

Report on Session for parents by Dr Samir Parikh on 29th October 2022

A very good morning to all parents, teachers and our eminent guest Dr Samir Parikh. On behalf of Sanskriti school I welcome you all.

We would all agree that sound mental health is every bit as important as physical health for achieving developmental milestones. It helps children with their emotional well being and social skills.

In addition, mentally healthy children function well at home, in school, and in their communities . They have a greater chance of leading a happy and successful life. On the contrary, poor mental health during childhood and adolescence can severely impact the way children learn, behave, or handle their emotions.

The COVID-19 pandemic brought a complex array of challenges which had mental health repercussions for everyone, including children and adolescents. Grief, fear, uncertainty, social isolation, increased screen time, and parental fatigue have severely affected the mental health of children.

Today, we have with us Dr. Samir Parikh who would share his knowledge and experience in the field of mental health to help us guide our children in the changing scenario.

Dr. Samir Parikh. is an eminent Psychiatrist and the Director of Department of Mental Health and Behavioural Sciences, Fortis Healthcare. He is one of the leading academic experts in the field of mental health and is a very well known speaker, due to his expressive communicative style and in-depth knowledge of mental health and Indian culture with comprehensive experience in the field of clinical and community mental health. He has been a speaker at various national and international forums on mental health issues. He has played a key role in enhancing the image of mental health in the country and his views are widely appreciated. Under Dr. Parikh's leadership and guidance the department runs the *Fortis School Mental Health Program* which is currently associated with over 25000 schools reaching over 2 million students across the country.

With a strong emphasis on preventive mental health and skill building, Dr. Parikh has authored several books , has an active presence in media, both print and visual, to ensure there is a lot of dialogue and discussion relating to the field of mental health. Today , we are honored to have you amongst us Dr Parikh and welcome you to Sanskriti ! Over to you