMHI 3030 has focused on Mental Health activities for the youth as the prevalence has increased among the youth of India during the pandemic.

Even changing a few lives can create a huge impact according to DRR Sanaiel Ahmed.

Rtn. Dr. Shantala Bhole
Director DAGMHI 3030

ANXIETY AWARENESS PROGRAM FOR ROTARACTORS IN NASHIK

Anxiety is an unpleasant emotion. Many of us are oblivious of this feeling of worry & fear. We should also know that there is a difference between anxiety & anxiety disorders.

Hence DAGMHI 3030 thought of having a three-phase program throughout the district. Phase 1 (Awareness phase) is open to all; phases 2 & 3 are need-based sessions with mental health professionals & mental health allies.

The pilot project was conducted in Nashik & was hosted by RAC Nasik Youth Force & RAC Grape Valley on 15th of August 2022. There were 30 young participants. During phase 1, Dr. Nilesh Jejurkar, renowned psychiatrist of the city mentored everyone on the topic & a self-awareness questionnaire was shared with all. This was followed by Q&A session. During the phase 2, the participants had a one-on-one discussion with the subject expert.

We are sure that these young, now cognizant minds will spread Mental Health Awareness & planning to replicate this program in the district.

Dr. Aabha Pimprikar
President DAGMHI 3030



EDITORIAL TEAM



Rita Aggarwal,
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TEENAGE MENTAL HEALTH

TEENAGE MENTAL HEALTH DISORDERS

As per World Health Organization, one in six persons is aged between 10-19 years. Of this adolescent population, globally one in seven (14%) experience mental health conditions, yet these remain largely unrecognized and untreated.

Adolescence is a crucial period for developing social and emotional habits important for mental well-being. The more risk factors adolescents are exposed to, greater the impact on their mental health. These factors include exposure to adversity, peer pressure, media influence, gender norms, quality of relationships, parenting and socio economics problems.

Mental health conditions faced by adolescents mainly fall as under- emotional disorders, behavior disorders, eating disorders, suicide & self-harm behaviors, and substance use.

Emotional disorders are common among this age group and mainly include Anxiety and Depression. They are seen more in older adolescents (15-19yrs) and are known to impact the academics of the teen. It can result in school absenteeism, poor scholastic performance and occasional failure adding onto the preexisting emotional burden. This may worsen the social withdrawal, loneliness; sometimes making the teen susceptible to suicidal thoughts.



Behavioral disorders like ADHD (attention deficit hyperactivity disorder), conduct disorders are seen more commonly in younger adolescents. These disorders if not addressed in time can lead to criminal behavior and/or personality disorders.

Anorexia Nervosa & Bulimia Nervosa which fall under eating disorders are also an important health concern in adolescents. They are more common among females. They involve abnormal eating behavior, preoccupation with food resulting from concerns about body weight and body image.

Body dysmorphic disorders is another issue among teenage and adolescent females which may lead to repeated plastic surgeries to make one's physical attributes 'perfect'.

Teenage suicide is another growing mental health concern. Suicidal attempts are much more frequent (estimated 10-20 times) than actual suicide. Besides mental disorders like depression, substance use disorders, having a history of attempted suicide, family history of suicide, violence, child abuse or stressful event in life are important factors contributing to risk of suicide.

Many high-risk behaviors are known to 'start during early adolescence' including sexual risk taking, alcohol and drug use as well as exposure to inappropriate material on social media & internet. Exposure to violent multimedia games has been found to increase violent tendency in youth & young adults.

Dr. Rucha SuleKhot
Consultant Psychiatrist, Nashik

CHALLENGES OF TEENS - A TEENAGER'S PERSPECTIVE

Teenagers face a **big challenge** by means of being bullied&/or body shamed. They are under tremendous pressure be it peer, parental or social. **The greater challenge-** is being able to speak for yourself, confronting and sharing your problems with others.

When we feel that we are being pressurised, intimidated or humiliated; we do not want to disclose our feelings. Either we are scared, ashamed or we feel that no one would believe us. "If we share our problems with someone, we fear that they will tell others or make fun." **As a teen, I myself have been bullied and body shamed. But my teacher did not believe me and neither took it seriously.**



Body shaming can be positive. But in school, it's always on the negative side - especially for teenage girls. When the girls are being teased because of their weight, complexion or look; they often try to change themselves just to look good according to the people who tease them. They start distancing themselves, even from their 'good' thoughts. They start believing the negatives. They become insecure about little things. They feel no one would ever love them or no one would ever be their friend as they are not pretty.

Teens change due to **peer pressure** too. We do certain things simply because our friends ask us to. We often feel pressurised about not having the certain things that others have. We face **parental & social pressure** too. Be it percentage, career selection, other important decisions or be it comparison with others. We get judged if we say we like someone.

Often, parents don't understand what their kids are going through. Sometimes the kids are unable to explain the situation to their parents.

I would advice my friends, if you notice, bullying or body shaming taking place around you (or it is happening with you), tell a trusted adult. Offer help. Stop the bully if you can. **And, take a stand for yourself.**

Parents, please create a comfort zone for your kids, they need not go out for help or guidance without you.

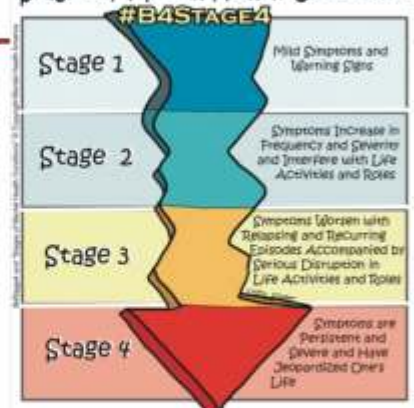
-Janki Khirsagar, Nashik
(12th Standard Teenager)

TO FIND MYSELF

To find myself I dove into the ocean
Escaped the sharks
Swimmed with the dolphins
Got stung by the jellyfish
Distracted by the corals
But with my shrunk (osmosis-Ed) skin
I touched the bottom

-Jinisha, 11th standard teenager

Stages of Mental Health Conditions



SCAN THIS CODE TO ACCESS ALL MIND MATTERS ISSUES



TEENAGE MENTAL HEALTH

HANDLING TEENAGERS CONNECTION BEFORE CORRECTION

The younger generation keeps evolving each day by learning new things. **They also need guidance and support time to time so that they evolve positively.** This guidance primarily is the responsibility of parents, teachers, counselors etc.

But this guidance is considered as an annoying, irritating piece of irrelevant information by the teenagers. Most parents complain that their children don't listen to them and follow their friends much more than their parents.

What could be the possible reason?

It is simple! **Children feel more connected and aligned to their friends.** Parents, teachers and counselors need to understand that before we try to guide or teach the teens, we need to create a trusting bond with them, such that they feel comfortable and happy to follow our lead.

I am a mother and also a teacher. Over the years, it my personal observation that **if we are able to connect with children and understand their needs they will listen to us**, irrespective of the fact whether we are lenient or strict with them. Also, if that connect is missing, they only pretend to listen to you but do what they want to do.

It's like when we connect to the rhythm of a song; we tend to automatically dance to its tune. Sometimes we just need a simple understanding bond with someone to keep their lives on track.

Few golden tips for parents -

- Be consistent & firm in setting rules for the teenagers.
- Pay attention to what they speak, be a good listener.
- Try not to shoo away their ideas which might sound silly to us.
- Try not to criticize and judge their friends and interests.
- Get involved in their day-to-day activities without being interfering or judgmental.

Thus, it is very essential to develop that connection before we begin the correction (in form of guidance and teaching etc.).

I'm remembering a very interesting book that I read some time ago- 'how to talk so teens will listen and listen so teens will talk'.

-Sushma Dwivedi
Teacher, Reiki Grand Master



Make the Connection

VITAL SKILLS FOR THE 21st CENTURY TEENAGER

The skills that were relevant for teens to have up the last few decades, need a little bit of tweaking and changes, in order to meet the challenges of the 21st century. The following are the skills every teen must learn and polish to excel in this age and era.

Must have skills -

1)Critical thinking - According to the Oxford dictionary critical thinking means - "the objective analysis and evaluation of an issue in order to form a judgement." In teenage a child must develop critical thinking skills to be able to form his own point of view, so that he/she can take informed decisions.

2)Global culture awareness - the world has shrunk and become hyperconnected. There is more need of global culture awareness, like global etiquettes, sense of diversity, inclusivity, gender equality, work ethics etc. Teenage is the best time to develop this awareness, by gathering the right information.

3)Digital literacy - needless to say that being digitally savvy is the very basic skill for a 21st century teenager. The skills of using digital tools, open office, video and photo editing softwares, even at a basic level is extremely necessary.

4)Online reputation building - having a good, healthy online reputation is of utmost importance. One's online reputation is built by what he/she posts on his/her social and professional media. It serves like a portfolio that prospective employers and universities can look at to gauge your skills and personality. The interview will only be a second impression on them.

5)Communication skills -along with social skills and offline communication skills, one needs to develop online communications skills as well. There is a world of difference between these two communication skills and it should be learned by all teens of the 21st century.

Apart from these, there are some other desirable skills that a 21st century teen must possess -

1)Autonomy - Teenage is the time when children like to take a mature outlook and want independence, take their own decisions, this is the best time to start learning autonomy and independence.

2)Leadership qualities - participating in Model UN, debates, running for school prefect elections, and many such activities prepare futures leaders of the world.

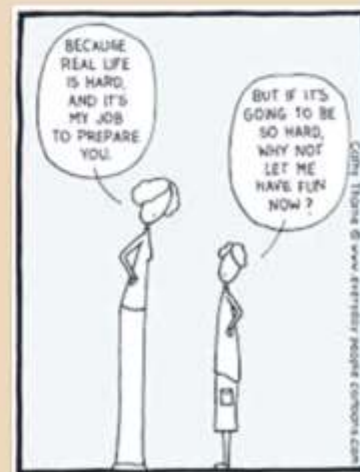
3)Multi-tasking skills - this age is not for single track thinking, multi-tasking is the norm of the day, it is a mark of a person with high cognitive capabilities.

4)Adaptability - the importance of adaptability cannot be emphasized enough after the pandemic. Students had to adapt to lock down, virtual school, increased isolation and screen time. Those who were set in their ways faced a lot of hardships in adjusting to the new world order.

-Geetanjali Jha
Homeopath/ Counselor
Coeditor

Teen Assessment
"The Face" Scale

| Less Worrisome | Worrisome | Worriore |
|---|--|--|
| | | |
| 1 | 2 | 3 |
| HUNGRY, ANGRY OR BOTH (HANGRY) then again, he or she may simply be really upset with their parents), which means they're probably doing it right. | GENERAL MALISE OR ANGST could be over a difficult class, boyfriend/nyble, girlfriend trouble, raging hormones and, especially if your teen happens to be a girl, it is most likely ALL the things. | SORRY, I GOT THAT THING. Refer to 1, 2, 4 and or 5 on scale GOOD LUCK!! |
| | | |
| | 4 | 5 |
| | IT'S REALLY NO BIG DEAL (A.K.A. JUST KIDDING) which is teenagers for it most likely is a really big deal and you probably should dedicate the next couple of hours/days to try and, you know, figure it out. | REQUIRES FURTHER ASSESSMENT. IN THE MEANTIME, check for pills in the basement, crowdspice, or etc. Oh-, and keep away from the mall or stores selling gag gifts, snarky t-shirts and such. |



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mindmatterseditor@gmail.com



TEENAGE MENTAL HEALTH

13 REASONS WHY

Popularly known as a web series available on Netflix.

Jay Asher wrote a book called "Thirteen Reasons Why" and published it back in 2007. The events narrated in this book are inspired from true events.

The season one from the series is an elaborate pictorial representation of what is narrated in the book. A girl commits suicide, leaving behind a box of cassettes. In each tape, she talks about people who she thinks are responsible for her death.

Both, the book and the series deal with tremendously delicate and important issues that every teenager usually goes through.

It involves suicide, underage consumption of hard liquor, struggles of people from the LGBTQAI+ community, drug abuse, physical fights, bullying (both physical and mental), physical assault, sexual assault and so on. The series does not only highlight the impact of sexual abuse on a girl, but it also shows what a boy goes through when he is being sexually assaulted.

It shows how each character struggles with their own issues, how it affects them, their friends, family and their mental health.

This series was not only made for "entertainment" or recreational purpose, **the makers of the series have actually put viewer discretions and content warnings whenever needed and a resource help link and a helpline number.**

The American Teen Drama later on aired three more seasons addressing the same issues.

My elder sister was little sceptical about the presentation of the social issues. But my mother told us that **many of these issues are prevalent in India too.** So, we watched the series episode wise followed by long discussions about the characters and their issues.

I urge all the parents to watch this series (at least the trailers & season 1) to **know the teenage issues and to have open-minded discussions with your wards to understand them better.**

Sara Pimprikar
DAGMHI member, 12th Standard Teenager



GLOBAL GRANT

"WELLNESS IN A BOX: PREVENTION OF DEPRESSION AND PEER LEADERSHIP".

Rotary Club of Nagpur in partnership with Rotary Club of Naples, Florida, USA is working on a school mental health project under a Global Grant 2021-24. The primary contact is Rtn. Bob Anthony and Rtn. Rita Aggarwal.

There are three components to the project. One is the training of all the 8th Std students of five schools along with parents and teachers in the module named **"Break Free From Depression"**, for two years. The second component is the one year **"Diploma in School Counselling"**, the first of its kind in the region, for training the teachers from the five schools which will help build professional competency, to tackle mental health problems in children. The third component is to provide **free counselling services** to the five schools for two years.

**-Rita Aggarwal -
Chairperson, Global Grant,
Rotary Club of Nagpur.**

PROJECT REPORTS



STRESS AND TIME MANAGEMENT PROGRAM

DAGMHI 3030 and Rotary Club of Nagpur Downtown had arranged a talk on Stress and Time Management at Mundle Public School, Nagpur on 23rd August 2022. Dr Pratiksha Mayee, Secretary DAGMHI 3030 guided the students on the topic. Some of the key points were how to use stress for positive outcome, use of visualisation and affirmations for confidence building, scheduling activities as per priority for proper time management and avoiding last minute stress. About 100 students of class 9 and 10 were benefitted by the session. They found the tips to be very useful and enjoyed as the session was interactive. Rtn. Shilpa Tople of RC Nagpur Downtown was the Project Director.

Dr. Pratiksha Mayee
Secretary DAGMHI 3030

F_ACTUAL

TEENAGE MENTAL HEALTH (Source: World Health Organization)

■ Globally, 14% adolescents experience a mental disorder that is 1 in 7 seven 10-19-year-olds.

■ Depression, anxiety and behavioural disorders are few of the leading mental illnesses among the teenagers.

■ is the fourth leading cause of death among older teenagers.

■ 3.6% of 10-14-year-olds and 4.6% of 15-19-year-olds have anxiety disorder.

■ 1.1% of 10-14-year-olds and 2.8% of 15-19-year-olds experience symptoms of depression.

■ Behavioural disorders like ADHD (attention deficit hyperactivity disorder) occur among 3.1% of 10-14-year-olds and 2.4% of 15-19-year-olds.

■ Conduct disorder (destructive or challenging behaviour) occurs among 3.6% of 10-14-year-olds and 2.4% of 15-19-year-olds. Behavioural disorders can affect adolescents' education and conduct disorder may result in criminal behaviour.

■ Worldwide, the prevalence of heavy episodic drinking among adolescents aged 15-19 years was 13.6% in 2016, with males most at risk.

If we don't address & intervene these adolescent mental health conditions at proper time, the consequences will extend to adulthood, affecting both physical and mental health.

We should have a multi-level approach that will aim in strengthening emotional regulation, resilience building, social care settings and enhancing alternatives to risk-taking behaviours.

Dr. Aabha Pimprikar
President DAGMHI 3030,
Co-editor Mind Matters



MIND MATTERS

A UNIQUE E-NEWSLETTER THAT HIGHLIGHTS THE MENTAL HEALTH ISSUES AND REACHES THOUSANDS OF READERS ACROSS THE GLOBE

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