

Time: 1.5 Hours

Marks: 20

Course: Social Project

Course Code: PW1105

Read the passage below and answer the questions:

The brains of teenagers who lived through the Covid-19 pandemic are showing symptoms of premature ageing, a new study has found. The researchers behind the study said physical changes that occurred during adolescence, such as thinning of the cortex and growth of the hippocampus and the amygdala were more significant after the pandemic compared to the pre-pandemic time, which suggests the brain has aged faster. The study also found severe mental health problems in the young population after the pandemic. The impact of faster brain ageing and its effect on mental health is not clear yet.

Earlier in 2020, researchers said that fewer face-to-face encounters among teens might harm mental health and growth. Between the ages of 10 and 24 years is a life stage when interacting with peers is vital for brain development and building a sense of self, according to the authors of an opinion piece in the Lancet Child and Adolescent Health journal. Studies have indicated that reduced social contact during this period may have long-term detrimental effects.

(Source: <https://indianexpress.com/article/lifestyle/health/brain-of-teenagers-after-pandemic-show-premature-ageing-says-study-8301912/>)

Questions:

1. Analyze the issue. How it is a threat for sustainable development? [5] (LO-3 & 5)
2. In light of identified problems, suggest the Sustainable Development Goals which would require utmost thrust and why? [5] (LO-1)
3. Explain how you can provide sustainable solution to address the issue through your social project undertaken in present semester? [5] (LO-4)
4. Critically analyze the challenges and opportunities related to your action? How you can sustain your efforts for longer time frame? [5] (LO-5)