



iAHW

INTERNATIONAL
ADOLESCENT
HEALTH WEEK

21-27 March 2021



ADOLESCENT HEALTH ACADEMY OF IAP

INTERNATIONAL ADOLESCENT HEALTH WEEK CELEBRATION 2021

REPORT

5 Zones	28 Branches	2362 Members
90 + Group Activities	40 + Individual Activities	30,000 + Beneficiaries

Prepared by : Dr. Sushma Desai (Hon. Secretary, AHA), Dr. Samir Shah

BRANCH - HUBLI

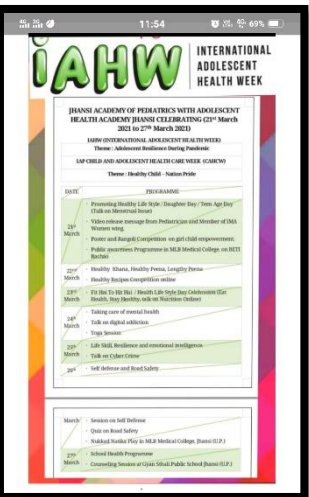
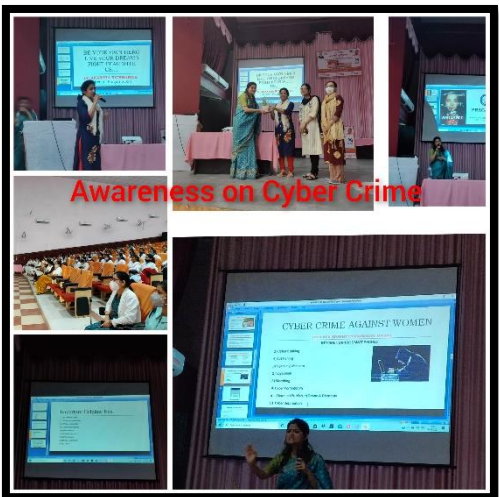
Name of Activity	Date of Activity	Partner Organisation	Type of Audience	Number of Participants	Name of Faculties	Short description of the event
Workshop on setting up adolescent friendly clinics	04/03/2021	IAP	Health Care Workers	45	Dr.Shilpa. Chandrashekaraiah	Health care workers across north karnataka taught about dealing with Adolescent client in out patient practice
Workshop	04/03/2021	IAP	Health Care Workers	48	Dr.Shilpa. Chandrashekaraiah	The significance of health lifestyle among adolescents; creating awareness about obesity & overweight and its management discussed
Life skill training for adolescents	21/03/2021	IAP	Adolescent	200	Dr.Shilpa. Chandrashekaraiah Dr.Maneesha Dr.Sanjay neeralgi Dr.Prakash wari Dr.Nishmita Dr.Rizwana Dr.Sameer	Adolescents taught about basic WHO lifeskills and they were encouraged to make posters and short videos.. it was a week long interactive sessions with adolescents and thier faculty
Women's day celebration	08/03/2021	IAP	Health Care Workers	200	Dr.Shilpa. Chandrashekaraiah Dr.Shivanand	The problems faced by adolescents females both physical & psychological and ways to overcome it were discussed
Workshop on Adolescent health problems	24/03/2021	IAP	Health Care Workers	20	Dr.Shilpa. Chandrashekaraiah	The health care workers were given knowledge about problems faced by adolescents in day to day life and how we as health care workers can become adolescent friendly and teach them ways to handle their stress & probelms. Also identify red flag signs and refer when required to the concerned specialist



BRANCH - JHANSI

Name of Activity	Date of Activity	Partner Organisation	Type of Audience	Number of Participants	Name of Faculties	Short description of the event
Webinar,Talk on menstrual issue in adolescent girl	21/03/2021	IAP and Women wing of IMA	Professionals	40	Dr Preeti Gupta,Dr mrudula Katyal,Dr furhar Ruhi,Dr Sapna Gupta,Dr Aradhana Kankane	It was a fruitful panel discussion as a part of IAHW celebration ,Case based.panelist addressed common problems related to menstruation.
IAHW celebration,POSTER,Rangoli competition,Video release with message from AHA members	22/03/2021	IAP & MLB medical College	Adolescent	50	Dr Aradhana Kankane,Dr Sapna Guota,Dr Kawalpreet	On 2 nd Day of IAHW celebration,poster &Rangoli Competition were conducted among young students.with Topic Beti bachao &Girl child empowerment.Beautiful rangoli &poster were made. on same theme a video was released having pics of AHA members with their daughter n mesaage with aim of dissemination of Awareness to protect n empower girl child n release on social platform..got many liked n viewership.
Healthy Recipe competition & Yoga session	23/03/2021	IAP & college Students	Adolescent	40	Dr Aradhana Kankane,Dr GS chaudhaty,Dr Chhavi,Jaiswal,Dr Ashok Saxena	A healthy recipe competition were kept among doctors with aim of incultating healthy fooding in life got very good recepie fm participants Fitness session &Yoga session was conducted for youth students to stimulte about yoga importance as part of fitness in Medical college Jalon by Dr GS chaudhary & Dr Chhavi Jaiswal .Students enjoyed the session.
CME on Adolescent Vaccination &A session in Girls school on fitness	24/03/2021	IAP& School	Pediatrician & Adolescent	30	Dr CP Bansal,Dr Aradhana Kankane	A very informative CME on Adolescent vaccination.It was hybrid session . Another activity on same day done in Girls public school regarding fitness & Safety issue.During that NCC girls presented vety beautiful skit.
Counselling session in School	25/03/2021	IMA women wing & School	Adolescent	60	Dr Aradhana Kankane,Dr preeti Gupta	A counselling session conducted for class 10 th students ,how to keep stress low during exams along with maintaing

						physical & mental health with tips for good academic performance.
Self defence session with motivational talk	26/03/2021	MLB medical College	Adolescent	80	Dr Aradhana Kankane,Dr Aakash (expert)	Self defence session conducted for medical college 1 st year students .Various useful tips n tips were given by expert.session was widely appreciated by students.They find it very useful.
Talk on cyber crime & self protection	27/03/2021	Medical College,jhansi	Adolescent	70	Dr Aradhana Kankane,Dr Richhariya (Cyber crime Expert),Poonam jain (Police Officer)	Very useful &informative session on protection from cyber crime and about rights n when,where,whom and how to contact in case of safety emergency were conducted for young girls of medical college as well as paramedical staff.
Quiz among PG students on adolescent	22/03/2021	IAP	pg Students	20	Dr aradhana Kankane,Dr sapna,Dr nupur sethi	A quiz conducted among PG students in Medical College Jhansi to encourage them &Develop interest in Adolescent medicine.
Session on Road Safety	26/03/2021	College	Adolescent	70	Dr Aradhana Kankane,Dr OS chaurasiya	Session on road safety conducted with aim of creating awareness among youth to avoid road accidents.A very interesting nukkad Natika was played by students on same.



BRANCH - NAGPUR

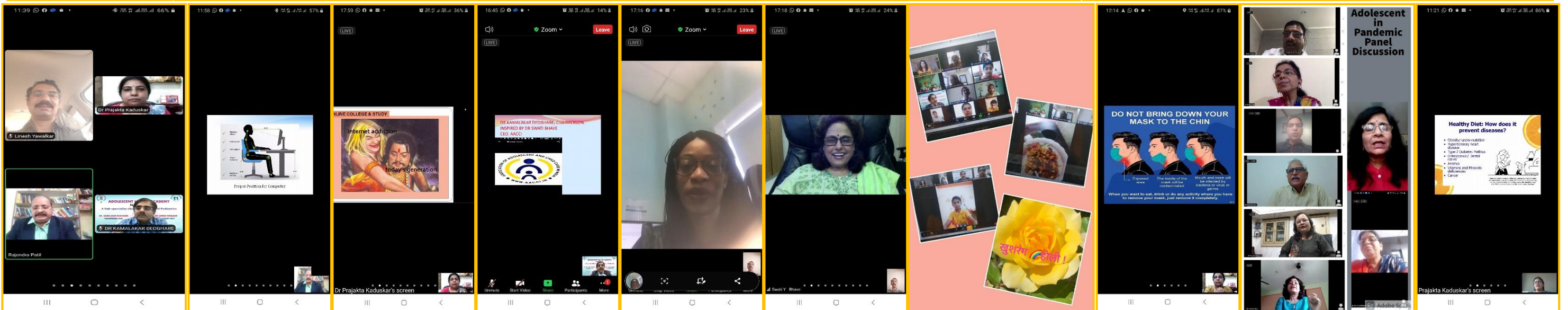
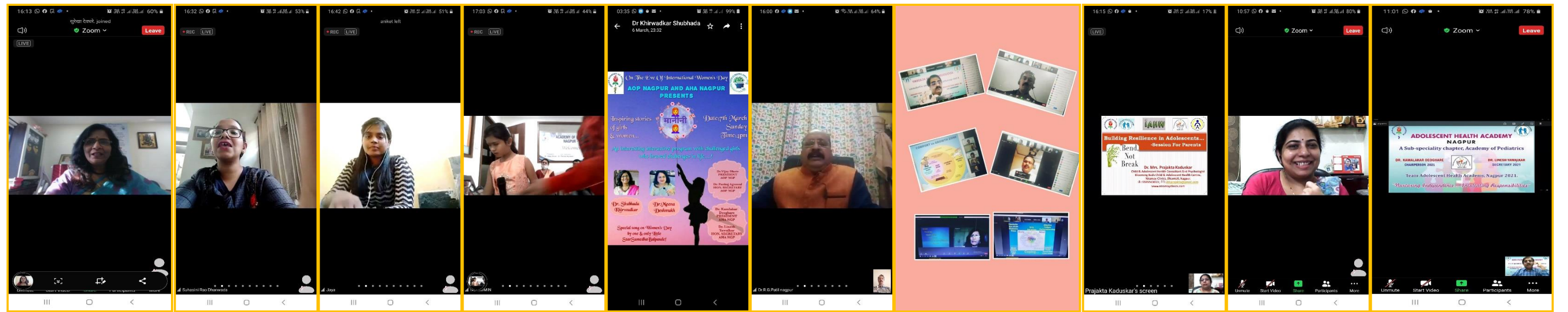
Name of Activity	Date of Activity	Partner Organisation	Type of Audience	Number of Participants	Name of Faculties	Short description of the event
'Manini' Celebration of International Women's Day	07/03/2021	IAP	Professional and General People	60	Dr. Shubhada Khirwadkar, Dr. Meena Deshmukh, Dr. Vijay Dhote	International Women's day was celebrated on 07/03/21 at 4 PM. Women of Nagpur AHA and AOP Nagpur organized 'Manini' an interesting interactive program with challenged girls who braved challenges in life. The inspiring stories of girls and women were heard directly from the brave girls themselves. Dr. Meena Deshmush and Dr. Shubhada Khirwadkar coordinated the program. Suhasini Rao, Jaya, Trupti Joshi, Arti Manmode inspired and enthralled the listeners with their brave heart life stories. Sumedha Balpande also a brave heart girl, who defeated growth hormone deficiency, sang songs to lighten up the ambience. All the 60 listeners were benefitted with a new vision towards life and the entertainment of international women's day.
Webinar on Understanding Issues of Sex and Gender Minority, LGBTQI+	17/03/2021	Mysore AHA	Professionals	45	Dr. Nishikant Kotwal, Dr. Mothi S. N., Dr. Major Milind Bhrushundi, Mr. Nikunj Joshi, Mr. Anand Chandrani	Clinically updating ourselves is one of the major objective accepted by Nagpur AHA. Dr. R. G. Patil decided to organize a unique program which would be an eye-opener for not only the general society but also for the educated doctors. He was aware of the fact that even the professionals are less aware of day to day problems of gender minority people. The idea of this unique program was immediately accepted and realized by Chairman Dr. Kamalkar Deoghare. The program started at 4 PM. Dr. Mothi S. N. presented his talk and oriented everyone towards what is gender minority, what are their problem and their human nature. Dr. Major Milind Bhrushundi presented few incidences where parents and society wanted to change the orientation of gender minority people. He stressed acceptance as the way to live with gender minorities. Mr. Nikunj and Mr Anand made the audience aware of various problems being faced by gender minority people. It was encouraging to know that these gender minority people are doing social work not only for their own society but also for the general society in toto. Dr. Nishikant Kotwal Sir gave his expert comments. Dr. Shubhada Khirwadkar stressed about the need of more such programs. Beneficiaries included 45 Professional Doctors mostly members of AHA.
Webinar on Understanding Issues of Sex	17/03/2021	Mysore Adolescent	Professionals	45	Dr. Nishikant Kotwal, Dr. Mothi S. N., Dr.	Clinically updating ourselves is one of the major objective accepted by Nagpur AHA. Dr. R. G. Patil decided to organize a unique program which would be an eye-opener for not only the

and Gender Minority, LGBTQI+		Health Academy			Major Milind Bhrushundi, Mr. Nikunj Joshi, Mr. Anand Chandrani	<p>general society but also for the educated doctors. He was aware of the fact that even the professionals are less aware of day to day problems of gender minority people. The idea of this unique program was immediately accepted and realized by Chairman Dr. Kamalkar Deoghare. The program started at 4 PM. Dr. Mothi S. N. presented his talk and oriented everyone towards what is gender minority, what are their problem and their human nature.</p> <p>Dr. Major Milind Bhrushundi presented few incidences where parents and society wanted to change the orientation of gender minority people. He stressed acceptance as the way to live with gender minorities. Mr. Nikunj and Mr Anand made the audience aware of various problems being faced by gender minority people. It was encouraging to know that these gender minority people are doing social work not only for their own society but also for the general society in toto. Dr. Nishikant Kotwal Sir gave his expert comments. Dr. Shubhada Khirwadkar stressed about the need of more such programs. Beneficiaries included 45 Professional Doctors mostly members of AHA.</p>
Webinar on Adolescent resilience in face of pandemic	21/03/2021	School	Teachers	100	Dr. Nishikant Kotwal and Dr. Shubhada Khirwadkar	<p>Adolescent Health Academy Nagpur(NAHA), Academy Of Paediatrics Nagpur (AOP Nagpur) & Association of Adolescent & Child Care In India (AACCI) Nagpur started the International Adolescent Health Care week (IAHW) 2021 with a bang! In the inaugural Theme webinar on " Building resilience in Adolescents during the Pandemic was held today for teachers & school principals of 3 middle & high schools in Hingna, a rural area near Nagpur. Most of these rural students are socio-economically challenged & have huge issues regarding continuing e-education during Covid times. After the welcome address by Dr Kamalakar Deoghare & Dr R G Patil the school principals expressed the need of such webinars to help adolescents who have been denied the 'in person' school classes for past one year. Dr Uday Bodhankar gave his wishes for a successful IAHW. Dr Nishikant Kotwal & Dr Shubhada Khirwadkar spoke on how practically useful steps can be taken by the schools in Building resilience in Adolescents. Dr Prajakta Kaduskar & Dr Linesh Yawalkar ,Secy, AHA, Nagpur moderated the session. Beneficiaries included 100 teachers from the schools.</p>

Webinar on nurturing independence and inculcating responsibilities	23/03/2021	Tip Top Convent, Nagpur	Adolescent	100	Dr. Nishikant Kotwal and Dr. Shubhada Khirwadkar	Adolescent Health Academy Nagpur(NAHA), Academy Of Paediatrics Nagpur (AOP Nagpur) & Association of Adolescent & Child Care In India (AACCI) Nagpur celebrated the International Adolescent Health Care week (IAHW) 2021. As a part of it, webinar was arranged for benefit of students of Tip Top Convent on 23/03/21 at 9.15 AM. Dr. Deoghare gave welcome speech and introduced the activity. Mrs Ketki Shiras had her opening remarks. Dr. Shubhada Khirwadkar spoke on 'give me Independence'. Dr. Nishikant Kotwal spoke on 'what are my responsibilities'. Beneficiaries included 100 students.
Healthy Diet Healthy Adolescents, Stress Management During Examination	23/03/2021	School	Adolescent	65	Dr. Abhijit Bhardwaj and Dr. Prajakta Kaduskar	Adolescent Health Academy Nagpur(NAHA), Academy Of Paediatrics Nagpur (AOP Nagpur) & Association of Adolescent & Child Care In India (AACCI) Nagpur celebrated the International Adolescent Health Care week (IAHW) 2021. As a part of it, webinar was arranged for benefit of students of Bhosla Military School, Nagpur on 23/03/21 at 5.00 PM. Dr. Linesh Yawalkar gave welcome speech and introduced the activity. Mrs Shubha Mohagaonkar had her opening remarks. Dr. Abhijit Bhardwaj spoke on 'healthy diet healthy adolescent'. Dr. Prajakta Kaduskar spoke on 'stress management during examination'. Beneficiaries included 65 students.
Talk on resilience and Panel discussion on parenteening and sexuality education	25/03/2021	Parent Group	Parents	25	Dr. Prajakta Kaduskar, Dr. Shubhada Khirwadkar, Dr. Nishikant Kotwal, Dr. Kamalakar Deoghare, Dr. R. G. Patil, Dr. Abhijit Bhardwaj	Adolescent Health Academy Nagpur(NAHA), Academy Of Paediatrics Nagpur (AOP Nagpur) & Association of Adolescent & Child Care In India (AACCI) Nagpur celebrated the International Adolescent Health Care week (IAHW) 2021. As a part of it, parent education activity was organised on 25/03/21 at 4 PM. Dr. Prajakta Kaduskar – How to develop resilience in adolescents. After that Dr. Prajakta Kaduskar coordinated a panel discussion on parenteening and sexuality education. Dr. R. G. Patil, Dr. Shubhada Khirwadkar , Dr. Nishikant Kotwal, Dr. Kamalakar Deoghare, Dr. Abhijit Bhardwaj discussed various issues regarding the topic. Dr. Linesh Yawalkar delivered a formal vote of thanks. Beneficiaries included 25 parents.
Stress Management Pre and Post Covid 19 and Study Skills and role of nutrition during exams.	26/03/2021	School	Adolescent	80	Dr. Prajakta Kaduskar and Dr. R. G. Patil	Adolescent Health Academy Nagpur(NAHA), Academy Of Paediatrics Nagpur (AOP Nagpur) & Association of Adolescent & Child Care In India (AACCI) Nagpur celebrated the International Adolescent Health Care week (IAHW) 2021. As a part of it, webinar was arranged for benefit of students of Balaji School, Butibori, Nagpur on 26/03/21 at 11.00 AM. Dr. Deoghare gave welcome speech and introduced the activity. Mr. Ganesh Butke Head Master of the school gave his opening remarks. Mr

						Dehankar conducted the activity. Dr. Prajakta Kaduskar spoke on 'stress management pre and post covid 19.' Dr. R. G. Patil spoke on 'Study Skills and role of nutrition during examination'. Beneficiaries included 80 students.
Webinar on Neuroscience of Adolescence from turmoil to tranquillity and 5 mins tips to raise EQ	26/03/2021	Gurunanak Technical Institute of pharmacy Nagpur	Adolescent	100	Dr. Kamalakar Deoghare and Dr. Prajakta Kaduskar	Adolescent Health Academy Nagpur(NAHA), Academy Of Paediatrics Nagpur (AOP Nagpur) & Association of Adolescent & Child Care In India (AACCI) Nagpur celebrated the International Adolescent Health Care week (IAHW) 2021. As a part of it, webinar was arranged for benefit of students of Gurunanak Technical Institute of pharmacy; Nagpur on 26/03/21 at 4.30 PM. Dr. Shrikant Tillo, principal of institute gave welcome speech. Dr. Kamalkar Deoghare spoke on 'Neuroscience of Adolescence from turmoil to tranquillity'. Dr. Ngoji Oketah and Dr. Swati Bhave blessed the program by giving their best wishes. Dr. Prajakta Kaduskar spoke on 'Tips to raise Emotinal Quotient.' The program was also broadcasted live on facebook. Mrs Pournima gave the formal vote of thanks. Beneficiaries included 100 students.
Role of Nutrition and importance of exercise, Personal Hygiene and Habits	27/03/2021	NGO	Adolescent	20	Dr. Manjusha Giri and Dr. Prajakta Kaduskar	Adolescent Health Academy Nagpur(NAHA), Academy Of Paediatrics Nagpur (AOP Nagpur) & Association of Adolescent & Child Care In India (AACCI) Nagpur celebrated the International Adolescent Health Care week (IAHW) 2021. As a part of it, webinar was arranged for benefit of inmates of Matrushakti Orphanage, Nagpur on 27/03/21 at 11 AM. Dr. Deoghare gave welcome speech. Dr. Manjusha Giri spoke about the role of nutrition and importance of exercise. Dr. Prajakta Kaduskar spoke on personal Hygine and habits. Dr. Linesh Yawalkar gave the formal vote of thanks. Beneficiaries included 20 inmates of the institute.
Healthy Recipe Contest	28/03/2021	School	Adolescent	50	Dr. Shubhada Khirwadkar, Dr. Suvarna Nanoti, Dr. Smita Desai	Adolescent Health Academy Nagpur(NAHA), Academy Of Paediatrics Nagpur (AOP Nagpur) & Association of Adolescent & Child Care In India (AACCI) Nagpur celebrated the International Adolescent Health Care week (IAHW) 2021. As a part of it, webinar was arranged for benefit of students of Tip Top Convent, Nagpur on 28/03/21 at 10 AM. Dr. Deoghare gave welcome speech. Dr. Mrs. Ketki Shiras gave her opening remarks. Dr. Shubhada Khirwadkar explained the contest to the participants. 12 participants participated in the contest by describing the recipe its contents, its procedure and its health benefit. Dr. Mrs. Jaishree Pendharkar spoke about the role of diet and nutrition. Dr. Suvarna Nanoti and Dr. Smita Desai

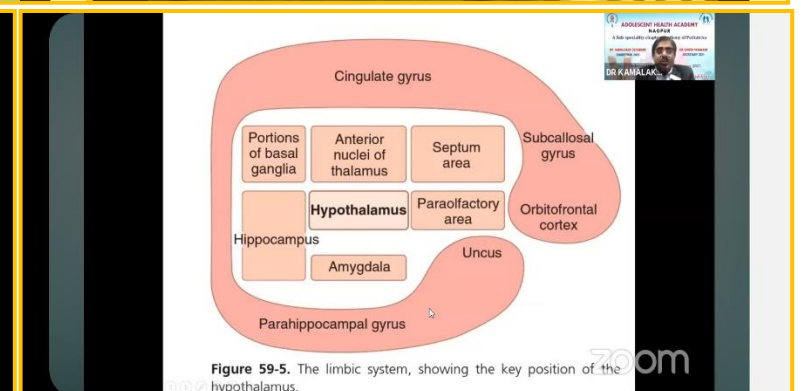
						compiled the results. Dr Deoghare announced the result. Dr. Linesh Yawalkar gave the formal vote of thanks. Beneficiaries included 50 inmates of the institute.
Panel Discussion on Pandemic and Adolescents	29/03/2021	Jaipur AHA	Professionals	25	Dr. Shubhada Khirwadkar, Dr. Nishikant Kotwal, Dr. Kamalakar Deoghare, Dr. Swati Ghate, Dr. Dhananjay Mangal, Dr. S. P. Sethi	Adolescent Health Academy Nagpur(NAHA), Academy Of Paediatrics Nagpur (AOP Nagpur) & Association of Adolescent & Child Care In India (AACCI) Nagpur celebrated the International Adolescent Health Care week (IAHW) 2021. As a part of it, panel discussion was organised on 28/03/21 at 4 PM. Dr. Shubhada Khirwadkar and Dr. Swati Ghate coordinated a panel discussion on Pandemic and Adolescents. Dr. Mangal stressed the small day to day activities and the spirituality. Dr. Sethi enumerated various problems of pandemic and their solutions. Dr. Deoghare changed the mentality to look positive aspects of pandemic. Dr. Shubhada Khirwadkar stressed self-awareness as the basic skill to move ahead. Dr. Nishikant Kotwal stressed the development of adversity quotient. Mrs. Pushpalata Gawande shared her experience of navigating education despite hurdles. Dr. Swati Ghate shared the need of awareness about National Institute of Open Schooling. Dr. Linesh Yawalkar delivered a formal vote of thanks. Session was live on facebook and the video is available for those who missed to join live. Beneficiaries included 25 parents.



DATE	ACTIVITIES	TIME	SPEAKER
FRIDAY 26/03/2021	HEALTHY MIND HEALTHY BODY At Balaji School Butibori, Nagpur welcome 1. Stress Management – Pre & Post COVID-19 2. Study Skills & Role of Nutrition During Exams Vote of thanks	11 am	Dr Kamalakar Deoghare Dr Prajakta Kaduskar Dr R G Patil Dr Lishesh Yawalkar

DATE	ACTIVITIES	TIME	SPEAKER
SATURDAY 27/03/2021	REACHING THE UNREACHED TEENS At Matrushakti Orphanage, Nagpur Opening Remarks Welcome 1. Role of Nutrition & Importance of Exercise 2. Personal Hygiene & Habits Vote of thanks	11.00 AM	Ms. Rekha Wankhede Dr Kamalakar Deoghare Dr Manjusha Giri Dr Prajakta Kaduskar Dr Lishesh Yawalkar

DATE	ACTIVITIES	TIME	SPEAKER
SUNDAY 28/03/2021	HEALTHY RECIPE CONTEST At Tip Top Convent, Nagpur • Opening Remarks • Welcome address • Concept • JUDGES • Vote of Thanks	10.00 am	• PRINCIPAL KETAKI SIRAS • DR KAMALAKAR DEOGHARE • DR SHUBHADA KHIRWADKAR • MRS JAYASHRI PONDHARKAR • DR SMITA DESAI • DR SUVARNA NANOTI • DR LINESH YAWALKAR



ADOLESCENT HEALTH ACADEMY, NAGPUR
A Sub-specialty chapter, Academy of Pediatrics

& MYSORE ADOLESCENT HEALTH ACADEMY
Is Organising a Unique Webinar
on **Wednesday 17/03/2021 at 4.00 pm.**

Topic: "Understanding Issues of Sex & Gender minority" (LGBTQI*)

Panelists & Experts:

- Dr. Mothi S. N., Chairperson Mysore AHA
- Dr. Major Milind Bhurshundi, IAF Physician, Nagpur and Mysore AHA
- Dr. Nishikant Kotwal, Ex. West Zone EB, Central AHA
- Nikunj Joshi, LGBTQI Expert & Activist, CEO at SARATHI Trust, Nagpur, Master Trainer with NACD
- Anand Chandrani, LGBTQI Expert & Activist, Founder President, SARATHI Trust, Nagpur

Moderators:

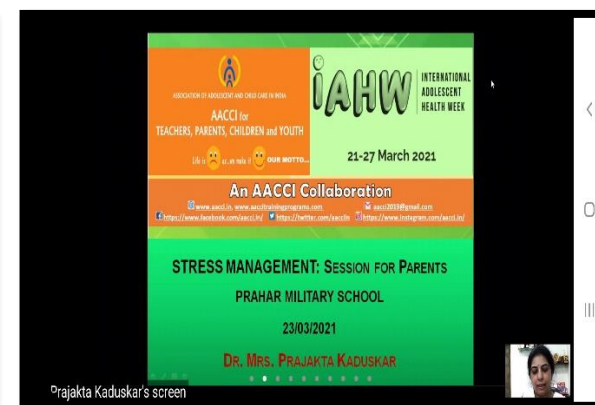
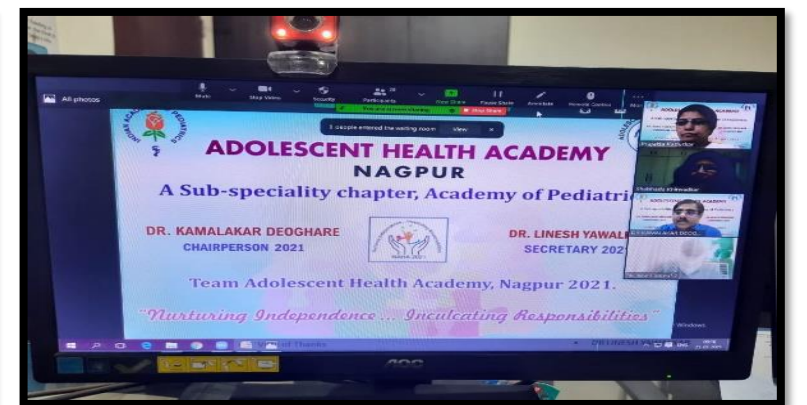
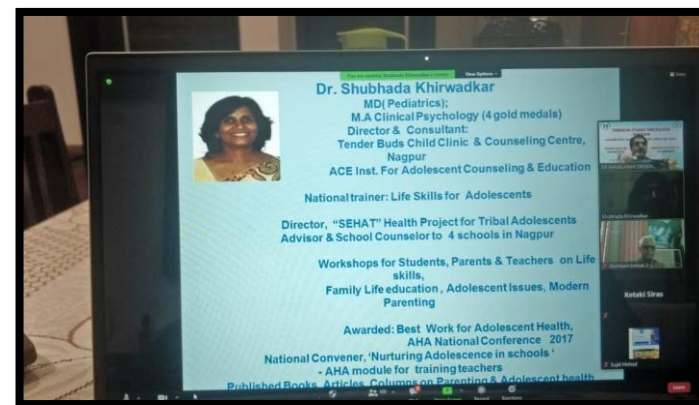
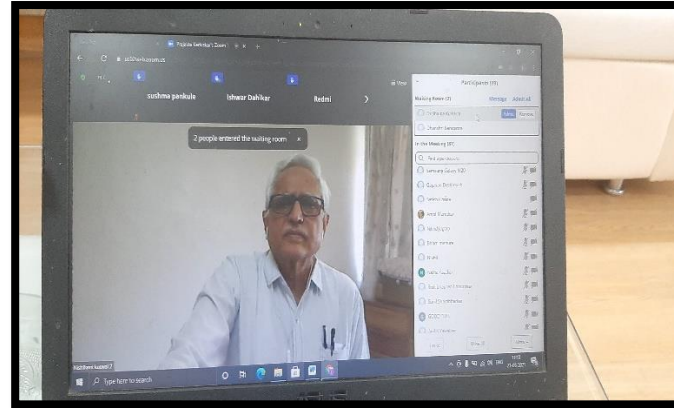
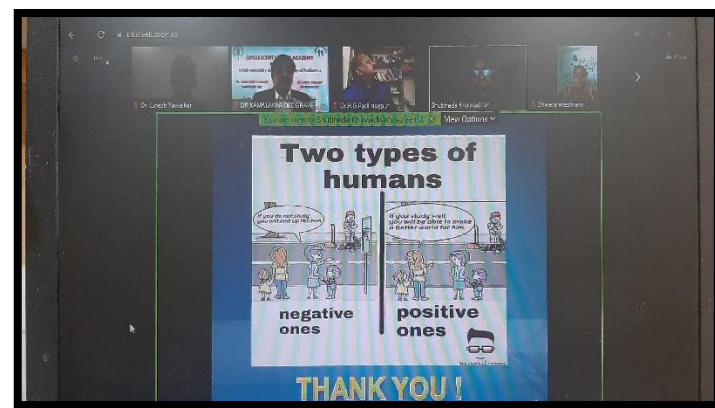
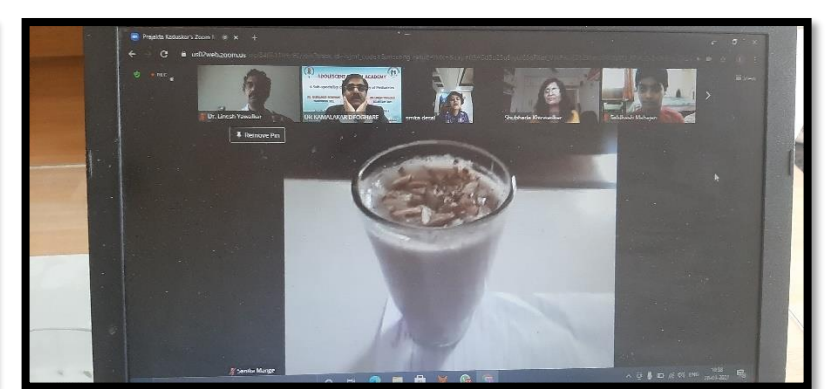
- Dr. R. G. Patil • Dr. Swati Waghmare

With Blessings of **Dr. J.C. Garg**, Chairperson, Central AHA & **Dr. Sushma Desai**, Secretary, Central AHA

Organizers:
Dr. Kamalakar Deoghare, Dr. Limesh Yawalkar, Dr. Mothi S. N., Dr. Prashant M.R., Dr. Shubhada Khirwadkar,
Chairperson AHA, Nagpur, Secretary, Mysore AHA, Secretary, Mysore AHA, West zone EB member, Central AHA

Kindly join us for this Unique Webinar!
Team Adolescent Health Academy Nagpur 2021.

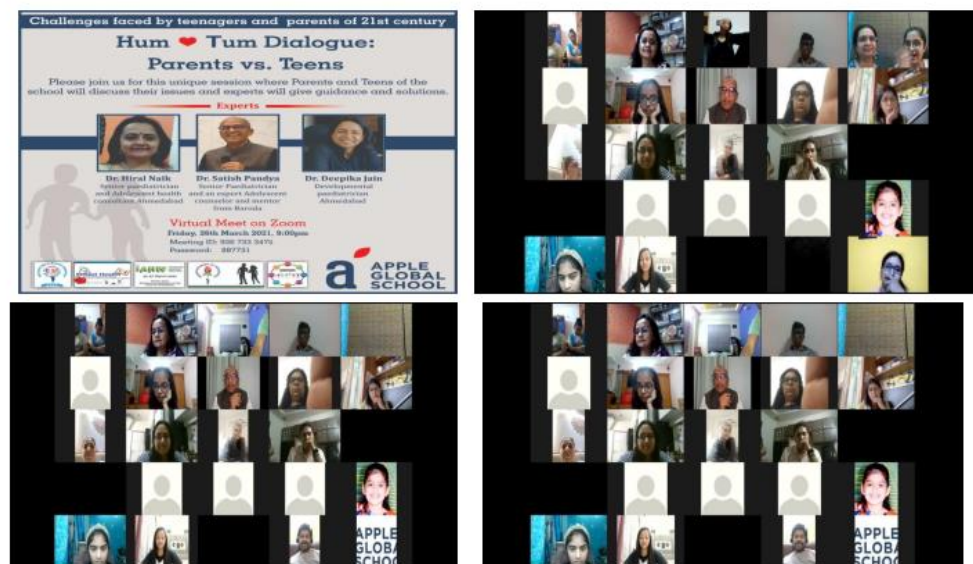
"Nurturing Independence... Inculcating Responsibilities"



BRANCH - AHMEDABAD

Name of Activity	Date of Activity	Partner Organisation	Type of Audience	Number of Participants	Name of Faculties	Short description of the event
AHAA Launch and multiconsultative meet	21/03/2021	UNICEF, AOGS,GSACS,IIPH, AOPG, VAHA,AMC,GMERS , Mental health authority	Representatives of all organisations	35	Dr.Nischal Bhatt,Dr.Hiral Naik,Dr.Unmesh Upadhyay,Dr.RK Baxi, Dr. Narayan Gaonkar, Dr.Kranti Vora,Dr.Rajal	Launch of Adolescent health academy Ahmedabad branch AHAA was combined with a multiple stake holder consultative meeting between AHA ,UNICEF, AOPG, AOGS,IIPH,GMERS,GSACS to lay down an action plan and work for adolescent Health at all levels individual and community
Adolescent counselling at UHC Anganwadi at Gota	22/03/2021	AHA	Health care workers and drs of both department	50	Dr.Manish Rana,Dr. Rashmi Thanvi, Dr,Qury Nagadiya ,Dr.Nischal Bhatt	Informative and interactive session for adolescent girls about challenges faced by teenagers, highlighting the importance of good nutrition,physical activity and psychological well-being
Fit hai to Hit hai	22/03/2021	AHA	Adolescents and patients	50	Dr.Parth Desai, Dr. Deepika Jain, Dr. Nischal Bhatt, Dr.Sushmita Chanda	Importance of healthy diet and lifestyle explained, followed by day to day diet by senior dietician Sushmita Chanda
Man Ki Baat	23/03/2021	AHA	Adolescent	150	Dr.Nischal Bhatt	Mental health topics like emotional intelligence,resilience and life skills were discussed.
21st Century Teenagers, How to handle them	24/03/2021	AHA	Parents	300	Dr.Preeti Hemani,Dr.Hiral Naik,Dr. Nischal Bhatt	Parenting Program for Dr parents on adolescent development, types of parenting styles and effective communication skills
Hum Tum dialogue between parents and teenagers	26/03/2021	AHA	Adolescent	80	Dr. Hiral Naik, Dr.Satish Pandya, Dr.Deepika Jain	Unique session where issues between parents and their adolescents were discussed and resolved by experts by educating parents about adolescent behaviour .Solutions and suggestions were given on case to case basis

Adolescent Health Academy Ahmedabad – AHAA
26th March 2021 –Hum Tum Dialogue: Parents Vs Teens
dIAP – Digital platform



Adolescent Health Academy Ahmedabad – AHAA
22nd March 2021 –
Venue: - Gota Anganwadi, Ahmedabad



Adolescent Health Academy Ahmedabad – AHAA
22nd March 2021 – Fit Hai Toh Hit Hai workshop
Venue: - K.D. Hospital ,Ahmedabad



Adolescent Health Academy Ahmedabad – AHAA
21st March 2021 – AHAA Launch and consultative meet
Venue: - Novotel Hotel Ahmedabad



Adolescent Health Academy Ahmedabad – AHAA
24th March 2021 –21st Century Teenager, How to handle them
dIAP – Digital platform



Adolescent Health Academy Ahmedabad – AHAA
23rd March 2021-Man Ki Baat - Life skill, Resilience & Emotional Intelligence
Venue: - B.N.Patel College, Vallabh Vidyanagar






BRANCH - NAVI MUMBAI

Name of Activity	Date of Activity	Partner Organisation	Type of Audience	Number of Participants	Name of Faculties	Short description of the event
Videos and sessions for adolescents, parents and teachers	27/03/2021	IAP	Adolescents/ parents and teachers	1000	AHA members	Navi Mumbai AHA (NaMAHA) in association with Navi Mumbai Association of Pediatrics (NMAP) celebrated International Adolescent Health Week from 21-27 March on -digital platform with sheer zeal and enthusiasm. NaMAHA - IAHW 2021: All videos and sessions stored here... https://www.youtube.com/playlist?list=PLyCgz4gS-cQQ-fx3JXvaBkOtxvfyJyWLw
Quiz and Talk for pediatricians	22/03/2021	IAP	Professionals	50	Dr. Kiran Vaswani, Dr. Jeetendra Gavhane and Dr. Amit Saxena	Quiz for pediatricians on Adolescent health issues was conducted on digital platform by Dr. Kiran Vaswani, Dr. Jeetendra Gavhane and Dr. Amit Saxena. It was followed by an interactive question based discussion by our Navi Mumbai AHA President - Dr. Kiran Vaswani
Hit hai to Fit hai session for adolescents	23/03/2021	IAP	Adolescent	740	Dr. Amog Shahane, Dr Arati Gaikwad, DR. Pravin Gaikwad and Dr. Pallavi Khare	NaMAHA (Navi Mumbai AHA) conducted a exercise and yoga session for teens with full josh .The session received a very good response with 700 plus views on YouTube till now. Dr Pravin Gaikwad and Dr Arati Gaikwad gave awesome tips on fitness,Dr Amog and cute Saanvi showed simple exercises,Session concluded with yoga and soulful pranayam by Dr Pallavi.Dr Shruti conducted the session very well. The session was graced by stalwarts Dr Swati Bhawe and Dr Harwinder singh (chairperson AHA Ludhiana) https://youtu.be/HM9Kgk7VbEE
Make healthy, eat healthy - recipe competition for adolescents	24/03/2021	IAP	Adolescent	86	Dr. Kalyani Patra, Dr. Shruti Kalkekar, Dr. Kiran Vaswani, Dr. Chitra Kulkarni, Dr. Arati Gaikwad and	Google form was sent to adolescents through schools, in which participants had to enter their personal details along with their recipe details. We received 86 entries. they were divided into 3 categories (5th - 7th class, 8th - 10th class and 11th - 12th class). Best 5 from each group were shortlisted and invited for online live competition.Special gift given to the young chef by Dr Vaswani was 5 pearls of a nutrition necklace (Salad, smoothie, sprouts, soaked nuts ,seeds) All participants enthusiastically spoke about their recipe's specialty and uniqueness . Choosing winner was very tough for judges Criteria for competition was : No fire cooking Fresh natural and Colourful Inspite of these criterias all these youngsters

					Dr. Amog Shahane	came up with unique ideas, used their culinary skills to create simple yet exotic dishes. Judges have appreciated all the efforts taken by these youngsters. Special guest Dr Harinder Singh chairperson from AHA Punjab graced the occasion and shared a tip of having healthy lime juice for dehydration. The competition was very well conducted by master of ceremony Dr. Kalyani Patra followed by vote of thanks by Dr. Shruti Kalkekar Special thanks to Dr. Vikram Patra and his young creative partner for the creative digital support !!! All participants will be awarded Voucher worth Rs.1000 and Certificate Of Participation from NMAP . https://youtu.be/tcfpryYMg0Y
Being Healthy, Being Happy	25/03/2021	IAP	Adolescent	416	Expert: Dr. Prashant Kariya; Moderator: Dr. Kalyani Patra	We had a fantastic session on ' Mann ki baat' by Dr Prashant Kariya on 25th March, 2021 moderated well by Dr. Kalyani Patra and Dr. Satish Shahane. Dr. Prashant patiently addressed all the worries of today's teens like Gaming addiction, peer pressure, body image issues, depression, substance abuse, exam pressure with good anecdotes (personal also filmy) which kept the audience spellbound and not bored for a minute! The session was attended by stalwarts of Adolescent medicine Dr. Joginder Tuteja(Father of Adolescent care in India) and Dr. Harinder Singh (AHA Punjab) which added colour to the session. https://youtu.be/shK9j7ID9Zo
Session for teachers	26/03/2021	IAP	Teachers	899	Dr. Preeti Galgali, Dr. Shubhada Khirawadkar and Dr. Leena Deshpande moderated by Dr. Arati Gaikwad and Dr. Shruti Kalkekar	NAMHA conducted session on * School Health including Teachers training regarding "How to identify High Risk' as part of the International Adolescent Health week 2021, We had an enlightening session on : School Health including Teachers training regarding "How to identify High Risk' on 26 March, 2021 at 3 pm by multifaceted ,multitalented International level.The session started with Dr. Shubhda Khirwadkar guided about school reopening guidelines , E-learning , virtual life skills and strategies of new normal . Next session was addressed multifaceted personality Dr.Preeti Galagali which was moderated by Dr. Aarti Gaikwad . It was very Interactive and focused on how to identify , understand about mental health of teenagers, challenges and how to deal with including motivation . Tips of stress management also given . Dr Leena Deshpande highlighted about learning disabilities focused on dyslexia. Session ended by open forum which addressed all the worries of teachers . It was moderated by Dr Chitra Kulkarni and Dr Shruti Kalkekar . The session was attended by stalwarts of



						<p>Adolescent medicine Dr C P Bansal Golden Jubilee President IAP and Dr. Harinder Singh* (AHA Punjab) Who inspired and guided us with practical tips session. Guest of honour were welcomed by Dr Upendra Kinjwadekar with his own unique way.</p> <p>https://youtu.be/TOHUmQrNd2s</p>
Session for parents and teachers	27/03/2021	IAP	Parents	213	<p>Dr. Swati Bhave and Dr. Kiran Vaswani, moderated by Dr. Shilpa Aroskar and Dr. Kalyani Patra</p>	<p>What an absolute fantastic finish to the International adolescent health week 2021, celebrated from 21 March to 27 March with today's heart to heart session with parents and teachers of our adolescent community by two stalwarts of Adolescent medicine Dr. Swati Bhave and Dr. Kiran Vaswani. The topics covered today mainly focused on creating magical tunes with teenagers by understanding their 'frequency' and the art of parenting by *Dr. Vaswani ma'am and how to help them develop life skills and Resilience in today's times of adversities especially with Covid 19 by Dr. Swati Bhave ma'am. The session was fantastic with phenomenal response from the audience and gave us many pearls of wisdom as being role models for our kids and constant communication with them throughout this beautiful journey of theirs. The session was very interactive and kept the audience glued to their screens till the end. Kudos to Team NaMAHA for all the tremendously organized activities the whole week and may the LAMP of NaMAHA keep burning bright always!</p> <p>https://youtu.be/yjJVINaWgKI</p>

  				
ADOLESCENT HEALTH ACADEMY NAVI MUMBAI				
Dr. Kiran Vaswani President		Dr. Chitra Kulkarni Vice-President		Dr. Kalyani Patra Secretary General
				Dr. Shrutika Kulkarni Treasurer
INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW 2021)				
DATE	TIME	ACTIVITIES	SPEAKERS	
24/03/2021	10:00 AM - 11:00 AM	DAUGHTER'S DAY CELEBRATION: Video Release - 1. Daughter - the treasure trove of love	Dr. (Dr. & Mrs) Mahipatkar Dr. (Dr. & Mrs) Mahipatkar	
24/03/2021	11:00 AM - 12:00 PM	2. SHERO - unity, diversity, equality	Dr. Arati Gaikwad	
24/03/2021	12:00 PM - 1:00 PM	3. LIFE SKILLS What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	1:00 PM - 2:00 PM	4. I, R. K. S. (Rising Incredible Skills for Everything)	Dr. Kiran Vaswani	
24/03/2021	2:00 PM - 3:00 PM	5. Check on adolescents for Prostate Cancer	Dr. Shrutika Kulkarni	
24/03/2021	3:00 PM - 4:00 PM	6. Importance of pro-social behavior	Dr. Pallavi Khare	
24/03/2021	4:00 PM - 5:00 PM	7. Yoga and exercise session for teens	Dr. Arati Gaikwad, Dr. Arati Gaikwad, Dr. Arati Gaikwad	
24/03/2021	5:00 PM - 6:00 PM	8. Healthy KANAKA HEALTHY PINK LUNCHBOX	Dr. Shrutika Kulkarni	
24/03/2021	6:00 PM - 7:00 PM	9. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	7:00 PM - 8:00 PM	10. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	8:00 PM - 9:00 PM	11. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	9:00 PM - 10:00 PM	12. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	10:00 PM - 11:00 PM	13. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	11:00 PM - 12:00 AM	14. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	12:00 AM - 1:00 AM	15. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	1:00 AM - 2:00 AM	16. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	2:00 AM - 3:00 AM	17. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	3:00 AM - 4:00 PM	18. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	4:00 PM - 5:00 PM	19. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	5:00 PM - 6:00 PM	20. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	6:00 PM - 7:00 PM	21. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	7:00 PM - 8:00 PM	22. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	8:00 PM - 9:00 PM	23. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	9:00 PM - 10:00 PM	24. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	10:00 PM - 11:00 PM	25. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	11:00 PM - 12:00 AM	26. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	12:00 AM - 1:00 AM	27. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	1:00 AM - 2:00 AM	28. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	2:00 AM - 3:00 AM	29. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	3:00 AM - 4:00 PM	30. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	4:00 PM - 5:00 PM	31. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	5:00 PM - 6:00 PM	32. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	6:00 PM - 7:00 PM	33. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	7:00 PM - 8:00 PM	34. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	8:00 PM - 9:00 PM	35. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	9:00 PM - 10:00 PM	36. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	10:00 PM - 11:00 PM	37. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	11:00 PM - 12:00 AM	38. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	12:00 AM - 1:00 AM	39. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	1:00 AM - 2:00 AM	40. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	2:00 AM - 3:00 AM	41. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	3:00 AM - 4:00 PM	42. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	4:00 PM - 5:00 PM	43. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	5:00 PM - 6:00 PM	44. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	6:00 PM - 7:00 PM	45. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	7:00 PM - 8:00 PM	46. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	8:00 PM - 9:00 PM	47. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	9:00 PM - 10:00 PM	48. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	10:00 PM - 11:00 PM	49. What's new in life skills?	Dr. Arati Gaikwad	
24/03/2021	11:00 PM - 12:00 AM	50. What's new in life skills?	Dr. Arati Gaikwad	

ADOLESCENT HEALTH ACADEMY NAVI MUMBAI

Session for Parents and Teachers

INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW 2021)
(27/03/2021)

DR KIRAN VASWANI
Tuning parents to teen's tunes
3:00 - 4:00 pm

DR SWATI BHAJE
Bouncing back in life... teaching teens resilience
4:00 - 5:00 pm

IAHW WATCH LIVE ON NAVI MUMBAI IAP YOUTUBE CHANNEL

ADOLESCENT HEALTH ACADEMY NAVI MUMBAI

Session for Adolescents

INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW 2021)

DR. AMOG SHAHANE DR. ARATI GAIKWAD
DR. PALLAVI KHARE DR. PRAVIN GAIKWAD

Yoga And Exercise Session For Teens

23rd March
3:00 - 4:00 pm

IAHW WATCH LIVE ON NAVI MUMBAI IAP YOUTUBE CHANNEL

ADOLESCENT HEALTH ACADEMY NAVI MUMBAI

Session for Adolescents

INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW 2021)
TODAY

DR. ARATI GAIKWAD DR. KALYANI PATRA
DR. SHRUTI KALKEKAR

Make healthy, Eat healthy - Recipe competition for adolescents

24th March
3:00 - 5:00 pm

IAHW WATCH LIVE ON NAVI MUMBAI IAP YOUTUBE CHANNEL

ADOLESCENT HEALTH ACADEMY NAVI MUMBAI

Session for Adolescents

INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW 2021)
25th March 2021; 3:00 pm

Being Healthy, Being Happy

Expert
Dr. Prashant Kariya




Moderators
Dr. Kalyani Patra Dr. Salish Shahane

IAHW WATCH LIVE ON NAVI MUMBAI IAP YOUTUBE CHANNEL

ADOLESCENT HEALTH ACADEMY NAVI MUMBAI

Session for School Teachers

INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW 2021)
(26/03/2021)

DR SHUBHADA KHIRWADKAR
Schools & Learning: The New Normal!
3:00 - 3:30 pm

DR PREETI GALAGALI
Igniting minds - Role of teacher
3:30 - 4:10 pm

DR LEENA DESHPANDE
This child just does not study!!
4:10 - 4:30 pm

IAHW WATCH LIVE ON NAVI MUMBAI IAP YOUTUBE CHANNEL



Yoga And Exercise Session

IAHW Week Celebration

AP We Heal With Zeal, Together We Navigate New Frontiers

IAHW Week Celebration

IAHW Week Celebration

Sanika Dattatray Korde

Session for Adolescents
INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW 2021)
TODAY

DR. ARATI GAIKWAD DR. KALYANI PATRA
DR. SHRUTI KALKEKAR

Make healthy, Eat healthy - Recipe competition for adolescents

24th March
3:00 - 5:00 pm

IAHW WATCH LIVE ON NAVI MUMBAI IAP YOUTUBE CHANNEL

eNMAP We Heal With Zeal, Together We Navigate New Frontiers

BEING HEALTHY, BEING HAPPY

IAHW INTERNATIONAL ADOLESCENT HEALTH WEEK

We Heal With Zeal, Together We Navigate New Frontiers

Neurodevelopment

IAHW WATCH LIVE ON NAVI MUMBAI IAP YOUTUBE CHANNEL

eNMAP We Heal With Zeal, Together We Navigate New Frontiers

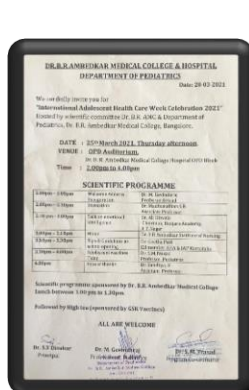
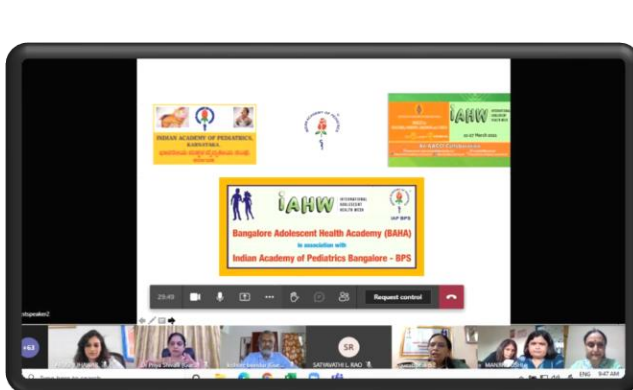
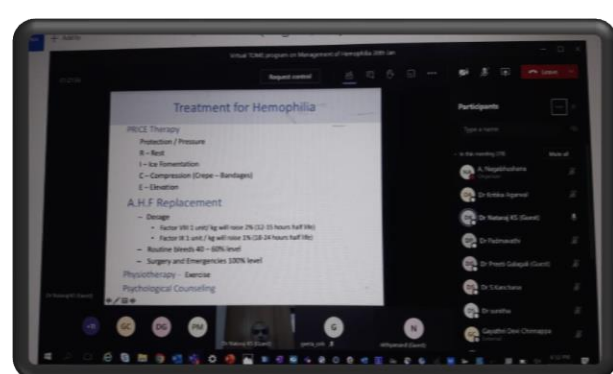
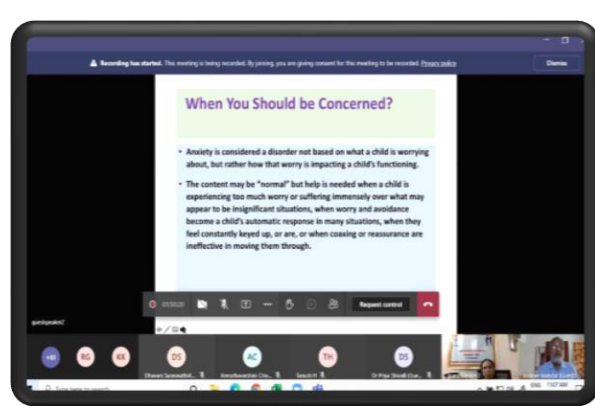
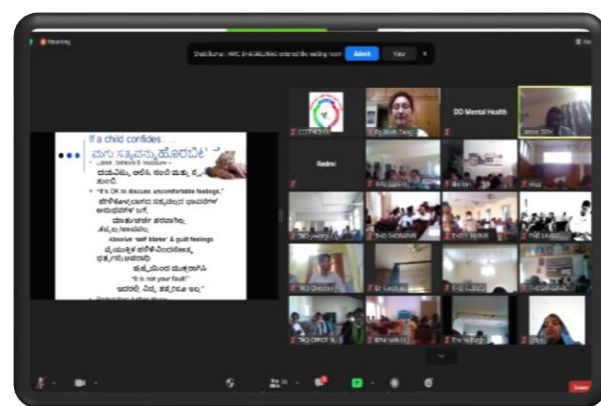
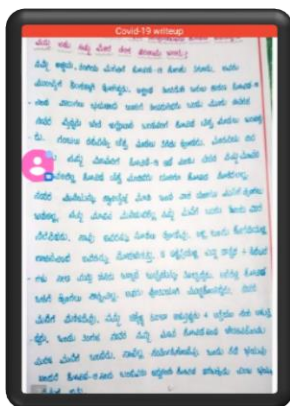
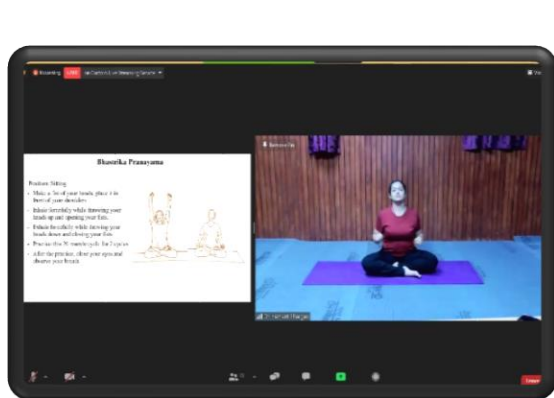
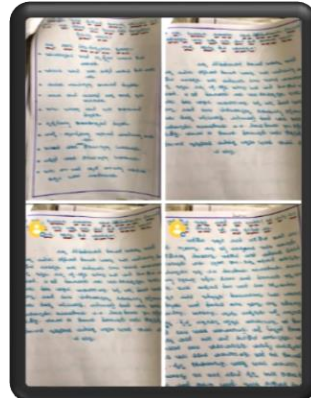
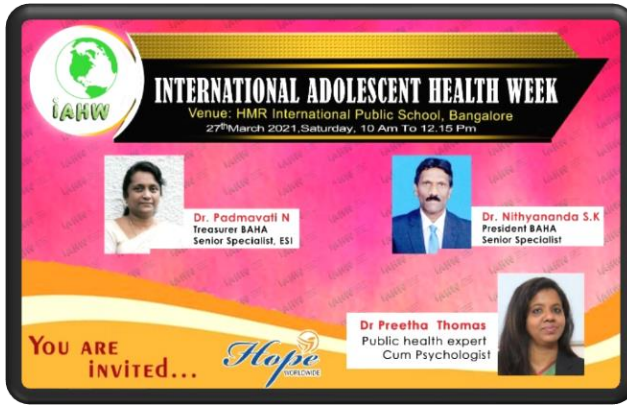
Dr. Cyril

BRANCH - BANGALORE

Name of Activity	Date of Activity	Partner Organisation	Type of Audience	Number of Participants	Name of Faculties	Short description of the event
School health activity	27/03/2021	IAP	Adolescent	65	Dr Nithyananda S K ,Dr Padmavati N	on the Eve of IAHW,a school health program was conducted at HMR international school by BAHHA in association with IAP with the help of an NGO-hope,at jnanajyoti nagar,Bangalore, for 6th- 8th class students, dr Nithyananda S K spoke on the art of academics & study skills dr Padmavati n spoke on personal hygiene, which well received by the students & staff also a poster,quiz & painting competition were conducted for the students & prizes were given by BAHHA .
SCHOOL PROGRAM	27/03/2021	NGO	Adolescent	45	3	ON the occasion of IAHW, School activity was done at HMR International Public school, Bangalore on 27/03/2021 in association with HOPE NGO, 6TH and 7th standard 45 students and 5 teachers were addressed with the theme of Art of academic Achievement by DR NITYANANDA and School and Personal Hygiene by DR PADMAVATHI N which was well appreciated and Quiz competetion was also conducted by Dr preetha thomas, Hope NGO which was well participated and the winners were Distributed prizes
IDHW	25/03/2021	IAP	Adolescents , Nursing students	150	Dr Geeta Patil Sr S M Prasad Mr Ali Khwaja Nursing students	Dr Geeta Patil discussed about Tips and guidelines of school reopening Dr S M Prasad discussed about inclusion of Adolescent Immunization in all vaccination shedules , Mr Ali Khwaja (Banjara) talked about Emotional intelligence and its inclusion in normal curriculum Nursing students performed MIME where they depicted different ways of sexual harassment and how to tackle
School health program	27/03/2021	IAP	Adol scents, teachers, parents	200	Dr Geeta Patil Dr Priya Shivalli Dr Ramitha Pai Dr Kishore Baindur Dr S M Prasad Dr Vimochana Dr Somashekar	This was part of IAHW Theme was Art of Academic achievement Red flag signs of high risk behaviour Adolescents, parents, teachers were actively involved in the discussion

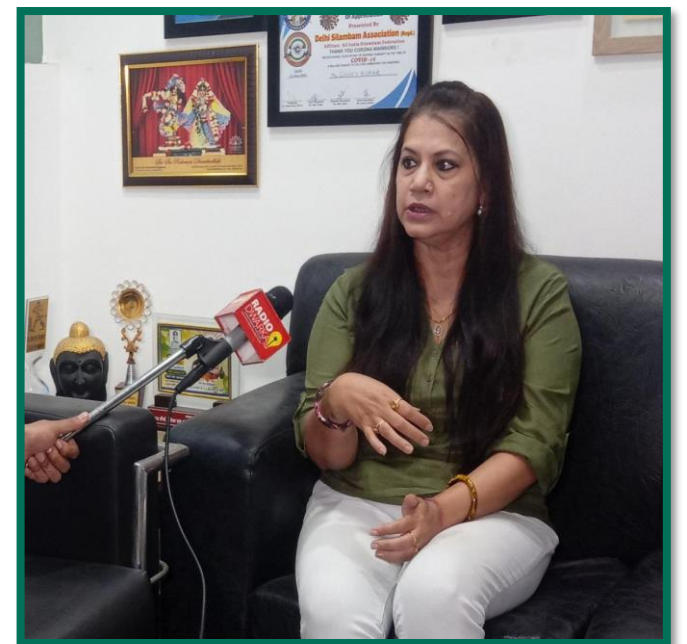
BAHA community event	24/03/2021	NGO	Adolescent	80	Dr. Vimochana K - Pediatrician, Dr. Sunitha Mani - Psychotherapist, Dr. Mayura Kudva - Physiotherapist	This was an event in a Government school with which Doctors for Seva, an offshoot of Youth for Seva, an NGO has been associated with for more than a decade, doing education, health awareness and other such activities. Dr. Vimochana, Sudha, Vimala Puranik have been associated with DFS and this school since then. one of the children had submitted a very good essay, in response to specific questions that had been asked regarding Covid resilience. Skit on road safety also was very innovative, considering the background from which these children come from. A Psychotherapist and Physiotherapist were added for the talks and this was a good move (rather than have only us doctors talk). Dr. Vimochana stressed on the importance of Iron and Folic acid supplementation in adolescents and the compliance needed from the school and children with regards to this Government program. Prizes for the events was given through contributions by the doctors.
Community activity	26/03/2021	NGO	Adolescent	300	Dr. Uma Rao, Dr. Kanchana, Dr. Asha P	This was an event in a Government school with which Doctors for Seva, an offshoot of Youth for Seva, an NGO has been associated with for more than a decade, doing education, health awareness and other such activities. Dr. Vimochana who facilitated the event, Sudha and Vimala Puranik who judged the essays have been associated with DFS and this school since then. 67 children had submitted posters on the topic of natural disasters and environmental protection. Posters were very colorful and informative, it was difficult to choose only 3 from each class. Some children of 8th standard had submitted posters on Corona too and they were given consolation prizes because they were really good. Children had submitted good essays too, in response to specific questions that had been asked regarding Covid resilience. The hand-writing and grammar was really appreciable. Skit on road safety also was very innovative, considering the background from which these children come from. Most of it had been covered in the skit, and Dr. Asha consolidated it, with giving self defense tips and emergency contact numbers in her talk. Dr. Uma Rao spoke very concisely and effectively regarding good tips for Mental health of school children. A questionnaire based on the Trivandrum kit was also administered by the doctors of BAHA and DFS. The same will be followed up on a regular basis in this school as just one

						<p>talk is not sufficient. Dr. Kanchana spoke on nutrition and displayed a chart prepared by YFS. All in all, it was a very satisfying event with active participation by doctors, non medical volunteers of YFS and the school, with a special mention of the PT teacher. Prizes for the events was given through contributions by the doctors.</p>
BAHA CME	21/03/2021	IAP	Professionals	254	Dr.Sanjeeva, Dr. Manoranjini, Dr. Prasanna	<p>It was indeed auspicious that Installation of BAHA team 2021 was conducted on the 21st of March 2021 to coincide with the start of the International Adolescent Health Week celebrations. The event was organised with IAP Banglaore, having lectures on Genetic counseling in Downs Syndrome and lifestyle modifications of an adolescent with Downs, Suicidal ideations in an adolescent and the services available in ESI scheme for adolescents. There were 50 physical, 50 on the platform, 154 on the general viewership in this hybrid program. Dr. Shashidhara G handed over the batallion to Dr. Nithyananda. Adolescan, the quarterly newsbulletin from BAHA edited by Dr. Ramitha Pai and Dr. Gayathri was launched by Dr. J C Garg, Chairperson of AHA. Dr. J. S. Tuteja, the pitamaha of AHA was felicitated with Dr. Geeta Patil telling us about Tuteja Sir and his deeds. Dr. Sushma Desai, Honorary General Secretary of AHA was physically felicitated by none other than Dr. Preeti Galagali, the founder chairperson of BAHA, as both were present together at the workshop on ECD module. Dr. Nithyananda read out his ambitious plans of taking all stakeholders and platforms (Medical Colleges, Government, Private and NGOs) together to reach out to adolescents. The event also had active participation of BAHA members exhibiting their extracurricular talents to emphasise that adolescents must be given equal opportunity to pursue their non academic talents too... Adolescents who had been on the national rally and in television shows were asked to share their experience.</p>



BRANCH - DELHI

Name of Activity	Date of Activity	Partner Organisation	Type of Audience	Number of Participants	Name of Faculties	Short description of the event
Talk Show on Radio Dwarka	22.3.21	St. Mary's School, Dwarka	Students		Dr. Latika Bhalla, Senior Consultant, Pediatrics Dept., Sir Ganga Ram Hospital & Mrs. Pratima Tiwary, Special Section Incharge, St. Mary's School, Dwarka	
Healthy Wellbeing : Reaching out, making a difference - The Message Wall	23.3.21	St. Mary's School, Dwarka	Students		Dr. Latika Bhalla, Senior Consultant, Pediatrics Dept., Sir Ganga Ram Hospital & Mrs. Pratima Tiwary, Special Section Incharge, St. Mary's School, Dwarka	
Reading, a refuge in COVID times - Ensuring Awareness on mental wellbeing through Bookmarks'	24.5.21	St. Mary's School, Dwarka	Students		Dr. Latika Bhalla, Senior Consultant, Pediatrics Dept., Sir Ganga Ram Hospital & Mrs. Pratima Tiwary, Special Section Incharge, St. Mary's School, Dwarka	
Technology has affected mental health rather than bridging the learning gaps in education - Debate :	25.3.21	St. Mary's School, Dwarka and Salwan Public School, Rajinder Nagar.	Students		Dr. Latika Bhalla, Senior Consultant, Pediatrics Dept., Sir Ganga Ram Hospital & Mrs. Pratima Tiwary, Special Section Incharge, St. Mary's School, Dwarka	
Exploring new dimensions - Online Quiz with adolescents	26.3.21	St. Mary's School, Dwarka	Students		Dr. Latika Bhalla, Senior Consultant, Pediatrics Dept., Sir Ganga Ram Hospital & Mrs. Pratima Tiwary, Special Section Incharge, St. Mary's School, Dwarka	
Imperative Journey during Formative Years: A Movie	27.3.21	St. Mary's School, Dwarka	Students		Dr. Latika Bhalla, Senior Consultant, Pediatrics Dept., Sir Ganga Ram Hospital & Mrs. Pratima Tiwary, Special Section Incharge, St. Mary's School, Dwarka	



International Adolescent Health Week (IAHW) Celebration
by
Indian Academy of Pediatrics Delhi

Date: 24th March, 2021
03.00 pm to 05.00 pm
IAP Delhi & AHA Delhi
in Collaboration with
Central AHA & Association of Adolescent & Child Care in India

Program

Life Skills, Resilience (esp. during COVID Times) & Emotional Intelligence)

Debate Topic: Technology has affected mental health rather than bridging the learning gaps in education

Participants: 2 Students each (for / against) from G.D. Salwan Public School & St. Mary's School

Time Limit: 3 minutes

Judges: Dr. Sangeeta Yadav, Vice President, CIAP
Dr. Harish Kumar Pemde, Jt. Secretary, CIAP

Teachers: Ms. Seema Bali, Vice Principal, St. Mary's School and Ms. Dolly Dhawan, HOD English, GDSPS (Teachers on Panel)

Moderator: Ms. Dolly Dhawan

Discussion Speaker Chairperson: How to Assess Adolescent Child in OPD
Dr. Latika Bhalla, Secretary, AHA Delhi
Dr. Deepak Gautam, Executive Member North, AHA

Dr J C Garg Chairperson, Central AHA
Dr GP Kaushal Chairperson, AHA Delhi
Dr Sushma Desai Secretary, Central AHA
Dr Latika Bhalla Secretary, AHA Delhi
Dr Lalit Mendiratta President, IAP Delhi
Dr Manish Gupta Secretary, IAP Delhi



St. Mary's School, Dwarka
observes
International Adolescent Health Week (IAHW) Celebration
AHA in collaboration with Society of Adolescent Health and Medicine (SAHM), USA
21st March 2021 to 27th March 2021

Theme :-Life Skills, Resilience (esp. during COVID times) & Emotional Intelligence

Programme Schedule:

- 22nd March 2021 - Talk Show on Radio Dwarka
Dr. Latika Bhalla, Senior Consultant, Pediatrics Dept., Sir Ganga Ram Hospital & Mrs. Pratima Tiwary, Special Section Incharge, St. Mary's School, Dwarka
- 23rd March 2021 - Healthy Wellbeing : Reaching out, making a difference
'The Message Wall'
- 24th March 2021 - Reading, a refuge in COVID times
'Ensuring Awareness on mental wellbeing through Bookmarks'
- 25th March 2021 - 'Technology has affected mental health rather than bridging the learning gaps in education'
Debate : St. Mary's School, Dwarka and Salwan Public School, Rajinder Nagar.
- 26th March 2021 - Exploring new dimensions
Online Quiz with adolescents
- 27th March 2021 - Imperative Journey during Formative Years:
A Movie

STUDY STRATEGIES & HEALTHY TIPS THAT WORK for EXAMS

DR. DEEPA PASSI
SENIOR CONSULTANT & ADOLESCENT PAEDIATRICIAN
APOLLO HOSPITALS
NOIDA

Participants

- Guest 1: GARIMA SETH
- Guest 2: Anashi Gupta
- Guest 3: Aastha Kumari
- Guest 4: Adish Selwastava
- Guest 5: Akshat Mehra
- Guest 6: Anjali Chauhan
- Guest 7: Anjali Prakash

Study Effectively to Avoid Anxiety

- Study where you can concentrate – avoid distractions and interruptions from TV, internet, phone, family, and friends
- Study in the same place – keep school supplies stocked up so you don't have to stop to look for something you need
- Use good lighting – straining your eyes can make them tired
- Use a desk or table – try not to study on a comfortable sofa or bed as it is too easy to nod off to sleep
- Take a nap – you will study better when you are rested

Exam Anxiety Symptoms

- Students who have exam anxiety often report the following symptoms:
 - Memory blocks or "blanking out" on things that you have studied
 - Fear of failing before the exam is even written
 - Physical symptoms such as rapid heart rate, shortness of breath, sweating etc.
 - Lower reading comprehension
 - Poor attention and inability to concentrate
- The key to dealing effectively with exam anxiety is to work on what you have control over (how you study, what you study etc.) and not worry about what you can't control (kinds of questions, how other students perform etc.)


BRANCH - KALABURAGI

Name of Activity	Date of Activity	Partner Organisation	Type of Audience	Number of Participants	Name of Faculties	Short description of the event
International Adolescent Health Week -Inaugration	21/03/2021	IAP	Adolescent	44	Dr Vanishree Patil,Dr Apurva A B	IAP Kalaburagi kickstarted iAHA Celebrations with a short Inaugral attended by the doyens of Kalaburagi IAP & we had a crisp discussion on how to enable our little patients & their parents to multiple stresses of covid Pandemic
93.5Hz Radio FM	22/03/2021	IAP	General public	180	Dr Roopa Mangshetty	Sensitisation Programme on Radio FM 93.5 by senior paediatrician Dr Roopa Mangshetty,where she counselled the lay public a myriad topics concerning adolescents, dealing with Covid,dealing with Exams,stress etc
IEC	23/03/2021	IAP	Adolescent	158	Dr Vanishree Patil,Dr Apurva A B	Interactive Session with the students in Veeramma Gangasiri women's College by Dr Vanishree Patil president IAP kalaburagi,Dr Apurva A B Secretary IAP kalaburagi ,regarding their Health issues,remaining fit,Obesity,Exam preparedness ..
IEC	24/03/2021	IAP	Adolescent	165	Dr Roopa Mangshetty	Dr Roopa ma'am gave an insightful talk to girls of women's polytechnic college highlighting developmental changes in girls,mental health ,behavioural changes in adolescence & how best to accept & cope with it..
IEC	25/03/2021	IAP	Adolescent	148	Dr Vanishree Patil ,Dr Apurva A B	Dr Vanishree Patil & Dr Apurva A B spoke to puc students of HKE"s VG Women's college about menstrual hygiene,developmental changes during adolescence,nutrition & stress management
IEC	26/03/2021	IAP	Adolescent	112	Dr Mallikarjun Kobal	Talk by Dr Mallikarjun Kobal on Behavioural changes during Adolescence,Sexual Maturity,Nutrition Deficiencies & Fitness to 8th,9th & 10th std boys of Government School ..
IEC	27/03/2021	IAP	Adolescent	154	Dr Roopa Mangshetty	Interactive session with girls of Rotary high school by Dr Roopa Mangshetty about Physical development during adolescence,menstrual hygiene,nutrition,diet fads & vaccines in adolescents



BRANCH - VADODARA

Name of Activity	Date of Activity	Partner Organisation	Type of Audience	Number of Participants	Name of Faculties	Short description of the event
Rational Emotive Behaviour Therapy - Lecture	22.3.21	AOPV, VAHA, AACCI	Pediatricians, Staff of Different associations of Vadodara	35 + 557	Dr. Satish Pandya, Dr. Swati Bhawe	
Panel Discussion with Teenagers - Panel discussion with Teenagers	23.3.21	VAHA, AOPV, AACCI, AOPVWW	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	45 + 589	Dr. Swati Bhawe, Dr. Satish Pandya, Dr. RK Baxi, Dr. Snehal Shirolawala, Dr. Kairavi Pancholi, Dr. Samir Shah	
World Teenage Day - Panel discussion with Teenagers	25.3.21	VAHA, AOPV, AACCI	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	75 + 50	Dr. Samir Shah, Dr. Prashant Kariya, Dr. Swati Bhawe	
Healthy Lifestyle Day - Public Awareness, Video and infographics release	26.3.21	Foods and nutrition department MSU, AOPV, VAHA	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	50 + 171	Dr. Meenakshi Mehan, Dr. Shruti Kantawal	
2 min Audio competition	26.3.21	VAHA, AOPV, AACCI	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	11 [participants]		
2 min Video competition	26.3.21	VAHA, AOPV, AACCI	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	15 [participants]		
Adolescent mental Health Awareness - Public Awareness, Educational talk, Open mic	27.3.21	AOPV, VAHA, Department of Psychology MSU	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	70 + 1000	Students of MSU Psychology	
Daughters Day - Public Awareness, Educational talk	28.3.21	AOPV, VAHA, IMA WW, AOPVWW	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	40 + 132	Dr. Sushma Baxi, Dr. Shweta Shah, Dr. Nutan Shah	



IAHW



**INTERNATIONAL
ADOLESCENT
HEALTH WEEK**

23-27 MARCH 2023

**ADOLESCENT
MENTAL HEALTH AWARENESS
PROGRAM**

DATE: 27th MARCH 2021


PLATFORM: YouTube

PROGRAM

Time	Event	Speakers/Performers
06:00 PM	Mental Health Awareness: Myths and Stigma	<div style="display: flex; justify-content: space-between;"> <div> <p>Arch Prasad (Student Psychologist)</p> </div> <div> <p>Rishu Kumar Archana (Psychologist)</p> </div> </div>
06:45 PM	Journaling and Mindfulness Workshop	<div style="display: flex; justify-content: space-between;"> <div> <p>Ms. Sandhya Reddy (First year Student Psychologist)</p> </div> <div> <p>Dr. Anurag (Third year Student Psychologist)</p> </div> </div>
08:00 PM	Adolescents' Mental Health: Body Image Issues & Self Esteem	<div style="display: flex; justify-content: space-between;"> <div> <p>Abha (PT), group play -7mins Siddhi (PT), storyelling -5mins Abha (PT), storyelling -5mins Ashwin (PT), talk -5mins Group (PT), poetry -5mins Prachi (PT) poetry -5mins -4mins</p> </div> <div> <p>Dr. Anurag (Third year Student Psychologist)</p> </div> </div>
09:00 PM	Open Mic	<div style="display: flex; justify-content: space-between;"> <div> <p>KV09005, UpChAr</p> </div> <div> <p>& MANY OTHERS</p> </div> </div>

<https://www.youtube.com/channel/UCPRSMZnR-KV09005UpChAr>



The Department of Psychology (MSUB) YouTube Channel

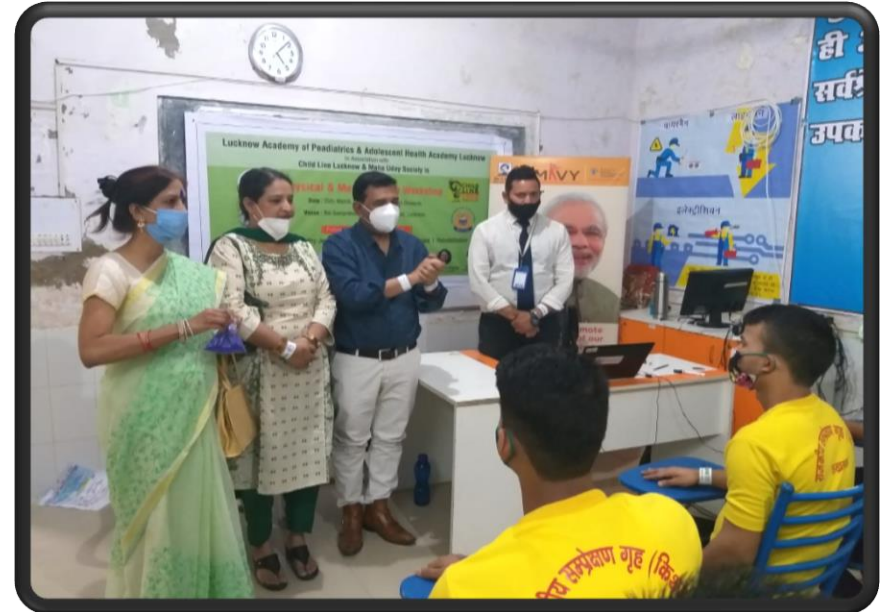
ORGANISED BY

Academy of Pediatric Vaidology, Vaidology Adolescent Health Academy,
Association of Adolescent and Child Care in India, Bharati Medical College, IMA,
Women's Wing, Department of Paeds and Natrilox, MEU & MSU-PNAA,
Behaviour Management Group MSU Psychology Department

BRANCH - LUCKNOW

Name of Activity	Date of Activity	Partner Organisation	Type of Audience	Number of Participants	Name of Faculties	Short description of the event
CME for pediatrician	21/03/2021	IAP	Health Care Workers	20	Dr Nirupama Pandey Misra, Dr Naini Tandon	Awareness program on Obesity and Healthy lifestyle and nutrition for pediatricians was done. 20 lady doctors attended it at Hotel Cellar Ritz Mahanagar
CME for pediatrician	21/03/2021	IAP	Health Care Workers	20	Dr Nirupama Pandey Misra, Dr Naini Tandon	Awareness program on Obesity and Healthy lifestyle and nutrition for pediatricians was done. 20 lady doctors attended it at Hotel Cellar Ritz Mahanagar
CME for pediatrician	21/03/2021	IAP	Health Care Workers	20	Dr Nirupama Pandey Misra, Dr Naini Tandon	Awareness program on Obesity and Healthy lifestyle and nutrition for pediatricians was done. 20 lady doctors attended it at Hotel Cellar Ritz Mahanagar
1. Cricket match for Adolescent and Doctors 2. Counselling of Adolescents for Healthy lifestyle	21/03/2021	IAP	Adolescent	35	Dr Nirupama Pandey Misra	Inaugural event on D1 of IAHW was a friendly cricket match between Adolescent students and doctors to promote fitness and health at RDSO stadium Lucknow. Another awareness program for Adolescent health was carried out at Rajeshwari Health care Lucknow to promote healthy lifestyle in them
Presidential action plan of Awesome AYA for parents teachers and students	26/03/2021	IAP	Adolescent	100	Dr Nirupama, Dr Piyali Bhattacharya, Dr Nirmala Joshi, Dr Utkarsh Bansal, Dr Anand Agarwal	Short presentation of Presidential action plan of Awesome AYA for parents teachers and students was conducted online (Facebook live and Zoom) to promote awareness about all aspects of Adolescent health
Healthy lifestyle promotion	22/03/2021		Adolescent	100		Recipe for Healthy nutrition awareness was shared by an Adolescent Ankita Misra. It was shared on Facebook page of Adolescent health Academy branch of Lucknow academy of pediatrics page. Around 100 people watched it
Physical and mental health awareness program for juvenile delinquent	25/03/2021	Child line Lucknow	Adolescent	300	Dr Nirupama, Dr Piyali Bhattacharya, Dr Mirza Beg Waqar Dr Sangeeta Sharma	A workshop for mental and physical health awareness was done at Baal samprekshan grah for juvenile delinquents. They were given tips for promoting resilience and Healthy lifestyle

Menstrual and mental health awareness program in girls	26/03/2021	Child line Lucknow	Adolescent	100	Dr Mirza Beg Waqar,Dr Piyali Bhattacharya Dr Nirupama	An awareness program regarding physical, mental, life skills management, self-defense for girls at Aliganj shelter home for girls was done with help of Childline lko Nd Mahauday society NGO
Grand Finale of IAHW'21	27/03/2021	IAP	Adolescent	100	Dr Nirupama,Dr Piyali Bhattacharya,Dr Nirmala Joshi,Dr Ajay Kumar,Dr TR Yadav,Dr Shalini Bhasin,Dr Mirza Beg Waqar	A cultural and Prize distribution ceremony was done at UP Sangeet Natak akademi Valmiki Theatre Vipul khand Gomti Nagar Lucknow. It was well attended by teachers, students and Pediatrician of Lucknow.Highlight of the program was performance of Limca world record holder Ankita Vajpayee an Adolescent and other talented Adolescent of World vision NGO and Child line.It was followed by award distribution to the winners of various contests held during IAHW'21



OTHER BRANCHES

Name of AHA Branch	Name of Activity	Date of Activity	Partner Organisation	Type of Audience	Number of Participants	Name of Faculties	Short description of the event
GOA	IAHW celebration - Article's, essay competition, photo shoot, school talks, videos,	21/03/2021	IAP	Parents and teachers	200	Dr sushma kirtani, Dr. ira Almeida, Dr nelly desa	Event done with bridge illumination of atal sethu with lime green light,videos on physical fitness and substance abuse,talks for adolescent and parents,walkathon, articles in print media,digital photo shoot and essay competition and a webinar on ADHD in adolescents by Dr nandita D'Souza.
DHARWAD	Life skill education	21/03/2021	IAP	Adolescent	200	8	It was a week long interactive session where adolescents were first taught about basic lifeskills then they were made to bring out the core lifeskill allocated them through posters and short movies
SURAT	FIT HAI TO HIT HAI - IAHW	26/03/2021	SURAT PEDIATRIC ASSOCIATION	Adolescent	130	SUSHMA DESAI, SALIM HIRANI, PRASHANT KARIYA, DEEPA PATEL, KAMLESH PAREKH	IT WAS AN INTERACTIVE SESSION WITH ADOLESCENT AND PARENTS OF LEO SCHOOL
SURAT	ROLE OF PEER EDUCATOR AND SOCIAL MEDIA DILEMMA	27/04/2021	LEO SCHOOL, SPACT	Adolescent	35	DR LATIKA SHAH, DR SALIM HIRANI	COLLEGE STUDENTS EXPRESSED THEIR VIEWS ON SOCIAL MEDIA AND SHOWED THEIR READINESS TO SERVE AS PEER EDUCATORS FOR THE AWARENESS OF SOCIAL MEDIA LITERACY FOR COLLEGE STUDENTS
CHHATISGHAR	Adolescent Health awareness - Parenting	20/03/2021	SSC Higher secondary school Mungeli	Parents, teachers , students	102	Dr Upender Kinjawadekar, Dr Harish Nayak	This event was an interactive program and was organised on virtual platform to create awareness regrading parenting in the adolescent, parents and teachers. Also Vaccination in Adolescent with sickle cell disease

							was discussed. Students and teachers took active part in the program.
CHHATISGARH	International Adolescent Health week celebration	26/03/2021	IAP	Adolescent, teachers	700	Dr Gaurishankar singh Dr Kiran Makhija Dr B B Agarwal Dr Harsha Sahu	This event was organised to celebrate the International Adolescent Health Week. Speakers discussed on the following topics: 1. Dr. Kiran Makhija: Healthy khana, Healthy pina (water) and Lengthy gina 2. Dr Gaurishankar: Mental Health in Adolescents 3. Dr B B Agarwal: Fit hai to Hit hai 4. Ms Harsha Sahu : Tips and Tricks of Self Defence
CHHATTISGARH	Webinar on Adolescent Health	27.02.2021 8.30 PM	Bilaspur Academy of Pediatrics	General Pediatrics	80	Dr Poonam Bhatia, Dr Madhushree Deshpande, Dr A P Savant, Dr susil Kumar, DR Kavita Menghani, Dr Sangeeta Joshi	
IAP DAKSHIN KANNADA BRANCH, MANGALORE	INTERNATIONAL ADOLESCENT HEALTH WEEK ACTIVITIES	22/03/2021	IAP	ALL OF THE ABOVE	400	DR.JAYASHREE K , DR.ANURADHA KAMATH, DR AMITHA AROOR, DR SHREEKRISHNAGN , DR SINCHANA BHAT , DR	IAP DK BRANCH ORGANISED INTERNATIONAL ADOLESCENT HEALTH WEEK WITH THE THEME BEING ' ADOLESCENT RESILIENCE IN THE FACE OF PANDEMIC ' BY CONDUCTING FOLLOWING EVENTS - 1. INTERACTIVE SESSION WITH ADOLESCENT STUDENTS. 2. COMPETITIVE ESSAY WRITING . 3. TALK ON PARENTING ADOLESCENT. 4. ADOLESCENT EDUCATION FOR BOYS,GIRLS & PARENTS. IT WAS CONDUCTED IN AJ HOSPITAL, MOODBIDRI ROTARY SCHOOL, BANTWAL & SURATKAL. IT WAS A WELL APPRECIATED EVENT WITH GRAND SUCCESS.

						INDIRA SHETTY	
IAP KARNATAKA	Webinar - Parenting	27/03/2021	IAP	Adolescent	40		Yoga program
IAP UDUPI DISTRICT BRANCH	Awareness and education programme	26/03/2021	Department of Paediatrics, KMC Maniapl	Medical Students, Paediatrics Junior Residents, Adolescents and their parents, Staff nurses	50	8	On 26/03/2021 at 12:00 PM Innaugral function was conducted. Dr Pushpa Kini , Senior Professor innaugrated the function and adressed the gathering. Dr Shrikiran Hebbar welcomed all and expalined various activities planned under IAP udupi District Branch. Dr Leslie E Lewis, HOD addressed the gathering. Dr Sandeep Kumar , Secretary IAP Udupi and Dr Koushik H , Treasurer IAp UDupi spoke on Screen timing and obesity respectively. Senior professors and faculty gave deliberations on various aspects of adolescent health.
RAICHUR AHA	Girl child day celebrations - Community based awareness	24/01/2021	IAP Raichur	School students, their parents & Teachers.	120	Dr Ashok Datar, Dr Preethi Galgali, Dr Amaresh patil, Dr Sanjeev Chetty	A online Competition on Theme A Girl Child: your Percepective was conducted. Drawing, poster making, essay (englsih/kannad), Poem writing (English/kannada), JAM Just a minute talk(extempo) was conducted I. we received total of 125 entries among all 5 competitions. This was followed by expert talk and interactive session which was attended by 99 students amd their parents, 22 teachers. a exorbitant discussion for more than 2hrs took place. with lot of motivation and encouragement to conduct similar program by the audience.
SHIMOGA, KARNATAKA	adolescent health awareness	27/03/2021	IAP	Adolescent	100	President IAP Shimoga and secretary in association with Poddar international school, shimoga	Adolescent health awareness creation among students of Poddar international school encouraged by teachers. Faculty members are pediatricians,obstetrician,psychiatrist and nutritionist.



Dr Leslie E Lewis, HOD, Department of Paediatrics, KMC Manipal spoke regarding "Parenting tips for adolescents"



Dr Koushik H, Consultant Paediatrics Endocrinologist, spoke on "Short stature and Obesity in adolescents"



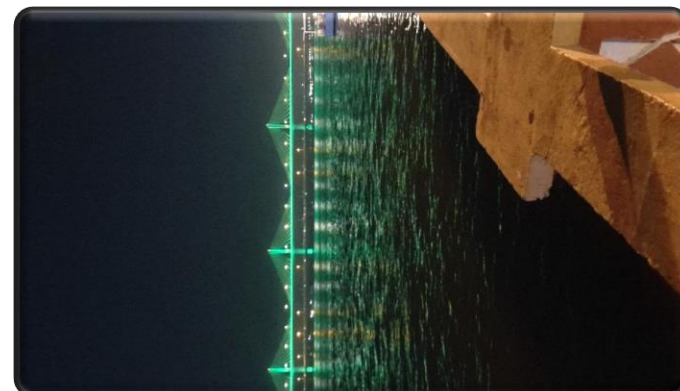
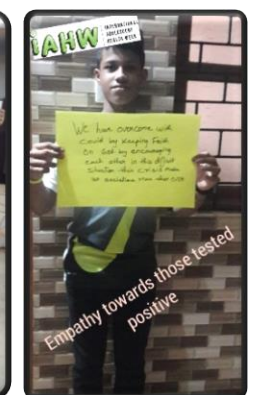
Dr Sandeep Kumar, Secretary, IAP Udupi gave a talk on "Optimum screen time and mobile addiction in adolescents"

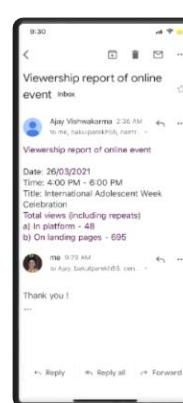
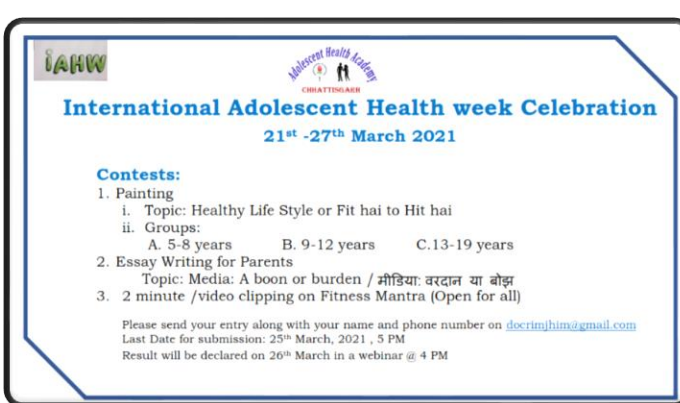
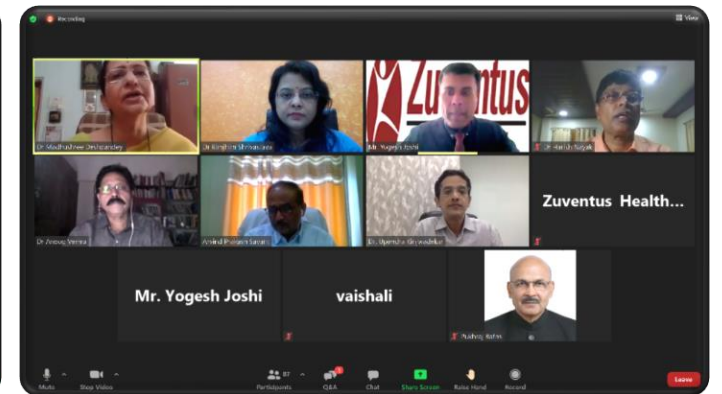
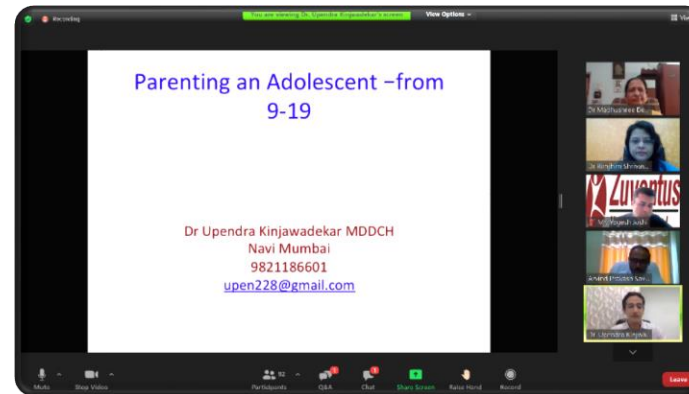
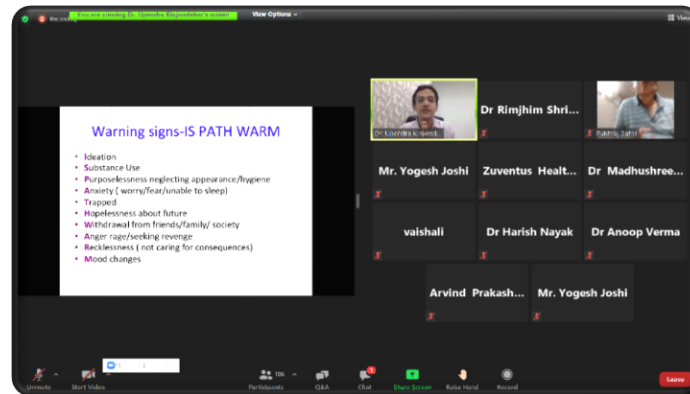
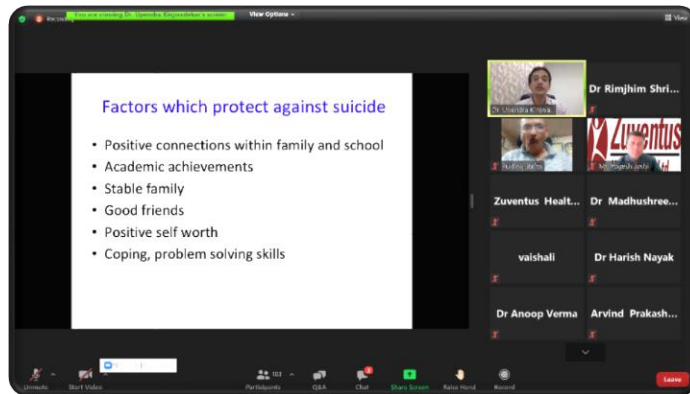
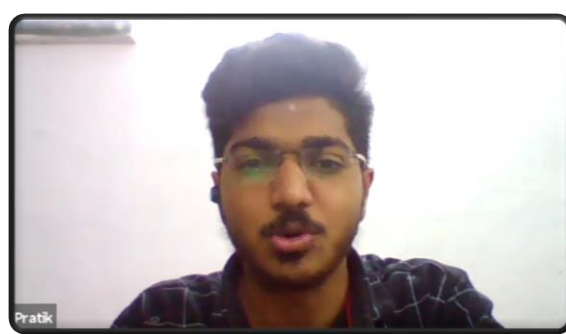


Dr Pushpa G Kini, Senior Professor, Department of Paediatrics, KMC Manipal spoke on "challenges faced by adolescents during the pandemic"



Dr Shrikiran A Hebbar, President, IAP Udupi, spoke on various IAP activities to be conducted about adolescent health





INDIVIDUAL ACTIVITIES

Date of Activity	Name of Faculties	Name of AHA Branch with which attached	Name of Activity	Partner Organisation	Type Of Audience	Number of Participants	Short description about the event
20/03/2021	Dr Newton Luiz	14. KERALA	Beti bachao Beti padhao - Community Activity - others	ICDS	Adolescent	78	A talk on 'Issues affecting Adolescent Girls' with emphasis on the importance of education, safety and health issues, arranged by ICDS Chalakudy, held in a Tribal area.
27/03/2021	Dr Ramitha A Pai	4. BANGALORE	Adolescent Health - Physical and Emotional health	IAP	Adolescent	1	Spoke to my grand daughter a young adolescent of 10 yrs regarding healthy eating, good emotions and daily exercise
26/03/2021	Dr. Sonia Kanitkar	4. BANGALORE	You Tube videos - "Parenting Teen With Love "	AHA	Parents	3700	Link is https://youtu.be/KwaQkbWUEGc
16/03/2021	Dr Preeti Galagali Dr Jayshree Dr Chitra Dinakar Dr Poornima Dr Veena V	4. BANGALORE	Menstrual issues in adolescents- curtain raiser iahw	BAHA & IAP Bangalore	Health Care Workers	780	The online program was a curtain raiser of IAHW. There was a talk on goi Shuchi program followed by a panel on common menstrual issues
21/03/2021	Drs Areza & Preeti Galagali	4. BANGALORE	Hybrid CME	MAHA & IAP Mysore	Health Care Workers	50	Hybrid CME. My talk was recorded & I joined the session from Delhi to answer q & ans
24/03/2021	Drs Nityananda, Laura, Dzung Vo & Preeti Galagali	4. BANGALORE	Online College Talk & Competitions	BAHA	Adolescent	500	I organized the collaboration of BAHA with Tanvi Nair, Youth Ambassador for this fine program at Kristu Jayanti College
20/03/2021	Dr Yatesh Pujar, Dr Preeti Galagali	4. BANGALORE	Article in Pediscan	IAP Bangalore	Health Care Workers	1000	Article on IAHW
25/03/2021	Drs Pushpalatha, Mothi, Prashant	4. BANGALORE	Webinar	MAHA	Health Care Workers	200	Training program of Medical Officers of Government of Karnataka

	& Preeti Galagali						
25/03/2021	Drs Preeti Galagali, Preeti Phtale, Bhav, Yadav, Upendra	4. BANGALORE	Webinar	AHA	Health Care Workers	100	The webinar focussed on nutritional & psychological adolescent problems in pandemic
26/03/2021	Drs Shubhada, Leena & Preeti	4. BANGALORE	Webinar	AHA Navi Mumbai	Teacher s	250	Interactive online session for teachers
26/03/2021	Drs Ritu Gupta, Laura & Preeti Galagali	4. BANGALORE	Webinar	AOP Noida	Adolescent	30	There was a drawing competition & just a minute event organised along with the webinar
23/03/2021	Dr Preeti Manmohan Galagali	4. BANGALORE	Journal case report - Journal article	NIMHANS	Health Care Workers	3000	Case report published in Indian Journal of Industrial Psychiatry
27/03/2021	Drs Bhargav, Jashti, Preeti, Sushma	4. BANGALORE	Online yoga session	IAP	Adolescent	1500	Online yoga session for Adolescents as finale of IAHW
25/03/2021	Drs Nagaraju, Preeti Galagali	4. BANGALORE	Webinar	Hubli Dharwad AHA	Health Care Workers	500	Inaugural Program on Hubli AHA
28/03/2021	Dr Preeti Manmohan Galagali	IAP Karnataka	Talk - School Health Program	IMA	Parents	230	Yoga
12/03/2021	Dr Rashmi Gupta	9. GWALIOR	Overview of Adolescent Health	SHIMC (Government Organisation)	Health Care Workers	68	Though it was done in International Health care week Celebration, but couldn't use the logo that's why . Reported as a AHA webinar which was organised for Health care providers at Peripheral health center & anganwadi by support of State Health Institute & Medical Communication which is a Government body .
22/03/2021	Dr. Amog Shahane	21. NAVI MUMBAI	Video on L.I.F.E. Skills (Learning Incredible Skills for Everything)	IAP	Adolescents/ Parents and Teacher s	522	As the whole world is celebrating International Adolescent Health Week from 21-27 March, Navi Mumbai AHA teaches our teens how to face life's challenges with grit (Resilience) and skills so that they develop strong powerful wings to conquer the skies with confidence and glory! Our active NMAP member and EB member (Navi Mumbai AHA) Dr Amog Shahane (

							Paediatrician and Neonatologist from Kharghar, Navi Mumbai), is teaching us how to inculcate Resilience and Life skills in the teens of today, especially with the Covid 19 menace still looming largely over us, through her video " Life skills and Resilience: Learn to open your own parachute!!" https://youtu.be/CYcwzVK0Jfc
23/03/2021	Dr. Pallavi Khare	21. NAVI MUMBAI	Video on Role of Pranayama in Mental Health of Adolescents	IAP	Adolescent	176	With such a demanding life full of stressors all around our adolescents surely need ways to handle stress and calm down. Our NaMAHA EB member Dr Pallavi Khare is bringing u this video on - The joy of breathing - Pranayama for teens https://youtu.be/5QfgXZ5pg6w Pranayam increase attention, calm anxiety and increase vitality.
24/03/2021	Dr. Shruti Kalkekar	21. NAVI MUMBAI	video on Emotional Intelligence	IAP	adolescents/ teachers / parents	188	Adolescence is the phase where Emotions are at its peak both good and bad, are an inescapable part. Many of teens find it difficult to deal with their feelings, and this can cause an immense amount of suffering in their lives. That's why it's essential to have an understanding of what emotions are, what their purpose is, and how to deal them simply and effectively. Because if we don't learn to master our mind, then we'll forever be a slave to it. Our NaMAHA Treasurer Dr Shruti Kalkekar is bringing u this video on - Emotional intelligence Mind your EQ : Slave or Master https://youtu.be/cdEToHcl41Y
25/03/2021	Dr. Chitra Kulkarni	21. NAVI MUMBAI	Video on Dil aur Dimag ki Dosti	IAP	Adolescent	177	Adolescence is a period of developing and maintaining emotional and social habits important

							<p>for mental well-being. These are also the days of emotional turmoil and over sensitivity.</p> <p>To help our adolescents deal with this Our NaMAHA chair person Dr Chitra Kulkarni is bringing u the video</p> <p>Dil ❤️ aur Dimag🧠ki Dosti😊</p> <p>https://youtu.be/LD7c6mDk6SU</p>
26/03/2021	Dr. Shilpa Aroskar	21. NAVI MUMBAI	Video on The He(Art) of Learning	IAP	adolescents/ parents and teachers	105	<p>In today's competitive world every parent wants their child to excel in academics. Rote learning and exam pressures with parental expectations stresses out our adolescents.</p> <p>We bring you the secret mantra and tips for parents, teachers and students</p> <p>4As = Aspire, Attempt and Acheive Academics with fun.</p> <p>The He(Art) of Learning by Dr Shilpa Aroskar our own NMAP TEDx speaker and Past President in her passionate style straight from her heart.</p> <p>https://youtu.be/c4Kvu2eA92U</p>
27/03/2021	Dr. Kalyani Patra	21. NAVI MUMBAI	Video on Cyber Safety	IAP	Adolescent/ parents and teachers	274	<p>With emergence of COVID 19, distance learning our adolescents are spending majority of their time online. With increasing use of cyber space and with limited understanding of cyber threats and safeguards, they are vulnerable to cybercrime.</p> <p>Hence we need to teach our adolescents how to keep themselves safe in the cyber world .</p> <p>Our NaMAHA General secretary Dr Kalyani Patra is telling our teens the Tech Mantra for cyber safety</p>

							<p>Cyber Safety: Be Aware, Connect with Care</p> <p>https://youtu.be/dUO_hw2vER0</p>
21/03/2021	Dr. Amog Shahane, Dr. Satish Shahane, Dr. Abhijeet Mhapankar and Dr. Sabrina Mhapankar	21. NAVI MUMBAI	Video on Daughters: treasure trove of love	IAP	Parents	182	<p>As the whole world is celebrating International Adolescent Health Week from 21-27*March, AHA Navi Mumbai is starting this Sunday by Celebration of DAUGHTERHOOD.</p> <p>Celebrating Daughter's Day is believed to be a step towards a better society by reducing the stigma and ending the discrimination. Let's allow our daughters to soar high in sky with wings of our support and love ♡</p> <p>Our NMAP EB members, Dr Sabrina & Dr Abhijeet Mhapankar and Dr Amog & Dr Satish Shahane (proud parents of lovely daughters) are bringing u this beautiful and heartfelt message through this video.</p> <p>Daughter: Treasure Trove of Love !!! ♡</p> <p>https://youtu.be/eapFg-MXpml</p>
25/03/2021	Dr. Shilpa Aroskar	21. NAVI MUMBAI	Radio talk on Tips for parents on Adolescent health issues	IAP	Parents	100000	<p>Listen to this Big FM 92.7 message by Dr.Shilpa Aroskar ,Adolescent Health Expert talking on</p> <p>Tips For parents on Adolescent Health Issues on occasion of Adolescent Health Care Week Celebrations</p> <p>https://drive.google.com/file/d/1WMDUEhjbWexZX0JEIklvbwwIEhY9-SEp/view?usp=sharing</p>
21/03/2021	Dr. (Mr and Mrs) Shahane and Dr. (Mr and Mrs) Mhapankar	21. NAVI MUMBAI	Video on Daughters: Treasure trove of love	IAP	Parents	182	<p>s the whole world is celebrating International Adolescent Health Week from 21-27*March, AHA Navi Mumbai is starting this Sunday by Celebration of DAUGHTERHOOD.</p> <p>Celebrating Daughter's Day is believed to be a step towards a better society by reducing the</p>

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22/03/2021	Dr. Amog Shahane	21. NAVI MUMBAI	Video on LIFE skills	IAP	Adolescents/ parents and teachers	552	<p>As the whole world is celebrating International Adolescent Health Week from 21-27 March, Navi Mumbai AHA after celebrating Daughter's Day on 21st March, teaches our teens how to face life's challenges with grit (Resilience) and skills so that they develop strong powerful wings to conquer the skies with confidence and glory!</p> <p>Our active NMAP member and EB member (Navi Mumbai AHA) Dr Amog Shahane (Paediatrician and Neonatologist from Kharghar, Navi Mumbai), is teaching us how to inculcate Resilience and Life skills in the teens of today, especially with the Covid 19 menace still looming largely over us, through her video " Life skills and Resilience: Learn to open your own parachute!!"</p> <p>https://youtu.be/CYcwzVK0Jfc</p>
23/03/2021	Dr. Pallavi Khare	21. NAVI MUMBAI	Video on Role of Pranayam in mental health	IAP	Adolescent, parents and teachers	176	<p>With such a demanding life full of stressors all around our adolescents surely need ways to handle stress and calm down. Our NaMAHA EB member Dr Pallavi Khare is bringing u this video on -</p> <p>The joy of breathing - Pranayama for teens https://youtu.be/5QfgXZ5pg6w</p>

							Pranayam increase attention, calm anxiety and increase vitality.
24/03/2021	Dr. Shruti Kalkekar	21. NAVI MUMBAI	Video on EQ	IAP	Adolescents, parents and teachers	188	<p>Adolescence is the phase where Emotions are at its peak both good and bad, are an inescapable part.</p> <p>Many of teens find it difficult to deal with their feelings, and this can cause an immense amount of suffering in their lives.</p> <p>That's why it's essential to have an understanding of what emotions are, what their purpose is, and how to deal them simply and effectively. Because if we don't learn to master our mind, then we'll forever be a slave to it.</p> <p>Our NaMAHA Treasurer Dr Shruti kalkekar is bringing u this video on -</p> <p>Emotional intelligence</p> <p>Mind your EQ : Slave or Master https://youtu.be/cdEToHcl41Y</p>
25/03/2021	Dr. Chitra Kulkarni	21. NAVI MUMBAI	Video on Dil aur Dimag ki Dosti	IAP	Adolescent	177	<p>Adolescence is a period of developing and maintaining emotional and social habits important for mental well-being.</p> <p>These are also the days of emotional turmoil and over sensitivity.</p> <p>To help our adolescents deal with this Our NaMAHA chair person Dr Chitra Kulkarni is bringing u the video</p> <p>Dil ❤️ aur Dimag🧠ki Dosti😊</p> <p>https://youtu.be/LD7c6mDk6SU</p>
26/03/2021	Dr. Shilpa Aroskar	21. NAVI MUMBAI	Video on The HE(Art) of learning	IAP	Adolescent, Parents and Teachers	106	<p>In today's competitive world every parent wants their child to excel in academics. Rote learning and exam pressures with parental expectations stresses out our adolescents.</p> <p>We bring you the secret mantra and tips for parents, teachers and students</p>

							<p>4As = Aspire, Attempt and Achieve Academics with fun.</p> <p>The He(Art) of Learning by Dr Shilpa Aroskar our own NMAP TEDx speaker and Past President in her passionate style straight from her heart.</p> <p>https://youtu.be/c4Kvu2eA92U</p>
27/03/2021	Dr. Kalyani Patra	21. NAVI MUMBAI	Video on Cyber Safety	IAP	Adolescents, Parents and Teachers	274	<p>With emergence of COVID 19, distance learning our adolescents are spending majority of their time online. With increasing use of cyber space and with limited understanding of cyber threats and safeguards, they are vulnerable to cybercrime.</p> <p>Hence we need to teach our adolescents how to keep themselves safe in the cyber world .</p> <p>Our NaMAHA General secretary Dr Kalyani Patra is telling our teens the Tech Mantra for cyber safety</p> <p>Cyber Safety: Be Aware, Connect with Care</p> <p>https://youtu.be/dUO_hw2vER0</p>
21/02/2021	Dr. V.K. Ahuja	22. PANJAB - PAHA	AHA Activity	AHA	Parents	300	<p>Nutritional Anemia in Children and Adolescents (FAQs).</p> <p>Was interviewed by Dr.Maninder Kaur (Retd. Civil Surgeon) and experienced DD TV interviewer. Very Good response.</p>
27/02/2021	Dr. V.K. Ahuja	22. PANJAB - PAHA	JUNCS at IAP CME Barnala Punjab	AHA	Professionals	20	Gave a talk on JUNCS at a IAP CME, Barnala (Pb)
14/03/2021	Dr. V.K. Ahuja	22. PANJAB - PAHA	Article in News paper	None	Readers	500	Article in News Paper on international adolescent health week
20/03/2021	Dr. V.K. Ahuja	22. PANJAB - PAHA	Print media Coverage	None	readers	500	article in newspapers on international adolescent health week

21/03/2021	Dr. V.K. Ahuja	22. PANJAB - PAHA	Promoting Healthy Life Style - On Line Talk	AHA	Parents	300	Promoting Healthy Life Style
22/03/2021	Dr. V.K. Ahuja	22. PANJAB - PAHA	NUTRITION: Healthy Khana Healthy Peena Lengthy Jeena. - talk to nursing students	AHA	Adolesc ent	200	NUTRITION: Healthy Khana Healthy Peena Lengthy Jeena.
22/03/2021	Dr. V.K. Ahuja	22. PANJAB - PAHA	Newscoverage about the week in Rozana Ajit	AHA	readers	500	Newscoverage about the week in Rozana Ajit
25/03/2021	Dr. V.K. Ahuja	22. PANJAB - PAHA	Article in Punjabi Newspaper. Newscoverage regarding IAHW in different Newspaper (Rozana Ajit)	AHA	readers	500	Article in Punjabi Newspaper. Newscoverage regarding IAHW in different Newspaper (Rozana Ajit)
27/03/2021	Dr Anuradha Bansal	22. PANJAB - PAHA	Post on lifeskills for adolescents	None	Parents	36	It was an Instagram post educating parents and adolescents on how to avoid stress

Parenting **Teens** With Love

Lesson 6- How To Discipline Teens ?

by
Dr. Sonia S. Kanitkar
Senior Adolescent Specialist & Pediatrician

Lesson 6- How To Discipline Teens ?
By
Dr. Sonia S. Kanitkar
Senior Adolescent Specialist & Pediatrician

5:00 PM 100%

MYSCORE ADOLESCENT HEALTH ACADEMY (MAHA)
in Association with
IAP MYSCORE
coordinating

Hybrid CME to Commemorate International Adolescent Health Week

Mon 21st 5pm onwards

SPEAKERS

Dr Preeti Gargalgi
Consultant Paediatrician &
Adolescent Health Specialist
Director, Bangalore Adolescent Care &
Counselling Centre
Topic: Medicalized Interventions

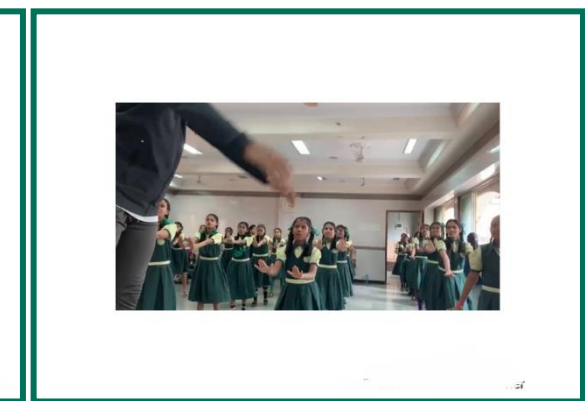
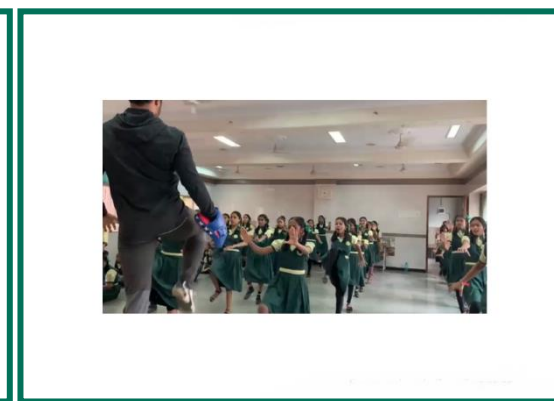
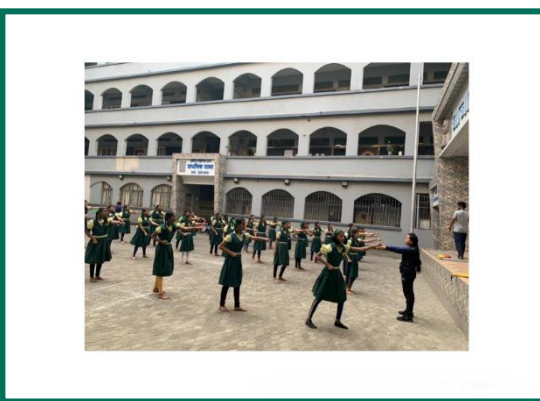
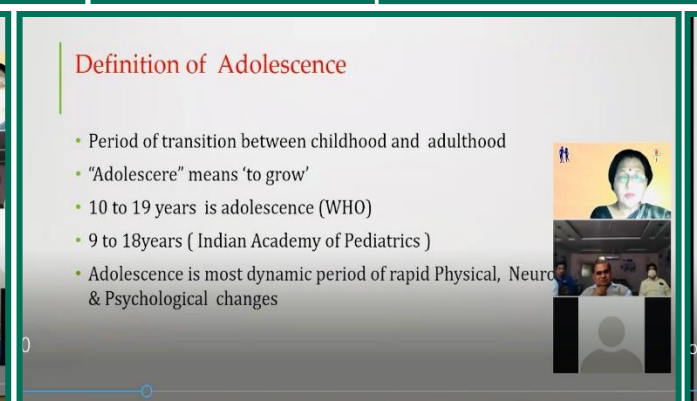
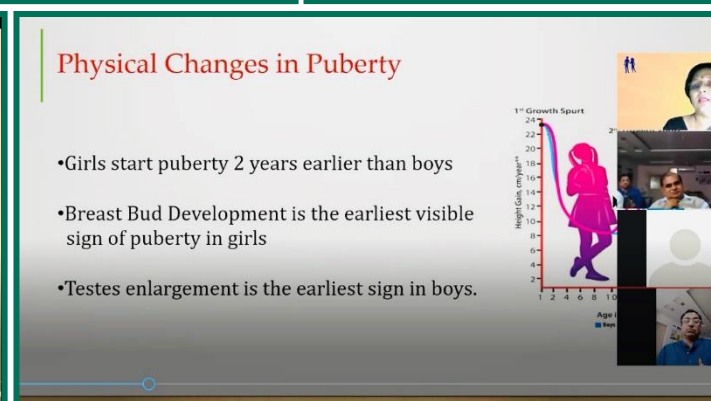
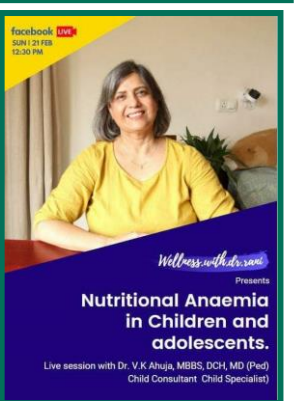
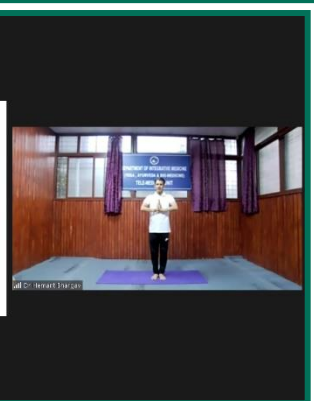
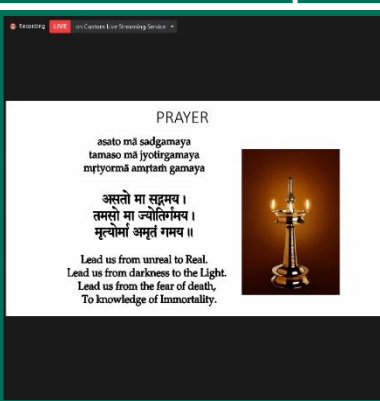
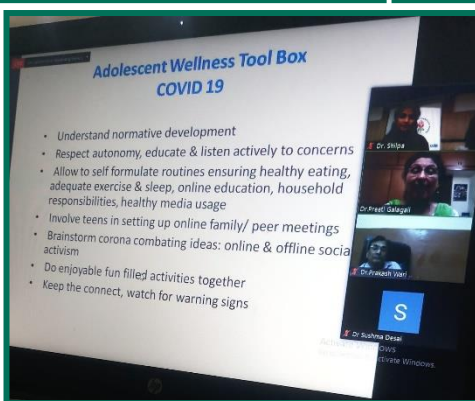
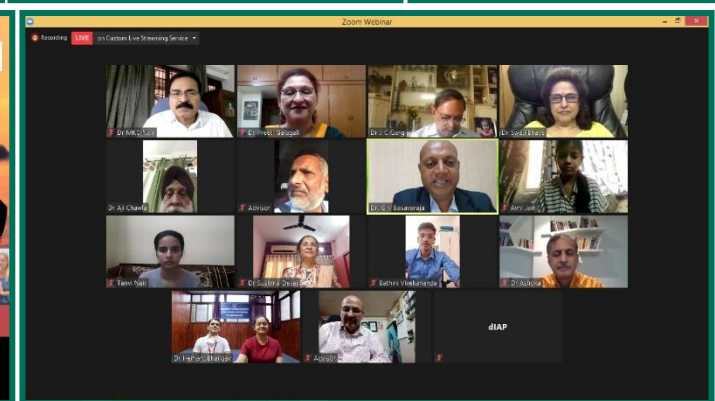
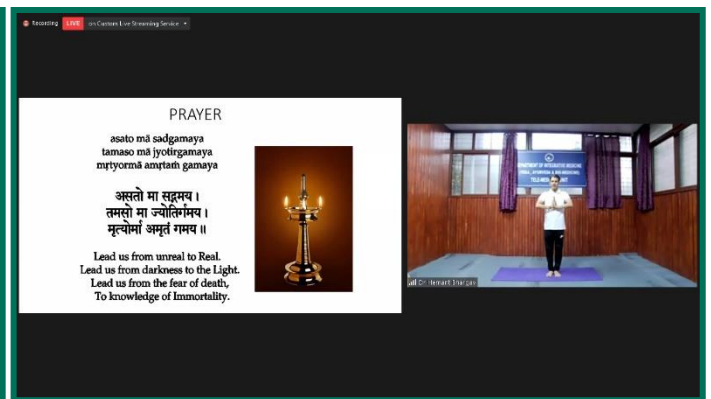
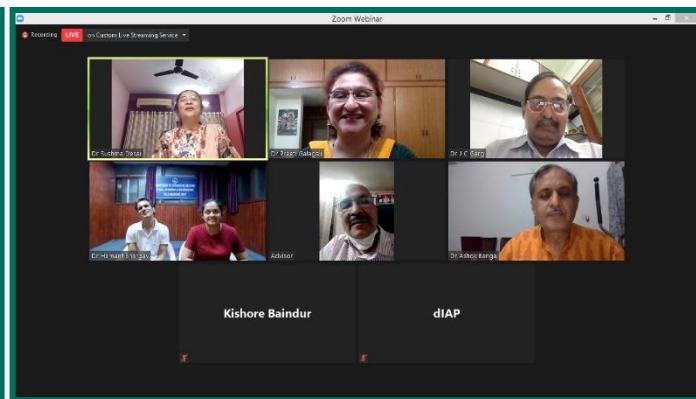
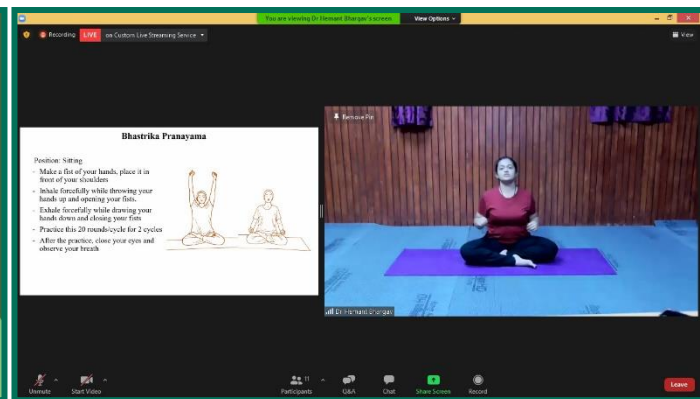
Dr. Anmol Mehta
M.D., Assistant Professor-Pediatrics
Director of Adolescent Health
Kanchi Children's Hospital
Topic: Adolescent Work Structure,
Antenatal guidance & What to look for


MODERATORS


Dr Rishi S N Dr Prashant M. H. Dr Srinivas B. H. Dr Supriya Srinivas


4499 289666463


A photograph of a laptop screen displaying a Zoom meeting. The screen shows a grid of participants, including several individuals and large letters (Y, I, J, H). The laptop is a MacBook Pro, and the Windows taskbar is visible at the bottom.













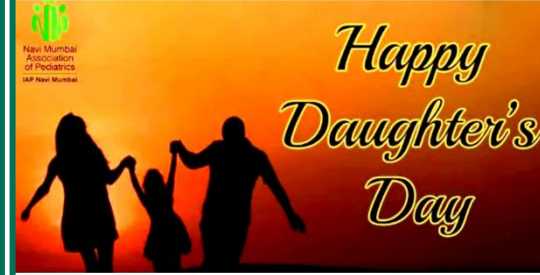








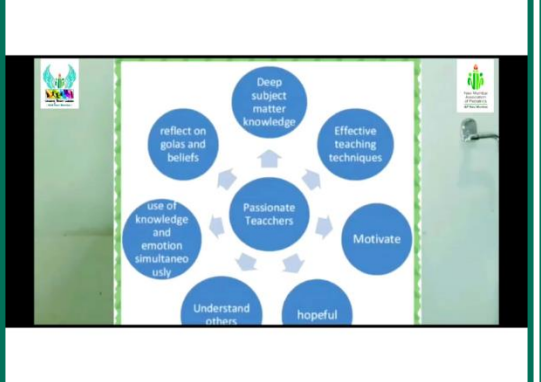








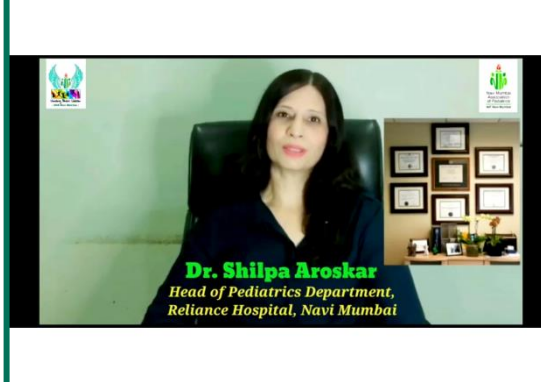


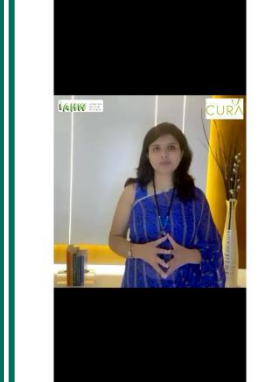


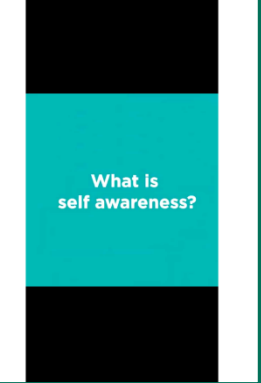








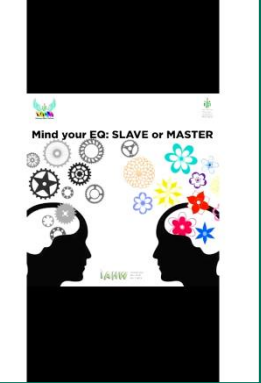











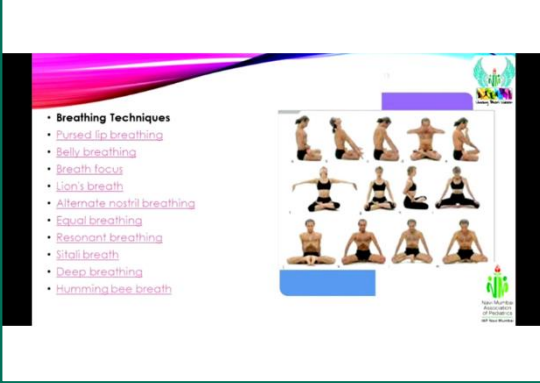








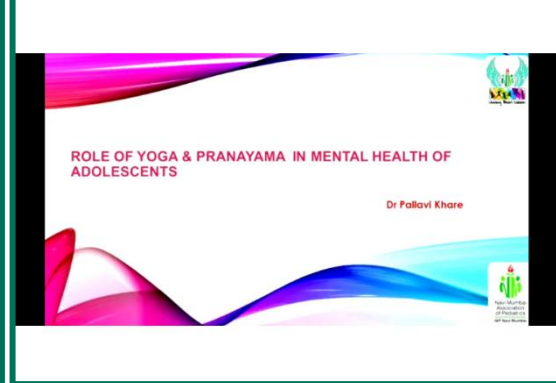





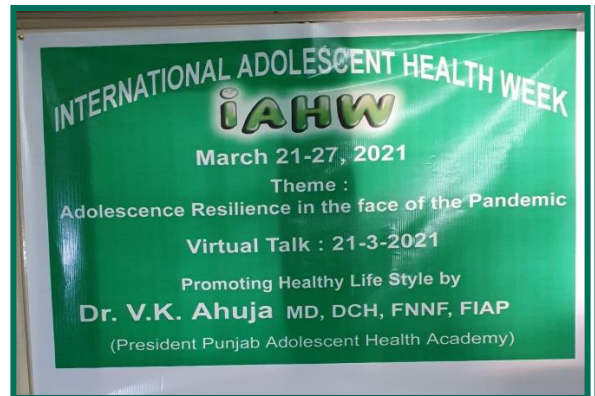
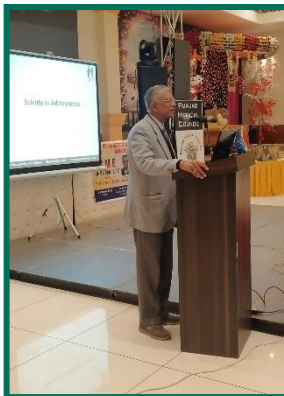
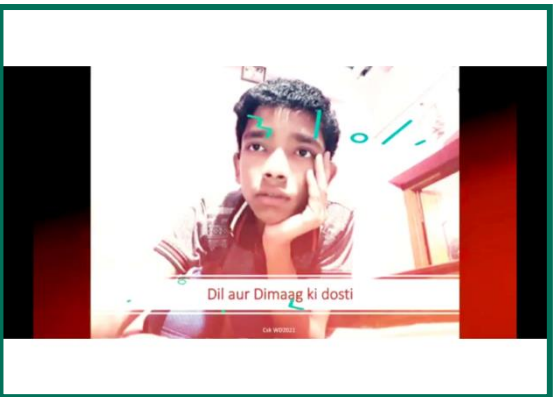
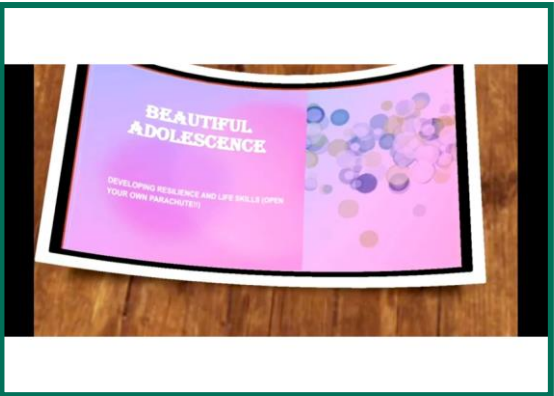
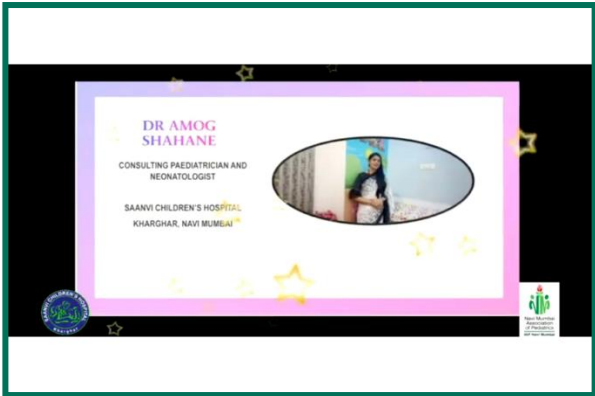












-: SINCERE THANKS TO :-



DR. NAGOUZI
GLOBAL CO-LEADER



DR. LAURA OFFUTT
GLOBAL LEADER



DR. SWATI BHAVE
GLOBAL CO-LEADER

& TEAM OF IAHW 2021 & SAHM