

ENERGETIX EMPOWERING EXCELLENCE FROM WITHIN

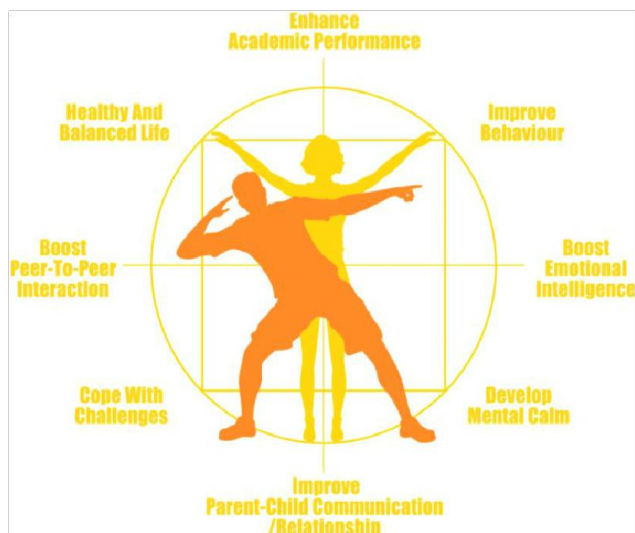


Ms. Priya Arte taking a session with SNEHA Nurse Aid Students at Santacruz West

Energetix for this quarter:

- Energetix program conducted
- Life skills sessions
- Parents Orientation on Adolescent Stress
- DASS 21 (Depression Anxiety Stress Scale Test)

Energetix is a program that equips Adolescents and Young people to cope with high levels of stress, anxiety, depression and diverse pressures. Energetix employs scientific tools that will help people: Improve academic performance, Improve behaviour, Cope with challenges, Communicate better with parents, Build emotional intelligence, Interact better with peers, Develop a calm mind, Lead a healthy and balanced life.



Energetix Session in Universal English

Energetix program was taken up with Universal English High School, Goregaon, an English Co-Ed ICSE school student from VIII, IX & X, between the age group of 13 – 16 years. The Energetix workshop was divided into two sessions by considering the school's schedule.



The first session of Energetix was done on 6th Oct at Universal school's training hall with 30 students. They learnt new concepts, including energy and participated in activities and exercises to learn how to regulate energy levels. It was a very interactive session, it gave them a scope to speak out their minds. The second session took place on 30th Oct in the School's training hall with the same set of students. It was based on coping with emotional, stress and Effective communication. The students were emotionally involved to varying degrees with a couple of kids totally immersed in the experience. They learnt how to be present in the moment and to declutter their mind. By the end, they were in a calm state with a visible smile on their faces. The workshop ended with a powerful & a positive note for a stronger presence and better future which they began to believe. They displayed a motivation and drive to practice the techniques and exercises taught to them to change their life for the better.

Energetix Workshop in SNEHA (Society for Nutrition, Education & Health Action)



Team Energetix was invited by SNEHA, a renowned NGO working with women and children on public health and safety system, to conduct a brief session on Mental Health & Meditation on 25th October. The session was facilitated by SBC3 Trainer, Ms. Priya Subnis Arte, who highlighted the importance of Mind and Body Healing through Channelizing Energy. The Sneha Nurse Aid Students experienced brain energizer techniques at their Centre in Santacruz west, Mumbai . It was enthralling to see 70 participants take part actively in the workshop.

Life Skills Sessions at Schools

Over the past two decades, educators, employers, and policymakers have increasingly placed great emphasis on the development of life skills as a way to prepare young people for success in today's rapidly changing and globalized world. So we as an organization also understood it and thought of contributing on the same. By considering the present scenario and understanding the growing demand of life skills in the school, we offered them a free life skills session. The main topic for the session was Decision making, including some aspect of effective communication, inter-personal relationship, self-awareness, stress and fear.

As a result, Energetix team rolled out the program on the field and delivered session at various schools, on 11th Sept at Universal English High School (Goregaon) for the student of 8th, 9th & 10th Std, on 1st Oct at St. Joseph High School (Kandivali West) for 8th Std, on 13th Oct at JBCN International School (Parel) for 8th Std and on 22nd Oct at St. Joseph High School.



9th Std students of JBCN International School, Parel



8th, 9th & 10th Std students Universal English High School, Goregaon



9th Std Students of St. Joseph High School, Kandivali



8th Std Students of St. Joseph High School, Kandivali

Orientation for Parents on Adolescents Stress

Parle Tilak Vidyalaya, a well renowned school in Vile Parle invited SBC3 on August 4 2018 to address the issue of Adolescent Stress for the parents of their students studying in standard 8th and 9th. There were about 50 parents who attended the session, addressed by SBC3 Co-Founders Nishit Kumar and Priya Arte. Topics pertaining to teenage stress, such as causes, symptoms and its larger impact on a child's life were discussed in detail. Additionally, topics on parental stress and balanced parenting were topics which evinced a lot of interest among parents.



Adolescent Mental Health issues in India:

As per WHO report released in 2012, India has one of the world's highest rate of suicides among people aged between 15 years and 29 years. Each year, between 30 and 40 people per 100,000 Indians aged between 15 and 29 kill themselves. This accounts for about a third of all suicides in the country.

India has one of the world's highest suicide rates for youth aged 15 to 29, according to this 2012 *Lancet* report, which illustrated the need for urgent interventions for this demographic.

In 2015, the number of student suicides stood at 8,934. In the five years leading to 2015, 39,775 students killed themselves. If one goes by the National Crime Record Bureau (NCRB) figures, every hour one student commits suicide in India and the state that has reported most student suicides during the term is Maharashtra.

In 2015, Maharashtra reported most student suicides of any state: 1,230 of 8,934 (14%) nationwide, followed by Tamil Nadu (955) and Chhattisgarh (625). Maharashtra and Tamil Nadu are among India's most advanced states, and their high rate of suicides could reflect the pressures of economic growth.

Source: National Crime Records Bureau.

In 2013 alone, 2,471 suicides were attributed to "failure in examination", and it was one of the main causes of suicides among children below 18 years of age. The board exams of 10th and 12th standards fall during this period of adolescence.

As per WHO report, one in four children in the age group of 13-15 years in India suffer from depression. The report said the total population of India was 1,311.1 million, of which, adolescent (13-15 years) population was 75.5 million, which is 5.8 percent of the total population.

Adolescents who were depressed were found to be "bullied" and they felt disturbed due to the comments of their peers, family members or teachers. 25 percent of adolescent were "depressed" and "sad or hopeless" while 11 per cent were "distracted" and had a hard time staying focused on their work most of the times or always, the report said.

80 percent adolescents faced "anxiety" or could not sleep because of being worried while a similar percentage of adolescents felt lonely most of the times or always, it said, adding 10.1 per cent of adolescents in India had no close friends.

Several published studies over the past few months in Mumbai have reported over 60% of adolescents are depressed.

The Education system in the country ranges from very expensive private schools matching International standards, public sector schools run by the CBSE, neighborhood schools developed and run by Christian Missionaries, Corporate style run private residential schools and a very large number of basic infrastructure/teacher deficient rural schools. The vast variation in standards between these schools and that between various Systems (ICSE/CBSE/State Boards/IB/IGCSE) is reflected in huge variances in performance standards of children putting pressure on them to compete for good quality Graduation- Medical, Management, Commerce, Engineering.

Peer Pressure - Everyone wants to be liked by their friends. It is at this stage that it is confusing for an adolescent to understand who they want to be. In this attempt they emulate their heroes, try drugs and other risky behaviour. This can lower their self-esteem. This type of peer pressure often claims many teens mental states which cause depression. Alcohol and substance abuse have increased at an alarming rate in the younger generation in India. Changing cultural values and weaker supportive bonds are leading to initiation into substance use. An ecological study showed a high correlation between levels of alcohol consumption and suicide rates in India. Suicide mortality rates for people with greater use of alcohol have been found to be approximately six times those of the general population. Alcohol and substance abuse may be the second most frequent psychiatric precursor to suicide. Substance use disorders are particularly common among adolescents and young adults who die by suicide.

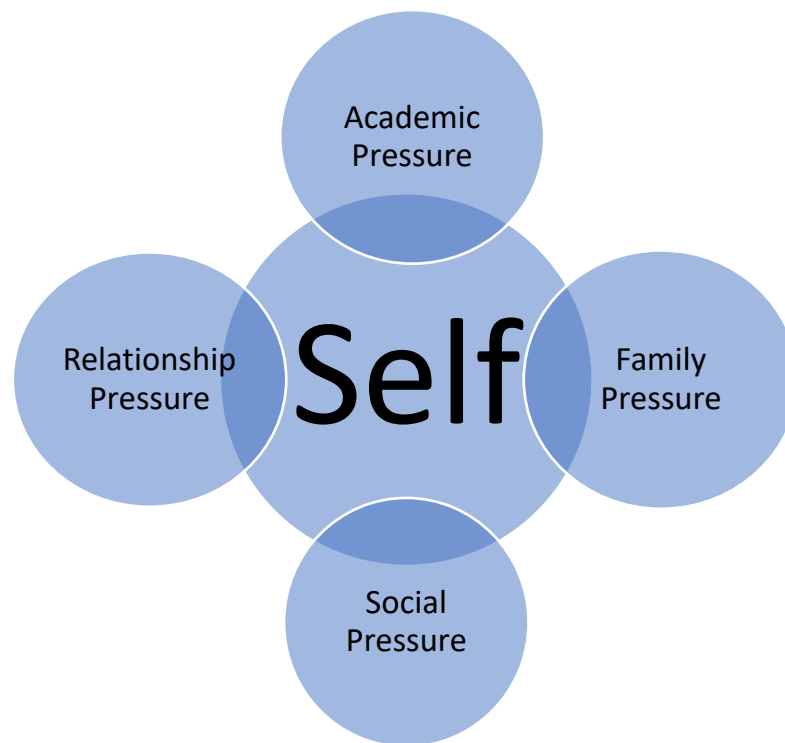
(Between 2004 and 2014, suicides connected to drug abuse exceeded those related to dowry, poverty and financial issues in India, the *Hindustan Times* reported in 2014.

At least 25,426 people committed suicide due to drug- and addiction-related problems over this period)

Digital technologies have immensely changed childhood and adolescence. UNICEF's State of the World's Children 2017: Children in a Digital World report reveal that one in three internet users is younger than 18 years and 71% of 15–24-year-olds are online, making them the most connected age group worldwide.

Causes of stress:

When we talk about stress, the cause we believe most common in today's world that surround one individual is – **self** (struggling with self – identity, hobby, body image, mental and emotional health), **academic pressure**, **family pressure**, **relationship pressure** (focussing on dating perspective, peer pressure), and **social pressure** (the need to look cool, social media influence, peer pressure, etc.).



Energetix by SBC³

The ability of adolescent and teenage children to cope with stress and pressures, reduce anxiety and avoid depression is impacted largely by three key influencers: School, Family and Peers.

Given that systemic Intervention in the Education Sector is primarily a function of the State, there is little intervention that can be done to reduce the pressures that school and the exam system inflicts on our children.

However, we can intervene to build the child's ability to cope by ensuring emotional and mental health. When this is complemented by ensuring family becomes a support structure rather than a pressure point, then the child will be on the path to avoid depression, suicidal tendencies and anxiety/stress affected performance.

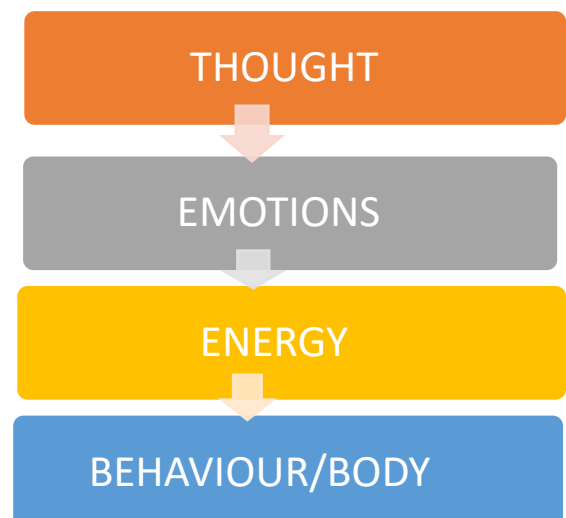
Energetix is an interactive-school based program, designed by collaborating with interdisciplinary experts- Psychologists, Doctors, Behaviour Scientists, Mind-body-energy therapists. It is a holistic program with an integrated approach to address teenage issues to empower the child. An experiential workshop for adolescents that equips them to cope with their stress and challenges. The program assists them to manage and take measure concerning their stress and pressure one faced.

Energetix is a program created for empowering adolescent to be mentally healthy, emotionally strong and vibrant community of youth. The program empowers youth with the ability to cope with stress and pressure, alleviating their anxieties and preventing depression/suicidal tendencies. The objective of the program is to drastically bring down the stress/anxiety/depression and suicide levels amongst adolescents and achieve positivity at all levels.

Energetix is a 7.5 hour program which is spread in 4 parts. Each section of the program covers an integrated concept and technique which empowers the adolescent for maximizing their potential. The program requires children to do some exercises daily at home.

Energetix program brings the change in knowledge, attitude and behaviour of an adolescent. Looking into every aspect of life internally and externally, the program intends to bring about a solution to the above

mentioned stress by balancing out one's thought, emotions, energy and behaviour/body.



Not only external factors play a role in stressing out an adolescent internal factor – things we cannot see, or touch plays a very significant role too. Through Energetix program, we aim to bring change and solution by balancing the four aspects of life, not letting one area overpowering the other and how one can balance it out through some practice and introspection.

Impact Assessment of Energetix

To understand how Energetix program impacts adolescents, we need to measure levels of Depression/Anxiety/Stress pre and post the Energetix sessions.

Energetix team evaluated some of the test methods. One such test is the standard DASS 21. In addition, we developed a test called S-COT to understand the causes of stress and balancing thought, emotion, energy and behaviour/body if worked on reducing stress.

DASS 21 (Depression, Anxiety and Stress Scale)

Depression Anxiety Stress-Scale (DASS) developed by Lovibond and Lovibond is an instrument that is often used to assess subjective depressive and anxiety complaints in patients. The original 42-item DASS was modified into a shorter 21-item version. Several studies have been published on its reliability and validity worldwide, all showing the DASS-21 is a well-established instrument to measure symptoms of depression, anxiety and stress in both clinical and non-clinical samples.

Piloting the Test

In order to establish validity of DASS21 tests for adolescents, Energetix team piloted out the tests starting from the month of September 2018. We conducted the study in two schools taking 8th, 9th & 10th Std students and students undergoing a diploma course (Nurse Aide Program) at the ngo, SNEHA.

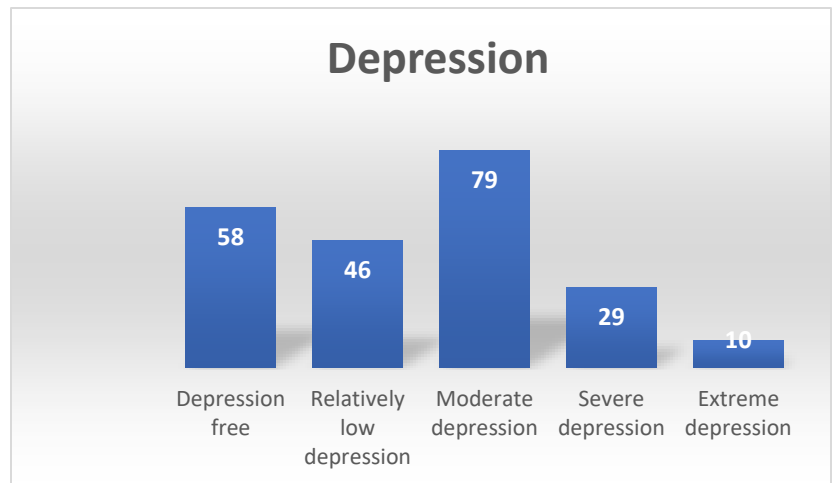
Schools children who took part in the study are between the age group of 13 – 17 and students undergoing a diploma course falls between 18 – 35 years.

DASS 21

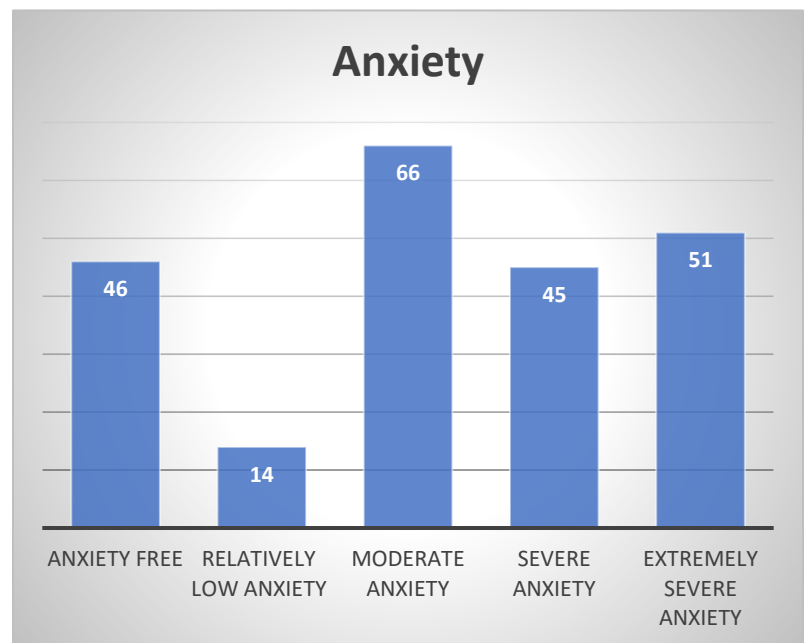
Evaluation pre Energetix session:

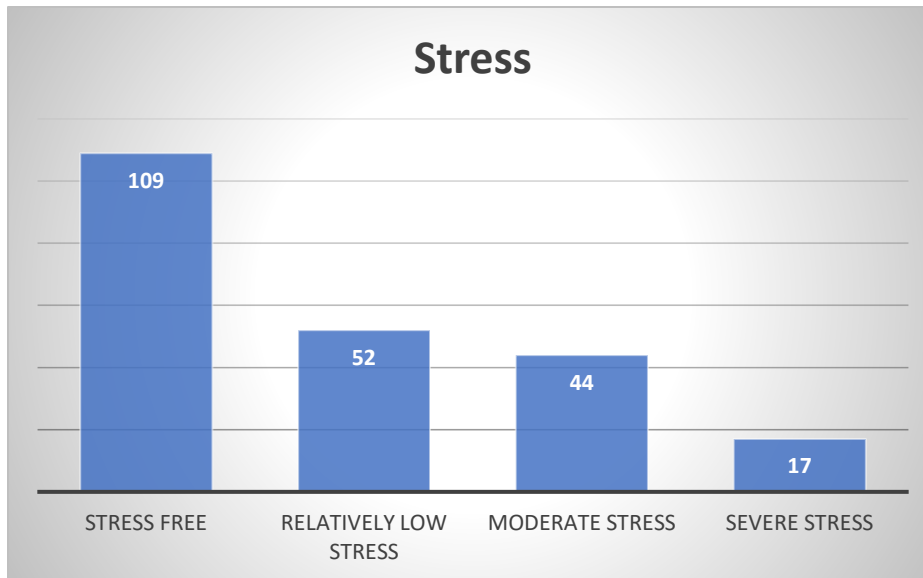
DASS 21 was piloted in 2 schools, i.e. Universal English High School, Goregoan West and St. Joseph School, Kandivali West. 222 students participated in the study, out of which 115 participated were boys and 108 girls.

In the chart of depression, 26% of the respondent are relatively depression free and 21% lower level of depression. 36% are moderately depressed. And 13% and 4% were found to be severe to extremely depressed.



For Anxiety, 21% of the participants are anxiety free, 6% low level of anxiety, 30% display moderate levels of anxiety, 20% and 23% shows severe and extremely severe levels of anxiety.





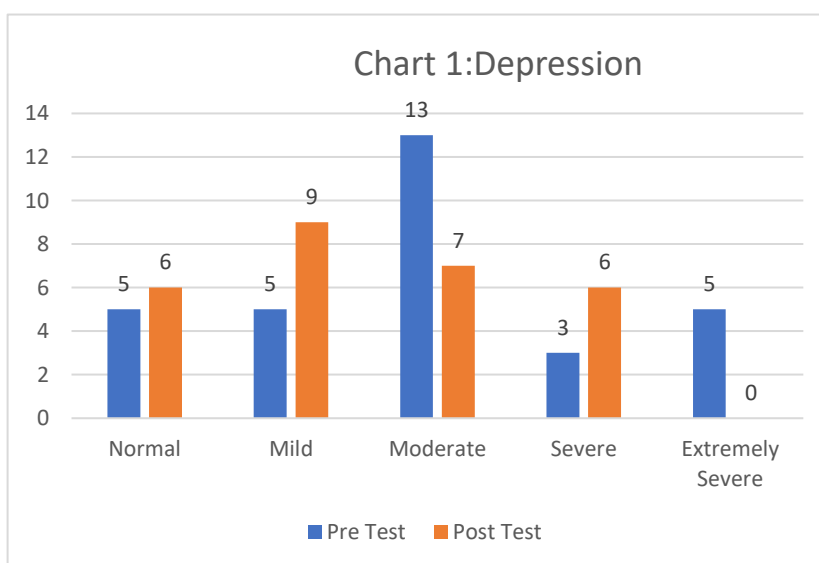
Using the DASS 21 scale, 49% of them are stress free, while 23% of them shows low level of stress. 20% of them appear to be moderately stressed out and 8% appear to be seriously stressed.

Pre Test and Post Test

In order to measure impact of Energetix, we selected a sample size of 30 students from the 222 students of Universal High School. A time of three weeks was given to students to do the exercises at home. Post-test was scheduled at the completion of 3-week period.

However, before commencement of post Test, it was found that of the 30 children who took pre-test, all had not done exercises daily, few had done so, most had done sporadically.

So the analysis has been cross tabulated accordingly.



DASS 21 Pre Test was administered before the starts of the program and after three weeks from pre-test, post-test was administered. Below the graph shows the difference between the pre-test and post-test.

In chart 1: Depression: Number of children with moderate to extremely severe depression has dropped from a total of 21 to 13. The increase in numbers of mild/moderate level depression

signifies a reduction in levels of depression from extremely severe and severe to moderate and mild. One student was added to numbers reporting no depression.

In the above, it's mentioned that only a few of the students had practice the exercise regularly. To show the impact of the session, we will be presenting 3 participants scoring of pre-test and post-test showing the difference.

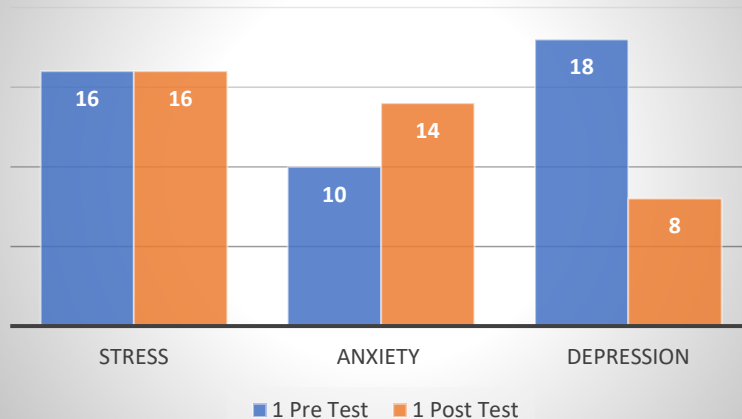
NOTE: Scores obtained on the DASS 21 are multiplied by 2 to calculate the final score.

Recommended cut-off scores for conventional severity labels (normal, moderate, severe) are as follows:

DASS 21 Scale

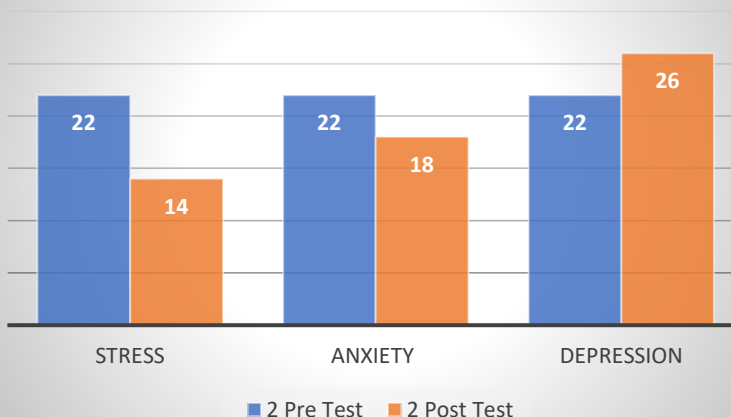
Rating	Depression	Anxiety Scoring	Stress
Normal	0-9	0-7	0-14
Mild	10-13	8-9	15-18
Moderate	14-20	10-14	19-25
Severe	21-27	15-19	26-33
Extremely Severe	28+	20+	34+

Chart 1.1: Student 1



The above chart 1.1 shows both the pre-test and post-test of student 1. The post-test shows a decrease in depression level from 18 (moderate depression) to 8 (relatively free depression), whereas for the stress and anxiety level it remains the same as the pre – test. Numbers in the graphs indicate scores as measured on DASS 21 Scale.

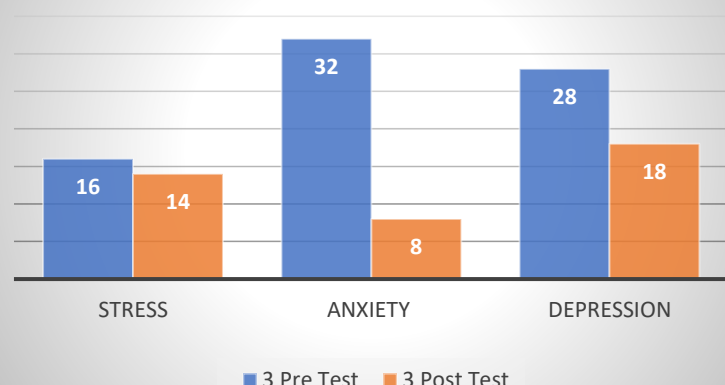
Chart 1.2: Student 2



In chart 1.2, post-test of student 2 shows a decrease in level of stress from 22 (moderately stress) to 14 (free stress, anxiety from 22 (extremely severe) to 18 (severe) and depression remain constant in both pre and post-test.

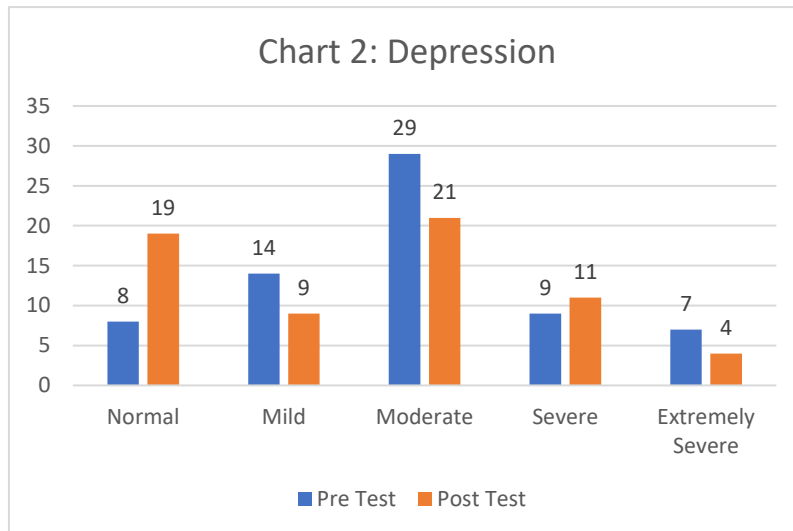
In chart 1.3, post-test of student 3 shows a decrease in all the levels, 16 (mild stress) to a level of free stress, drastic decrease of anxiety level from extremely severe (32) to mild anxiety (8) and for depression it decrease from 28 (extremely depressed) to 18 (moderately depressed).

Chart 1.3: Student 3



From the above 3 charts it clearly shows that, if the exercises is done regularly, the program helps reduce levels of stress, anxiety and depression.

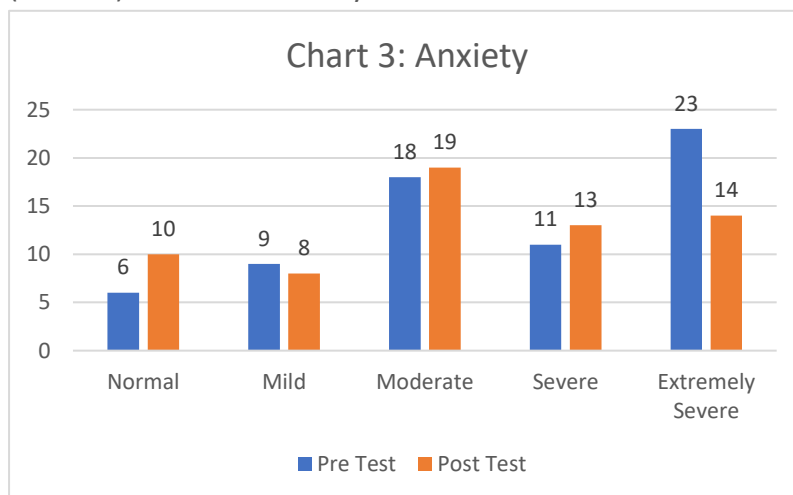
Apart from the Schools, we piloted pre-test and post-test DASS 21 in an NGO called SNEHA, 67 female students (Nurse Aide students- students being taught Nursing vocational skills) participated in



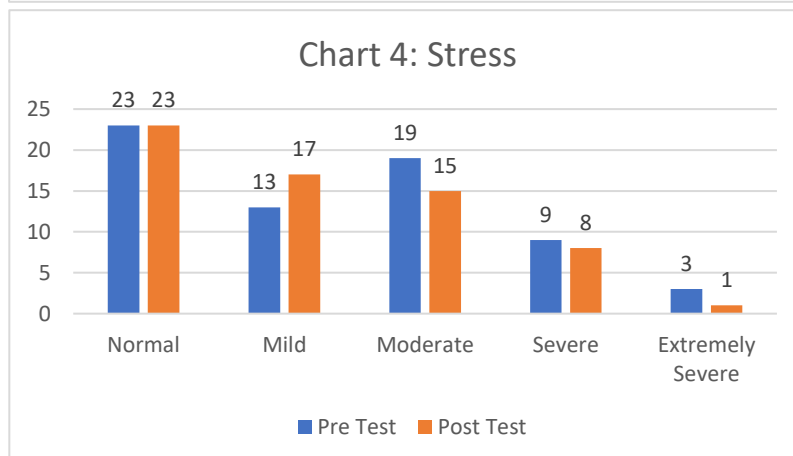
the study for pre-test and post-test. Below are the chart presentation of the study (pre & post-test).

In Chart 2: Post-test shows a decrease in extremely severe depression numbers – added to severe levels and also reduction in the numbers reporting moderate depression. Numbers reporting No depression

(Normal) have increased by over 100% from 8 to 19.



In Chart 3: Anxiety – relatively level of anxiety free has been increased and moderate level has been increased as a result of reduction in numbers reporting extremely severe levels of anxiety.



In Chart 4: Post test results show a reduction in levels of moderate/severe and extremely severe stress from 31 to 24 and increase in mild levels of stress as a result.

From the charts above, it can be clearly seen that after the going through the Energetix session, there is an increase in the percentage of those reporting depression/anxiety/stress free level.

We had two sessions with the students with a break of one month in between, so as to see the effect and impact of the workshop on the students.

Few of the students who got the techniques and regularly exercising the techniques have shared with us that, they feel calmer, their concentration level has increased. To show the impact, we will be presenting sample of two students who regularly exercise the techniques –

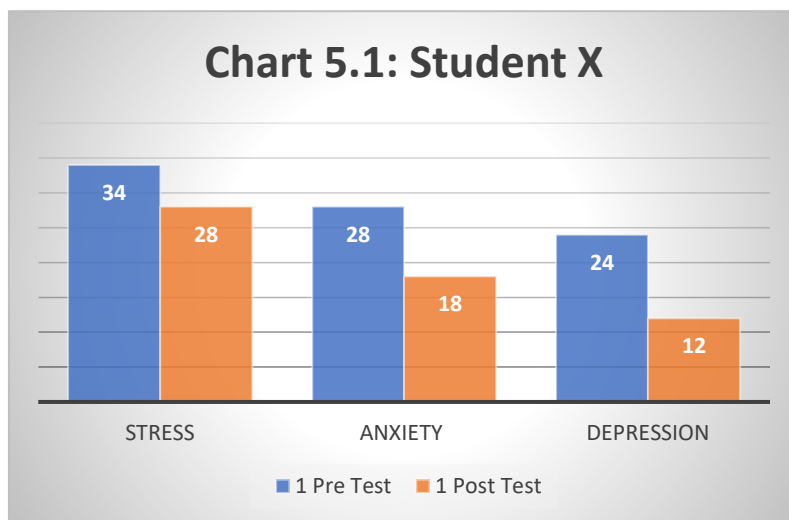
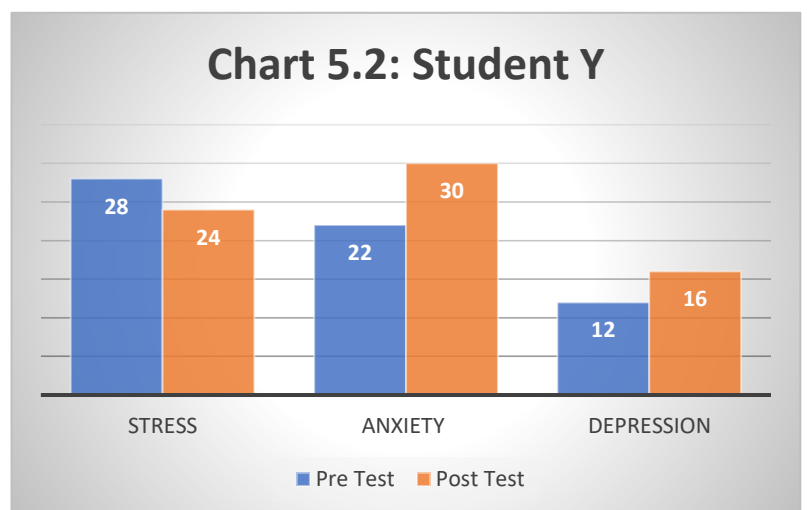


Chart 5.1 shows the pre and post-test of student X, the chart clearly shows decrease in all the three levels. For the stress it has decreased from 34 to 28 (from extremely severe to severe), 28 to 18 for anxiety and for depression from severely depressed to relatively low depressed (24 to 12).

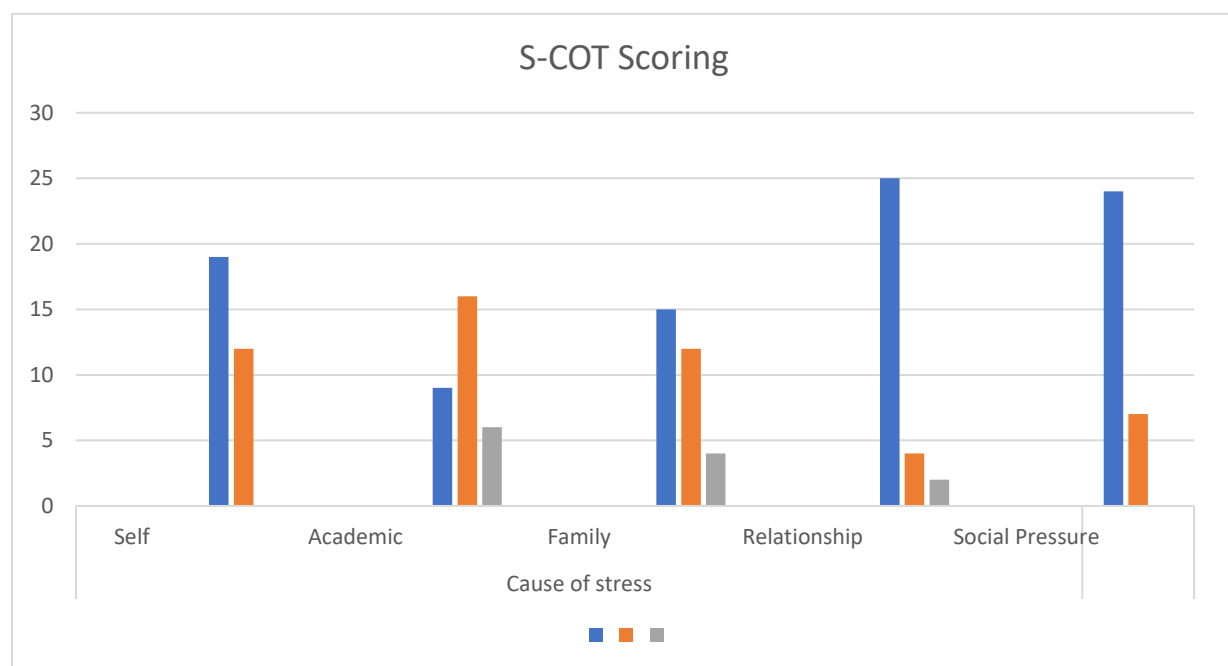
Chart 5.2 shows the decrease level of stress from 28 to 24, severely stress to moderate stress. For the anxiety and depression numbers increases.



S-COT (Stress Coping Test)

S-COT is a test which we have developed to understand what causes Stress, how one copes with it and balance it out. This test has been developed after referring and researching different types of test available related to it. This test will look at the causes of stress, i.e. self, academic, family, relationship and social pressure and at the same time look at balancing thoughts, emotion, energy and behaviour/body if work on reducing stress.

For the S-COT pilot we tested out with 30 schools students -



Key: Blue – Low, Orange – Moderate and Grey – High

Form the above chart, it can be seen that, the majority of the students have responded Academic as one of the main causes of stress.

S-COT is still under development and will be administered pre and post Energetix sessions.

Click [Here](#) to watch the Energetix Curtain Raiser.