

Foundation Day Lecture
by

DR. PURNENDU ROY

Chairman and MD of Genesis Hospital

Consultant Laproscopic Surgeon

**PHYSICAL AND MENTAL HEALTH OF STUDENTS TO SHOULDER LEADERSHIP
RESPONSIBILITY IN INDIA**

Today, I have been asked by Father, Felix Raj to talk on the Physical and Mental Health of Students to Shoulder the Leadership Responsibility in India. Without further ado, let me ask a question to all of you in the audience:

How many of you actually think Physical and Mental Health are inter-related?

Response from the audience.

Let me share an experience about a classmate of mine, a bright student from my JIPMER days, who was extremely jovial, good in sports, never showed an iota of depression or stress, scored the highest in all the exams but committed suicide. Later, we found out he had bouts of anxiety attacks, wasn't keeping well which lead him to his death at the age of 21.

According to latest available data from the National Crime Records Bureau, a student commits suicide every hour in India.

India, world's second most populous country of over 1 billion, has one of the highest suicide rates among those **aged 15 to 29** and accounts for over a third of global suicides among women each year.

Academic stress is a major reason for suicides among both female and male students in India, and the pressure starts from school, and continues to college, and universities.

Let's not discuss the negatives today. I will tell you few tricks and tips to overcome Physical and Mental Health issues which in turn will help you people to lead a life of a responsible citizen of India.

Every person should know how to become all they are capable of becoming. To achieve all that you want in life, you should have FOCUS, CONFIDENCE to pull off anything and sheer HARD WORK.

The next question that would come up, would be:

How do I become focused?

1. Define your daily goals and divide each activity into smaller tasks.
2. Balance your food choices and get enough sleep.
3. Remove all distractions.
4. Organize your breaks and reward yourself.
5. Create an appropriate framework.

How do I get the confidence to do anything such as public speaking?

1. Push through self-limiting beliefs - Find your limits by exposing yourself to different situations and pushing through the uncomfortable. Once you have confidence in yourself, you'll be amazed what you can accomplish.
2. Never confuse memory with facts - Your brain has a built-in confirmation bias, i.e., it stores information that is consistent with your own beliefs, values and self-image. Revisit the facts of a memory loaded with self-limiting beliefs and try to gain a more accurate perspective on an event. Talk to others who might have a different perspective.
3. Talk to yourself and think positive - Talking to yourself can make you smarter, improve your memory, help you focus and even increase athletic performance. The documentary *The Human Brain*, claims that we say between 300 to 1,000 words to ourselves per minute. The Navy SEALs and Special Forces use the power of positive self-talk as a way of getting through tough times.
4. Raise your curiosity levels, read more, face your fears, don't doubt yourself - Curiosity is the foundation of life-long growth. If we remain curious, we remain teachable and our minds and hearts grow larger every day. We can retain our beginner's mind by always looking forward and discovering new experiences and uncovering new information. Ask questions and be curious because:
 - It makes your mind active instead of passive.
 - It encourages you to be more observant of new ideas.
 - It opens up new worlds and possibilities.
 - It creates an adventurous response that leads you in a new direction.

Learning how to remain physically fit, is a bit of a challenge nowadays with the ever increasing pollution, diseases and health problems.

We will now check, how many of you'll are fit...No, I will not check each one of you. Let me see, how many of you'll are awake? Raise your hands and how many are tired and exhausted? Raise your hands?

Response from the Audience.

There is a saying, practice what you preach. Doctors once thought that the links between mental and physical health problems are purely behavioural.

Depressed people are less likely to take their medications or practice healthy habits, so they get sicker.

Sick people experience pain and impaired functions, which affects their emotional states.

For someone predisposed to a particular disease, factors such as lack of exercise, excess weight gain and poor diet can all affect the severity of symptoms.

My advice to all of you would be to do these things regularly to be healthy :

1. **Exercise** should be a regular part of your day, like brushing your teeth, eating, and sleeping. It can be in a gym, sports or working out on your own or with a positive minded family member or friend.

2. **Stay positive and have fun** - A good mental attitude is important. Find an activity that you think is fun. You are more likely to keep with it if you choose something you like. Learning how to increase your ability to manage stress will help you to stay healthy. Let's do all we can to avoid serious chronic diseases, manage chronic diseases better when they occur, and increase the likelihood of staying healthy as we age. I consider that a blessing.
3. **Eat 3 healthy meals a day**, including at least 4 servings of fruits, 5 servings of vegetables, and 4 servings of dairy products. Eat less junk food and fast food. (They're often full of fat, cholesterol, salt, and sugar.)
4. Make sure you **drink plenty of fluids** before, during, and after any exercise (water is best but flavored sports drinks can be used if they do not contain a lot of sugar). This will help replace what you lose when you sweat.
5. **Get 9 to 10 hours of sleep every night.**

Each one of you in the audience can be a responsible leader and citizen of our country, India. You people are our pride and our next generation; in you we seek to find the future. We are gathered here to show you the path to attain what we desired at our Independence.

Leadership skills can be acquired by each and every one of you, if only you wish to be a responsible leader.

You don't have to join POLITICS to become a good leader but you are required to display the below mentioned qualities:

1. Practice Discipline
2. Take on Projects

Follow this basic Workflow :

- capture all the stuff that catches your attention,
 - clarify what they mean and what you want to do with them,
 - organize the results on which you will reflect to choose what to engage with
3. Learn to Follow
 4. Develop Situational Awareness
 5. Inspire Others
 6. Keep Learning
 7. Empower your Teammates
 8. Resolve Conflicts
 9. Be a discerning listener
 10. Good Communicator and Decision Maker

“The very essence of leadership is that you have to have a vision. You can't blow an uncertain trumpet.” - Theodore M. Hesburgh

“A person always doing his or her best becomes a natural leader, just by example.” - Joe DiMaggio

Student suicides can be easily averted by setting up training and sensitisation sessions for teachers, increasing the role of counseling services. Just setting up expert committees to review suicide cases in schools and colleges won't do the trick.

Let us all take a pledge that we will eradicate the issues pertaining to Physical and Mental health among students to shoulder the Leadership Responsibility in India.

Nelson Mandela rightly said, **“A leader is like a shepherd. He stays behind the flock, letting the most nimble go ahead, whereupon the others follow, not realising that all along they are being directed from behind.”**

Let us all try to be responsible Leaders for our country, India and share this message among all our friends, relatives and the people we love.

A talk on World Suicide Prevention Day (10th September) - Dr. Purnendu Roy, Genesis Group of Companies!

<https://www.youtube.com/watch?v=s1Q7ijPVZic&t=26s>



St. Xavier's University Campus