



IAP-AHA YOUTH FORUM PRESENTS



Mpower YUVA Program Series



WAVE FOR WELLNESS & FITNESS



ON 18TH MARCH 2025 3 PM



Meeting ID: 846 2743 5879
Passcode: 900523



<https://youtube.com/live/9TY41MDAA7Y?feature=share>

- ✓ Informative Lectures and Panel Discussion
- ✓ Along with Launching of :
 - Yuva Quiz
 - Sports Challenge
 - Health Professionals' Survey

VISIT & SUBSCRIBE OUR

DR. VASANT KHALATKAR PRESIDENT 2025, NATIONAL IAP	DR. NEELAM MOHAN PRESIDENT-ELECT 2025, NATIONAL IAP	DR. G V BASAVRAJA PRESIDENT 2024, NATIONAL IAP	DR. YOGESH PARIKH HON. SECRETARY GEN., NATIONAL IAP	DR. ATANU BHADRA TREASURER, NATIONAL IAP	
DR. HIMABINDU SINGH CHAIRPERSON 2025, CENTRAL AHA	DR. GEETA PATIL CHAIRPERSON 2024, CENTRAL AHA	DR. SUSHMA DESAI CHAIRPERSON ELECT 2025, CENTRAL AHA	DR. PRAKASH VIR ARYA HON. SECRETARY, CENTRAL AHA	DR. SHAMIK GHOSH JOINT SECRETARY, CENTRAL AHA	DR. SNEHA GADKAR TREASURER, CENTRAL AHA
DR. SRISAILAM PROGRAM INCHARGE	DR. SAMIR SHAH PROGRAM INCHARGE	DR. SANGEETA LODHA CO-ORDINATOR		DR. SHIBHU K. CO-ORDINATOR	

COMMITTEE MEMBERS

DR AMOL PAWAR	DR. AMOGH SHAHANE	DR. ANITHA BONIGALA	DR. NEHA SINGH	DR RICH A PARASHAR	DR. SHILPI SIDDANTA	DR. SRIKRISHNA RSV	DR. SUNITA MANCHANDA
----------------------	--------------------------	----------------------------	-----------------------	---------------------------	----------------------------	---------------------------	-----------------------------



IAP-AHA YOUTH FORUM PRESENTS



Mpower YUVA Program Series

SCIENTIFIC PROGRAM

TIME	TOPIC	FACULTY
3:00 PM - 3:20 PM	Inaugural Session	<p>MOC : Dr. Srikrishna RSV</p> <p>Invited Guests:</p> <ul style="list-style-type: none"> • Dr. Zoya Ali Rizvi (Dy. Commissioner Adolescent Health, Ministry of Health & Family Welfare, GOI) • Dr. Nirmala Glory (RKSK Nodal Officer – Govt. of Andhra Pradesh) • Dr Syed Hubbe Ali (Health Specialist UNICEF)
3:20 PM - 3:35 PM	<ul style="list-style-type: none"> • Informative Talk for YUVA - Metabolic Wellness & Non-Communicable Diseases • Launching of Short Video 	<ul style="list-style-type: none"> • Dr. Himabindu Singh • Dr. Smita Mishra & Dr. Richa Parashar
3:35 PM - 3:50 PM	Deep Dive into Diabetes (Types, Prevention & Management)	Dr. Kiran Vaswani
3:50 PM - 3:55 PM	<ul style="list-style-type: none"> • Lived Experience of Type - 1 Diabetes by YUVA • Youth Voices on Fitness & Wellness 	<ul style="list-style-type: none"> • Naumika Khanna • Mr. J Venkat Kalyan
3:55 PM - 4:10 PM	Youth led Panel Discussion	<p>Moderator: Dr. Sprujana</p> <p>Expert Panelists:</p> <ul style="list-style-type: none"> • Dr. Sushma Desai • Dr. Srisailam Kottooru • Dr. Sunita Manchanda
4:10 PM - 4:20 PM	Q & A	• Dr. Neha Singh
4:20 PM - 4:25 PM	Launching of Online YUVA Quiz	• Dr. Samir Shah
4:25 PM - 4:30 PM	<ul style="list-style-type: none"> • Launching OF Fitness & Wellness Challenge • Launching of Survey on Fitness & Wellness Awareness Among Health Professionals 	<ul style="list-style-type: none"> • Dr. Srisailam Kottooru • Dr. Sunita Manchanda