

Letter to the Editor

Dear Sir,

It was a pleasure going through the content of the editorial article - "The Necessity of Launching Adolescent Health Programmes in Schools" - in the latest volume of this journal (Vol-II, Issue-1, January - April, 2017). I endorse my gratitude towards you as the author of the well-researched article.

The contents highlight and add loads of value to the need of the hour. It seems like mankind has reached the threshold of its tolerance. The growth of intolerance in every sphere of the life of present time needs immediate attention and that could be tackled, as has been rightly put forward in the article, by launching 'School Health Programme' and by incorporating the adolescent health matters in the 'Teacher Training Curriculums'. It has rightly been hinted at that the launching of adolescent health programmes in schools with the help of trained teachers would go a long way in promotion of peace and harmony in the society.

"Be the change, you want to see in others", said Mahatma Gandhi. In the present context the teachers are considered the building block of the nation and they possess the ability to transform the entire generation of students; and thereby transform the society. It is the time to realize that it is the educator-mentors who have the ability to bring in a paradigm shift and address the issues of intolerance.

The adolescent health surveys, as have been conducted at the BGS World School, Chikballapur, Karnataka, is an eye opener and is highly applaudable. It is pleasant to note that the project head and the administrators have been taking initiatives not only to promote the physical health of the students but also the mental health and environmental awareness of the students too.

I have come across innumerable queries on my workshop with the teachers on the adolescent health matters during my long career; and I consider that the subject of adolescent health is the matter of great concern for all of us today. I strongly feel that bringing the students and their parents to the fold of this kind of programme, though a challenge, would bear fruits.

I think counselling and guidance efforts made by the school to involve the parents and the guardian and its far-fetched advantages can make the task easier. The positive outcome of any efforts generally has an immediate effect to encourage the educators. With that they plan their lessons with the learning theories and pedagogy to make the lessons more inclusive. And there is a need for a teacher to incorporate the overall health matters too.

Thanking you

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