

For Favour of Publication

Patna, 12 July. The Centre for Health Policy at Asian Development Research Institute, Patna organized an interactive talk on **Stress management and mental health** among adolescents and youth by Dr. Rajesh Kumar, (HOD, Psychiatry Department) IGIMS. The session was declared open with a welcome address by Dr. Poornima Shekhar Singh, Vice- Principal, A. N. College. Dr. Rakesh Kumar covered topics such as kinds of stress, coping mechanism of stress and stress relievers and stress as a risk factor for other forms of diseases including heart diseases. He highlighted how stress is a universal phenomenon which affects all groups, including youth and adolescent. He further emphasized on the negative impact of stress on health and its relation to risk of suicidality. His underlying message for the students was to focus on positive thoughts and have a positive attitude towards life.

This was followed by a talk delivered by Dr. Sanchita Mahapatra, (Epidemiologist, CHP, ADRI) on **Adolescent and Mental Health** issues. She highlighted that Adolescents form an apt intervention age cohort because during this stage the biological changes that take place, combined with the risk taking attitude/behaviour, impacts health outcomes through-out the life course of an individual. Currently, the most prevalent mental illness among adolescents is depression and stress has been identified as a major contributor. She pointed out how unhealthy beliefs about ourselves, about others and about the world hold us back and result in bad mental habits. She also described a few coping mechanisms to deal with mental stress.

Dr. N.K.Sinha, (Mental Health Nodal Officer, State Health Society) also presented the ongoing mental health initiatives/programs of the Government of Bihar. The talk was concluded with a vote of thanks delivered by Dr. Prabhat P Ghosh, Director, CHP, ADRI.

Yours sincerely

A handwritten signature in blue ink that reads 'Anjani Kumar Verma'.

(Anjani Kumar Verma)