

Health and Well-Being

"Youth Mental Health and Well-Being: Professional Perspective"

National Youth Day India Jan 12, 2023

Social Welfare Division of ICERT organized One-Day International Seminar on the occasion of National Youth Day in India on 12 January 2023 on "Youth Mental Health and Well-Being: Professional Perspective".

The world is undergoing rapid changes in the knowledge landscape. With various dramatic scientific and technological advances, many unskilled jobs worldwide may be taken over by machines, while the need for a skilled workforce will be in rapidly-increasing demand. So, it is becoming increasingly important that youth not only learn but more importantly learn how to learn. In our modern time, there is constant criticism and judgment applied to ourselves and others. When left unchecked, self-criticism can lead to high stress, social isolation, anxiety, and depression. We can learn to better manage our negative self-talk before it consumes our lives. By proactively calming our bodies and minds in order to preserve our long-term health, we can cultivate happiness and well-being. As the youth of today will be future of world, we are truly shaping our next generation of citizens, so opportunities should be provided to youth for their continuous development to transform as motivated, energized, and capable manpower.

With such objective ICERT invites educators, students, parents and professionals from industries, health and other spheres to join this program.

The sessions were conducted on the following topics:

Session 1: **Dr. Rajshree Rathod**, Associate Professor, Tilak College of Education, Pune on "**Challenges and Opportunities of 21st Century Youth**"

Session 2: **Dr. Poonam**, Assistant Professor & Clinical Psychologist, Rohikhand Medical College Shahjahanpur UP and Lecture on "**Youth addiction and well-being**"

Session 3: Open house discussion and Q/A session by Dr Navneet Kaur, Executive Director ICERT

Program Participants/ Beneficiaries:

Around 1227 participants from Nigeria, India, Afghanistan, Algeria, Cambodia, Egypt, Dubai, Ghana, Ethiopia, Ireland, Kenya, Malaysia, Nepal, Pakistan, Philippines, Kosovo, Sri Lanka, and UAE participated in the Program. 27 dignitaries were felicitated with the "Indian Youth Icon Award-2023" for their positive contribution towards youth empowerment.

The program was free and open to all with highly enriched knowledge.

Link to access the program: [ICERT Seminar on the occasion of the National Youth Day in India on 12 January 2023 - YouTube](#)

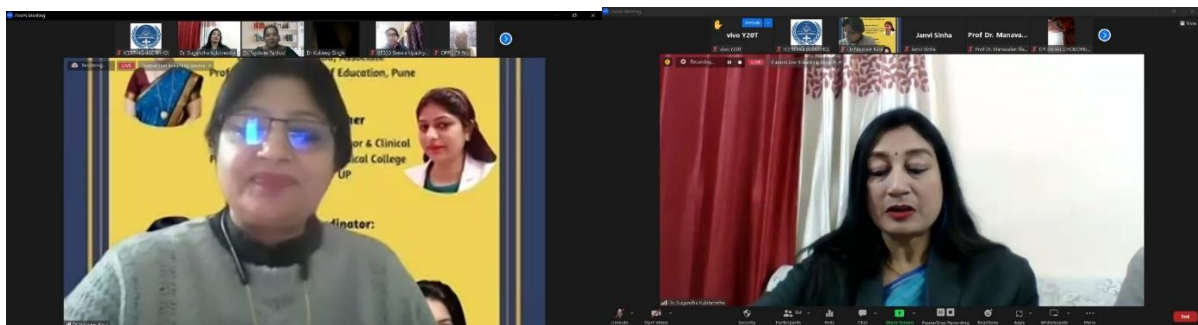
One-Day International Seminar

On the occasion of "National Youth Day", the birth anniversary of great Indian philosopher, author and religious teacher Swami Vivekananda

"Youth Mental Health and Well-Being: Professional Perspective"

International Council for Education, Research and Training (ICERT)

January 12, 2023



Suicide...

Factors that increase the risk of teen suicide include:

- Having a psychiatric disorder, such as depression
- A history of suicide attempts
- Family history of suicidal behavior
- Family history of mood disorder
- History of physical or sexual abuse
- Exposure to violence, such as being injured or threatened with a weapon

Other factors, when combined with the above, can also increase the risk, including:

- Access to means, such as firearms
- Use of alcohol or drugs
- Becoming pregnant
- Social isolation
- Exposure to suicide
- Loss or conflict with close friends or family members

Factors Influencing Development Of The Youth

1. Parent child interaction
2. Family type
3. Educational level
4. Parenting styles and Practice
5. Mental health difficulties of Parents
6. Neglect
7. Abuse from parents or siblings (Physical, Emotional, Sexual,)

INDIAN YOUTH ICON AWARD-2023

Gillella Vedavati
Research Scholar, Dept of Zoology, Madras Christian College, East Tambaram, Chennai

Prof. Dr. Manisha Sarup Kohli
Principal, Govt. Degree College, BANI, J&K

Dr Anita Sharma
Assistant professor, S.S. Jain Subodh Girls P.G college, Sangli

Dr. Janak Singh Meena
Director, Aadiwasi Study Centre, Jai Narain Vyas University, Jodhpur, Rajasthan

ICERT Logo and Signatures: L.J. Singh (General Manager), Dr. S.K. Singhaer (Chairman ICERT)