



Dr. R. K. Baxi was invited as a guest speaker by Spark Academic Consultancy, to address parents and students of Hills' High School, Surat on the perplex topic of 'Adolescence Challenges' on 7<sup>th</sup> December, 2014.

The very beginning of his talk was an icebreaking statement. "Don't be conscious. Do not think that we will talk on some hi-fi topic. We will just discuss freely the ways to adjust in the new phase of your life."

"You are completing your childhood and entering in your youth. Your body dimensions will change. You may be ridiculed for your clumsiness. Ignore it. Remain what you are. You'll start taking interest in opposite sex. To start with it is very innocent interest. Be innocent and retain that quality."

Dr. Baxi gave a real life example in which a teenage boy was challenged by his friend to hold the arm of their female classmate. The boy accepted the challenge. He straight away went to the girl and held her arm. The girl was surprised and did not like the way she was approached. On receiving complaint from that girl, Principal scolded the boy for his action. He received similar treatment from parents of the girl. Moreover he was beaten by his own father on the same issue so much so that a psychiatric consultation was needed.

During conversation, the psychiatrist asked, "Why did you hold her arm?"

Boy: "My friend had challenged."

Psychiatrist: "Fine. What exactly was the first reaction of the girl as you held her arm?"

Boy: "She was shocked and started crying."

Psychiatrist: "What did you do then?"

Boy: "On seeing her cry, I also started crying."

Psychiatrist: "Why?"

Boy: "I don't know. Perhaps I did not like her being hurt."

Look at the interview critically. It simply suggests two points.

1. There is a drive to take challenges.
2. There is sheer innocence in the act.

It's we – who made a chaos about and labeled the act 'unsocial' or 'antisocial'. Such behavior is very normal at this age and we simply need to guide them that adolescence may have a rein of social standards.

Many similar examples made the students understand the stormy adolescence and its management. Students remained very much attentive and participated actively throughout Dr. Baxi's interaction.

The talk with parents was also interactive, but there appeared some inhibition on the part of parents to get actively involved. However what they hesitated discussing in public; they discussed with Dr. Baxi personally. Dr. Baxi in his peculiar style of a counselor satisfied them individually.

On behalf of the school and Spark, I am thankful to Dr. Baxi and look forward at similar meeting in future.