

GUEST LECTURE BY A.M SHAIKH MEDICAL COLLEGE AT ANGADI INTERNATIONAL SCHOOL ON “TEENAGE PROBLEMS & THEIR SOLUTIONS”

A guest lecture was organised at Angadi International School savagaon road Belagavi under the guidance of Dr. Nahida M Mulla & Dr. Saeed Ahmed on topic “Teenage problem & their solutions”. The areas highlighted were importance of physical & mental health; healthy food & bad effects of eating junk food; mobile and internet addiction & ways to overcome; peer pressure & school bullying. Dr. Ashfaq highlighted on importance of physical & mental health. Dr. Farhat enlightened on the healthy diet & its sources and effects of junk food on health. Dr. Hynriew spoke about the problematic smart phone use & importance of physical activity. Dr. Jenisca highlighted on the internet addiction, physical & emotional effects of internet addiction. Dr. Ashwini enlightened about the peer pressure, what is good & bad peer pressure & how to respond to negative peer pressure. Dr. Arun spoke about school bullying, types & what to do if you are bullied. All the presentations were made interesting by adding informative videos.

