

Sat Paul Mittal School Conducts a Workshop on Adolescent Health



Adolescence is a critical period of transition between childhood and adulthood. It is a period when significant physical, physiological changes occur, forming habits and behavioural patterns which individuals carry into their adulthood. Recognizing the profound influence of this stage in the life of students, Sat Paul Mittal School organized a workshop on 'Adolescent Health' on 28th October, 2024 to sensitize and orient the students of Classes IX and XI about problems of adolescence and associated issues. This workshop was a part of school's prestigious parent engagement program.

In order to engage students in positive activities and personal skill building, which will play a crucial role in nurturing them as healthy adolescents, Dr. Venus Bansal, mother of Nupur Bansal of Class VIII-C was invited as the resource person to lead a compelling and insightful session on adolescent health. Dr. Venus Bansal, a highly experienced obstetrician and gynaecologist, is currently heading the Department of Obstetrics & Gynaecology as a Senior Consultant at CLIO Mother and Child Institute, Ludhiana. Her contributions to the field of gynaecology and obstetrics have been widely recognized making her an authority in the subject matter covered during the course of the workshop.

The workshop was an interactive session with students actively engaging in discussions on topics such as diet, mental and physical changes during adolescence, and the effects of social media. Through a combination of lectures question and answer sessions students were able to voice their concerns and seek advice from the resource person. Dr. Bansal's approachable manner encouraged open communication, ensuring that students felt comfortable asking questions that they may not have typically raised in a classroom setting. She was able to quell the doubts of the students and guided them in the right direction. Overall the workshop was an eye opener for the students.