

Press Clips :

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Fortis Hospitals, Anandpur, Kolkata :

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Science of study tips

A STAFF REPORTER

Many traditional tips on what to do before an exam are scientifically sound, psychiatrists and psychologists explained to a group of students in the city on Wednesday.

The experts said the ritual of eating curd and sugar before heading for the exam hall is good because glucose acts as fuel for the brain and can offset the effects of irregular meals during exams.

While it might be comfortable to study lying on bed, the posture sends the brain into sleep mode and could slow down a student's ability to grasp a lesson. Cups of coffee to study through the night are best avoided because caffeine can increase the anxiety level for those prone to stress and disturbed sleep.

Traditional exam-eve tips from parents and other elders in the family were revisited and analysed during a session attended by 50-odd students from Delhi Public School-Ruby Park, Calcutta International School, South Point High School, Calcutta Public School, BDM International School and Ballygunge Shiksha Sadan.

The session aimed to train the students in performing the

role of peer moderators, who are expected to pass on the tips on how to cope with stress to peers and juniors at school.

The session — Pro-Social Peer Moderator Programme — was part of the Fortis School Mental Health Program, an initiative of Fortis Hospital, Anandapur.

“When a person is lying down, his/her brain has a conditioned response, which is correlated with resting. Study, on the other hand, needs a state of wakefulness. When you are lying down, you are more prone to falling asleep than when you are at the study table,” said Samir Parikh, director, Mental Health, Fortis Healthcare, who came from Delhi to attend the session.

Parikh advised students to have an uncluttered study table and set a flexible timetable. He highlighted some basic skills, such as self-testing, setting realistic targets, starting with the easier parts of the syllabus and taking breaks after 45 minutes of study.

“Revision is important. If you have studied a chapter but have not revised it for a week, you will only have 15 per cent recollection,” said Parikh.

Fortis Launches Pro-Social Peer Moderator program

Kolkata : Fortis healthcare here at Anandpur today launched the Fortis Pro-Social Peer Moderator Programme, a part of the Fortis School Mental Health Program, aimed at imparting life skills among school children to navigate through the plethora of social influences for a healthy and adaptive behavior in their growing years.

With exam session getting close and anxiety on the rise, the session focused in specific on, 'Study and Exam Skills', helping school children learn how to distress from exam related anxiety and thereby improve performance.

The session was conducted by **Dr Samir Parikh**, Director, Department of Mental Health and Behavioural Sciences and Dr Sanjay Garg, Sr Consultant Psychiatrist, Fortis Hospital, Anandapur received an enthusiastic participation from 60 students from 10 schools.

The students would in-turn be organising several such sessions at their respective schools for benefit of their peers. Pro-Social Peer Moderator Programme has been successfully running in the Delhi-NCR region for more than a decade and has recently been launched in Ludhiana and Jaipur and Mumbai and would be in Amritsar, Chandigarh, in the near future. The Pro-Social Peer Moderator program involves students, along with a teacher moderator. In every session, one such team is trained on one of four topics to equip them with necessary life skills. They further use these skills to disseminate their knowledge and coping strategies to their peers, who benefit from their learning.

Besides Study and Exam Skills, the other topics that would be covered in the months to come would be Gender Sensitisation, Media Literacy, Risk Behavior Management and Aggression Management. "Often anxiety in students comes in way of children not being able to perform at their optimal best. Our programmes have been very helpful in successfully addressing such issues and equipping children to learn skills required for their all-round personality development." said Dr Parikh.

'Children are our hope for a brighter tomorrow. Today's children live in a lot more competitive world today than ever and so learning and developing Life Skills are more important than ever. We hope that with such skills, every child can truly make a difference and emerge as a winner in the race of life," said Zonal Director Richa Debgupta, "We are seeing a big change in the society. Children are our hope and future. These Life Skills will equip them to be better persons and in turn form a better world. Fortis is hoping through this effort we will help these children to have a better and brighter future," said Dr Sanjay Garg. Dr Parikh further added, "Examinations are an inevitable part of every student's life but with growing competition the stress level among students to perform is growing dangerously. Students need to understand that exams are important milestones in their life but with the right approach and a little help, they can become a rewarding opportunity without impacting their psychological state of mind. Our program is designed to shelve fear and anxiety associated with examinations." The Pro- Social Peer Program, is based

on social learning theories in psychology, and attempts to channelize the aspect of peer influence. It aims to utilise the influence of peers to teach adaptive life skills for healthy all round personality development.

It has been proven to reduce and prevent the occurrence of problems such as, risk taking behaviour, aggression and violence, substance abuse, delinquency. Through intensive and interactive workshops, the primary emphasis is on learning through observation, wherein, the students are trained to become the role models for their peers and help other children in learning more adaptive forms of behavior. The module on Study and Exam Skills enables students to cope with the social, institutional and personal demands related to academics. At the same time, it is designed to impact skills and strategies to inculcate effective studying practices.

Life skill programs have been identified as one of the key areas that can bring about a lasting change in the educational system and enhance the personality of school-going children. These help foster positive growth and development, and prevent the occurrence of mental health related and social problems. UNI BM 2010 NNNN

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