



# INDIAN ACADEMY OF PEDIATRICS

Presidential Action Plan 2018-19

## Mission Kishore Uday

*Precious Teens Precious Lives*



### Healthy Mind in a Healthy Body

All of us want to lead a healthy and happy life. Here are some tips for a fulfilling and successful life:

#### **Manage Stress Effectively**

Have a positive and flexible attitude

Be helpful, kind and polite

Follow a healthy lifestyle: Ensure 1 hour of moderate physical activity every day, balanced diet, 8 to 9 hours of sleep, avoid tea, coffee, cola and junk food, say a firm 'no' to alcohol and smoking

Share your concerns and worries with parents and trustworthy adults, manage time well, adopt regular study habits and use digital media judiciously.

Practice relaxation techniques like pranayam, meditation, praying, bubble breathing, positive self talk, develop a hobby and participate in sports and extra academic activities like dance, music

Team up with your friends and work together to manage stress

#### **Learn Life Skills**

Life skills help us to deal with problems and challenges of daily life. WHO has suggested 10 basic life skills that are grouped into the following three major categories:

**Thinking skills :** Critical thinking, Creative thinking, Problem solving, Decision making

**Personal skills :** Self-awareness, Coping with the emotions, Coping with the stress

**Interpersonal skills :** Communication skills, Empathy, Healthy interpersonal relationships.

#### **Be a Responsible Digital Citizen**

Use your personal digital devices for educational and recreational purpose sparingly after allocating adequate time for study, physical activity, sleep and social interaction with family and friends

Keep your bedroom free from electronic devices and avoid exposure to them at least 2 hours before sleep

Protect your online personal information, log out after use and never share your password with others.

Do not chat with strangers online

Be aware about digital footprints. Never post hurtful messages online or offline

Confide in parents and trustworthy adults if you receive any hurtful/ uncomfortable message

## Be a Life Saver

If a friend confides in you about a wish to die:

Be calm and listen attentively

Avoid leaving the friend alone

Ensure that the friend informs and seeks help from a responsible adult (parents, teachers, counselors)

Do not hesitate to take help of a health professional if you feel low, worthless, hopeless, excessively angry, irritable and moody for a prolonged period of time (more than 2 weeks).

## Emotional support Help-lines

You can download a free app for suicide prevention from <https://mhtech.in> Following table gives contact details for obtaining emotional support during stressful situations. (Courtesy: Sohini Dey)

Name of the city	Name of the organization	Contact details
Delhi	Sumaitri	feelingsuicidal@sumaitri.net , 011-23389090
Kolkata	Life line foundation	reach@lifelinekolkata.org,033-24637401/7432
Srinagar	Kashmir lifeline	18001807020
Hyderabad	Roshni	roshnihelp@gmail.com, +914066202000/2001
Kochi	Maithri	maithrihelp@gmail.com, 0484 2540530
Chennai	Sneha	help@snehaindia.com, +914424640050/60
Mumbai	iCall (T.I.S.S.)	icall@tiss.edu ,+9122 25521111
Mumbai	Aasra	www.aasra.info , 022-27546669
Mumbai	Samaritans	smaritans.helpline@gmail.com, 02264643267
Jamshedpur	Jeevan	jeevanjamshedpur@gmail.com , 06576555555
Bengaluru	Sahai	+918025497777
Goa	COOJ	08322252525
Ahmedabad	Saath	saath12@yahoo.com , +91 79 26305544/0222
Kota	Hope	07442333666

**1098 (toll free) is an all India helpline called CHILDLINE. It is available 24 hours.**