

WORKSHOP ON CHILDHOOD DEPRESSION

Theme: Childhood Depression-Identification, Prevention and Intervention

Date: July 9, 2019

Venue: The Emerald Heights International School

Resource person: Dr. Ravindran

Attended by: Mrs. Shikha Devda (TGT-SOCIAL SCIENCE)

This workshop was organized by ICTRC- Institute of counselor Training Research and Consultancy. According to Dr. Ravindran depression in children is a difficult topic for most of us to contemplate or to comprehend. Many children suffering from undiagnosed depression have been accused of being shy, stubborn, defiant, lazy or disobedient. Childhood depression is a serious mental health issue that can affect even very young children (under 3 yrs). Many depressed children may indulge in high risk behaviors like substance abuse, violence, theft, early sexual activities etc. Many may be preoccupied with themes of death and occasionally contemplate or attempt suicide.

The prevalence of childhood depression is increasing in successive generations with onset at earlier ages. WHO projects that depression will be the number-one global health problem by the year 2030.

Schools as well parents do not like to talk about it. Most of the times, they are ashamed and guilty about acknowledging it. But childhood depression can no longer be trivialized, taken lightly, brushed off or denied.

The objective of this summit was to equip the school principals with knowledge, skill and attitudes which are simple to adopt in everyday practice and easily transferable to teachers, students and parents.

HIGHLIGHTS OF THE WORKSHOP:

- Childhood Depression –Perspective
- Childhood Depression – Causes and Consequences
- Childhood Depression- Identification, Prevention and Intervention