

SESSION ON ‘GROWING UP ISSUES’

(For Students of Grade VI-VIII)

It is normal for teenagers to worry about things. Some common issues include school work, stress, depression, addiction, bullying and low self-esteem. A special session on ‘Growing Up Issues’ was organised at the Welspun Memorial for the students of Classes VI – VIII on Saturday, 3rd Feb’18. The speaker, Dr. Preeti M. Galagali, MD, PGDAP, is a specialist in Adolescent Medicine, Consultant, Paediatrician and Director of Adolescent Care & Counselling Centre, Bangalore. Having 25 years of rich experience, Dr. Preeti has conducted over 500 life skill sessions.



Dr. Preeti gave valuable insight to the students on various issues. Her interactive session with the students dealt with the physical, psychological and emotional aspects of children. She stressed on the importance of a harmonious balance of all these aspects. Special focus was given to stress management, effects of media, drugs, time & anger management and other various problems that adolescents face with tips on good health.

Further the students were explained how important their dreams and desires are for developing their personality. The children were encouraged to be optimistic and to have a positive approach about everything in life. They were also explained the importance of spending time with family and friends.

The session ended with an interactive question and answer round. It was a very informative session with lots of learning for the students.

A Report from W.V.M