

OUR MEMBERSHIP STRENGTH - 3501



ADOLESCENT HEALTH ACADEMY



QUARTERLY ACTIVITY REPORTING

JANUARY - MARCH 2026

CENTAL AHA ACTIVITIES – 12 + 9

COMMUNITY ACTIVITIES – 117

STATE BRANCHES REPORTED ACTIVITIES – 10

CITY BRANCHES REPORTED ACTIVITIES – 17

PROJECT PRETEENS COMMUNITY MODULE – 18

PROJECT PRETEENS PEDIATRICIANS' MODULE – 2

PREPARED BY

DR. SAMIR SHAH & DR. SHAMIK GHOSH



IAP ADOLESCENT HEALTH ACADEMY

Subspecialty Chapter of Indian Academy of Pediatrics



TEAM 2026



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CENTRAL AHA NATIONAL ACTION PLAN ACTIVITIES

Date	Name of Activity	Topic Name	Venue	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION
16/01/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Preteen Module for Paediatricians	BR SINGH RAILWAY HOSPITAL, SEALDAH, KOLKATA	IAP	Doctors	51	Dr Preeti Galagali, Dr Kiran Pabri, Dr Shamik Ghosh , Dr Shubhada Khirwadkar, Dr Sangeeta Yadav, Dr Chhaya Prasad, Dr Amog Sahane, Dr Kalyani Patra, Dr Shilpi Siddhanta, Dr Sonia Bhatt, Dr Piyali Bhattacharyya, Dr Neha Singh , Dr Neeti Soni, Dr Sushma Desai, Dr Samir Shah, Dr Surya Sethi , Dr Sayantan Saha	This was the first and pioneering Preteen Module for Paediatricians launched at the Kolkata PEDICON with the aim of providing Paediatricians with a comprehensive Preteen Healthcare Package. The event had two role plays depicting the travails of menarche in a preteen and the difficulties faced in treating obesity in a preteen. Workstations were also conducted alongside didactic lectures to give a hands on experience in handling preteens. The event was a resounding success and truly appreciated by the attendees.
04/02/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	PRETEEN COMMUNITY MODULE INAUGURATION	ONLINE	IAP	Doctors	100	IAP PRESIDENT, HSG, ZONAL VICE PRESIDENTS; AHA CHAIRPERSON, SECRETARY, PROJECT CONVENERS AND PROJECT COORDINATORS	This was the Nation Wide Launch of the PRETEENS COMMUNITY MODULE to be done in two phases covering all the State and City Branches of the AHA to create Preteen Health Ambassadors. The programme was inaugurated online by the IAP National President Dr Neelam Mohan and blessings were given by all IAP Dignitaries and Eminent Patrons of AHA including Prof MKC Nair, Prof Swati Bhawe and Dr JS Tuteja. Attended by nearly 100 AHA members the inauguration sensitized AHA Members with the objectives of the Preteen Community Module.
05/02/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Preteen Community Module Phase 1 for EAST ZONE, WEST ZONE, ANDHRA AND TELENGANA STATES	ONLINE ON AHA ZOOM PLATFORM	IAP	Doctors	173	Poonam Bhatia, Sangeeta Lodha, Sadachar Ujalambkar, Aparajita Das, Meghana Sultania, Alpna Shukla, Amruta Shirodkar	Topics Covered: 1. Understanding and Getting Prepared for Pubertal Changes 2. Digital Media Awareness 3. Role Play on Digital Media Literacy 4. Nutrition 5. Life Skills
06/02/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Phase 1 of Preteens Community Module-Day 2 for East Zone, West Zone, Andhra and Telengana	Online AHA ZOOM PLATFORM	IAP	Doctors	173	Dr Ranjith, Dr Jaya Shiwalkar, Dr Shilpa Dudhgaonkar, Dr Tripti Mahatme, Dr Lakshmi Shanthi, Dr M Vijayarani	Topics Covered: 1. Healthy Lifestyle 2. Academics and School Health 3. Role Play on how to handle bullying 4. Social and Familial Health 5. Emotional and Mental Health
12/02/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Phase 1- Preteen Community Module for Parents and Teachers	Online AHA ZOOM PLATFORM	IAP	Doctors	173	Dr Satish Pandya, Dr Chita Kulkarni, Dr Madhusree Deshpande, Dr Snehal Shirowala , Dr Geeta Bansal, Dr Avinash Bansal	Topics Covered: 1. Understanding Preteens Development and preparing for Puberty and Sexuality Education 2. Role Play on Her First Period 3. Family Dynamics and Boundaries 4. Building Life Skills 5. School Health
13/02/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Phase 1 Preteen Community Module for Parents and Teachers- Day 2	Online AHA Zoom Platform	IAP	Doctors	173	Dr Geeta Bansal, Dr Rashmi Gupta, Dr Nirmala Joshi, Dr Newton Luiz, Dr Samir Shah	Topics Covered: 1. Emotional Intelligence and Mental Health 2. Digital and Social Media Awareness 3. Role Play on Mobile Overuse 4. Healthy Lifestyle

								6. Short Version Overview (Preteen Module) 7. Short Version Overview (Parents and Teachers Module)
19/02/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Preteen Community Module for Preteens Phase 2 for North Zone, South Zone, Chattisgarh, UP and Gwalior - Day 1	AHA Zoom Platform	IAP	Doctors, Preteens	247	Dr Newton Luiz, Dr Sangeeta Lodha, Dr Sadachar Ujalambkar, Dr Meghna Sultania, Dr Kiran Vaswani, Dr Amruta Shirodkar	Topics Covered: 1. Understanding and Getting Prepared for Pubertal Changes 2. Digital Media Awareness 3. Role Play on Digital Literacy 4. Nutrition 5. Life Skills
20/02/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Preteen Community Module for Preteens Phase 2 Day 2	AHA Zoom Platform	IAP	Doctors, Preteens	247	Dr Ranjith P, Dr Shilpa Dudhgaonkar, Dr Kiran Vaswani, Dr Vijayarani M, Dr Meghna Sultania	Topics Covered 1. Healthy Lifestyle 2. Academics and School Health 3. Role Play on How to Handle Bullying 4. Social and Familial Health 5. Emotional and Mental Health
26/02/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Preteen Community Module for Parents and Teachers- Phase 2 - Day 1	AHA ZOOM PLATFORM	IAP	Doctors	247	Dr Santa Chattopadhyay, Dr Chitra Kulkarni, Dr Ashok Banga, Dr Madhusree Deshpande, Dr Snehal Shirolawala, Dr Geeta Bansal, Dr Nishikant Kotwal	Topics Covered: 1. Understanding Preteen Development and Preparing for Puberty and Sexuality 2. Family Dynamics and Boundaries 3. Building Life Skills 4. School Health 5. Role Play on Her First Period
27/02/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Preteen Community Module for Parents and Teachers Phase 2 Day 2	AHA ZOOM PLATFORM	IAP	Doctors	247	Dr Avinash Bansal, Dr Rashmi Gupta, Dr Bhupendra Kapadiya, Dr Newton Luiz, Dr Shamik Ghosh	1. Emotional Intelligence and Mental Health 2. Digital and Social Media Awareness 3. Role Play on Mobile Overuse 4. Healthy Lifestyle 5. Short Version Overview of Preteen Module 6. Short Version Overview of Parents and Teachers Module
03/02/2026	Scientific.. Workshop/ CME/Webinar etc	Addressing Under-age Pregnancies— Reconciling Mandatory Reporting Obligations of POCSO Act, 2012 with Medical Termination of Pregnancy Act, 1971	ZOOM PLATFORM	NGO, AZIM PREMJI FOUNDATION	Doctors, Paramedical Health Workers, Professionals	101	Dr Preeti Galagali, Dr Sekhar Seshadri, Saurabh Shashi Ashok, Shiela Ramaswamy	An awareness programme for Adolescent Health Practitioners on how to navigate cases of Teenage Safety including Teenage Pregnancy, POCSO Act and the MTP Act. An interactive webinar with case studies and actual proceedings.
18/03/2026	Scientific.. Workshop/ CME/Webinar etc	Inauguration of PG PEARLS	AHA ZOOM PLATFORM	IAP	Doctors	73	Dr Neelam Mohan, Dr Sushma Desai, Dr MKC Nair , IAP Dignitaries, Dr Harmesh Bains, Dr Manmeet Sodhi, Dr Somasekhar, Dr Shilpa Chandrasekhar, Dr Sonia Bhatt	A very novel initiative particularly well lauded by the teacher of teachers Prof MKC Nair. Dr Neelam Mohan appreciated the venture for its emphasis on Post Graduate Education while Dr M Singaravelu emphasized the need to get IAP membership for the presenting post graduate students. A large section of the attending heads of departments of different medical colleges unanimously agreed to contribute and enhance the benefits of this programme.
19/03/2026	Scientific.. Workshop/ CME/Webinar etc	PG PEARLS POST GRADUATE PROGRAM- 1st SESSION	Online AHA Programme	IAP	Doctors, Post Graduate Students of Paediatrics	43	Prof MKC Nair , Dr Sushma Desai , Dr Reehul Batuha, Prof Sheikh Mushtaq, Dr Sheikh Qayoom, Dr Akansha Sharma, Prof Manmeet Sodhi	1. CASE PRESENTATION Self-Harm in Adolescents: Insights from a Tertiary Care Hospital in Kashmir Presenter - Dr Reehul Batuha (PGT) Mentors - Prof Sheikh Mushtaq (HOD) , Dr Sheikh Qayoom (Asst Prof) - Department of Paediatrics , GMC, Srinagar 2. JOURNAL CLUB Adolescent health knowledge and awareness: A comparative study of India and the United States Presenter- Dr Akanksha Sharma (PGT) Mentor - Prof Manmeet Sodhi , HOD - Department of Paediatrics , GMC, Amritsar

CENTRAL AHA ADMINISTRATIVE ACTIVITIES

Date	Name of Activity	Topic Name
01/01/2026	AHA EB Meeting	Online
17/01/2026	Installation of Central AHA Office Bearers at Kolkata PEDICON	Kolkata PEDICON
28/01/2026	Administrative Meeting with East Zone AHA Office Bearers	Online
30/01/2026	Administrative Meeting with West Zone AHA Office Bearers	Online
10/02/2026	Administrative Meeting with North Zone AHA Office Bearers	Online
17/02/2026	Administrative Meeting with Central Zone AHA Office Bearers	Online
16/03/2026	Special EB Meeting	Online
01/04/2026	Administrative Meeting with South Zone AHA Office Bearers	Online
03/04/2026	EB MEETING	Online

AHA STATE – CITY BRANCHES ACTIVITIES

State Branch Name	City Branch Name	Date	Name of Activity	Topic Name	Venue	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION
Bihar State	Other	18/03/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	1. understanding Preteen development and preparing for puberty and sexuality education with role play (her first period) 2. Family dynamics and boundaries communication and connection.	Jesus and Mary Academy Hajiganj Patna City	NGO	Teacher	40	Dr Shilpi Golwara ,Dr Anuradha Singh	An interactive session organised at Jesus n Mary Academy Hajiganj Patna City on project Preteens, on understanding puberty and changes along with family dynamics. It was also attended by EB Bihar Dr Rashmi Agarwal who introduced the topic to the audience. It was conducted in association with Rotary club of Patna City . Teachers also shared the story of their success stories with students. All the queries were adequately answered.
Bihar State	Other	20/03/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	understanding Preteen development and preparing for puberty and sexuality education with role play (her first period) 2. Family dynamics and boundaries communication and connection.	The Maalinyai School kumhrar Patna	School	Teacher	30	Dr Neelam Verma n Dr Shilpi Golwara	The program was appreciated by all the teachers and shared that it was very useful. we related with real life example. They asked us to have it parents when ever they have PTM. They also liked the initiative taken by AHA.
Bihar State	Other	30/03/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	understanding preteen development and preparing for puberty and sexuality education	INFANT AND JESUS SCHOOL PATNA CITY PATNA	School	Teacher	60	DR SHILPI GOLWARA	THIS PROGRAM WAS CONDUCTED AT INFANT JESUS SCHOOL PATNA CITY FOR THE TEACHERS BY BIHAR BRANCH OF AHA . IT WAS ATTENDED BY OVER 60 TEACHERS . THE INITIATIVE OF AHA WAS WELL APPRECIATED AND THEY FOUND IT RELEVANT FOR THEIR APPROACH. THEY PROMISED TO APPLY ALL THIS KNOWLEDGE IN THE COMING ACADEMIC YEAR. THE

										TEACHERS SHARED THERE EXPERIENCES AND WANTED MORE OF THIS TYPE OF ACTIVITY.
Chattisgarh State	Other	16/02/2026	Scientific..Workshop/CME/Webinar etc	Cervical cancer and HPV vaccination awareness	CRPF Camp Arang (District Raipur) CG	Conducted program with support of DIG CRPF and Medical representative of serum vaccine comp	Parent, Doctors, CRPF officers and their families	Around 70	Dr kavita Meghani and dr Aswathy (CRPF officer)	Successful Health Awareness session on HPV,(by dr kavita meghani) and Reproductive & Sexual Health(by dr Ashwathy) was conducted at Composite Hospital, CRPF Camp Arang Raipur benefiting soldiers of the @crpfindia & their families.
Chattisgarh State	Other	21/02/2026	Health Checkup Camp	Health Camp and Anemia and screen awareness	Satnami Bhavan Raipur	None	Parents and children	Around 35	Dr kavita Menghani	A free health check up camp was organised by dr kavita Menghani at Satnami Bhavan Raipur.Healthy nutrition,And digital wellness was discussed.Children were taught about rainbow diet and hand hygiene.
Chattisgarh State	Other	22/03/2026	Scientific..Workshop/CME/Webinar etc	A parenting workshop	Place. Alphabets Pre primary school Raipur	None, Individual Activity	Parent, Teacher	24	Dr kavita Menghani	A parenting workshop was conducted by Dr kavita Menghani at pre primary school.24 parents participated in the workshop.It was quite interactive session and recieved positive and valuable feedbacks from parents.
Delhi State	Other	10/01/2026	Scientific..Workshop/CME/Webinar etc	HPV awareness	Zoom	IAP	Doctors	70	Dr Ajay kumar Gupta	Webinar on Hpv awareness by IAP and Delhi AHA
Delhi State	Other	26/03/2026	Scientific..Workshop/CME/Webinar etc	Tech-Trauma and teen: digital wellness in youth	Joom webinar	None	Doctors	22	Delhi AHA	A webinar was conducted by Delhi AHA on Tech trauma and teen: digital wellness in youth on zoom. It was conducted and coordinated by Delhi AHA secretary Dr Aaradhana. The panel discussion was moderated by treasure dr Neeta kejiwal. Panelists were esteemed AHA members and office bearers - dr Latika Bhalla, dr Aashima Dabas, Dr Ajay kumar Gupta, Dr Dinesh Aggarwal and Dr Sabina Vij.
Delhi State	Other	03/03/2026	Scientific Publication in journal/elsewhere, Poster/Essay/Drawing Competition	Bloom where you are planted	International Conference of Society Adolescent Health Medicine at Seattle USA on March3, 2026	Gangaram hospital delhi	Doctors, Paramedical Health Workers, Professionals	International conference	Seattle	Poster entitled "bloom where you are planted" describing a study of sleep deprivation and its psychosocial impact in adolescents Presented by Dr Latika Bhalla in International Conference of Society Adolescent Health Medicine at Seattle USA on March3, 2026 , which was very well appreciated by Seniors and International Faculty. The paper has been sent for Publication in IJCM international journal of Community medicine
Delhi State	Other	14/03/2026	Awareness on Radio/television	किशोर अवस्था में नशीली पदार्थों का दुरुपयोग	You tube	IAP	Parent, Teacher, Doctors	1300 people viewed	Dr Neeta Kejriwal	Dr Neeta Kejriwal, Miss Japnit, Dr Rakesh Mahajan
Delhi State	Other	06/03/2026	Publication for awareness...pamphlet, newspaper etc	OBESITY AWARENESS	APOLLO HOSPITALS	APOLLO HOSPITALS	Doctors, Paramedical Health Workers	28	DR. DEEPA PASSI	GAVE A TALK ON OBESITY DAY, ABOUT THE IMPORTANCE OF HEALTHY LIVING, PHYSICAL ACTIVITY. GAVE INSIGHT INTO THE IMPORTANCE OF HEALTHY FOOD INTAKE, BALANCED DIET CONSISTING OF GO, GROW, GLOW FOOD, THE TALK WAS WELL RECEIVED- IT WAS FOLLOWED BY GIVING INSIGHT INTO HEALTHY MENU, & Tiffin for school children
Gujarat State	Kutch	25/03/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Mental and emotional wellbeing	Sunrise global school Gandhidham	School	Teacher	60	Dr shilpa toshniwal , dr vishal thakkar	Conducted session from preteen's module for 60 teachers of 2 schools at Gandhidham . Everyone appreciated
Gujarat State	Kutch	02/04/2026	Scientific..Workshop/CME/Webinar etc	On autism awareness day training of teachers on developmental and behavioral disorders	Rotary bhavan Gandhidham	NGO,	Teacher	90	Dr shilpa toshniwal and Dr Pooja Parikh	Teachers were trained on early detection and referral of children with development and behavioral disorders using module under president action plan AOP GUJRAT
Gujarat State	Other	25/03/2026	Scientific..Workshop/CME/Webinar etc	Cinema & Serials: Cultivating and Curating the Adolescent Mind, Manner & Health	https://zoom.us/j/96533794620?pwd=ABxoNiZi9O9nPtHvAejGDlbENp96L1	IAP	Adolescents, Parent, Teacher, Doctors, Paramedical Health	109	Dr Ketan Shah - Moderator, Panelists - Dr Satish Pandya, Dr Neema Sitapara, Dr Shilpa	Highly appreciated and engaging webinar with lots of appreciation from the audience. So far very very less discussed topic it is. So all faculties gave valuable inputs.

							Workers, Professionals		Toshniwal, Miss Esha Dadawala, Expert Guests - Dr Sushma Desai, Dr Piyali Bhattacharya	
Gujarat State	Surat	29/01/20 26	School/College Health Program	CPR - A Life Saving Skill	Countryside International School	IAP, NGO, School	Teacher	50	Dr Prashant Kariya & Dr Prashant Kariya	CPR saves lives — and today proved exactly why. ❤️ We had a truly wonderful and meaningful session at Countryside International School, where the teachers enthusiastically learned and practiced life-saving CPR skills. Watching educators step up to become first responders in emergencies was inspiring and reassuring. 🙌🙌
Gujarat State	Surat	11/01/20 26	School/College Health Program	SAMVAAD - A Key to Communication with Adolescents	Baghban Kratos	IAP, School	Adolescents, Parent, Teacher	500	Dr. Prashant Kariya	Grateful for a Beautiful Evening of SAMVAAD It was truly my pleasure to interact with the wonderful students and parents of Jimit Vankawala & Nirmeen Vankawala We spoke about something very close to my heart — SAMVAAD Not just conversation... but connection. Listening before reacting. Understanding before judging. Guiding with love rather than fear. The openness of the parents, the honesty of the students, and the energy in the room made the session deeply meaningful. Moments like these remind me that strong families are built not through perfect parenting — but through present parenting. The Suraksha adolescent awareness session was successfully conducted for students, focusing on safety, mental well-being, healthy boundaries, and responsible digital behavior. The interactive format encouraged open dialogue, allowing teenagers to ask questions freely in a supportive environment. Real-life scenarios were discussed to improve decision-making and help-seeking skills. Key messages included recognizing unsafe situations, respecting oneself and others, and reaching out to trusted adults. The session was well received, with active participation from students and teachers, and reinforced the importance of early education in building confident, informed, and resilient adolescents.
Gujarat State	Surat	28/01/20 26	School/College Health Program	Suraksha - A conversation every teen needs	Kaushalam E Techno School	IAP, School	Adolescents	100	DR PRASHANT V KARIYA	
Gujarat State	Surat	29/01/20 26	School/College Health Program	Good touch bad touch	Kaushalam e techno School	IAP, School	Pre teens	150	DR PRASHANT V KARIYA	A Good Touch–Bad Touch awareness session was conducted for preteens to help them understand body safety, personal boundaries, and the importance of speaking up. The talk used simple language, age-appropriate examples, and interactive questions to keep students engaged and comfortable. Children were taught which types of touch are safe, unsafe, or confusing, and what to do if they ever feel uncomfortable. Emphasis was placed on saying “no,” moving away from unsafe situations, and immediately informing a trusted adult such as parents or teachers. The session created a supportive environment and was warmly received by students and staff alike. HPV vaccination was successfully administered to 68 girls at Mukbadhir School, marking an important step in cervical cancer prevention and adolescent health promotion. The initiative focused on creating awareness about HPV infection, vaccine safety, and the long-term benefits of early immunization. Students were counseled in a friendly, reassuring manner to reduce fear and encourage confidence in preventive healthcare. Teachers and school staff actively supported the program, ensuring smooth coordination. The drive highlighted the importance of community–school
Gujarat State	Surat	06/02/20 26	Vaccination Camp	HPV Vaccianrion Camp	Mukbadhir School	IAP, NGO, School	Adolescents	68	DR PRASHANT V KARIYA	

Gujarat State	Vadodara	07/02/2026	School/College Health Program, IAP Day Celebration	WORLD EPILEPSY DAY--TURNING STORIES INTO ACTION	1.AMICUS INTERNATIONAL SCHOOL ,VADODARA	IAP, School, GUJARAT ADOLESCENT HEALTH ACADEMY [GAHA]	Adolescents	200 PLU S	DR. SHRIDHAR JOSHI . PEDIATRIC NEUROLOGIST	partnerships in protecting young girls' health and building a future free from vaccine-preventable cancers. EPILEPSY DAY WAS CELEBRATED BY VADODARA ADOLESCENT HEALTH ACADEMY [VAHA], IN ASSOCIATION WITH GAHA AND ACADEMY OF PEDIATRICS VADODARA AT AMICUS SCHOOL .DR. SHRIDHAR DELIVERED TALK ON ' BEING A GOOD SAMARITAN IN PAROXYSMAL EVENTS IN SCHOOL' ; AND GAVE DEMONSTRATION TO STUDENTS ABOUT WHAT TO DO IN CASE OF SUDDEN COLLAPSE[SYNCOPES] , SEIZURE , CHOKING EPISODES ETC . THIS ACTIVITY BY VAHA WAS VERY WELL APPRECIATED BY STUDENTS , TEACHERS AND MANAGEMENT OF SCHOOL. ANAEMIA DAY WAS CELEBRATED BY VAHA, IN ASSOCIATION WITH GAHA ,AND ACADEMY OF PEDIATRICS .VADODARA[AOPV]AT AMICUS SCHOOL. DR PUTUN PATEL DELIVERED TALK ON HEALTHY BLOOD HEALTHY FUTURE .SHE ANSWERED THE QUERIES SATISFACTORILY, RAISED BY AN ENTHUSIASTIC AUDIENCE . THE ACTIIVTY WAS WELL APPRECIATED BY STUDENTS ,TEACHERS AND THE MANAGEMENT OF THE SCHOOL
Gujarat State	Vadodara	07/02/2026	School/College Health Program, IAP Day Celebration	WORLD ANAEMIA DAY - RAISE YOUR HANDS FOR BLOOD HEALTH	AMICUS INTERNATIONAL SCHOOL,VA DODARA	IAP, School, GUJARAT ADOLESCENT HEALTH ACADEMY [GAHA]	Adolescents	200	DR PUTUN PATEL .. PEDIATRIC HEMATO-ONCOLOGIST	
Gujarat State	Vadodara	2/13/0026	School/College Health Program, IAP Day Celebration	ANAEMIA AWARENESS DAY CELEBRATION-HEALTHY BLOOD ,HEALTHY FUTURE	1. THE EKLAVYA MODEL RESIDENTIAL SCHOOL,GO RAJ, GUJARAT.	IAP, School, GAHA [GUJARAT ADOLESCENT HEALTH ACADEMY] AOPV [ACADEMY OF PEDIATRIC S ,VADODARA GAHA[GUJARAT ADOLESCENT HEALTH ACADEMY] , AOPV [ACADEMY OF PEDIATRIC S, VADODARA]	Adolescents	250 PLU S	DR HITESH VASAVA	ANAEMIA DAY WAS CELEBRATED BY VAHA, IN ASSOCIATION WITH AOPV AND GAHA,AT THE ABOVE MENTIONED SCHOOL.DR HITESH VASAVA TOOK AN INTERESTING LECTURE ,AND THE AUDIENCE WAS ALSO VERY RECEPTIVE AND INTERACTIVE. THE ACTIVITY WAS VERY WELL APPRECIATED BY SCHOOL TEACHERS AND MANAGEMENT .
Gujarat State	Vadodara	08/03/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	PROJECT PRETEENS -CATCH THEM EALRY ,KEEP THEM SAFE	HOTEL SAYAJI, VADODARA		Doctors	40 PLU S	DR SAMIR SHAH ,DR SATISH PANDYA, DR RIDDHI PATEL ,DR BHUPENDRA KAPADIYA	It gives us immense pride and joy to report that Team Vadodara AHA and Gujarat AHA successfully conducted the Project Preteens Pediatricians Module , In association with: AOP Vadodara, AT : Hotel Sayaji, Vadodara, ON: Date: 8-3-2026 It was the first launch of the presidential action plan offline .  The Impact: All delegates who attended are now Preteen Health Ambassadors. They are now ready to hit the ground running and serve the preteen community with excellence! 
Gujarat State	Vadodara	10/03/2026	IAP Day Celebration	WORLD OBESITY DAY .CHILDHOOD OBESITY - TOWARDS HEALTHY FUTURE	SUMANDEEP VIDYAPITH, V-PIPERIA, DIST VADODARA. GUJARAT	IAP, College, VAHA, AOPV [ACADEMY OF PEDIATRIC S ,VADODARA]	UNDERGRADUATE STUDENTS OF MEDICINE AND PARAMEDICAL SCIENCES	500 PLU S	DR VARSHA SHAH [PEDIATRICIAN AND LIFESTYLE CONSULTANT ,DR RIDDHI PATEL [PED ENDOCRINOLOGIST]] ,DR HITESH VASAVA	Academy of Pediatrics Vadodara (AOP Vadodara) in association with Vadodara Adolescent Health Academy. (VAHA) organized a CME on “Childhood Obesity: Towards Healthy Futures” on the occasion of World Obesity Day on 10th March 2026 at Sumandeep Vidyapeeth. 🕒👤 between 2.30 to 4.30 pm The program received a tremendous response with the presence of around 500 students, reflecting the growing awareness and interest in addressing childhood obesity.   

Gujarat State	Vadodara	27/03/2026	AOPG[ACADEMY OF PEDIATRICS, GUJARAT] presidential plan	TOT FOR TEACHERS --EARLY DETECTION ,TIMELY REFERRAL	B.R.C BHAVAN ,V-WAGHODIA, DIST. VADODARA, GUJARAT	VAHA, AOPV [ACADEMY OF PEDIATRIC S, VADODAR A]	Teacher, SPECIAL EDUCATOR S	100	DR KAIRAVI PANCHOLI [SEC VAHA],DR POOJA PATEL [SEC AOPV]	Together, let us continue working towards healthier futures for our children. 🤝👩👧 We connected with around 100 teachers, including a group of special educators. The response was truly heartwarming The teachers found the session very crisp, informative, engaging, and extremely useful for their classroom practice.They shared their experiences too. Videos were game changers.
Gujarat State	Vadodara	25/03/2026	AOPG [ACADEMY OF PEDIATRICS GUJARAT] PRESIDENTIAL PLAN	TOT FOR TEACHERS --- EARLY DETECTION AND TIMELY REFERRAL	SARDAR VINAY MANDIR SCHOOL, KAREIBAUG, CITY - VADODARA, GUJARAT	AOPV [ACADEMY OF PEDIATRIC S VADODAR A] ,VAHA	Teacher, SPECIAL EDUCATOR S	125	DR ALKA SONI [EB AOPG] ,DR KAIRAVI PANCHOLI [SEC VAHA]	We connected with around 125 teachers, including a group of special educators. The response was truly heartwarming The teachers found the session very crisp, informative, engaging, and extremely useful for their classroom practice.They shared their experiences too. Videos were game changers.
Gujarat State	Vadodara	27/03/2026	AOPG [ACADEMY OF PEDIATRICS ,GUJARAT] PRESIDENTIAL ACTIONAL PLAN	TOT FOR TEACHERS --EARLY DETECTION ,TIMELY REFERRAL	DEO OFFICE ,VADODARA ,GUJARAT	VAHA, APOV [ACADEMY OF PEDIATRIC S VADODAR A]	Teacher, SPECIAL EDUCATOR S	125	1.DR JIGEN SHAH [,VICE PRESIDENT AOPG] . 2. DR SHWETAL BHATT [EB MEMBER AOPG] 3. DR SNEHAL SHIROLAWALA [PRESIDENT ,[GUJARAT ADOLESCENT HEALTH ACADEMY]	The response was truly heartwarming The teachers found the session very crisp, informative, engaging, and extremely useful for their classroom practice.They shared their experiences too. Videos were game changers. Looking forward to many more impactful sessions ahead Special thanx to DEO [district education officer] for arranging this session . We also thank our president of AOPG ,Dr. Zankhana Sanghavi for the allowing us to conduct the module.
Gujarat State	Vadodara	25/02/2026	Scientific..Workshop/C ME/Webinar etc	Nurturing Adolescents in the era of AI	https://us06web.zoom.us/j/83304473255?pwd=STe45eYuanSCULAzpqWCYgvnJlnIOJ.1, recording link - https://youtu.be/Ns3DiodgsUc	AOPG	Teacher, Doctors, Paramedical Health Workers, Professionals	133	Dr Samir Shah - Moderator, Panelists - Dr Prashant Kariya, Dr Maulik Shah, Dr Ronak Patel, Dr Charul Mehta, Expert Guests - Dr Sushma Desai, Dr Charul Mehta	It was a wonderful Webinar attended by all different speciality doctors. Very well executed by our faculties.
Haryana State	Other	09/01/2026	School/College Health Program	Internet addiction self introspection through IAT survey	Government Girls School , Haryana	Asian Hospital	Adolescents, Teacher, Counselors	200 students , 10 teachers, school counsellor	Dr Meghana Phadke , Dr Jagriti Chabda	At Faridabad team AHA Haryana in collaboration with Asian Hospital Faridabad conducted Internet Addiction survey & introspection to induce self regulation among adolescent girls. Dr Meghana as faculty had an interactive session answering from Internet addiction to sexual safety.
Haryana State	Other	24/01/2026	School/College Health Program, IAP Day Celebration, Poster/Essay/Drawing Competition, National girl child day celebration	National Girl child day celebration in form of drawing competition. Winners were given prizes.	Government school of Kurushetra	IAP	Adolescents, Teacher	300 students	Dr Rakesh Bhardwaj	National Girl Child day was celebrated at Kurukshetra School & students were given prizes.
Haryana State	Other	05/02/2026	Community awareness activity	Digital awareness and Laughter Yoga	JSPC Charitable Hospital, Gurugram	NGO	Parent, Paramedical Health Workers	Approx 25	Dr Sunita Manchanda , Dr Kamlesh Khanna	Interactive session . Importance of effective communication with teens and Safe use of social media was explained. Session was concluded with breathing exercise and Laughter Yoga. It was well received by the audience.

Haryana State	Other	13/02/2026	IAP Day Celebration, Anaemia awareness day for children & adolescents	Anaemia Awareness Day	Asian hospital faridabad	IAP, NNF	Adolescents, Doctors	45	Brig Dr Arvind Gupta ,Dr Sumit Chakravarty, Dr Meghana Phadke , Dr Sanjay Tuteja , Dr Shalini Gandhi , Dr Vishal Soni	💧 ANAEMIA AWARENESS DAY 💧 Innovative Nukkad Natak (Street Play) Asian Hospital proudly provided a platform to IAP President Dr. Shalini Gandhi for conducting an impactful and innovative Nukkad Natak to spread awareness about Anaemia. 👏 Key Highlights of the Performance ✓ Recognition of early symptoms of anaemia ✓ Importance of healthy dietary choices ✓ Weekly Iron & Folic Acid supplementation ✓ Half-yearly deworming for prevention Spreading awareness through creativity, community engagement, and education. Together, Let's Fight Anaemia! 🏆 AHA Haryana Honoured with Prestigious IAHW Certificate by IAAH Celebrating Commitment. Driving Change. Empowering Adolescents. 🌟 A Moment of Pride for AHA Haryana AHA Haryana has been awarded the Prestigious IAHW Certificate of Recognition for its active and impactful participation during the International Adolescent Health Week (IAHW) celebrations. This recognition reflects our unwavering commitment to advancing adolescent health through innovative, inclusive, and state-wide initiatives.
Haryana State	Other	20/02/2026	IAHW 2025 celebrations	AHA Haryana received IAHW certification by IAAH for activities during IAHW2025	Faridabad, Jind, Kurukshetra, Gurugram, karnal, online YouTube, new paper , Teen Times	IAP, NGO, Medical College, School, AHA, IAAH , Lion's Club , newspaper	Adolescents, Parent, Teacher, Doctors, Professionals	500	Dr Rakesh Bhardwaj, Dr Meghana, Dr Sanjay , Dr Sumit , Dr Sunita, Dr shalini, Dr Abha , Dr Suresh, Dr Naveen	🌟 PROJECT PRETEENS – Community Module Launched 🎯 AHA National Action Plan 2026 🗣 Theme: “Catch Them Early, Keep Them Safe” 👧 Faridabad 26 February 2026 The Adolescent Health Association (AHA) Haryana, in collaboration with the Asian Institute of Medical Sciences, successfully launched
Haryana State	Other	26/02/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Academic stress , study skills , peer relations, bullying & how to handle it.	School of international education, Delhi Public School , Faridabad	Asian institute of Medical sciences, Faridabad	Adolescents, Teacher, Preteens	65 preteens , 15 teachers	Dr Sumit Chakravarty, Dr Meghana Phadke Sultania	🌟 PROJECT PRETEENS – Community Module Launched 🎯 AHA National Action Plan 2026 🗣 Theme: “Catch Them Early, Keep Them Safe” 👧 Faridabad 26 February 2026 The Adolescent Health Association (AHA) Haryana, in collaboration with the Asian Institute of Medical Sciences, successfully launched
Haryana State	Other	04/03/2026	Publication for awareness...pamphlet, newspaper etc	Obesity salient features & how to control it	Digital flyer	IAP Kurukshetra	Adolescents, Parent, Teacher, Doctors	100	Dr Rakesh Bhardwaj, Dr Meghana Phadke	CHILDREN 4Ms of obesity drivers and complications: • Mental: Mental health disorders, stress, and barriers like emotional eating. • Mechanical: Biomechanical issues from excess weight, like sleep apnea, osteoarthritis, or reflux. • Metabolic: Metabolic conditions related to obesity, such as diabetes, high blood pressure, or fatty liver. • Monetary: Financial factors affecting access to healthy food or weight management treatments. 4Ms of management of obesity - • Meals: Healthy diet, no JUNCs, nutrition therapy, and addressing eating behaviours. • Movement: Physical activity and exercise to support weight management. • Mind: Managing mental health, emotional eating, stress, and behavioural factors. • Medicine/Metabolic: Medications (like GLP-1 agonists) and metabolic
Haryana State	Other	06/03/2026	Scientific..Workshop/CME/Webinar etc	Childhood Obesity	BRSK International	IAP, IAP Jind	Adolescents, Teacher	100	Dr Lovkesh Aggrawal , Dr Suresh Jain	Talk on childhood obesity & it's complications to make Children aware about JUNCs & lifestyle change required

Haryana State	Other	05/03/2026	School/College Health Program	Obesity awareness talk with youth	public school , Jind World Medical College , Jhajjar	IAP, IAP Jind	Adolescents, Youth	100	Dr Suresh Jain	Talk on obasity to junior residents at world medical College jjajher
Haryana State	Other	06/03/2026	Scientific..Workshop/CME/Webinar etc, IAP Day Celebration, Obesity awareness day	Obesity awareness day	Kurukshetra	IAP, IAP kurukshetra	Adolescents, Parent, Teacher	25	Dr Rakesh Bhardwaj	Updates about pediatric obesity were shared. Pledge was taken by every doctor for 1 reason to act on obesity amalgamating global theme. Created digital framing "O" for obesity prevention
Haryana State	Other	06/03/2026	Obesity awareness day 2026	Obesity awareness day with youth	World Medical college , Jhajjar	Medical College	Adolescents, Teacher	50	Dr Suresh Jain	World obesity day reminds importance of excercise & it was reinforced in college youth through talk.
Karnata ka State	Banglore	12/01/2026	Publication for awareness...pamphlet, newspaper etc, School/College Health Program	Substance abuse,life style modification in adolescents	Gandhi school (sevashrama high school) Srirampuram Bangalore	IAP, School	Adolescents	110 high school students	Dr kishore ,Dr UmaRao, Dr Bharathi Dr Sathyavathi	BAHA,BANGALORE, KARNATAKA BRANCH DONE AWARENESS PROGRAM ON SUBSTANCE ABUSE HEALTHY LIFE STYLE TO 110 HIGH SCHOOL STUDENTS SEVAASHRAM SCHOOL SRIRAMAPURA BANGALORE ,ROLE PLAY WAS DONE BY STUDENTS,GOOD RESPONSE WAS THERE BY STUDENTS PARTICIPATED ACTIVELY
Karnata ka State	Raichur	19/01/2026	School/College Health Program	Exam stress management for 10th exam going Adolescents	Kendriya Vidyalaya Raichur	IAP, School	Adolescents	55	2	A specialized session on Exam Stress Management was successfully conducted for the 10th-standard students of Kendriya Vidyalaya on January 19th By Dr Usha Pranam an adolescent specialist Under IAP Raichur District branch. Recognizing the academic pressure faced by students during board examinations, the program focused on practical strategies to maintain mental well-being and peak performance.
Karnata ka State	Banglore	22/01/2026	Health Checkup Camp, Anticipatory guidance too	Care of adolescents in an orphanage	Arya Sevashrama Orphanage, Rajajinagar, Bangalore	IAP, IMA, NGO, Government UPHC , Orphanage	Adolescents, NGO volunteers, orphanage caretakers and management	40	Dr. Vimochana Pediatrician and BAHA member, Dr. Sathyavathi UPHC MO and IMA , Prema, Mythili, Paranjyothi Youth for Seva volunteers	Dr. Vimochana was invited by NGO Youth for Seva to conduct health screening of 30 adolescent inmates of Ashraya Orphanage as a part of their adolescent health program. Dr. Sathyavathi from PHC and also IMA Bangalore branch active member joined hands and distributed deworming and IFA too. Adolescents were given anticipatory guidance on life skills and healthy habits while the management was told about insisting on simple daily habits like brushing teeth twice a day as also getting yearly ophthalmology and dental screening. YFS volunteers assured that they would follow up with such referrals
Karnata ka State	Banglore	19/02/2026	School/College Health Program	Substance abuse, media misuse and how to say No	1. Government School Kyathsmaran ahalli and 2 BBMP School Srirampura	IAP, IMA, NGO, School, Government UPHC	Adolescents, Teacher, NGO volunteers	160	Dr. Bharathi, Dr. Vimochana (both Pediatricians) Dr. Sathyavathi BAHA affiliate member and UPHC Medical officer	Dr Bharathi spoke on Media use and abuse, how to say No in different situation at BBMP school Srirampura Dr. Sathyavathi and Dr. Vimochana spoke on Substance misuse, mobile use and abuse, prer pressure etc in Kyathsmaranahalli school Interactive sessions Children gave take home messages.. it was reassuring that they told about choding good friends Poster displaying nutritious aspects of egg was displayed in the school Have shared it in the report
Karnata ka State	Banglore	05/03/2026	IAP Day Celebration	Obesity and BMI	Primary Health Centre Srirampura	IAP, IMA, NGO	Adolescents, Paramedical Health Workers	50	Dr Vimochana and Dr. Sathyavathi	GNM nursing students posted to UPHC Srirampura were introduced to the topic of Obesity and it's connection to non communicable diseases. Also, about importance not only of diet but also exercise and sleep Most students were 18 -19 year old. They were made yo calculate their BMI. Only 2 of the 20 girls were in the overweight range while 7 were underweight. Almost all boys were normal. They were informed about Obesity day and to go back and check bmi of friends and family and advise them.

Kerala State	Other	03/01/2026	School/College Health Program	Awareness against Substance Abuse	FHC Kodyeri	Unicef, College, Institute of Nursing Sciences Education and Reasearch ,Malabar Cancer Centre	Doctors, Paramedical Health Workers, General Public	40	Dr Dhanya MK ,	AHA Kerala in coordination with IAP THALASSERY and INSeR MCC THALASSERY Conducted Street play on Substance Abuse on 03/01/2026 at FHC KODIYERI. 8 nursing students from Institute of Nursing Science and Research centre(INSeR)MCC THALASSERY under the guidance of their tutor Miss Sruthi P performed the informative activity.Dr Dhanya MK , Chairperson AHA Kerala and Medical officer in charge of FHC Kodyeri was instrumental in organising the event. It was well appreciated by an audience of around 40 people.
Kerala State	Other	06/01/2026	School/College Health Program	Voice of Adolescence	GHSS Chelora	School	Adolescents	250	Dr Swetha B Ram , Dr Aswathi	Voice of Adolescents Interactive session on career guidance was conducted with students of NSS unit , Govt Higher secondary school, Chelora, Kannur by Dr Swetha B Ram on 6/01/2026 . Dr Aswathi MK , Gynecologist , took class on Menstrual hygiene . The classes were well appreciated by an audience of 250 students . Name of Activity: Article on 'Road Traffic Accidents in Adolescents'
Kerala State	Other	07/11/2025	Publication for awareness...pamphlet, newspaper etc, International Adolescent Health Week 2024	Road Traffic Accidents in Adolescents	Amma Maasika	Amma Maasika (Magazine)	General Public	250000 copies monthly	Dr Newton Luiz	No of participants: 25,000 copies monthly Short Description: Article in Amma Maasika for the November 2025 edition, on Road Traffic Accidents in Adolescents.
Kerala State	Other	08/01/2026	School/College Health Program	Pre Teen Health	SBOA International School , Chittoor	School	Adolescents, Students of classes 4rth and 5th standard	200	Dr M N Venkateswaran	AHA Kerala in association with SBOA International School conducted awareness class on Preteen Health for class IV and V students of SBOA International School , Chittoor. The class was interactive and was received well by an enthusiastic crowd of around 100 students
Kerala State	Other	14/01/2026	School/College Health Program	Awareness Class and pledge against Substance Abuse	Darul Irshad Arabic College	IAP, College	Adolescents	50	Dr Dhanya M K	AHA Kerala in association with IAP Thalassery
Kerala State	Other	15/11/2025	Scientific Publication in journal/elsewhere, International Adolescent Health Week 2024	HEADSSS and SSHADESS- Adolescent History , Interviewing and Assessment Tour	IAP Today monthly magazine	IAP	Doctors	1300	Dr Ranjith P	Dr Ranjith P , past chairperson of AHA Kerala and past South Zone EB member of Central AHA , published an erudite article on *HEADSSS & SSHADESS* , adolescent interviewing and assessment tools used in pediatric practice in IAP Today ,the monthly journal of IAP Kerala . It outlines a psychosocial screening framework covering Home, Education/Employment, Activities, Drugs/Alcohol, Sexuality, Suicide/Depression, and Safety. The article was well appreciated by pediatricians all over Kerala .
Kerala State	Other	12/12/2025	Scientific Publication in journal/elsewhere	Screening Tools for Mental Health in Adolescents	IAP Today	IAP	Doctors	1300	Dr Deepa. Janardhanan	The article by Dr Deepa Janardhanan , Immediate past Chairperson of AHA Kerala reviews screening tools for mental health in children & adolescents. It stresses early identification of rising mental health issues using validated, age-appropriate questionnaires (TSQ-M, SDQ, PHQ-9, GAD-7) for detecting depression, anxiety, behavioral problems, etc., enabling timely intervention in clinical, school, and community settings for better outcomes. It was published in IAP Today , monthly journal of IAP Kerala and was well appreciated .
Kerala State	Other	08/11/2025	International Adolescent Health Week 2024, Health Checkup Camp	ABC Camp -Adolescent parental awareness talk	BVET Centre, Chathannoor	IAP	Adolescents, Parent	35	Dr Meera R, Developmental and Adolescent Paediatrician, Travancore Medical College, Kollam.	AHA Kerala in association with IAP Kollam conducted adolescent parental awareness talk by Dr. Meera R., Developmental and Adolescent Paediatrician, Travancore Medical College. The session focused on key issues faced by adolescents, effective parenting strategies, emotional and behavioural changes during adolescence, peer pressure, screen time and mental well-being. The talk was interactive and well received by the parents, who actively participated in the discussion and clarified their concerns.
Kerala State	Other	09/11/2025	International Adolescent Health Week 2024	International Adolescent Week 2025 - Daughter's Day	Kollam District	IAP	Doctors	15	Dr Riaz I , President , IAP Kerala	AHA Kerala in association with IAP Kollam as a part of the adolescent week activities and Daughter's day (December 9), a Daughter's Day Photo Contest was

Kerala State	Other	11/11/2025	Scientific..Workshop/CME/Webinar etc	Webinar on “Social Media and Body Image – Counselling the Health Instagram Generation”	Zoom platform	IAP	Doctors	65	Dr Newton Luiz, Consultant Paediatrician, Dhanya Mission Hospital, Potta	conducted to celebrate and highlight the importance of the girl child. More than 15 contestants were there. Photo contest judgement was done by Dr Riaz, IAP State President. The award distribution was held during the Kollam IAP GB Meeting on 16th November 2025 at IMA, Kottarakkara. Winners of the Daughter's day photo contest: • Best Photo with caption Award – Dr. Anil Tharian & his daughter Ms Anna Susan Anil • Most Heart-Warming Photo Award – Dr. Sandhya & Aditi Both winners received a cash prize of ₹1000 each along with mementos. The initiative was well appreciated and received positive responses from members, promoting the message of valuing and celebrating daughters. AHA Kerala , in association with IAP Kollam, conducted an online webinar on 11/11/2025 via Zoom regarding Adolescent week celebrations. The meeting was presided over by Dr. Gopi Mohan, IAP State Secretary. The welcome address was delivered by Dr. Manoj Mony, President, IAP Kollam, and the presidential address was given by Dr. Riaz I, State President, IAP Kerala. Dr. Deepa Janardhanan, Chairperson, AHA Kerala, also addressed the gathering. The speaker, Dr. Newton Luiz, Consultant Paediatrician, Dhanya Mission Hospital, Potta, Kerala, was introduced by Dr. Meera R., Developmental Paediatrician, Travancore Medical College. He delivered an excellent talk on the topic “Social Media and Body Image – Counselling the Health Instagram Generation.” The session was very informative and well appreciated by the participants. Around 65 participants attended the programme. The session concluded with a vote of thanks by Dr. Bidhu P., Secretary, IAP Kollam.
Kerala State	Other	14/11/2025	International Adolescent Health Week 2024	International Adolescent Week – Online Webinar on “Adolescent Obesity: From Clinic to Community – What Pediatricians Can Do”	Zoom platform	IAP	Doctors	50	Dr. Reshma M, Assistant Professor, Department of Endocrinology, Government Medical College, Trivandrum	AHA Kerala, in association with IAP Kollam, conducted an online webinar on Lifestyle Day as part of Adolescent Week Celebration on 14th November 2025 at 8 PM via Zoom. The meeting was presided by Dr. Gopi Mohan, IAP Kerala State Secretary. The welcome address was delivered by Dr. Manoj Mony, President, IAP Kollam. Dr. Deepa Janardhanan, Chairperson, AHA Kerala, gave the keynote address. The faculty, Dr. Reshma M, was introduced by Dr Meera R, Developmental Pediatrician, Travancore Medicity, Kollam. Dr Binukuttan P.V, Treasurer, IAP Kerala, also addressed the gathering. Dr. Reshma delivered a highly informative and practical session on adolescent obesity and the pivotal role paediatricians can play, making it a very valuable academic program for paediatric practice
Kerala State	Other	17/11/2025	International Adolescent Health Week 2024, International Adolescent Week 2025	Adolescent Nutrition and Healthy Lifestyle Poster Competition for Nursing students of Travancore Nursing College	Travancore Nursing College	IAP, Medical College	Paramedical Health Workers, Nursing students	6	Dr Gopi Mohan , Dr Meera Nair , Mrs Deepa	As part of Adolescent Week Celebration 2025, a poster competition was conducted for nursing students by the Department of Paediatrics and Child Development Centre, Travancore Medical College, Kollam, in association with the IAP Kollam Branch. A total of six students participated in the competition. Participants presented creative and informative handmade posters focusing on adolescent nutrition, mental well-being, physical health and healthy lifestyle practices. The students explained their content in detail, reflecting good understanding and awareness about adolescent health-related issues. Prizes were awarded to the best two posters for Farhan and Ishana Fathima. The prizes were distributed by Dr. Gopi Mohan, Professor, Department of Pediatrics, Travancore Medical College Hospital. The program was coordinated by Dr. Meera, Developmental and Adolescent Pediatrician, Travancore Medical College, Kollam. Mrs. Deepa, Nursing Pediatric tutor, was present for the programme. The prizes

										were distributed by Dr. Gopi Mohan, Department of Pediatrics, Travancore Medical College. The event was coordinated by Dr. Meera R., Department of Pediatrics, Travancore Medical College Hospital,
Kerala State	Other	13/11/2025	International Adolescent Health Week 2024	Name of activitySchool Awareness Session on Adolescent Health Care	SNUPS Pattathanam, Kollam	IAP, School, College	Adolescents, Parent	60	Dr Meera R , Ms Reshma M	As part of the Adolescent Week Celebrations 2025, an interactive awareness session was conducted for students aged 10–12 years. The program focused on promoting healthy lifestyle habits and addressing key adolescent behavioural and learning concerns. The session included the following talks: Adolescent Healthy Lifestyle – delivered by Dr. Meera R., Developmental & Adolescent Paediatrician, Travancore Medicity, Kollam Behavioral Concerns in Adolescents – by Ms. Reshma M., Behavioural Therapist, Child Development Centre, Travancore Medicity. Understanding and Managing Learning Difficulties – by Ms. Roshni Mohammed, Special Educator, Child Development Centre, Travancore Medicity Around 60 students, along with teachers, attended the session. The lively question and answer interaction that followed made the program highly engaging and informative for the participants.
Kerala State	Other	07/11/2025	International Adolescent Health Week 2024, School/College Health Program, International Adolescent Week 2025	Teenage Day - Distribution of Menstrual cup and class on Menstrual Hygeine	Govt Higher Secondary School , Chelora	IAP, Cannanore Obstretics and Gynecologi cal Society	Adolescents	250	Dr Swetha B Ram	As part of IAP child and adolescent health care week celebrations on the theme “Strong Foundations, Healthy Futures” with the slogan “Invest in Children. Empower Adolescents. Transform Tomorrow , distribution of Menstrual cup and class on Menstrual Hygeine was taken for female students of classes XI and XII of Govt HSS , Chelora was organised by AHA Kerala in association with IAP Kannur and COGS . Dr Swetha B Ram , Secretary AHA Kerala presided over function in which Mrs Sasikala , councilor of Kannur Corporation did the inauguration . The class was taken by Dr Aswathi , senior specialist, obstetrics and Gynaecology, BMH Kannur . This was followed by an interactive session where the children clarified their doubts on usage of menstrual cup. The class was attended by 250 students .
Kerala State	Other	14/11/2025	International Adolescent Health Week 2024	Awareness Class on Non Communicable Diseases in Adolescents during IAP Adolescent Week , Lifestyle Day	Govt Higher Secondary School , Chelora , Kannur	IAP, School	Adolescents	40	Dr Swetha B Ram	Awareness class to promote long-term well-being in adolescents by making health a lifestyle choice was conducted on 14th November to students of Class X , GHSS Chelora . The students belonged to NSS unit of GHSS Chelora. The class was followed by an interactive session where queries of the students were addressed.
Kerala State	Other	14/11/2025	Awareness class for mothers	Awareness Class on NCD in Adolescents	EKNM Hospital , Mangattupar amba	IAP	Parent	25	Dr Mridula Shanker, Dr Preema , consultant pediatricians, EKNM hospital Mangattuparamba	Name of activity: Awareness class on NCD in adolescents Date of activity: 14th November Partner organisation: AHA Kerala Type of audience: Mothers Number of participants: 25 Name of faculties: Short description: Awareness class on Type 1 and Type 2 diabetes in children and adolescents was conducted at EKNM on November 14th. Class was attended by 25 mothers . It was followed by an Interactive session .
Kerala State	Other	10/11/2025	Health Checkup Camp	Health Check up Camp for differently abled Adolescents - International Adolescent Week	Manave Special School , Kodyeri	IAP	Adolescents	30	Dr Dhanya M K , Dr Jayagopal P P and Dr Malvika Sreejith	IAP Child and Adolescent health care week Observation by AHA Kerala in Association with IAP Thalassery and Institute of Nursing Sciences and Research, MCC Kodyeri. A Medical camp was conducted by Dr.Jayagopal P.P, Dr.Dhanya M.K and Dr.Malvika Sreejith at Manave special school, Kodyeri on 10-11-2025 30 students were examined.
Kerala State	Other	15/11/2025	Publication for awareness...pamphlet, newspaper etc, International Adolescent Health	Article on Digital Media Hygeine for Adolescents	IMA Nammude Aarogyam Magazine	IAP, IMA	Doctors	6000	Dr Ranjith P	The article titled on Digital Media Hygeine by Dr Ranjith P , Past Chairperson AHA Kerala and past South Zone EB Member of Central AHA , discusses how to guide children to become responsible digital citizens. It was published in IMA Nammude Aarogyam , Monthly Magazine of Indian Medical

			Week 2024, International Adolescent Week 2025							Association . It highlights the impact of digital media on kids, offers tips for parents to ensure safe and healthy online habits, and promotes balanced screen time with real-world activities for holistic development.
Kerala State	Other	13/11/2025	Scientific Publication in journal/elsewhere, International Adolescent Health Week 2024, International Adolescent Health Week 2025	Substance Abuse in Adolescents	IMA Nammude Aarogyam Magazine	IAP, IMA	Doctors	6000	Dr Ranjith Kumar T	The article on Adolescent Substance Abuse by Dr Ranjith Kumar T , pediatrician and member of AHA Kerala. examines how substance abuse harms adolescent minds and bodies. It was published in IMA Nammude Aarogyam Magazine and outlines reasons for teen drug use, its mental impacts like depression, and physical health risks. It also stresses prevention strategies and treatment to guide youth toward healthy lifestyles. Awareness and education are key to protecting teenagers from addiction and its damaging consequences on their overall well-being entirely.
Kerala State	Other	16/01/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Talk on Substance Abuse	Kolkata ,National Pedicon	IAP	Doctors	60	Dr Newton Luiz	Dr Newton Luiz presented talk on Substance use disorder during Adolescent - AHEAD TOT at Kolkata on 16/01/2026 . The talk was attended by attended by around 60 pediatricians from all over India . The crisp and clear presentation was appreciated by all participants
Maharashtra State	Nagpur	02/01/2026	Health Checkup Camp	Health Talk, hygiene awareness and hygiene kit distribution	Vinayakrao Chatrawas, Nagpur	IAP, NGO	Adolescents	45	Dr. Yash Banait, Dr. Nirav Patel, Dr. Sandeep Mogre	The orphan and underprivileged Adolescents living in Vinayakrao Chatrawas were told about importance of hygiene, health checkup done and also hygiene kit and health suppliments were distributed.
Maharashtra State	Nagpur	03/01/2026	Scientific..Workshop/CME/Webinar etc	Regional conference lectures	Shegaon	IAP	Doctors, Paramedical Health Workers, Professionals	1000	Dr. Yash Banait, Dr. Dinesh Saroj, Dr. Satish Agrawal,Dr. Shubhada Khilwalkar, Dr. Jaya Shiwalkar	Vidharbha Pedicon a regional conference, AHA Nagpur had a significant role with 2 complete sessions and also AHA members as faculties in the event.
Maharashtra State	Nagpur	11/01/2026	Health Checkup Camp	Health Talk, health checkup and medicine distribution	Salekasa	NGO	Adolescents, Parent	180	Dr. Yash Banait	In a tribal area which is difficultly accessible in the deep remote areas, a medical camp was conducted and more than 180 children, adolescents and their parents were evaluated
Maharashtra State	Nagpur	11/01/2026	Awareness through social media..YouTube/Instagram	Autism beyond childhood Myth and realities	Zoom platform	NGO	Parent, Teacher, Doctors	30	Dr. Dinesh Saroj Dr. Yash Banait	Demystifying the myths associated with Autism and educating about the control and rehabilitation
Maharashtra State	Nagpur	11/01/2026	School/College Health Program	Health Talk and Health checkup	Asshray Balgruh Chandrapur	NGO	Adolescents	30	Dr. Ram Bharat	A health checkup camp and a health talk was organised for the underprivileged Adolescents at Chandrapur
Maharashtra State	Nagpur	12/01/2026	Publication for awareness...pamphlet, newspaper etc	Environment and health awareness article	Dainik Hindustan	None	Public atlarge	1000	Dr. Satish Agrawal	A educative article on environment awareness and health related issues covering varied aspects
Maharashtra State	Nagpur	06/02/2026	Scientific..Workshop/CME/Webinar etc	HISTORY TAKING AND PHYSICAL EXAMINATION IN ADOLESCENTS AND ADOLESCENTS COUNSELLING IN OFFICE PRACTICE ORACTCE	STATE INSTITUTE OF FAMILY WELFARE DEPARTMENT, NAGPUR	PUBLIC HEALTH DEPT,NAGPUR ; MAHA AHA	Doctors	113	DR. CHITRA KULKARNI, DR. NISHIKANT KOTWAL	Adolescents make up nearly 29% of the total population, making their health needs a critical public health priority. The Public Health Department is therefore focusing on key issues such as mental health, nutrition, and substance abuse. As adolescent pediatricians, we have an important role in creating awareness and sensitizing medical officers within the public health system to better address these challenges. The ARSH programme, implemented by the Public Health Department, serves as an effective platform to reach communities at the grassroots level in both urban and rural areas.
Maharashtra State	Nagpur	16/03/2026	Publication for awareness...pamphlet, newspaper etc	Media and Relationships	AHA Nagpur Bulletin	IAP, MAHA AHA	Doctors	300	Dr. Nishikant Kotwal (Nagpur)	The articles was based on insights by Dr. Nishikant Kotwal, focused on the impact of media and digital platforms on adolescent relationships. It highlighted how media influences connections with parents, grandparents, peers, and romantic partners, discussing both positive aspects like improved connectivity and negative effects such as reduced face-to-face interaction, misunderstandings, and excessive screen time. The articles emphasized the importance of balancing online and offline life, maintaining healthy boundaries, and

Maharashtra State	Nagpur	22/03/2026	Scientific..Workshop/CME/Webinar etc, Awareness through social media..YouTube/Instagram, IAP Day Celebration, Health talk , MAHA AHA	TERTIARY PREVENTION AND ALONG TERM FOLLOWUP OF DOWN SYNDROME UP	YASHWANT RAO CHAVAN MUKT VIDYAPEETH (YCMOU) NASHIK	IAP, NGO, PUBLIC	Parent, Doctors	150	DR. ABHIJEET BHARDWAJ, NAGPUR	encouraging open communication within families. It also addressed challenges like cyberbullying, comparison, and privacy concerns, while offering practical tips for parents, grandparents, and adolescents to build stronger, healthier relationships in the digital age. DOWN SYNDROME CHILDREN GO THROUGH PUBERTY AT A SIMILAR AGE TO THEIR PEERS, BUT THEY MAY FACE CHALLENGES THAT REQUIRE ONGOING MONITORING.METABOLISM OFTEN SLOWS DURING THE TEEN YEARS, MAKING WT MANAGEMENT, MORE NEED OF DIET AND REGULAR PHYSICAL ACTIVITIES ARE MUST
Maharashtra State	Nagpur	24/03/2026	Awareness through social media..YouTube/Instagram, School/College Health Program, IAP Day Celebration	WORLD DOWN SYNDROME DAY	NANDANVAN SANRAKSHIT KARYASHAL A, LAXMI NAGAR , NAGPUR	IAP, NGO, WHO, School, AHA, NAGPUR , MAHA AHA,&AOP, NAGPUR	Adolescents, Parent, Teacher, Doctors, Paramedical Health Workers	46 STUDENTS,5 TEACHERS	DR. JAYASHREE SHIWALKAR, DR.UDAY BODHANKAR, DR.SANDEEP MOGRA	At the heart of the programme was an engaging and informative session on the theme “Importance of Cleanliness”, conducted by Dr. Jayashree Shiwalkar , Convenor of the event. The session, delivered with clarity and empathy, resonated deeply with the participants and reinforced the importance of simple, sustainable health practices.
Maharashtra State	Nagpur	02/04/2026	Awareness on Radio/television, IAP Day Celebration	Autism spectrum disorder	Broadcast on 102.7MTZ ON 02/04/2026@ 9 AM	AHA NAGPUR	GENERAL PUBLIC speciaaly for Yawatmal	MORE THAN1000 more 350 people were tuned	Dr.Swati Patil, district coordinatorAHA ,Nagpur	The initiative highlights our continued commitment towards community awareness and support for children with autism THE BROADCASTING OF INTERVIEW WAS ON 2 APRIL 2026@ 11 AM. Hema Bahade was conducting interview. Dr. Ram from Yawatmal explained the causes, signs and symptoms of autism. Early diagnosis and early interventions are quite possible. Many myths and doubts were cleared in local language that is in Marathi
Maharashtra State	Nagpur	02/04/2026	Awareness on Radio/television	AUTISM IS NOT HANDICAPPED BUT THEY ARE SPECIAL	103MHZ FM	IAP, AKASHWANI, CHANDRAPUR	INTERVIEW FOR GENERAL PUBLIC		DR. RAM BHARAT, CLINICIAN IN ADOLESCENT	
Maharashtra State	Nagpur	02/04/2026	Publication for awareness...pamphlet, newspaper etc, IAP Day Celebration	AUTISM: RESPONSIBILITY OF PARENTS	HINDUSTAN AMARAVATI NEWS PAPER 2 APRIL 2026	IAP, IMA	general public	30,000 TO 35,000	DR. Satish AGRAWALFROM AMARAVATI AND dr. dinesh Saroj president AHA,Nagpur	dr. Agarwal has written about the increasing burden of autism on society. On an average the incidence is about 1/68. the alarming signs and symptoms are well explained in local language that is Marathi.The early diagnosis and intervention helps to channelise the parents properly
Maharashtra State	Nagpur	02/04/2026	Awareness on Radio/television, IAP Day Celebration	AUTISM AWARENESS	NAGBHID PANCHAYAT SAMITI OFFICE DIST. CHANDRAPUR	School	Teacher	60 PRINCIPALS OF SCHOOLS	DR. DINESH SAROJ, PRESIDENT AHA NAGPUR	DR. Saroj conducted a meaningful and impactful session on Autism spectrum disorder.The session witnessed enthusiastic participation of principals reflecting a strong commitment towards building an inclusive and supportive education system. All participants were sensitised and trained in administration of M-Chat , a crucial early screening tool that helps in identifying early signs of autism-because early intervention can truly change the lives. Together , we move one step closer to awareness, acceptance and action.
Maharashtra State	Navi Mumbai	17/01/2026	Publication for awareness...pamphlet, newspaper etc, Awareness through social media..YouTube/Instagram	The CURA January 2026 newsletter focused on pediatric and adolescent health awareness, highlighting breastfeeding support, preventive child healthcare, National Girl Child awareness with emphasis on cervical cancer prevention and HPV vaccination, along with parental education and community outreach.	Dr Kalkekar's CURA Clinic, Navi Mumbai (Child and Teen clinic)and online platforms (website and digital newsletter). https://drkalkekarcuraclinic.com/newsletter/Cura-Newsletter-Final-Jan-26.pdf	None	Adolescents, Parent, Caregivers	Multiple parents, adolescents, and caregivers (newsletter-based outreach)	Dr. Shruti S. Kalkekar Pediatrician & Adolescent Health Specialist ,Scientific Advisor MAHA AHA	Our clinic has initiated a monthly newsletter with the objective of improving parent awareness and promoting preventive child and adolescent health care. Each issue includes sections on child and adolescent health education, clinic activities, a dedicated Child Health Corner, and educational case studies. The content is evidence-based, parent-friendly, and aimed at early identification, prevention, and healthy lifestyle practices.

Maharashtra State	Navi Mumbai	07/01/2026	School/College Health Program	Digital Detox & Cybersafety session in teenagers	Secondary School Sudhagadh, Poyenje, Raigad district Maharashtra	IAP, NGO, School	Adolescents, Teacher	50	Dr Amog Shahane	*Screen media exposure & addiction* has percolated every strata of society affecting the mindset of teenagers even in semi rural and rural areas. This issue is largely unaddressed due to lack of awareness on the part of teens & their parents. To enlighten these teenagers on the *judicious use of screens* and to make them aware of the harmful effects of screen & screen media, dynamic Navi Mumbai IAP Treasurer & NMAP AHA Secretary, *Dr Amog Shahane* delivered a session on the same for *50 students of class 7-9* at Sudhagadh school I *Poyenje, Raigad* district, Maharashtra. The session focused on *Digital detox* stressing on Mindfulness, green time & also enriched them about *Cyber safety* and Cyber Helpline avenues. It was engaging & well appreciated by the Principal, teachers & students.
Maharashtra State	Navi Mumbai	27/01/2026	School/College Health Program, IAP Day Celebration	National Girl Child Day Celebration & Republic day celebration	Rapid Action Force (RAF) BATALLION, Kharghar Navi Mumbai campus	IAP	Adolescents, Parent, Paramedical Health Workers	100	Dr Amog Shahane	★ ❖ *Dear All* ❖ ★ On the occasion of *National Girl Child Day & Republic day Celebration*, dynamic NMAP Treasurer & Navi AHA Secretary, *Dr Amog Shahane* took an enriching & interactive session for around *100 parents at Rapid Action Force Batallion (RAF),* Kharghar, Navi Mumbai. The session emphasised the importance of: 👉 Basic human rights of all girls 👉 Adopting a healthy lifestyle with parents as role models 👉 Nutritional importance in the early formative years of life 👉 Junk food avoidance 👉 Screen media exposure hazards 👉 Strengthening the family dynamics & family values of traditional India in this fast paced life of today The session was graced by the *First Lady of the Batallion* who was appreciative & looked forward to more such parental awareness sessions.
Maharashtra State	Navi Mumbai	12/01/2026	School/College Health Program	Promoting Health & wellnes in adolescents	Indian Women Scientists Forum, Vashi	IAP	Adolescents	120	Dr Kalyani Patra	A one-day lecture workshop on *Promoting Health & Adolescent Wellbeing (PHAW)* organized by the *Indian Women Scientists' Association (IWSA)*, Health Care Committee, Vashi, Navi Mumbai, was successfully conducted at Soonu Naval Godrej Hall, IWSA, Sector 10A, Vashi. The session was represented by the Adolescent Health Clinic, *MGM New Bombay Hospital, Vashi*, and was conducted by *Dr. Kalyani Patra*, Consultant Adolescent Health, who took an informative session on the Adolescent Health Clinic and the range of services provided. The workshop was attended by 120 adolescents, with members of IWSA.
Maharashtra State	Navi Mumbai	13/02/2026	School/College Health Program, IAP Day Celebration	IAP Anaemia awareness day & HPV VACCINATION AWARENESS SESSION	Sri Satya Sai Sanjeevani child cardiac care hospital Kharghar Navi Mumbai	IAP, NGO, College	Adolescents, Teacher	100	Dr Amog Shahane	★ ❖ *Dear All* ❖ ★ 💧 On the occasion of *World Anaemia awareness day, 13th February & HPV Awareness month January*, dynamic NMAP Treasurer & AHA Secretary, *Dr Amog Shahane* conducted a session for the nursing students of Sri Satya Sai Sanjeevani child cardiac care hospital, Kharghar, Navi Mumbai.

										💧 The students were highlighted about different aspects of *Nutritional Anaemia, early detection, prevention & management* both in kids & adults. 👤 Along with this, the students were sensitised to the *prevalence of Cervical cancer in Indian women & males, modes of transmission of HPV, prevention* through vaccination & the importance of *male vaccination*. 💎 The session was interactive, informative & appreciated by the students & teachers. 💎 *Theme: "Raise your hands for blood health"*
Maharashtra State	Navi Mumbai	24/02/2026	School/College Health Program	Importance of Emotional intelligence Quotient vs Intelligence Quotient	Perfection International Preschool Kharghar Navi Mumbai	IAP, School	Parent, Teacher	100	Dr Amog Shahane	🌐 One such enriching parental session was conducted by enthusiastic *Navi Mumbai IAP Treasurer & Secretary AHA Navi Mumbai Dr Amog Shahane* on the *Importance of 'Emotional Quotient Vs Intelligence Quotient'* in today's classrooms & home environment at the Annual gathering of Perfection International Preschool, Kharghar. The session was well appreciated by the Principal, teachers & parents.
Maharashtra State	Navi Mumbai	27/01/2026	Scientific..Workshop/CME/Webinar etc	Adolescent orthopaedics	zoom and you tube channel	IAP, ORTHOPEDIC BRANCH, Thane	Doctors, Professionals	25-30	DR.Sandeep Vaidya	sc for evaluation of ortho problems olistosis, screen posture issues, basic examination of teens on opd basis, ilizarov technique is a russian procedure mainly used in non healing fractures and shortening of especially long bones TREAT THE CHILD ,NOT THE INSULIN NUMBER AND ONE SHOULD FOCUS ON OVERALL METABOLIC HEALTH IS THE TAG LINE OF WEBINAR. DR. ABHISHEK FOCUSED ON GENETICS & EPIGENETICS, COMPREHENSIVE MANAGEMENT GUIDELINES, LIFESTYLE INTERVENTION AND PHARMACOTHERAPY OF TYPE I DIABETES MELLITUS. DR. R. N. SHARMA WELL SUMMERISED AND GAVE THE IMP .MESSAGE *LISTEN TO YOUR BODY*. DR.PREETI GALGALI WAS VERY INSTRUMENTAL IN RAISING THE QUERIES REGARDING INSULIN RESISTANCE AND PHARMACOKINETICS. DR. AMOG ,MODERATED THE SESSION SMOOTHLY. THE WEBINAR WAS HIGHLY APPRECIATED BY THE PARTICIPANTS.
Maharashtra State	Navi Mumbai	24/03/2026	Scientific..Workshop/CME/Webinar etc	ADOLESCENT ENDOCRINOLOGY	ZOOM	MAHARASHTRA ADOLESCENT HEALTH ACADEMY	Doctors	48	DR.ABHISHEK KULKARNI, SENIOR ENDOCRINOLOGIST, SRCC ,RELIANCE HOSPITALS, NAVI MUMBAI S	
Maharashtra State	Navi Mumbai	27/03/2026	Scientific..Workshop/CME/Webinar etc	TOT on Adolescent Health Initiatives at village level schools in Panvel block Raigad district Maharashtra	Sri Satya Sai Sanjeevani child cardiac care hospital Kharghar Navi Mumbai	IAP, NGO	Doctors, Paramedical Health Workers	30	Dr Amog Shahane	Navi Mumbai IAP Treasurer & AHA Navi Mumbai Secretary, *Dr Amog Shahane* had the opportunity to conduct a *TOT (Training of trainers)* for around 30 MOs, DHOs, CHOs & Taluka health officers (THO) of Panvel block, Raigad district on multiple issues related to teens: 💎 *Adolescent nutrition* 💎 *Puberty & Menstrual hygiene* 💎 *Holistic health* (screen, sleep, soft skills, mental health) 💎 *WASH Module* (Water & Sanitation hygiene) 💎 *Adolescent vaccination & HPV Awareness* Breaking this barrier and trying to comprehend as to what goes on in a teens mind, dynamic NMAP Treasurer & Secretary AHA Navi Mumbai, *Dr Amog Shahane* had a tete-a-tete with the *students of class 7-9* at *Sudhagadh Prathmik Vidyalaya, Poyenje*, Raigad district, Maharashtra. The kids were very enthusiastic and shared their views on multiple issues like *body shaming, media exposure & addiction, menstrual myths, food cravings & academic & other stresses* at their tender age.
Maharashtra State	Navi Mumbai	31/03/2026	School/College Health Program	Healthy lifestyle in Teens	Sudhagadh Prathmik Vidyalaya Poyenje Raigad Maharashtra	IAP, School	Adolescents, Teacher, Paramedical Health Workers	70	Dr Amog Shahane	

										They were guided with tips of *time management, study skills, healthy nutrition & screen free habits* which would be the building blocks for their & our country's future generation.
Maharashtra State	Other	04/02/2026	School/College Health Program	Healthy Life style ,substance Abuse	Atomic Energy Central School ,Anushakti Nagar Mumbai	IAP, School	Adolescents, Teacher	120 Adolescents, 3 teachers	Dr Anita patil	spoke on healthy lifestyle ,substance abuse ,role play on skill of telling No to Substance abuse The MAHA AHA Monthly Academic Webinar focused on adolescent vaccination and recent rabies vaccine guidelines, bringing together healthcare professionals and participants through an interactive online session. Overall, the webinar aimed to spread awareness, update medical knowledge, and promote better preventive health practices.
Maharashtra State	Other	24/02/2026	Scientific..Workshop/CME/Webinar etc, Awareness through social media..YouTube/Instagram	Adolescent Vaccination & Rabies Vaccine Recent Guidelines	Zoom link, Youtube	IAP, MAHA AHA	Doctors, Medical Officers	70	Dr.Nishikant Kotwal, Dr. Alok Gupta	
Maharashtra State	Other	08/01/2026	Scientific..Workshop/CME/Webinar etc	Role of Artificial intelligence	Zoom	IAP, MAHA AHA	Doctors	72	Dr. Deepa Passi	The CME session during the Installation Ceremony focused on the theme "Role of AI" and was delivered by Dr. Deepa Passi. The session highlighted how artificial intelligence is transforming healthcare and adolescent medicine, including its role in early diagnosis, personalized treatment, mental health support, and improving access to medical information. Dr. Deepa Passi emphasized the need for healthcare professionals to adapt to evolving technology while maintaining ethical practices and human connection in patient care. Overall, the CME provided a forward-looking perspective on integrating AI into healthcare and preparing professionals to effectively use technology for better outcomes.
Maharashtra State	Other	15/03/2026	Scientific..Workshop/CME/Webinar etc	STATE CONSULTATION ON EARLY LIFE NUTRITION, GROWTH AND DEVELOPMENT SCIENTIFIC PROGRAMMATIC PERSPECTIVE	HOTEL ORCHID , MUMBAI	IAP, NGO, Medical College, Unicef	Doctors	120	DR. MRUDULA PHADAKE, DR. RAJALAXMI NAIR, DR. PRAMILA MENON, DR. SAMEER DALWAI, DR. CHITTARANJAN YADYNIK	MAHA AHA 26 IS WILLING TO CONDUCT A 3 GENERATION NCD STUDY IN VARIOUS DISTRICTS LIKE RAIGAD, SOLAPUR, PUNE, YAVATMAL. APPLIED FOR SUPPORT FROM UNICEF FOR THE PROJECT. WOULD LIKE TO GO FOR LIFE STYLE MODIFICATION MANAGEMENT. NEEDS SOME AUTHENTICATION FROM BIOETHICAL COMMITTEE. THE PROPOSAL WAS PRESENTED TO DR. RAJI MADAM BY DR. CHITRA KULKARNI CHAIRMAN MAHA AHA 2026. The focus was particularly on the girl child, as the age of menarche has been declining. Adolescent girls need to be sensitized about the anatomical, physiological, and hormonal changes occurring in their bodies. With widespread access to social media, students are often exposed to misinformation, which increases curiosity and confusion around these topics. Therefore, it becomes the primary responsibility of pediatricians to provide accurate knowledge, guidance, and appropriate training. Both faculty members did an excellent job in effectively reaching and engaging with the rural population.
Maharashtra State	Pune	12/03/2026	School/College Health Program	Healthy lifestyle and menstrual hygiene and Burst Exam Stress	Annasaheb Patil Highschool, Nandre, Dist. Sangli	IAP, Medical College, MAHA AHA, AKCCI	Teacher, Students	200	Dr. Ujjwala Gawali, Dr. Vijanti Aphale	
Maharashtra State	Raigad	17/03/2026	Community program	Aao baat karey	IMC (indian merchant Chamber of Commerce) Mumbai,	IAP, NGO, MAHA AHA, Government officers, social workers, community workers, Adolescent	Adolescents, Doctors, Paramedical Health Workers, Professionals	32	Dr. Chitra S. Kulkarni	The session was highly interactive, with participants divided into three groups to brainstorm key adolescent health issues such as sanitation and hygiene, menstrual challenges, mental and physical health connection, HPV vaccine misconceptions, junk food consumption, access to healthcare, and the need for privacy in counseling. Overall, the discussion focused on real-world challenges faced by adolescents and practical ways to improve

						s from Slum, Psychologis t				awareness, healthcare access, and supportive environments, with valuable inputs guided by Dr. Chitra S. Kulkarni.
Mahara shtra State	Raigad	14/03/20 26	School/College Health Program, Awareness program	exam stress and study skills	MGM school Nerul Navi Mumbai	IAP, NGO, School, MAHA AHA, AACCI	Adolescents, Teacher	45	Dr Chitra Shriram Kulkarni, Dr Neha Singh, Dr. Amog Shahane	An Aacci module session on exam stress management and study skills was conducted at MGM School, Nerul, Navi Mumbai for 40 students and 5 volunteers. The session was led by Dr. Chitra Shriram Kulkarni, along with Dr. Neha Singh and counsellor Ms. Muskan Kevdia. It was highly interactive, with active participation from students throughout, and was well appreciated by parents for its practical guidance and supportive approach.
Mahara shtra State	Raigad	26/02/20 26	Publication for awareness...pamphlet, newspaper etc	Nutritional Anemia	local newspaper of Raigad District 'Krushival'	IAP, MAHA AHA	Adolescents, Parent, Teacher, Doctors, Paramedical Health Workers, Professionals , General Public	News pape r read ers	Dr. Rajendra Chandorkar	The newspaper article published in *Krushival* highlights the issue of nutritional anemia, explaining that it commonly occurs due to deficiencies of iron, vitamin B12, and folic acid, especially among children, adolescents, and women. Authored by Dr. Rajendra Chandorkar, the article discusses causes such as poor diet, junk food consumption, and lack of nutrient-rich foods. It outlines symptoms like fatigue, weakness, pale skin, reduced immunity, and poor growth in children. The article emphasizes the importance of a balanced diet including green leafy vegetables, pulses, fruits, milk, and iron-rich foods to prevent anemia.
Mahara shtra State	Yavatmal	12/03/20 26	International Adolescent Health Week 2024, School/College Health Program, IAP Day Celebration, Health Checkup Camp, Vaccination Camp, International Youth Day	community social programme	adivasi villege hostel	IAP, School	Adolescents, Teacher	25	Dr. Ram Bharat, pediatrician from Yavatmal	A beautiful gathering centered around healthy living and mindful eating habits made the day truly special. The celebration of Makar Sankranti was marked by the traditional distribution of tilgul roti—a symbol of warmth, sweetness, and togetherness.
Mahara shtra State	Yavatmal	22/02/20 26	Scientific..Workshop/C ME/Webinar etc	Panel Discussion: Screens and Childhood: How much is too much?	Online: Zoom meeting	IAP, MAHA AHA	Doctors, Community program	60	Dr Samir D Dalwai, Dr Ram Bharat, Pallavi Malap, Vinit Malap	What made the occasion even more meaningful was the presence of three generations under one roof, reflecting unity, tradition, and shared values. Receiving blessings from Dr. Ram Bharat and his parents was truly the cherry on top, adding grace and warmth to the entire event. In today's digital era, screens have become a central part of life for all age groups, from children to the elderly. Determining appropriate screen time for children is increasingly important. The session, conducted in Marathi, highlighted both the benefits and risks of excessive screen use, including its potential to lead to addiction and impact mental health. The moderators Dr Guruprasad Thete and Dr. Mahesh Sulakshane effectively guided the discussion and conveyed a clear message about maintaining healthy screen habits and safeguarding children's mental well-being.
Mahara shtra State	Yavatmal	14/03/20 26	Scientific..Workshop/C ME/Webinar etc	Adolescence and Obesity – A Challenge	Zoom meeting	IAP, IMA, MAHA AHA	Doctors, General Public	60	Dr. Manjusha Giri, Dr. Swati Likhite, Dr. Krishna Borakar, Dr. Sangeeta Dhanate	The webinar was conducted in Marathi language for better local connect and it focused on understanding and addressing adolescent obesity from multiple angles. It would have started with Dr. Manjusha Giri, who explained what obesity is and its main causes. Then, Dr. Swati Likhite probably discussed practical aspects like healthy diet and the importance of exercise. Dr. Krishna Borakar would have covered the role of hormonal imbalances in obesity, helping attendees understand medical factors. Dr. Sangeeta Dhanate likely addressed common myths and misconceptions, clearing up misinformation around obesity.
Mahara shtra State	Yavatmal	08/03/20 26	Awareness through social media..YouTube/Insta gram	India's Exam Stress Epidemic	Social Media platform - twitter	IAP, MAHA AHA	Adolescents, Parent, Teacher, Doctors, Paramedical Health Workers, Professionals	1200	Dr. Satish Agrawal (Amravati)	A session addressing present-day issues faced by 10th and 12th standard students featured a specially designed video clip created by Dr. Satish Agrawal from Amravati. The clip, developed for use in school programs, highlighted common challenges such as exam stress, academic pressure, time management, and emotional well-being. It was shown during the day's activities and helped engage students while creating awareness about handling these issues effectively.

Maharashtra State	Other	08/01/2026	Scientific Workshop/CME/Webinar etc	BE FUTURE-READY! The Tussle Between Global AI Trends & Indian Values IN ADOLESCENTS & YOUNG ADULTS	VIRTUAL PLATFORM	IAP	Doctors	41	DR. DEEPA PASSI	DR, DEEPA PASSI WAS INVITED TO SPEAK ON THE ABOVE TOPIC ON THE OCCASION OF NEW TEAM OF MAHARASHTRA AHA, 41 PARTICIPANTS OF AHA ATTENDED THE PRORAM
Odisha State	Bhuvneshwar	27/01/2026	School/College Health Program	Youth wellness 1. Physical & Digital wellness 2. Menstrual hygiene, teen age pregnancy 3. Awareness on HPV vaccination	1. Unit 1 Girls High School, Bhubaneswar	IAP, Medical College, School	Adolescents, Teacher, Doctors, Paramedical Health Workers	200	Dr Swarnalata Das (Paed), Dr Sudarshan Das (O&G), Dr Sai Chandan Das (Community Medicine)	Youth wellness programme conducted in Unit 1 Girls High School by AHA Bhubaneswar City Branch in association with Kalinga Institute Medical Sciences Youthwellness Clinic. Interactive sessions conducted on Physical wellness with focus on Healthy eating, Regular Physical activity, Avoid Junk food & Screen time limitation. Talk on safe media use, Smart approach to Cyberbully, THINK before post, shared cyber security help line number 1930, 1098 and Tele manas. As all students are girls menstrual hygiene and negative life long impact of Teen age pregnancy & HPV vaccination discussed. Followed by Q & A session.
Odisha State	Bhuvneshwar	13/02/2026	School/College Health Program	Nutritional anemia in adolescent Girls	Unit 6 Girls High School, Bhubaneswar	IAP, School, College	Adolescents	95 girls students of Class 8th & 9th	Dr Swarnalata Das (Prof. Paediatrics) Dr Mamta Devi Mohanty (prof. Paediatrics), Dr Jignyasha Ipsita Pattanaik (Asso.Prof. Psychiatry)	An Adolescent Health Education programme was conducted at Unit 6 Girls High School, Bhubaneswar on 13.2.26 on the occasion of world Anemia Awareness week. Topics Discussed were 1. Nutritional Anemia & negative Health impact of Anemia on adolescent health & its transgenerational effect. It's prevention strategy (annual routine screening, early detection & treatment emphasized) 2. Teen pregnancy prevention awareness (discussed on Sexual Reproductive health wellbeing) 3. Red flag signs of mental health issues in Teen age girls (any emotion disturbing routine daily functioning for more than 2 wks to be taken seriously & ask for help emphasized). Programme ended with group photo & Students and teachers offered Badam chikki as a token of healthy Snack. Programme was coordinated & logistics arranged by Dr Swarnalata Das
Odisha State	Other	30/01/2026	School/College Health Program	Physical Changes in Puberty and Sexuality	Program in St. Arnolds School, Rourkela	School	Adolescents	450	Dr. Parthasarathy Lall, Dr. Jyotsna Lugun	Students of Class 6 and 7 from ages of 12 to 14 yrs were addressed. Boys and girls were addressed separately. Correct information about bodily changes were given. Myths and anxieties regarding masturbation, menstruation were discussed. This was followed by an interesting question answer session. The program lasted for about 1.5 hours
Odisha State	Other	31/01/2026	School/College Health Program	Physical and mental challenges of Adolescents	City English Medium School	None	Adolescents, Teacher	110	Dr P. Lall, Pediatrician, Dr. (Ms) Gitanjali Patri Gynecologist, Dr. (Ms) Ekta Sanghi, Psychologist	The venue was City English Medium School, Rourkela Odisha which caters to students of middle and lower middle class families. There were 110 students, both boys and girls of Classes 8th and 9th along with some teachers Physical Changes and their variations were dealt with by Dr. P. Lall. Dr. G. Patri dealt primarily with menstrual issues and Dr. Ekta Sanghi talked about the mental changes and how to deal with them including academic pressure, digital media, stress and exam pressure
Odisha State	Other	18/02/2026	Scientific..Workshop/CME/Webinar etc	Adolescent Vaccinations	Hotel Central Park, Rourkela Odisha	IAP, GSK Vaccine division	Doctors	16	Dr. P. Lall MD Pediatrics	This was an IAP Sundergarh District Branch activity where I spoke on Infanrix Hexa and the problem especially of Pertussis. I took this opportunity to sensitize the Pediatricians about the importance of vaccinations in adolescents. The reasons for an urgent need of the same as also a lack of a proper adolescent vaccination schedule by GOI. The schedule by IAP-AHA was highlighted
West Bengal State	Kolkata	12/01/2026	School/College Health Program	Youth Day celebration	Eastern Railway Hospital, Liluah	Bharat Scouts and Guides	Adolescents	27 adolescents and 25 children	Dr Shilpi Siddhanta	On the occasion of birthday of Swami Vivekananda, adolescents from Bharat Scouts and Guides presented poems, speech etc on significance of this day and life and principles of Swami Vivekananda. This followed by elaboration of some positive advice given by Swami Vivekananda
West Bengal State	Kolkata	10/02/2026	Scientific..Workshop/CME/Webinar etc	Understanding sleep problems in adolescents.	Zoom	IAP	Doctors	80 (approx)	Dr Newton Luiz (Speaker). Dr Neelam Mohan (Chief guest) Dr Sushma Desai (Guest of honour)	WBAHA successfully conducted a scientific webinar on 10th February 2026, on the topic 'Understanding sleep problems in Adolescents'. It was a very practical and clinic-friendly session attended by around 80 participants with some very eminent paediatricians from IAP and AHA.

										The speaker was a very renowned paediatrician, Dr Newton Luiz. He highlighted common sleep problems in adolescents. The influence of screen time, academic pressures and lifestyle on sleep were enumerated. It was emphasized that early identification and practical strategies can improve sleep hygiene in our homes. Lastly, role of medication and the need for adults to improve their habits were also discussed. Real-life cases helped participants to gain clarity. The webinar concluded with a very engaging question and answer session.
West Bengal State	Kolkata	21/02/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Life skills education	Brick kilns(sree)	IAP, NGO	Adolescents, Parent, Preteens	Approx 50	Dr Shilpi Siddhanta Talukdar	A preteens get them early keep them safe programme under central AHA was conducted at the brick kilns of UTTARPARA, hooghly district of West Bengal by WBAHA along with new Kolkata AHA along with West Bengal Academy of paediatrics . A programme spanning from 1:00 PM to 2:00 PM was held on 21st of February 2026. Around 35 preteens is it 8 to 12 years , adolescents and parents participated in this programme on life skills education . After conducting the programme they were given some questions to answer by tick or cross that further help them understand life skills .. Their parents also were present and they were also encouraged to support their children develop life skills . Participants thoroughly enjoyed the programme. to end the programme they were asked to draw what they want to become the small paper .
West Bengal State	Kolkata	21/02/2026	Health Checkup Camp,	Anemia awareness, hemoglobin estimation, menstrual hygiene and health check up	Brick kilns of Uttarpara (Sree)	IAP, NGO	Adolescents, Paramedical Health Workers,	60	Dr Rajat Subhro Sen, Dr Nanigopal Chakraborty and Dr Shilpi Siddhanta	a health check up camp cum awareness programme was held in the brick kilns of Uttarpara, Hooghly, West Bengal on 21st of February 2026 . Doctors present were Dr Rajat Subhro Sen, Dr Nanigopal Chakraborty and Dr Shilpi Siddhanta. Health check up and non invasive Haemoglobin estimation was done. This was followed by giving iron supplements to those who needed it . They with advised for deworming. Then they were given advice on healthy lifestyle to prevent anaemia . Then they were made aware the importance of menstrual hygiene and sanitary napkins were distributed.
West Bengal State	Kolkata	12/03/2026	Scientific..Workshop/CME/Webinar etc	ALLERGY IN ADOLESCENTS	ZOOM PLATFORM	IAP	Doctors	40 approx	Dr Bholanath Aich, Dr Kajari Sarkar, Dr Soumik Dhar, Dr Kaushik Chakraborty, Expert- Dr .Sanjukta Dee	A webinar on Allergy in Adolescents was conducted by WBAHA in collaboration with WBAP . It was designed as a panel discussion in which the various clinical scenarios involving adolescent age group were discussed using case based illustrations. The cases included Anaphylaxis, asthma, contact dermatitis, SPT, Serum tryptase with expert inputs. The session was followed by open question and answer session which was highly interesting and engaging.
West Bengal State	Other	03/02/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS, School/College Health Program	Nutrition counseling	Akshay Vidyapith Girls' High school, Krishnanagar	School, Sundar Saisab Trust	Adolescents, Teacher	19 Students and 2 Teachers	Dr Tapan Kumar Das	Branch name : WBAHA Venue : A classroom of Akshay Vidyapith Girls' High school Krishnanagar It is a Govt aided school with average academics. Most of the students come from Low Socioeconomic conditions. We took weight & height of all students as a basic criteria of nutritional assessment. Then they were addressed regarding Healthy Home-made food, Hand hygiene and Cleanliness. We vowed to do it every month and intervene whenever necessary.

REPORTING BY CITY BRANCHES HAVING NO STATE BRANCHES

State Branch Name	City Branch Name	Date	Name of Activity	Topic Name	Venue	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION
Central AHA	Bikaner	22/03/2026	Awareness talk on HPV vaccination & cervical cancer	HPV vaccine & Cervical cancer- Myths & facts	Sardar Patel Medical College, Bikaner	IAP, NGO, Medical College, Naari Shakti Sangathan, Bikaner	Doctors, Females of Nari Shakti Sangathan & department faculty	>40	Dr. Sarika Swami, Dr. Rekha Acharya, Dr. Renu Agarwal, Dr Shyam Agarwal Dr. G.S.Tanwar	Participants were made aware of the HPV Vaccine as well as Cervical cancer and myths related to these were bursted. Venue- Seminar Hall, Dept of Paediatrics, SP Medical College, Bikaner
Central AHA	Gwalior	24/01/2026	Scientific..Workshop/CME/Webinar etc	National Girl Child Day Celebration	Hotel Landmark Gwalior	IAP	Doctors	About 25 Pediatricians	1 Dr CP Bansal Sir 2 Dr MukulTiwari Sir 3 Dr Rashmi Gupta	We are pleased to share that on the occasion of Girl Child Day, a Continuing Medical Education (CME) seminar for pediatricians was successfully organized with the objective of strengthening awareness, advocacy, and action toward the rights, safety, and overall well-being of the girl child. The scientific and legal sessions focused on key legislations and child protection frameworks, including: • Rights of the Child in India • Prohibition of Child Marriage Act, 2006 • Protection of Children from Sexual Offences (POCSO) Act, 2012 The active and enthusiastic participation of general pediatricians greatly enriched the deliberations and reflected their strong commitment to child protection and adolescent health.
Central AHA	Gwalior	25/01/2026	Scientific..Workshop/CME/Webinar etc	Post Conference CME (1 Vaccination Errors 2 LARC In Adolescents 3 Nutrition from paper to Plate	Hotel Landmark Annexe	IAP	Doctors	30 Pediatricians	1 Dr CP Basnsal Sir 2 Dr Mukul Tiwari Sir 3 Dr RashmiGupta	Greetings from Gwalior AHA 🙏 We are pleased to inform you that Gwalior AHA with IAP Gwalior organized a Post Conference CME for the benefit of all Pediatrician Eminent speakers Dr CP Bansal Sir, Dr Mukul Tiwari Sir, Dr Rashmi Gupta Shared the important updates and key learning points discussed at National Conference. The program was successfully conducted with the aim to update participants on recent advances .The CME provided an excellent platform for academic exchange and skill development. Overall the program was well attended appreciated and highly informative contributing meaningfully to Continuing professional development.
Central AHA	Gwalior	13/02/2026	Awareness Program on world Anemia Day	Nutritonal Anemia Prevention And Screening of Anemia	Aroghadham Hospital and. BIMR Hospital	IAP	Adolescents, Parent	About 50 Adolescent and Parents	1Dr Praveen Garg 2 Dr VK Sharma 3 Dr Vineet Chaturvedi	On the occasion of World Anemia Awareness Day (13th February), AHA Gwalior, in collaboration with IAP Gwalior, successfully conducted two Anemia Awareness and Screening Programs at two of Gwalior's leading private hospitals. Program 1 – Aarogya Dham Hospital The first program was organized at Aarogya Dham Hospital. Dr. Praveen Garg, Secretary AHA Gwalior, along with Dr. Neeti and Dr. Asmita, screened all OPD children and adolescents for anemia. Parents and adolescents were counseled regarding preventive measures, including: Adoption of a healthy, balanced diet with iron-rich foods Biannual deworming

										Maintaining proper hand hygiene Special attention to adolescent girls, who are more prone to anemia, with emphasis on regular monitoring and tracking of their growth and hemoglobin levels Program 2 – Birla Medical Institute and Research Hospital The second program was conducted at Birla Medical Institute and Research Hospital under the able guidance of Dr. V. K. Sharma, GAP President; Dr. Praveen Garg, AHA Secretary Gwalior; and Dr. Vineet Chaturvedi, GAP Secretary. All OPD children, adolescents, and young girls were advised to undergo Hb testing whenever they experience: Persistent fatigue Irritability Excessive tiredness History of abnormal food cravings (pica) The importance of regular follow-up was strongly emphasized to ensure continuous monitoring of their well-being. Approximately 50 adolescents and parents were counseled and benefited from these awareness initiatives. With the dedicated support of our dynamic team, we remain committed to continuous efforts toward making Bharat Anemia-Free — ensuring Strong Blood, For Strong Children, and a Strong Nation.
Central AHA	Gwalior	09/03/2026	School/College Health Program	1 HPV Vaccination For Girls and Boys 2 Substance Abuse And Digital Wellness	2 ITM College Gwalior	College	Adolescents, Professionals	About 150 Students	1 Dr Pratibha Dhir 2 Dr Praveen Garg	We are pleased to share that on the occasion of International Women's Day, a health awareness program was organized at ITM College, Gwalior. The program included a talk on "Role of HPV Vaccination in Girls and Boys" delivered by Dr. Pratibha Dhir. The session highlighted the importance of HPV vaccination in preventing HPV-related diseases and emphasized the need for awareness among adolescents and young adults. Another very relevant session on "Substance Abuse and Digital Wellness in Adolescents" was delivered by Dr. Praveen Garg. The talk focused on creating awareness among young students so that they can make responsible choices as they step into adult life. It was a highly interactive session, addressing crucial issues such as: How to say no to drugs Prevention of addiction Understanding one's digital footprint Importance of digital detox Using social media in a balanced and responsible way Around 150 students attended the session with great enthusiasm. The students actively participated and raised several queries regarding HPV vaccination and substance abuse, which were addressed by the speakers. The program was well received and helped in spreading awareness about important health and lifestyle issues among adolescents.
Central AHA	Jaipur	23/01/2026	Scientific..Workshop/CME/Webinar etc	Effective counselling regarding HPV Vaccination-A need of the Hour	Hotel Sarovar Premiere	IAP, Medical College, Gynaecologist and Psychologist	Doctors, Professionals	40	Dr SP Sethi / Dr Vijendra Kumar Garg	Jaipur AHA successfully conducted its first CME of 2026 on "Effective Counselling Regarding HPV Vaccination – A Need of the Hour" on 23 January 2026 at Hotel Sarovar Premier, Jaipur. The academic program included a welcome address, a focused scientific talk on HPV counselling addressing myths and facts, followed by an interactive open-house discussion. The CME was chaired by senior experts and saw active participation of 40 delegates. The program was well appreciated for its clinical relevance and practical counselling insights. Branch: Jaipur AHA Venue: Hotel Sarovar Premier, Jaipur

Central AHA	Jaipur	23/01/2026	Scientific..Workshop/CME/Webinar etc	Effective HPV counselling for Parents and Adolescents-Myths & Facts	Hotel Sarovar Premier	IAP, Medical College	Doctors, Professionals	40	Dr S P Sethi	Jaipur AHA successfully conducted its first CME of 2026 on "Effective Counselling Regarding HPV Vaccination – A Need of the Hour" on 23 January 2026 at Hotel Sarovar Premier, Jaipur. The academic program included a welcome address, followed by a scientific session by Dr. S. P. Sethi, focusing on effective HPV counselling for parents and adolescents, addressing common myths and facts. An interactive open-house discussion enhanced participant engagement. The CME was chaired by senior experts and witnessed active participation of 40 delegates. Branch: Jaipur AHA Venue: Hotel Sarovar Premier, Jaipur
Central AHA	Noida	05/02/2026	School/College Health Program	Relationship issues, non communicable disease	Saraswati balika vidya mandir, Noida	AOP Noida	Adolescents, Parent	100	2	We conducted an education session for the students aged 12-15, about relationship issues, social media awareness and non communicable disease awareness
Central AHA	Udaipur	24/01/2026	School/College Health Program, IAP Day Celebration, Poster/Essay/Drawing Competition	National Girl child day celebration	Govt school,dewali, udaipur	Medical College, School	Adolescents	150	Dr Anuradha Sanadhya	AHA udaipur branch conducted various competitions for girls of middle classes.which included essay writing,poster competition, dance competition, slogan writing etc. Three best performing girls were awarded in each category with prizes General motivational talk was delivered by Dr Anuradha Sanadhya, professor pediatrics at RNT medical College udaipur.
Central AHA	Jaipur	05/03/2026	Scientific..Workshop/CME/Webinar etc	ACT NOW : Fighting with childhood and adolescent obesity	Zoom , you tube panelDiscuss ion for Digi IAP PLATFORM	IAP	Professionals	More than 1500 n zoom	Dr Neelam Mohan, Dr Nirmala , Dr Shailaja Mane, Dr Hemchand, Dr Ravindra	On the occasion of world obesity day, a panel discussion on prevention and management of obesity in children and adolescents was held for empowering the pediatricians. It will be an open access programme for those who missed. Posters and videos were released.