



AHA-IAP & AACCI INTERNATIONAL ADOLESCENT HEALTH WEEK CELEBRATION 2026, AT INDIA

NATIONAL IMPACT AT A GLANCE

TOTAL ACTIVITY REPORTED – 61

STATE INVOLVED – 11

CITY INVOLVED – 25

ADOLESCENTS & YOUNG ADULTS OUTREACHED – 20,000+

VOLUNTEERS/ FACULTIES INVOLVED – 101

OUR COLLECTIVE IMPACT

AMPLIFYING YOUTH VOICES • ADVANCING ADOLESCENT HEALTH • BUILDING PARTNERSHIPS • PROMOTING HEALTH EQUITY

Report Prepared by :-

Dr. Samir Shah,
IAHW SIG SAHM Lead, 2024-26, IAHW Incharge EB AHA, AACCI National Coordinator

Report Reviewed by :-

Dr. Swati Y. Bhave, Executive Director AACCI
Dr. Sushma Desai, Chairperson AHA 2026
Dr. Shamik Ghosh, Hon. Secretary AHA 2026-27

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
Youth Voice Initiative	Central AHA (if not belong to any State Branch)	Jaipur, Rajasthan	14/10/2026	Meri Awaaz Suno. Listen to Us	Arihant Nursing school, Kota	NA	Hope Society Kota	Adolescents	125	Dr Avinash Bansal, Dr ML Agrawal (Sr Psychiatrist)	We asked the nursing students to voice their expectations from their parents. There was a talk on Positive Mental Health& another on Mental health issues in adolescents & young persons. The students expected their parents to listen to them, have faith in them that they will do good, to allow them to choose their career, to involve them in decisions relevant to them& important family matters. They felt that parents feel watching media is waste of time, but we use it for engancing our knowledge & skills . Importance of Mental ghealth MASK Make a routine for sleep, study, media, food & exercise, Activities with family, play, talk, eat, S Skills for life, safety K for kommunication & Konnectedness with family, school& community
Scientific..Work shop/CME/Web inar etc	Central AHA (if not belong to any State Branch)	Kamrup metro, Assam	10/11/2026	ADOLESCENT HEALTH 360	PRAGJYOTISHPUR MEDICAL COLLEGE, GUWAHATI	Offline	IAP, Medical College	Doctors, Professionals	65	40	Mid Term CME on Adolescent Health 360 was organised in Guwahati with topics like Adolescent Nutrition, Media use & Panel Discussion on POCSO & PROSECUTION, IMMUNISATION, ADOLESCENT ONSET METABOLIC DISEASES, MENTAL HEALTH & GLOW & GROW SKIN PANEL
IAHW Celebration	Central AHA (if not belong to any State Branch)	Gwalior, MP	14/10/2026	HPV-related Awareness Program	Birla Hospital OPD	Offline	IAP	Adolescents	About 35 adolescents	1 Dr Pranam Kushwah 2 Dr Kiran Choudhary 3 Dr Vijaya	Gwalior AHA – IAHW Day 3 Report Respected Seniors and Dear Friends, Greetings from Gwalior AHA 🙏 Activity: Awareness campaign on HPV vaccination for boys and girls in Birla Hospital OPD. Participation: Approximately 35 adolescents, parents, doctors, and nursing staff. Faculty: Dr. Praman Kushwah, Dr. Kiran Choudhary, Dr. Amit Agarwal, Dr. Shalini, and Dr. Vijaya. Key Message: HPV vaccination protects against HPV-related diseases and helps prevent certain cancers. Interactive Session: Adolescent Rishab raised an important question about the exclusion of boys from the Government’s free HPV vaccination initiative. Queries regarding catch-up vaccination were discussed and addressed by the faculty.

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
											Equal awareness and timely HPV vaccination for both boys and girls are important steps towards adolescent health equity. Together, let us empower every adolescent with knowledge, protection, and equal opportunities for a healthier future. With warm regards, Dr. Pratibha Dhir President, Gwalior AHA 🙏
IAHW Celebration 2026	Central AHA (if not belong to any State Branch)	Gwalior, MP	15/10/2026	Physical Wellness and Adolescent Health	Mini Stadium Gwalior	Offline	IAP	Adolescents	About 50 Adolescents	1 Dr Pratibha Dhir 2 Dr Praveen Garg 3 Dr Sandhya	Discussion on physical wellness, nutrition, and the importance of sports during adolescence. Adolescents were counselled about the importance of balanced nutrition during this crucial period of growth and development. Their views and expectations regarding Government facilities and support for sports were discussed.
International Adolescent HealthCare Week	Central AHA (if not belong to any State Branch)	Gwalior, MP	18/10/2026	Fun Camp For Thalassemic Children	Vatsalya Hospital	Offline	IAP	Adolescents	About 20 adolescent	1 Dr Rashmi Gupta 2 Dr P. K Jain	Gwalior AHA organised a fun camp for thalassemic children, providing a platform to express their concerns and expectations. Children appreciated their families' support but highlighted challenges related to school infrastructure, heavy schoolbags, educational expenses, and access to timely, affordable healthcare. They suggested ground-floor classrooms for children with special health needs and better assistance in accessing government facilities. Dr. Pradeep Jain, President-Elect, highlighted available welfare benefits and the need for greater awareness. The programme was organised under the guidance and support of Dr. Rashmi Gupta.
NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS, School/College Health Program	Chattisgarh State	Other	13/10/2026	PRETEENS MODULE FOR SCHOOL CHILDREN	DELHI PUBLIC SCHOOL BHILAI	Offline	IAP, School	Adolescents , Teacher	MORE THAN 1000 STUDENTS & TEACHERS	DR ARVIND PRAKASH SAVANT & DR MALA CHOWDHARY	PROJECT PREETEENS MODULE FOR SCHOOL CHILDREN IN DELHI PUBLIC SCHOOL , BHILAI , MORE THAN 1000 STUDENTS AND TEACHERS BENEFITTED , WITH ACTIVE INTERACTION , DR UDAY KUMAR , CMO ,JLN HOSP , DR RAJNISH MALHOTRA PRESIDENT CG IAP AND PRINCIPAL DPS BHILAI GRACED THE PROGRAM
HEALTH & WELLBEING	Delhi State	Other (add City name if not	21/10/2026	WIRED & TIRED MASTERING SLEEP &	TRAINNG CELL APOLLO HOSPITALS NOIDA	ANY OTHER - PHYSICAL	APOLLO HOSPITALS	Adolescents , Paramedical Health Workers	31	DR. DEEPA PASSI	GAVE A TALK ON IMPORTANCE OF SLEEP HYGIENE & DIGITAL HYGIENE- GAVE TIPS ON THE CIRCADIAN RHYTHM, GOOD SLEEP HYGIENE RULES, SHORT & LONG TERM

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
		mentioned in the list)		DIGITAL HYGIENE		ACTIVITY					CONSEQUENCES OF SLEEP-DEBT, DIGITAL LITERACY, SIDE-EFFECTS OF PROLONGED DIGITAL USE, HOW TO BE SAFE ONLINE, CONCLUDED THE TALK WITH A PLEDGE TO MAKE A SMALL CHANGE IN THEIR DIGITAL HYGIENE & GIVE IMPORTANCE TO GOOD SLEEP
Adolescent-Led Initiative	Gujarat State	Vadodara	15/10/2026	International adolescence health awareness role play on physical and mental health awareness	Tirupati School of Nursing	Offline	Tirupati School of Nursing	Adolescents , Parent	35	Dr.Snehal Shirolawala	The role play highlighted the importance of limiting screen time, engaging in outdoor activities, maintaining healthy relationships, and using mobile phones responsibly.
College IAHW Initiative	Gujarat State	Vadodara	15/10/2026	Yoga and OJAS Manas	Parul institute of Ayurved 311 room no.	Offline	VAHA-GAHA- PIA	Adolescents	60	Dr Hitesh Vasava,, Dr Isha Gohil, Dr swapnil Raskar, Dr Trupti Gamit	We had a OJAS Manas interactive talk & Yoga SESSION
School/College Health Program	Gujarat State	Kutch	10/10/2026	OJAS	Juni prathmik shala Sundarpuri Gandhidham	Offline	IAP, School	Adolescents	60	Dr shilpa toshniwal and dr Vishal thakar	PRESIDENTIAL ACTION PLAN OF IAP - TARGETING TO ADOLESCENT DONE SUCCESSFULLY
Adolescent-Led Initiative	Gujarat State	Vadodara	12/10/2026	Rally on Adolescent health awareness	Parul University	Offline	VAHA, GAHA, PIA, AOPV	Adolescents	99	Dr Snehal Shirolawala, Dr Pooja Kelawala, Dr Swapnil Raskar, Dr Trupti Gamit	Had a Rally at Parul university (PU circle to Mandir) with 99 students and faculty members
School IAHW Initiative	Gujarat State	Vadodara	13/10/2026	Give Exam without Stress	G R Bhagat Highschool, Bhadarva, Gujarat	Off line	G R Bhagat High school, AOPV	Adolescents , Teacher	200+	Dr Samir Shah, Dr Snehal Shirolawala	Interactive session on how we plan a whole year time table and how to deal with Exam Stress.
Adolescent-Led Initiative	Gujarat State	Vadodara	13/10/2026	Activities on Nutritional Awareness	New Era school Nizampura	Offline	GAHA ,VAHA, PIA, AOPV and New Era School	Adolescents	100	Dr Alka Soni, Dr Varsha Shah, Dr Swapnil Raskar, Dr Trupti Gamit	Had Nutrition Awareness packets and beverages, myth and fact games, limit sometimes and regular type of games
Adolescent-Led Initiative	Gujarat State	Vadodara	13/10/2026	Skit on Mental Health and Menstrual Hygiene	K.G. Patel Children Hospital	Offline	AOPV, VAHA, GAHA, K.G. Patel Children Hospital, Tirupati School of Nursing	Adolescents , Parent	60+	Dr Bakulesh , Dr Harshil and Dr Sameer	Nursing students performed role play on awareness on mental health and menstrual hygiene

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
Adolescent-Led Initiative	Gujarat State	Vadodara	14/10/2026	Poster Presentation on Adolescent Health topics	Parul institute of Ayurved (PIA)	online Zoom Meeting Platform	VAHA-GAHA - PIA	Adolescents	32	8. Dr Samir shah, Dr Bhupendra kapadiya, Dr swapnil Raskar, Dr Trupti Gamit	Our today's event was held in hybrid mode (online and offline) we healthy discussion on theme provided
School IAHW Initiative	Gujarat State	Vadodara	15/10/2026	Ojas Posan Module	Dr B R Ambedkar Government School, Tulsi wadi, Vadodara	Offline	VAHA-GAHA-	Adolescents , Teacher	64	Dr Bhupendra Kapadia	It was a wonderful interactive session with the students and everyone was happily learning
Class 6th - 93 Students	Gujarat State	Vadodara	16/10/2026	AHA Project PreTeens	Amicus International School, Vadodara	in Person	VAHA-GAHA-Amicus Team	Class 6th Students	93	Dr Samir Shah, Dr Bhupendra Kapadia, Dr Hitesh Vasava	Had interactive and enthusiastic participation and Interactive session PreTeen Modules topic by AHA of AMICUS school 6th Class students.
Adolescent-Led Initiative	Gujarat State	Vadodara	16/10/2026	ADOL360°: Mind, Body & Beyond	Seminar hall, Dept of pediatrics , Medical College Baroda	Offline	VAHA-GAHA-Dept. of Ped. SSGH-Govt nursing School ssgh	Adolescents	33	Dr Shwetal Bhatt , Ms Binny Chaudhary	CME with open mike was organised for 3 rd year GNM & Bsc Nursing students.Theme of this year was explained and discussed in details by Dr Shwetal Bhatt .Professor of pediatrics .
Adolescent-Led Initiative	Gujarat State	Vadodara	16/10/2026	Introduction WHO Life Skills	Seminal Hall of EKLAVYA MODEL RESIDENTIAL SCHOOL, Goraj	In Person	VAHA-GAHA-EKLAVYA MODEL RESIDENTIAL SCHOOL Team	Adolescents	250	Dr Hiteshbhai Vasava	Interactive Session on WHO Life Skills
Adolescent-Led Initiative	Gujarat State	Vadodara	16/10/2026	"Ask without fear" Question Box	Tirupati School of Nursing	In Person	VAHA-GAHA-Tirupati School of Nursing Team	Adolescents , Teacher, Doctors, Professionals	40	Dr.Samir Shah, Dr.Snehal Shirolawala	The session provided a safe and supportive platform for adolescents to ask questions, clear their doubts, and discuss their health-related concerns without hesitation.
Adolescent-Led Initiative	Gujarat State	Vadodara	16/10/2026	Yuva Panel	Parul institute of Ayurved	iN pERSON	GAHA - VAHA - PIA	Adolescents	40	8. Dr Baxi, Dr Bhupendra kapadiya, Dr swapnil Raskar, Dr Trupti Gamit	Our today's event was at PIA parul university, Yuva panel has a healthy and interactive talk with UG Students, it was really a good time make students outspoken of there problems and make them to think in Deep of their own problems.
Adolescent Health Equity Initiative	Gujarat State	Other (add City name if not mention	16/10/2026	From exam pressure to performance	GMERS medical college morbi	Google form	AHA gujarat	Adolescents	75	Dr. Kinjal Kansagara	Final year medical students (around 75) who are going to face final year exam recently were gathered and were involved in the discussion on the exam stress they are facing in different forms among both girls and boys and environment created in hostel before exam and what they do for relieving

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
		ed in the list)									the stress. Thia was followed by strategies to cope up with stress and protecting their mental health while pursuing medical education. At last google form was ask to fill involving questions like level of stress faced, symptoms and what action would one take henceforth to relieve the exam stress.
International Adolescent Health Week 2026, School/College Health Program, GAHA	Gujarat State	Vadodara	13/10/2026	Role play on Menstrual Health and Mental Health	K.G.Patel Children Hospital, Vadodara	Offline	IAP, NGO, College, GAHA, VAHA	Adolescents , Parent, Teacher, Doctors, Paramedical Health Workers, Professionals	150	Dr Samir Shah, Dr Harshil Shah, Dr Bakulesh Chauhan	Nursing students performed role play on awareness on mental health and menstrual hygiene, and important comments are given by the faculties to the attendees. Very Well Appreciated by all!
Innovative IAHW Activity	Gujarat State	Vadodara	18/10/2026	Kahoot Online YUVA Health QUIZ	Online Zoom Link and Kahoot Platform	Kahoot Platform, https://kahoot.it/challenge/07300785	GAHA	Adolescents	45	Dr Samir Shah, Dr Prashant Kariya, Dr Bhupendra Kapadia	It was a wonderful Quiz, very much appreciated by all the attendees, and the icing on the cake was questions related to Sports..
Scientific..Workshop/CME/Webinar etc, Ahead Module for adolescent health awareness	Haryana State	Other	04/10/2026	AHEAD National action plan of ciap conducted by Haryana AHA	Faridabad delite grand	Offline	IAP	Doctors, Professionals, Youth students	50	Dr Harmesh Bains Dr Deepa Dr Ritu Gupta Dr Meghana Dr Madhu Dr Amit Gupta	Faridabad
Innovative IAHW Activity	Haryana State	Other (add City name if not mentioned in the list)	13/10/2026	Creating awareness about adolescent obesity in adolescents	Rohtak medical college	Rohtak medical college haryana	AHA Haryana	Adolescents , Parent	50	Dr Anjali	The Department of Pediatrics, Pt. B. D. Sharma PGIMS, Rohtak, celebrated International Adolescent Health Week (12–18 October 2026) under the theme “Nothing About Us Without Us.” Under the guidance of Dr. N. D. Vaswani, Head of Department, and Dr. Anjali Verma, Professor, Department of Pediatrics and Joint Secretary, AHA, activities included a seminar on Comprehensive Adolescent Health Care on 13 October and an awareness campaign on Management of Obesity Among Adolescents on 14 October, featuring the distribution of educational booklets on healthy lifestyles and obesity management. These initiatives reinforced the importance

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
											of adolescent-friendly healthcare, healthy lifestyle choices, and empowering young people to take charge of their health and well-being.
School IAHW Initiative	Haryana State	Other (add City name if not mentioned in the list)	13/10/2026	School interactive session adolescents for Adolescents	Kurushetra	Kurushetra	AHA haryana	Adolescents , Teacher	400 students & 20 teachers	Dr Rakesh Bhardwaj	During International adolescent health week activities - a program was held at govt senior secondary school, Ajrana Kalan , 16 km away from Kurukshetra, by AHA HR and IAP Kurukshetra, along with 2 nd IAP Ojas was held today , 16 th Oct 26,at Govt senior secondary school , Ajrana kalan , Around 400 students and 20 teachers attended the program , also witnessed by Sarpanch of the village. Dr Rakesh Bhardwaj ,state president AHA amp IAP Kurukshetra , was main speaker accompanied by Dr suman sethi, President IMA ,Dr sanjay sharma, president , aarogya jan kalyan trust , an NGO. A very interactive session, actively participated by students, well appreciated by Sarpanch of village, Pricipal and teachers of the school. Ojas Poshan and Manas were presented in details and saksham and suraksha were dealt with in brief. Not only Students but teachers also took the pledge and 10 commandments were much appreciated by teachers .
College IAHW Initiative	Haryana State	Other (add City name if not mentioned in the list)	17/10/2026	Youth led interactive session on mental health	Asian hospital auditorium with Nursing students	Asian hospital faridabad	AHA haryana	Paramedical Health Workers, Nursing students	15	Miss Renu Dr Arvind Gupta Dr Sumit Chakravarty Dr Meghana Sultania	Nursing students led interactive session on mental health issues faced by youth
NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Karnataka State	Belagavi	08/10/2026	OJAS	ST FRANCIS SCHOOL CHIKODI	Offline	IAP	Adolescents , Teacher	400	RAJENDRA SALAGARE PRESIDENT AHA KAR 2.TANMAY METGUD , PRESIDENT BAP 3 SHAILA PASCHAPURE SECRETARY BAP BELAGAVI	The OJAS programe was conducted in the St Francis school Chikodi . 400 students from class 6th to 10th along with their participitated
Webinar on Adolescent friendly clinical practice	Karnataka State	Bangalore	16/10/2026	Adolescent friendly clinical practice	NA	Zoom meeting	IAAH,IAHW , AHA, IAP,BAHA, IAP Bengaluru,	Adolescents , Parent, Teacher, Doctors,	30	Moderator - Dr Uma Rao, Panelists - Dr. Varsha Sreenivasa Kashyap, Nivika	Webinar on ' Adolescent friendly clinical practice'was conducted on 16/10/26 as part of IAHW 26 celebration by BAHA and IAHW celebrations. Moderator was Dr Uma Roa, Chairperson BAHA, and panelists were Dr.

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
							AACCI,SAHM	Professionals,		Kumar,Yasir Ahmed, Ananya Ambarish	Varsha S. Kashyap, Ped&Adolescent Specialist, Nivika Kumar, Youth Icon India,26, Yaasir Ahmed (1 year BBA) Ananya (9th grade). A brain storming session was conducted about common health problems of adolescents, lack of awareness about adolescent clinics, expectations from adolescent health services, inhibitions for making use of them and practical ways of doing adolescent friendly clinical practice.Senior consultants and Professors added their pearls of wisdom for effective adolescent friendly clinical practice.
School/College Health Program	Maharashtra State	Nagpur	01/10/2026	Adolescent Health with Focus on Reproductive Health	Lakhotia Bhutada Middle School and Junior College, Kondhali	Offline	IAP, Vatsalya foundation	Adolescents , Teacher	252	Dr. Pravin Dahake, Dr. Sushma Khandagale	Describe and educate the adolescent about adolescent health with reproductive health.
Innovative IAHW Activity	Maharashtra State	Other (add City name if not mentioned in the list)	10/10/2026	"HER HEALTH-Health awareness and empowerment program for school girls"	Baliram Patil Vidyalaya, TV center, Chhatrapati Sambhajinagar	NA	Kartavyan Foundation.	Adolescents , Teacher	180	Dr. Shilpa Pawar Kshirsagar, Dr. Payal Nikose	This activity was conducted as IAWH 2026, at Chhatrapati Sambhajinagar, Marathwada region, Maharashtra. " HER HEALTH"- Health awareness and empowerment program for school girls was conducted at Baliram Patil Vidyalaya, TV center, Chhatrapati Sambhajinagar, was conducted on 10th of October in collaboration with Kartavyan Foundation, for girls from 7th to 10th STD. Kartavyan Foundation is an organisation run by medical undergraduate students. The main aim to conduct a program conducted by adolescents for adolescents. The program was planned to increase the awareness in girls regarding 1. nutritional wellness, 2. Menstrual health and hygiene.3. Good touch, bad touch.4. Cervical and breast Cancer.5 HPV vaccination. An interactive session was conducted for this various topics along with role-play, demonstrating Good touch and bad touch.
School IAHW Initiative	Maharashtra State	Raigad	12/10/2026	International Adolescent Health Week (12-19th) October - Breaking silence to	MNR INTERNATIONAL SCHOOL PALASPE, PANVEL	Offline Activity	IAP, Raigad & Bharat Vikas Parishad, Raigad.	Adolescents	85 students & 6 Teachers	Dr. Chitra Kulkarni, Chairperson, MAHA AHA	AHA Raigad, along with IAP, Raigad conducted this program at MNR INTERNATIONAL SCHOOL PALASPE, PANVEL regarding the topic International Adolescent Health Week (12-19th) October - Breaking silence to build support. Students were taught about personal hygiene as well as how to express. It is an interactive session, many questions were raised by

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
				build support							students regarding anxiety, depression, peer pressure etc. The activity was well appreciated.
School IAHW Initiative	Maharashtra State	Raigad	12/10/2026	Programme lead - Health, Nutirtion, and Wellbeing.	BNCMC School No. 34 & 45, Bhiwandi.	Offline	Committed Communities Development Trust (CCDT)	Teacher	23	Dr. Chitra Kulkarni	Dr. Chitra Kulkarni at BNCMC School No. 34 & 45, Bhiwandi Conducted the Two-Day Training on the School Health Programme. She focused on valuable time, expertise, and guidance contributed significantly to strengthening the understanding and capacities of the participants regarding the School Health Programme. Her insights and practical inputs helped enhance their knowledge of school health priorities and the effective implementation of health initiatives in school settings. It was deeply appreciated by school authorities to share her knowledge and experience with their team. Her contribution is valuable in supporting CCDT's efforts to promote the health and well-being of school-going children through comprehensive school health interventions.
Adolescent Health Equity Initiative	Maharashtra State	Solapur	12/10/2026	Physical and mental health of Adolescent girls	Vilaschand Motichand Mehata Secondary school, solapur	Vilasch and Motich and Mehata Secondary school, solapur	Rotary club of Jule Solapur	Adolescents	70 girls	Dr. Prachi Pargunde, Solapur	Dr. Prachi an adolscent pediatriician from Solapur was invited as a chief guest by Rotary club of Jule Solapur.The adolscent girls were taught about the anatomy and physiology of human body with audio visuals. The students were curious and attentive to listen to. Many misconceptions and false believes were explained on scientific basis. This was an interactive session appreciated by all.
College IAHW Initiative	Maharashtra State	Nerul	13/10/2026	Self defence	MGM Medical College, Nerul	MGM Medical College , Nerul	MGM Medical COLLEGE,Nerul	Adolescents	150 first MBBS students	Dr. Chitra Kulkarni	Dr. Chitra Kulkarni conducted the self defence activity @ MGM, Medical college, Nerul. This activity was conducted during induction programmae for first year MBBS students.In current situation , everyone should know and practice the self defence mechanism. The violence in hospitals, attacks on doctors are common. Before you get help from others , you should be in safe position .It is not one day activity but has to be practiced everyday only.
School IAHW Initiative	Maharashtra State	Other (add City name if not mentioned in the list)	13/10/2026	Stress, Anger Manageme nt and Mental Wellness	Khar Education Society School, Mumbai.	In School	Rotary club	Adolescents , Teacher	115	Dr Rajul Patel	As part of the run-up events to International Adolescent Health Week (IAHW) 2026 (12–18 October), conducted an interactive awareness session on “Stress, Anger Management and Mental Wellness” on 13th October 2026 at Khar Education Society SSC English Medium School, Mumbai, for approximately 115 students from Standards

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
											VII–X in association with the Rotary Club of Bombay Airport and IAP Mumbai branch. The session focused on helping adolescents understand their emotions, recognise the effects of stress and anger on their minds and bodies, and develop healthy coping strategies. Role-plays, breathing exercises and meditation made the session engaging and practical. The importance of a healthy lifestyle in promoting overall well-being was also discussed.
School IAHW Initiative	Maharashtra State	Solapur	14/10/2026	Know yourself	Sharanappa Malang vidyalay, omerga-413606	NA	Rotary club	Adolescents , Teacher	200	Dr Sucheta Pophale	Know yourself program was conducted for class 6-10 students in Sharanappa malang vidyalay omerga where adolescents were given the scientific information about growth nutrition and development
School IAHW Initiative	Maharashtra State	Navi Mumbai	14/10/2026	International Adolescent Health Week (12-19th) October & World Mental Health Month	Zilla Parishad School, Wavanje Raigad	OFFLINE	IAP & AHA, NAVI MUMBAI,	Adolescents , Teacher	73 Students	Dr Amog Shahane, Navi Mumbai IAP Treasurer & AHA Secretary	The session was conducted by IAP & AHA, Navi Mumbai Branch at Zilla Parishad School, Wavanje Raigad which focused on ♥ Teen Mental Health issues statistics ♥ Coping strategies especially developing Emotional Intelligence. ♥ It specifically discussed in detail about issues related to anxiety, depression, self harm, digital stresses and relationships. The session was enriching, interactive & well appreciated.
Youth Action Project	Maharashtra State	Nagpur	15/10/2026	Mental wellbeing, Stress management specifically exam stress and importance of sleep and Healthy diet.	Lokmanya Dhyam Mandir, Chandrapur	Lokmanya Dhyam Mandir, Chandrapur	BHARTIYA STREE SHAKTI SANGHATANA	Adolescents , Teacher	300 STUDENTS & 15 TEACHERS	Dr. Ram Bharat	Attended assembly at Lokmanya Dhyam Mandir Chandrapur. Communicated with students about Mental wellbeing, Stress management specifically exam stress and importance of sleep and Healthy diet. I had requested the office bearers of भारतीय स्त्री शक्ति संघटना who on occasion of Navratri Jaigarh about gender equality and equity. Jab program was attended by almost 300 students both boys and girls and 15 teachers.
School IAHW Initiative	Maharashtra State	Raigad	15/10/2026	Health Awareness Programme	Maharashtra Education Societys Dnyam Mandir	Offline	Bharat Vikas Parishad, Panvel	Adolescents	393 Students	Dr. Chitra Kulkarni	Dr. Chitra Kulkarni, AHA, Raigad conducted this health awareness activity at Maharashtra Education Societys Dnyam Mandir School, Kalambol. She mainly focussed on health diet and nutritional value of carbohydrates, proteins and fats. This is

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
					School, Kalambol						the age that body changes are visible and due to hormonal changes, mindset is also changed. The scientific knowledge of anatomical and physiological changes in human body are well explained. Also emphasized on menstrual hygiene and lifestyle management. This was an interactive session.
College IAHW Initiative	Maharashtra State	Solapur	16/10/2026	Self awareness life skill	Shramjeevi college, Omerga	NA	Rotary Club	Adolescents , Teacher	80	Dr Sucheta Pophale	Adolescents of class 11-12 th were demodtrated with interactive sessions for self awareness skills as well as normal physical and emotional development in them
School IAHW Initiative	Maharashtra State	Nagpur	16/10/2026	HEALTHY MIND IN HEALTHY BODY	Sanghmitra Sainiki School ,Chandrapur	Sanghmitra Sainiki School Chandrapur	Bharatratna navratna mandal	Adolescents , Teacher	500 Students V to X Standard, 10 Teachers.	Dr. Ram Bharat,	NAGPUR AHA has conducted this programme at Sanghmitra Sainiki School, Chandrapur Discussed with them about how to love and take care of yourself, how to express emotions, don't hesitate in taking other help when you feel like out of control(not weakness that's a wisdom) Also told same about dopamin cycle in addiction and substance abuse an addictions. Discussed with them about how to love and take care of yourself, how to express emotions, don't hesitate in taking other help when you feel like out of control(not weakness that's a wisdom)
School IAHW Initiative	Maharashtra State	Solapur	16/10/2026	EASSY COMPETITION	SHRAVIKA SCHOOL , SOLAPUR	SHRAVIKA SCHOOL , SOLAPUR	SOLAPUR MUNCIPLE CORPORATION, SOLAPUR	Adolescents	155	DR. vAISHALI shirshetty	राष्ट्रीय किशोरवयीन मुला-मुलींच्या संघटनेच्या महाराष्ट्र शाखे च्या वतीने दहा ते 19 वयोगटातील मुला मुलींसाठी निबंध स्पर्धा घेण्यात येत आहे . इयत्ता पाचवी ते सातवी 1. शरीर सुदृढ तर मन सुदृढ 2. बदलते निसर्गचक्र आणि त्याचे परिणाम 3. माझी आदर्श व्यक्ती इयत्ता आठवी ते दहावी साठी खालील प्रमाणे 1. डिजिटलायझेशन शाप की वरदान? 2. भारतीय संस्कृतीमधील स्त्रियांचे स्थान 3. आई-वडिलांनी मुलांशी कसे वागावे? The above subjects were given for eassy writing, Solapur corporation uphc medical officer Dr. vijay chaugule took efforts for the competition. winners will be felicitated 2 MAHAPEDICON.

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
Adolescent Health Equity Initiative	Central AHA (if not belong to any State Branch)	Pune	16/10/2026	IAHW week celebration - AACCI Life Skill Prescription - Single Child	NA	Zoom webinar streamed on YouTube	AACCI	Doctors	40	7	Online webinar, Faculty Dr Swati Bhawe, Dr Samir Shah, Panel discussion by Dr Kamalakar Deoghar, Dr Sulbha Pawar, Dr Shilpi Golwara, Mrs Mala Mahajan, Adolescent representative Devansh Shah. Moderated by Dr Sandeep Kavade.
School IAHW Initiative	Maharashtra State	Nagpur	17/10/2026	Mental Health	Balaji Convent School Butibori Dist Nagpur	In Person not on virtual mode	IAP,AHA	Adolescents , Teacher	120	Dr. R.G. Patil	Dr R.G.Patil vidharbha Region AACCI Incharge..conducted program. On Mental health awareness..on 17 sept 2026.at Balajee convent school Butibori about 120 students were present. This program was a part of IAHW.. Carried under banner of AACCI..IAP...AHA..IAAH & SAHM Program was followed by interactive session
School IAHW Initiative	Maharashtra State	Solapur	17/10/2026	Wholesome awareness in rural school	Jayram vidyalay Narangwadi, Tq. Omerga	NA	Rotary Club	Adolescents , Teacher	250	Dr Sucheta Pophale	Students between ages 12-16 were guided on topics like nutrition, junk avoidance, play, and how to stay away from addiction
School IAHW Initiative	Maharashtra State	Nagpur	17/10/2026	Introduction to life skills and study skills	Lokmanya Tilak Gyan Mandir Chandrapur	I am going to conduct Facebook live today evening	AACCI and AOP CHANDRAPUR	Adolescents	50 students and 10 teacher	Dr Ram Bharat	Activity was conducted in Lokmanya Tilak Vidyalay Chandrapur. A talk was given on introduction to life skills and using life skills in various sectors of life. Also guided about various study and revision techniques. Also talked about how to reduce exam stress. It was for students of 10th standard.
College IAHW Initiative	Maharashtra State	Raigad	17/10/2026	SwaSaurakshan-Self Defence Awareness Workshop	Auditorium MGM Nerul	NA	Palghar Academy of Paediatrics	Adolescents , Teacher, Paramedical Health Workers	48 1st MBBS Medical Students +8 Teachers from Medical College +4 paramedics	Dr Jayashree DESHPANDE/Dr Chitra Kulkarni/Dr Archana Joshi/ Dr Hemant Joshi	A well appreciated program has been conducted for Medical students and staff.
School IAHW Initiative	Maharashtra State	Nagpur	17/10/2026	Life Skill Management	Lokmanya Tilak Vidyalaya Chandrapur.	Offline	NA	Adolescents , Teacher	50 Students & 10 Teachers	Dr. Ram Bhagat	Dr. Ram Bhagat has conducted this activity at Lokmanya Tilak Vidyalaya Chandrapur under the banner of AHA, Nagpur. He emphasized on life skill management nowadays, students are suffering from anxiety, depression and exam phobia. They are always in search of some guidance. Dr. Ram Bhagat had taught them regarding whom to approach?, how and when to approach? He taught them simple

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
											techniques of study, mind opening exercises. These techniques will definitely help them to work out during exam period. This program is well appreciated by all.
Social Media Campaign	Maharashtra State	Nagpur	18/10/2026	Adolescent era and responsibilities of parents	Hindusthan amaravati news paper	Hindusthan amaravati news paper	none	public awareness	more than 10,000	DR. Sonali Shirbhate	Dr. Sonali Shirbhate an adolescent pediatrician from Amaravati has written an article in Hindusthan AMARAVATI , news paper in view of celebration of International Adolescent week. She has beautifully narrated on the responsibilities of parents as well as children. The adolescent shoulder the care for parents and grandparents health issues as well as the financial situation of family.Regular diet , exercise, substance abuse should be strictly followed by the young generation.
School IAHW Initiative	Maharashtra State	Other (add City name if not mentioned in the list)	19/10/2026	WHO Life skill education Sensitization session	Deogiri High School, Chhatrapati Sambhajnagar, Aurangabad	NA	Government Medical College and Hospital, Chhatrapati Sambhajnagar	Adolescents , Teacher	40=45	Dr Shilpa Pawar Kshirsagar.	The activity was conducted as IAHW 2026 activity, at Chhatrapati Sambhajnagar Marathwada region branch, Maharashtra. Deogiri HighSchool, Chhatrapati Sambhajnagar, is a small government school where students are from Low SE strata. WHO Life skill education Sensitization session, was specifically planned to target these sensitive students. MBBS undergraduate students and paediatric residents were involved in performing role play to depict the importance of various life skills required in day-to-day life.
School IAHW Initiative	Punjab State	Ludhiana	14/10/2026	Building Resilience among Adolescents	RYAN INTERNATIONAL SCHOOL, Urban Estate, Ludhiana	On site	Christian Medical College & Hospital, Ludhiana	Adolescents	75	Dr. Ruby Singh, Professor, Dept of Paediatrics, CMC & Hosp, Ludhiana	An engaging session on “Building Resilience Among Adolescents” delivered by Dr Ruby Singh, Professor, Department of Paediatrics, Christian Medical College & Hospital, Ludhiana, on 14/10/26, at Ryan International School, Jamalpur, Ludhiana, as part of *International Adolescent Health Week (12–18 October)*. Active participation of the adolescents made the session truly meaningful and enjoyable.
College IAHW Initiative	Punjab State	Ludhiana	16/10/2026	Post graduates and faculty guide to build resilience in adolescents	Dept of Paediatrics, CMC & Hospital, Ludhiana	Done in department	Dept of Paediatrics, CMC & Hospital, Ludhiana	Doctors, Paediatric Post graduates	Around 40	Dr. Ruby Singh	Developing resilience in adolescents- a practical guide for Faculty and post graduates
NATIONAL ACTION PLAN	West Bengal State	Kolkata	12/10/2026	Comprehensive Preteens	Swarnim International School	Offline	School	Preteens 8-12 years	100	Dr Shamik Ghosh , Dr Agnimita Giri, Dr Aparajita Das Muku	A vibrant interactive experience with the preteens along with their supervising teachers lasting 90 minutes. The children

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
2026 - PROJECT PRETEENS				Programme for 8-12 years							were particularly enthused with the life skills section and actively participated in the questionnaires .
International Adolescent Health Week 2026, International Adolescent Health week	West Bengal State	Kolkata	13/10/2026	Nutrition, physical and mental health, environmental awareness ,safety, thinking	Eastern Railway Hospital Liluah	Offline	Liluah Railway Hospital	Adolescents , Parent, Doctors	11	Dr Shilpi Siddhanta	On the occasion of International Adolescent Health Week,Dr Shilpi Siddhanta Sharing IEC material with adolescents, asking them to read and giving them with responsibility to hand over to one more friend .and further dissemination.
International Adolescent Health Week 2026	West Bengal State	Kolkata	14/10/2026	Health awareness and sharing point of views by adolescents	Clinic	Offline	None	Adolescents	20	Anindita Bose	On the occasion of international adolescent health week 2026, an awareness program was organised in Kolkata clinic for the adolescent patients, they were given pamphlets and made aware about health and puberty, their point of view on various health and mental challenges they face in their day to day life in school as well as home were discussed. Some basic solutions were provided verbally. Parents were also briefed about puberty related challenges.
International Adolescent Health Week 2026, International Adolescent Health Week	West Bengal State	Kolkata	15/10/2026	Healthy lifestyle	Eastern Railway Hospital Liluah	Offline	Eastern Railway Hospital Liluah	Adolescents , Parent, Paramedical Health Workers	20 approx	Dr Shilpi Siddhanta	On the occasion of International Adolescent Health Week,Dr Shilpi Siddhanta Sharing IEC material on healthy lifestyle with adolescents, asking them to read and giving them with responsibility to hand over to one more friend .and further dissemination
Scientific..Work shop/CME/Web inar etc, International Adolescent Health Week 2026, International Adolescent Health week	West Bengal State	Kolkata	15/10/2026	Adolescent health care awareness for health care workers and attendants of adolescent clinics	Eastern Railway Hospital, Liluah	Offline	Eastern Railway Hospital, Liluah	Paramedical Health Workers	Approx 20	Dr Shilpi Siddhanta	Health Attendants of clinics at Eastern Railway Hospital, Liluah where adolescents and youth attend as well as other health care workers sensitized regarding their role and how to deal with adolescents in the hospital setting. Also common anticipatory guidance that can be given were touched upon
International Adolescent Health Week 2026, International Adolescent Health Week 2026	West Bengal State	Kolkata	15/10/2026	HPV Disease and Immunisation	Ordnance Factory Hospital, GUN & SHELL FACTORY, COSSIPORE KOLKATA	Offline	IAP	Doctors, Paramedical Health Workers	30	DR SANTA CHATTOPADHYAY	The West Bengal Adolescent Health Academy (WBAHA), in association with the West Bengal Academy of Pediatrics (WBAP), organised an educational seminar on Human Papillomavirus (HPV) Disease and Immunisation for doctors and paramedical personnel in observation of the International Adolescent Health Week. (12 to 19 th Oct,2026)

Activity Type	State Branch Name	City Branch Name	Date	Topic Name	Venue	Online activity	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (
Scientific..Workshop/CME/Webinar etc, International Adolescent Health Week 2026, International Adolescent Health Week	West Bengal State	Kolkata	16/10/2026	Healthy lifestyle	Eastern Railway Hospital, Liluah	Offline	Eastern Railway Hospital, Liluah	Adolescents , Parent	27	Dr Shilpi Siddhanta	On the occasion of International Adolescent Health Week, Dr Shilpi Siddhanta Sharing IEC material on healthy lifestyle with adolescents, asking them to read and giving them with responsibility to hand over to one more friend .and further dissemination. This motivation is expected to reach hundreds of adolescents . Not only during this week. but this activity shall be continued as drives all throughout the year.



SAHM
SOCIETY FOR ADOLESCENT
HEALTH AND MEDICINE

IAHW 2026

INTERNATIONAL ADOLESCENT HEALTH WEEK

12 - 18
OCTOBER
2026

THEME
Nothing About Us Without Us:
Power, Voice and Health Equity for All Adolescents

THANK YOU

TO ALL FOR YOUR
VOLUNTARY SERVICES FOR
COMMUNITY

