



**Sri Chamundeshwari Medical College,
Hospital and Research Institute**
Channapatna Taluk, Ramnagar District



Department of Community Medicine

Health education on "Adolescent Mental Health"

October 27th, 2023

Adolescence is a crucial period for developing social and emotional habits important for mental well-being. These include adopting healthy sleep patterns; exercising regularly; developing coping, problem-solving, and interpersonal skills; and learning to manage emotions

On the occasion of World Mental Health day (October 10th), Department of Community Medicine has organised Health awareness programme on "Adolescent Mental health" for Govt. High School students, K Honnalagere, Maddur taluk on 27th October, 2023. In addition, as our institute had proposed an innovative approach to celebrating the Dasara festival by conducting health education activities addressing important public health problems, one of which was Adolescent Mental Health..

Dr Manuja LM, Associate professor, Department of Community Medicine was the speaker for the session. She spoke on mental health mainly focusing on 9 simple tips to improve mental health and well-being which included sleep, physical activity, screen time, to connect with nature and on healthy food. There was an activity based learning for the students where madam taught them how to meditate and the importance of meditation in school life.

Programme ended with vote of thanks by Mrs Chandini, MSW, Department of community medicine. The program was successful in imparting the knowledge regarding the importance of mental health with 9 simple tips among school students.

Around 80 students from 8th, 9th and 10th standard participated actively in the program.

Mr Aradya and Mr Ranjith, Medico social workers were also present in the programme.