OUR MEMBERSHIP STRENGTH - 3625

ADOLESCENT HEALTH ACADEMY

QUARTERLY ACTIVITY REPORTING

JULY - SPTEMBER 2026

TOTAL ACTIVITY REPORTED – 258 (87 PREVIOIUS QUARTERS ACTIVITES)

CENTAL AHA ACTIVITIES – 10

STATE BRANCHES WHO REPORTED ACTIVITIES – 14

CITY BRANCHES WHO REPORTED ACTIVITIES – 25

PROJECT PRETEENS COMMUNITY MODULE – 26

PROJECT PRETEENS PEDIATRICIANS' MODULE – 2

PREPARED BY : - DR. SAMIR SHAH & DR. SHAMIK GHOSH

Dr. MEGHANA SULTANIA, DR. SHILPI SIDDHANTA, DR. NEHA SINGH

IAP ADOLESCENT HEALTH ACADEMY

Subspeciality Chapter of Indian Academy of Pediatrics

TEAM 2026



Dr. Sushma Desai
Chairperson



Dr. Piyali Bhattacharya
Chairperson Elect



Dr. Himabindu Singh
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Central Zone



Dr. Arwind Sawant
Central Zone

CENTRAL AHA NATIONAL ACTION PLAN & ADMINISTRATIVE ACTIVITIES

Date	Name of Activity	Topic Name	Venue	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION
08/07/2026	Scientific..Workshop/CME/Webinar etc	Inter Chapter Webinar Series with Computer and Medical Informatics Chapter	Zoom Platform	IAP	Doctors	62	1. Dr Samir Shah 2. Dr Prashant Kariya 3. Dr Ajoy Kumar 4. Dr Shamik Ghosh 5. Dr Yatin Mehta 6. Dr Kalyani Patra	1. Expert Talk- Mental Health of Adolescents in Era of Artificial Intelligence 2. Panel Discussion- Navigating the Digital Maze Around the Adolescent: Challenges and Solutions, a Case based discussion
15/07/2026	Scientific..Workshop/CME/Webinar etc	Launch of Adolescent Today and Quarterly Reporting	Zoom	IAP	Doctors	42	Dr Poonam Bhatia and team of Editors of Adolescent Today	2nd Edition of Adolescent Today with the theme of “Raising Environmentally Conscious Adolescents”
16/07/2026	Scientific..Workshop/CME/Webinar etc	PG PEARLS	Zoom Platform	IAP, Medical College	Teacher, Doctors	43	1. Dr Shailaja Mane 2. Dr Sraddha Salunke 3. Dr Vedant Tandon4. Dr Shilpa Pawar Kshirsagar 5. Dr Chavi Singh	Online programme 1.CASE DISCUSSION From Crushes to Crisis: A Girl Between Love, School, and the Mind 2. CASE DISCUSSION- PMOS- A mystery to be solved
20/07/2026	Scientific..Workshop/CME/Webinar etc	Online Certificate Course AACCI'S ORIENTATION TO LIFE SKILLS 5 ONLINE SESSIONS Skills COLLABORATION JOINING HANDS BETWEEN AHA AND AACCI	Zoom Platform	IAP, NGO, AACCI	Doctors, Paramedical Health Workers, Professionals	100	Dr Swati Bhave, Dr MKC Nair, Dr Samir Shah, Dr Prashant Kariya, Dr Sandeep Kavade	Topics Covered : 1. Introductions to Life Skills, Self Awareness and Empathy 2. Copings Skills- Coping with Stress and Emotions 3. Negotiating Skills- Communicating Skills, Interpersonal Relationships 4. Thinking Skills- Problem Solving, Decision Making, Creative and Critical Thinking 5. Tips for Learning to use life skills in OPD practice as clinician, in school as teacher and at home as parents Sessions on 20th,21st,22nd July, 28th and 29th July 2026
05/08/2026	Scientific..Workshop/CME/Webinar etc	INTER SPECIALTY CHAPTER WEBINAR SERIES In Association with Growth, Development & Behavioral Pediatric Chapter of IAP	Zoom Platform	IAP	Doctors	62	Dr Anjan Bhattacharya, Dr Amola Patel, Dr Kiran Makhija, Dr Ajay Srivastava, Dr Manmeet Sodhi, Dr Vaishali Deshmukh	Expert Talk- Unrooting the root causes of Adoiescent Mental Problems: A Developmental Origin of Diseases by Dr Anjan Bhattacharya Panel Discussion on Beyond Diagnosis: Promoting Physical, Mental and Developmental Health in Adolescents with Complex Neurodevelopmental Needs
20/08/2026	Scientific..Workshop/CME/Webinar etc	PG PEARLS WEBINAR SERIES	Zoom	IAP, Medical College	Teacher, Doctors	41	Dr Surbhi Agarwal, Dr Jigisha Patadiya, Dr Yogesh Parikh from Government Medical College, Surat . Dr Swati Kumari, Dr Sayantan Saha and Dr Navendu Jana from BR Singh Railway Hospital, Kolkata	Case Discussion A Tender Beginning - Breast Pain in Early Puberty by Government Medical College, Surat Case Discussion A Forgotten Vaccine, An Unforgettable Consequence by BR Singh Railway Hospital, Kolkata
24/08/2026	Scientific..Workshop/CME/Webinar etc	Adolescent Endocrine Algorithm for Practicing Pediatricians (AEAPP)	Zoom	IAP, Medical College	Doctors	100	Dr. Chetan Dave Dr. Ruchi Shah Dr. Shalmi Mehta Dr. Riddhi Patel Dr. Chirantap Oza Dr. Chetan Dave Dr. Zalak	Inauguration & Instruction for whole workshop Introduction & Overview Approach to Disorders of Puberty Thyroid Disorders in Adolescents

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							Upadhyay Dr. Manoj Agrawal Dr. Prachi Karia Shah Dr. Prachi Karia Shah	Obesity in Adolescents Approach to Dysglycemia in Adolescents Approach to Short Stature in Adolescents Menstrual Issues in Adolescents Approach to Hypocalcemia in Adolescents Work Stations - 2 Followed by Concluding Remarks and Feed Back
16/09/2026	Scientific. Workshop/CME/Webinar etc	INTER SPECIALTY CHAPTER WEBINAR SERIES In Association with Medicolegal Chapter of IAP	Zoom	IAP	Doctors, Professionals	47	1. Shree Amod Kanth IPS, Former DGP Delhi. 2. Dr. Satish Sharma Rohtak, Haryana 3. Dr. Hemant Gangolia Raigad, Maharashtra 4. Dr. V. K. Goyal New Delhi 5. Dr. Avinash Bansal Kota, Rajasthan 6. Dr. Deepak Gautam New Delhi	1. EXPERT TALK When Adolescence Meets the law: Rights, Risk & Responsibilities By Shree Amod Kanth . 2. PANEL DISCUSSION Adolescent Health Practice: When Clinical care meets Law and Ethics
17/09/2026	Scientific..Workshop/CME/Webinar etc	PG PEARLS WEBINAR SERIES- September	Zoom Platform	IAP, Medical College	Teacher, Doctors	100	Dr Momin Shukur, Dr Pratiksha Nehete of Dr. Vasant Rao Pawar Medical College ; Dr Darshan Pandya, Dr Lata Jha, Dr Sanket Sinh Rathod of Dr MK Shah Medical College, Ahmedabad	1. CASE DISCUSSION When Chorea Meets Hydrocephalus: Who is the Culprit? 2. CASE DISCUSSION The Clues in the Extremities: A Complex Adolescent Case Presentation
25/09/2026	Proposal for 6 month ICP Course	Proposal to Conduct ICP Certification Course on Comprehensive Preteen & Adolescent Health Care in Office Practice.	Online-24 sessions and One Offline Final Session for Workstations and Assessments	IAP, Medical College	Doctors	40	Dr Sushma Desai Chairperson AHA 2026 Course Director and Convener Dr Piyali Bhattacharyya Chairperson Elect 2026 Course Convener Dr Shamik Ghosh Hony Secretary AHA 2026-27 Course Coordinator Dr Samir Shah EB AHA 2026 National Coordinator AHA Action Plans 2026 Course Coordinator	The IAP ICP Certified Course in Comprehensive Preteens & Adolescent Healthcare in Office Practice is designed to bridge the training gap by providing practising paediatricians with practical knowledge, communication skills, clinical algorithms and ready-to-use tools required to establish and successfully run preteen- and adolescent-friendly services. The course follows a practice-first, case-based model integrating adolescent medicine, communication and counselling, preventive care, transition care, digital health, medicolegal issues and practice development.

AHA STATE – CITY BRANCHES ACTIVITIES

State Branch	City Branch	Date	Name of Activity	Topic Name	Venue	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (NOT MORE THAN 100 WORDS) INCLUDING BRANCH NAME AND VENUE)
Andhrapradesh State	Krishna	20/07/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Preteensworkshop fot parents, teachers and students (community module)	SLM Chaitanya school mangalagri guntur district,	IAP, School	Adolescents, Parent, Teacher	300	Dr. Karlapalem. V. S. Sai Prasad, Dr. V. Sreedevi, Dr. Tanveer Begum	We conducted the preteens workshop for parents teachers and students from SIM chaitanyaschool mangalagri, Guntur district, Andhra Pradesh. The above mentioned faculty conducted the workshop after taking necessary permission from the school and central AHA on Nutrition, life skills, digital awareness, life style,, academics and school health. We also conducted the role play.. It was well recievedbr the community. We could involve the students in the role play which was well appreciated.
Chattisgarh State	Other	29/07/2026	IAP Day Celebration, IAP PRESIDENT ACTION PLAN 2026	ORS DAY AND WEEK CELEBRATION	SPARSH MULTISPECIALTY HOSP , ARTICLE IN NEWS PAPER PATRIKA , ONE OF THE LEADING NEWS PAPER , DAILY CIRCULATION	IAP, DEPT OF PEDIATRICS , SPARSH HOSP	Adolescents, Parent, Paramedical Health Workers, Professionals	MORE THAN 120	DR ARVIND SAVANT , DR RICHA GUPTA . DR PRANJAL	ORS DAY AND WEEK CELEBRATIONIN SPARSH HOSPITAL , BHILAI ON 29/07/2026 BY THE DEPT OF PEDIATRICS IN OPD AREA AND WARDS FOR PATIENTS, RELATIVES , PARAMEDICAL STAFF ,NURSES UNDER IAP PRESIDENT ACTION PLAN 2026 WITH OF WHO ORS - A LIFE SAVING SOLUTION , EVERY FAMILY SHOULD KNOW . BENEFICIARY 120 , ONE ARTICLE IN PATRIKA DAILY NEWS PAPER, VERY GOOD CIRCULATION IN AREA - AWARENESS OF IMPORTANCE OF WHO ORS A LIFE SAVING SOLN
Chattisgarh State	Other	10/08/2026	IAP Day Celebration	WORLD BREASTFEEDING AND LACTATION MANAGEMENT WORKSHOP ORGANIZED FOR NURSING STUDENTS AND NURSING STAFF	SPARSH HOSPITAL AUDITORIUM	IAP, IN COLLABORATION WITH JAWAHAR LAL NEHRU HOSP AND RESEARCH CENTRE ,BHILAI RESEARCH CENTRE ,BHILAI	Adolescents, Doctors, Paramedical Health Workers, NURSING STUDENTS	MORE THAN 100 STUDENTS	DR ARVIND SAVANT , DR MALA CHOUDHARY	BREASTFEEDING AND LACTATION MANAGEMENT WORKSHOP ORGANIZID FOR NURSING STUDENTS ,NURSING STAFF OF SPARSH HOSP AND JLNH AND RESEARCH CENTRE BHILAI ON 10/08/2026 IN AUDITORIUM , NEARLLY MORE THAN 100 STUDENTS TRAINED WITH VERY GOOD INTERCATION , QUIZ COMPETITION AND POSTER PRESENTATION . CHIEF GUEST OF THE PROGRAM WAS DR UDAY KUMAR , CMO INCHARGE AND HOM OF BSP HOSPITALS , PROGRAM WAS WELL COVERED BY PRINT MEDIA AND ELECTRONIC MEDIA . ,
Chattisgarh State	Other	19/08/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS, School/College Health Program	PRETEENS COMPREHENSIVE COMMUNITY MODULE	HAPPY PUBLIC SCHOOL , VAISHALI NAGAR ,BHILAI	IAP, School	Teacher, PRETEENS STUDENTS - CLASS 4 AND 5	120 STUDENTS AND NEARLY 10 TEACHERS	DR ARVIND SAVANT , DR MALA CHAUDHARY	UNDER ADOLESCENT NATIONAL PRESIDENT ACTION PLAN 2006 - BY CHHATTISGARH ADOLESCENT HEALTH ACADEMY , PRETEENS COMPREHENSIVE COMMUNITY MODULE DONE , NEARLY 120 STUDENTS AND 10 TEACHERS BENEFITTED , ROLEPLAY DONE BY STUDENTS WITH VERY GOOD INTERACTIONS DONE
Chattisgarh State	Other	02/09/2026	School/College Health Program, OJAS SENIORS SCHOOL HEALTH PROGRAM	OJAS SENIORS SCHOOL HEALTH PROGRAM IAP PRESIDENT ACTION PLAN 2026 -OJAS PROGRAM UNDER IAP PRESIDENTIAL ACTION PLAN 2026	BHILAI VIDYALAYA HIGHER SECONDARY SCOOL , SECTOR 2 , BHILAI	IAP, School	Adolescents, Teacher	200 STUDENTS + 20 TEACHERS	DR ARVIND PRAKASH SAVANT , DR MALA CHOUDHARY	OJAS SENIORS SCHOOL HEALTH PROGRAM - UNDER PRESIDENT ACTION PLAN 2026 DONE IN BHILAI VIDYALAYA HIGHER SECONDARY , SECTOR 2 , BHILAI , MORE THAN 200 STUDENTS AND 20 TEACHERS PARTICEPATED AND BENEFITTED WITH VERY GOOD INTERACTION
Chattisgarh State	Other	12/09/2026	School/College Health Program	First Aid Guidance for the Teachers	Clement international school Raipur	None	Teacher	25	Dr kavita Menghani	Invited to conduct a first aid guidance for teachers by the Clement international school. Teachers and staffs attended the program.it was quite interactive and around 25 participants were benefited.Almost all the pediatric emergencies first aid management was covered...Asthma/allergy/cuts/injuries/falls/animal or human bites/nasal FB/ear FB/choking /basic CPR
Chattisgarh State	Other	27/09/2026	Scientific..Workshop/CME/Webinar etc	NATIONAL MID TERM CENTRAL ZONE CME ON 27/09/2026	JAWAHARLAL NEHRU MEDICAL COLLEGE RAIPUR	IAP, Medical College, CENTRAL AHA	Doctors, Professionals	80	DR SUSHMA DESAI , DR PIYALI BHATTACHARY	NATIONAL MID TERM CENTRAL ZONE CME ORGANISED IN JLNM MEDICAL COLEGE RAIPUR BY CHHATTISGARH AHA AND MEDICAL COLLEGE RAIPUR ON 27/09/2026 IN AUDITORIUM , 80 MEMBERS

State Branch	City Branch	Date	Name of Activity	Topic Name	Venue	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (NOT MORE THAN 100 WORDS) INCLUDING BRANCH NAME AND VENUE)
									A , DR ARVAND SAVANT , MEMBERS OF CG AHA	OF CGAHA ATTENDED THE CME . DR SUSHMA DESAI CHAIRMAN CAHA AND DR PIYALI BHATTACHARYA , PRESIDENT ELECET PARTICEPATED AS THE MAIN SPEAKER SHOWERED THEIR BLESSINGS AND KNOWLEDGE IN THIS ONE DAY CME WITH THE STALLWARTS OF CG AHA DR PUKHRAJ BAFNA , DR ARVIND SAVANT , MADHUSHREE , DR KIRAN MAKHIJA AND MANY MORE MEMBERS , SUCCESSFUL CME AND WELL APPRECIATED BY EVERY ONE AND MILESTONE FOR THE YEARS TO COME . THANKS TO BOTH THE MAMS
Chattisgarh State	Other	27/09/2026	Scientific..Workshop/CME/Webinar etc	National level central AHA central zone mid term CME	Telemedicine hall,Pt JNM medical College, Raipur, CG	IAP, Medical College	Doctors	More then 80	Many national and state level stalwarts of Adolescent health	It is a great pleasure reporting that for the first time in history , CG AHA has successfully conducted the National event at Raipur that is Central Zone Mid Term full day AHA CME under the able leadership of dynamic Chairman Dr Kiran Makhija , Dr Onkar Khandwal Head Dept of Pediatrics and Raipur Academy of Pediatrics. This CME was conducted on 27 th September 2026 in Pt JNM medical College Raipur CG. The Program was conducted in the gracious presence of leaders like Central AHA Chairperson Dr Shushma Desai , Chairperson Elect Dr Piyali Bhattacharya , Central Zone AHA EB Dr Arvind savant and Dr Madhushree Deshpande CIAP EB member from Chhattisgarh. The Program was blessed with presence of Padmashree Dr Pukhraj Bafna, Stalwarts like Dr Anoop verma , Dr K P Sarbhai , Dr Amar Singh Thakur , Dr Sangeeta Joshi, Dr Ashok Mehta and others. The whole day CME had the important topics related to Office Practice in Adolescents health of physical, mental and various psycho social aspects . All speakers did justice to the subject. The program was very successful with more than 80 registration. The Chief Guest of the inauguration ceremony was Dr Vivek Chaudhary,Dean Pt JNM Medical College Raipur, who provided the beautiful venue , financial support and great hospitality to the guest speakers and audiences. A beautiful CME event souvenir was also released in the ceremony. All sessions had experts comments and were very interactive . The CME which was not less than a standard conference, the organising committee received heartfelt appreciation from all faculties and audiences who attended the important event.
Delhi State	Other	16/07/2026	Scientific..Workshop/CME/Webinar etc	Effective communication towards action in teens	Sitaram Bhartia Institute of Science and Research	Hospital, Sitaram Bhartia Institute of science and research	Parent, Doctors, Paramedical Health Workers	20	Dr Neha Joshi	Sitaram Bhartia Institute of science and research,70 bed hospital, south delhi. Delhi AHA
Delhi State	Other	18/07/2026	School/College Health Program, School awareness campaign on teen	Parent" teen" ing , Mind the gap	Sankriti School, Chanakya Puri , Delhi	School	Parent, Teacher	30	Dr Neha Joshi	Interactive session on ParenTEENING in today's times, adolescent brain, Connection over control.DELHI AHA, Sanskrit School, Chanakyapuri.
Delhi State	Other	19/09/2026	Scientific..Workshop/CME/Webinar etc	Navigating Puberty	Google link, virtual	Sitaram Bhartia Institute of Science and Research	Parent	45	Dr Neha Joshi	Webinar to promote awareness on aspects of adolescent health. Sitaram Bhartia Institute of Science and Research, Delhi AHA branch

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Gujarat State	Kutch	03/07/2026	School/College Health Program	Emotional intelligence	Learner's academy school Gandhidham	IAP, Innerwheel club	Adolescents	120	Dr shilpa toshniwal and dr pooja parekh	Students aged 10 to 13 were addressed on emotional intelligence
Gujarat State	Kutch	08/07/2026	Awareness session for women on parenting	Role of mother in parenting	State bank of india conducted in Sanghvi hall	State bank of india	Parent	60	Shilpa Toshniwal	Ladies were addressed on role of mother in parenting and mobile addiction
Gujarat State	Kutch	18/07/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Understanding puberty	Eklavya vidya mandir school , Gandhidham	IAP, School	Parent, Teacher	60	Dr Shilpa Toshniwal and Dr Vishal thakar	Parents appreciated the session and participated actively . Module was appreciated
Gujarat State	Vadodara	21/07/2026	School/College Health Program	The Introduction to Life Skills (Grow: Learn: Connect)	Amicus International School, Vadodara	School, VAHA, GAHA, AACCI, AOPV	Teacher, PreTeens	150+	Dr. Samir Shah (Pediatrician & AACCI National Coordinator) Dr. Snehal Shirolawala (Pediatrician & Gujarat AHA Chairperson) Dr. Bhupendra Kapadia (Pediatrician & Gujarat AHA Hon. Secretary)	Topic: - Introduction to Life Skills (Grow: Learn: Connect)" event, Key Takeaways- Effectively emphasized the crucial role that essential life skills play in holistic student development and future growth. Empowering students today with the life skills they need to grow, learn, and connect for a brighter tomorrow.
Gujarat State	Ahmedabad	21/07/2026	Awareness on Radio/television	Food Saftey	Sandesh news on television	None	Adolescents, Parent, Doctors	500 -1000	Dr Unmesh Upadhyay	Interview on Sandesh news about food Saftey , life style related disorder and adverse event of unhealthy food
Gujarat State	Kutch	24/07/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Understanding pre teen development and preparing for puberty	Sunrise global school gandhidham	IAP, School	Parent, Teacher	30 (expected was 80 but due to rain less attendance)	Dr shilpa toshniwal and dr Vishal thakar	Parents appreciated the module
Gujarat State	Kutch	29/07/2026	School/College Health Program	Mental health of teens	Tolani polytechnic college students of diploma in engineering	College	Adolescents, 150 students of diploma engineering	150	Dr shilpa toshniwal	Your mental health - investment for future
Gujarat State	Vadodara	29/07/2026	Scientific..Workshop/CME/Webinar etc	Sports for Strength, Health & Confidence	Online Zoom Meeting	IAP	Adolescents, Parent, Teacher, Doctors, Paramedical Health Workers, Professionals	45	Dr Snehal Shirolawala, Dr Geeta Patil, Dr Harish Pemde, Dr Jaimeen Jesalpura, CA Utpal Shah, Ms Krishna Pandya	It was a wonderful evening discussing the Sports for Strength, Health And Confidence, very well appreciated by one and all, and icing on the cake was, CA Utpal Shah's Son Manush Shah won Gold Medal on Table Tennis Tournament held at Commonwealth Games held at Glasgow!
Gujarat State	Ahmedabad	31/07/2026	AMA - Ahmedabad management association workshop	Parenting of digital age	Physical workshop	Ahmedabad management association	Adolescents, Parent, Teacher, Students	300-400	Dr.nishchal bhatt	Raising smart , safe and emotionally strong children
Gujarat State	Ahmedabad	02/08/2026	Awareness on Radio/television	Kishori thi Yuvati ek safar	Television & Yutube	None	Adolescents, Parent, Teacher	Ahmedabad city people	Dr.Hiral Naik	Discussion of related to girl child who enter from adolescence age to youth age
Gujarat State	Other	06/08/2026	Executive Committee of Gujarat AHA Meeting	Executive Committee Meeting	Online Zoom Platform, Gujarat AHA is inviting you to a scheduled Zoom meeting. Topic: Gujarat AHA's Zoom Meeting Time: Aug 6,	Central AHA	Doctors	12	OBs of CAHA, CAHA EB Member, Dr Samir Shah, OBs of GAHA	It was our 3rd Executive Board Meeting of this year. All Members of the different zones along with CAHA Chairperson, Dr Sushma Desai and Dr Shamik Ghosh, Hon. Secretary, CAHA along with Dr Samir Shah, CAHA EB member were present to discuss different activities and involvement of GAHA at different levels.

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					2026 02:30 PM Mumbai, Kolkata, New Delhi Join Zoom Meeting https://us06web.zoom.us/j/81049412814?pwd=zbG9l5H1zVH60FyXaoSIl9feTx0RnM.1 Meeting chat link https://us06web.zoom.us/launch/jc/81049412814 Meeting ID: 810 4941 2814 Passcode: 622423 --- Join by SIP • 81049412814@zoomcrc.com Join instructions https://us06web.zoom.us/meetings/81049412814/invitations?signature=Ohxf7_47ZDnZTLfBhv-JsIETzV3IQrRVwHbirOVDQVg					
Gujarat State	Kutch	08/08/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Academic skills peer relationship and bullying prevention	Eklavya vidya mandir Gandhidham	School	Preteen's	80	Dr Shilpa Toshniwal and Dr Vishal Thakkar	Children interacted and we also did role play on bullying
Gujarat State	Ahmedabad	10/08/2026	Awareness on Radio/television , Awareness through social media..YouTube/Instagram	Fit Raho Hit Raho	You tube	Education department Government of Gujarat	Adolescent students of All Gujarat schools	Students of all over Gujarat secondary & Higher secondary	Dr.Nishchal bhatt	Talk for Teenagers on fitness
Gujarat State	Kutch	12/08/2026	School/College Health Program	Girls health and hygiene	Tolani commerce college adipur	College	Adolescents, Girls	80	Dr shilpa toshniwal	Girls health and hygiene , diet , sleep , nutrition , sleep and menstrual hygiene issues were addressed and queries solved
Gujarat State	Other	13/08/2026	Meeting with OBs of Gujarat AHA City Branches	Meeting with OBs of Gujarat AHA City Branches	Online Zoom Meeting, Gujarat AHA is inviting you to a scheduled Zoom meeting. Topic: Gujarat AHA's Zoom Meeting with OBs of City Branches of Gujarat AHA Time: Aug 13, 2026 02:00 PM Mumbai, Kolkata, New Delhi Join Zoom Meeting https://us06web.zoom.us/j/82549928666?pwd=jk4nDNqCTeijHv8bnxSVjzFqkayyrq.1 Meeting chat link https://us06web.zoom.us/launch/jc/82549928666 Meeting ID: 825 4992 8666	IAP, Gujarat AHA	Doctors	12	Dr Samir Shah, Dr Snehal Shirolawala, Dr Bhupendra Kapadia	It was very fruitful meeting with OBs of Gujarat AHA City Branches, everyone was motivated to conduct many activities related to adolescent health and Pre Teens Module Specifically.

State Branch	City Branch	Date	Name of Activity	Topic Name	Venue	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (NOT MORE THAN 100 WORDS) INCLUDING BRANCH NAME AND VENUE)
					Passcode: 184300 --- Join by SIP • 82549928666@zoomcrc.com Join instructions https://us06web.zoom.us/meetings/82549928666/invitations?signature=miTE4crvSl7s0gp2sEDkqY8_OfpUp1gNKKJWsR8wAOA					
Gujarat State	Kutch	18/08/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Nutrition and healthy lifestyle	Christ school adipur	School	Preteen's	180	Shilpa Toshniwal	Dr Shilpa Toshniwal and Dr Vishal Thakkar
Gujarat State	Other	21/08/2026	Scientific..Workshop/CME/Webinar etc	CRISP Webinar Series Zoom Meeting	Online Zoom Meeting, https://us06web.zoom.us/j/82232009951?pwd=Re3cz2E5NYqeENs0hbZ7bcWIh2F0Ip.1	IAP, GAHA	Doctors	08	Dr Samir Shah, Dr Bhupendra Kapadia, Dr Geeta Bansal, Dr Suchit Tamboli, Dr Hiral Naik, Dr Swati Popat, Dr Salim Hirani	Meeting was done for better coordination for the CRISP Webinar Series on the topic of EQ vs IQ and Adolescents
Gujarat State	Kutch	09/09/2026	School/College Health Program	Good touch bad touch	Anjar education society , KG Manek school	IAP, School	Parent, Also children of class 1 and 2	100	Shilpa Toshniwal	Parents were addressed on how to sensitise children on topic of good touch bad touch
Gujarat State	Kutch	10/09/2026	School/College Health Program	Good touch bad touch	Kg Manek school ,anjar education society	IAP, School	Parent, Also children of class 1 and 2(English medium)	80 to 100	Shilpa Toshniwal	Session on good touch bad touch
Gujarat State	Vadodara	11/09/2026	School/College Health Program, Health Checkup Camp	Understanding the Trilogy : KAL, AAJ aur KAL	Amicus International School, Vaghodia Road, Vadodara	IAP, School, GAHA, VAHA, AACCI, AOPV	Parent, Teacher, Doctors, Grand Parents	147	Dr Samir Shah, Dr Bhupendra Kapadia	It was a very good interactive session with the Grandparents. One of the highly appreciated session by all the attendee grand parents. Interaction was at its best. Everyone appreciated the program.
Gujarat State	Vadodara	12/09/2026	Scientific..Workshop/CME/Webinar etc	Nutrition & Adolescents	Online Zoom Meeting, https://us06web.zoom.us/j/87621938612?pwd=g5LXeQwF2G0X0hNd8LgLZnPB7B8VDr.1	Gujarat Adolescent Health Academy	Doctors	8	Dr Mehul Mitra, Dr Samir Shah, Dr Snehal Shirolawala, Dr Rekha Harish, Dr Chitra Kulkarni, Dr Krutika Tondon, Dr Bhupendra Kapadia	It was a very good meeting overall for the participants, as it was a planning meeting for our upcoming webinar of CRISP Webinar Series organized by GAHA. Scientific Discussion was done during the meeting.
Gujarat State	Vadodara	15/09/2026	Scientific..Workshop/CME/Webinar etc	EB & OB meeting of Gujarat AHA	Online zoom meeting, https://us06web.zoom.us/j/82032013332?pwd=Zw26cqQyLKaTvFNS2nJEdpfd1CAO3g.1	IAP, GAHA	Doctors	14	Dr Snehal Shirolawala, Dr Nishchal Bhatt, Dr Samir Shah, Dr Bhupendra Kapadia	It was a very nice fruitful CRISP meeting amongst the EB Members for planning of International Adolescent Health Week Celebration
Gujarat State	Other	17/09/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Pre-teen Comprehensive module for Students	N K High School, Petlad	Medical College, School, local City branch, AOP Karamsad	Pre-teens- Students of 4th to 8th Standard	180	Dr. Krutika Tandon, Dr. Shivangi, Mr. Dharmendra Shah, Dr. Hitarthi	With the help of Community Medicine department, a 10 days prior communication with School principal started and 17th September 2026, Thursday, 10.30am was finalized. On the day of activity, MSW of PSM department and Dr. Shivangi on behalf of their faculty from PSM, two intern doctors we all went at school by 10.15am. School has organized small initial event of prayer and floral welcome and short speech by their Principal sit, Dr. Krutika Tandon

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										started showing PPT provided by Central AHA. All points of English were conveyed to student in Gujarati in their simple words but retaining the message of all points. it was concluded at around 11.50am. All enjoyed and additionally three teachers were also there throughout the session. We receive positive feedback and in future on any topic more elaborative talk also offered to them. Overall it was successful program. We also came to know that the school will come under heritage as our Iron man Sardar Patel studied his 3rd and 4th Standard from this school. Also, it happened that the date coincided with birthday of our PM Shri Narendra Modi. So enthusiasm was at next level at school.
Gujarat State	Vadodara	18/09/2026	Scientific..Workshop/CME/Webinar etc, School/College Health Program	Comprehensive PRE-TEEN's Module for Parents	Gujarat Public School, Atladra	IAP, School, GAHA, VAHA	Parent, Teacher, Professionals	80+	Dr Snehal Shirolawala, Dr Bhupendra Kapadia	It was very well appreciated by all the attending parents, interaction was very good, and both parents and teachers were very happy
Gujarat State	Vadodara	29/09/2026	Scientific..Workshop/CME/Webinar etc	Nutrition & Adolescents	zoom meeting, https://us06web.zoom.us/j/87042133179?pwd=FDn1MxeIQpUUjtFTyo2vHC4PoukCbC.1	IAP, GAHA	Doctors	7	Dr Snehal Shirolawala, Dr Samir Shah, Dr Bhupendra Kapadia, Dr Rekha Harish, Dr Mehul Mitra, Dr Chitra Kulkarni, Dr Varsha Shah, Dr Krutika Tandon	It was a very good discussion about our upcoming webinar of GAHA CRISP Webinar Series, Episode 8 on Power Up the Plate : Adolescent Nutrition Strategies for Growth
Gujarat State	Ahmedabad	29/09/2026	foundation course of first year MBBS students'	Talk on immunization in health care personnels	B.J. Medical College auditorium	None	Adolescents, Mentor and coordinator of physiology dept	240	Dr CHARUL RITESH KUMAR MEHTA	This is consistently second year when i was invited as faculty to conduct a session on immunization under the foundation course for first year MBBS students' fresh batch as a part of NMC -cbme guidelines, smFC skill module 2E. The students attended with full concentration and also were very interactive. Also, they were quite concerned about their own safety during their constructive years as regards to the occupational hazards and how to safeguard themselves. It was indeed an great opportunity to interact with them and clearing their queries.
Gujarat State	Vadodara	30/09/2026	Scientific..Workshop/CME/Webinar etc	Power Up Your Plate : Adolescent Nutrition Health Strategies	Online Zoom Meeting, https://us06web.zoom.us/j/87002261802?pwd=EfAjnPEt0gHaPfij1tHehZxAbEiLdI.1	IAP, GAHA	Adolescents, Parent, Teacher, Doctors, Paramedical Health Workers, Professionals	47	Dr Mehul Mitra, Dr Rekha Harish, Dr Chitra Kulkarni, Dr Krutika Tandon, Dr Varsha Shah	It was a wonderful webinar, on the most discussed topic of Nutrition and Adolescents, very well answered all the questions by our panelists and moderator also tried to cover it well. Highly appreciated by all the attendees.
Gujarat State	Vadodara	30/09/2026	International Adolescent Health Week 2024	Make your own Flyer for IAHW 2026	Online, https://gemini.google.com/gem/1Bw00HC76yvVFdTQrKSpeoK3wQmddFXSK?usp=sharing	IAP, GAHA	Doctors, Paramedical Health Workers, Professionals	25	Dr Samir Shah, Dr Snehal Shirolawala, Dr Bhupendra Kapadia	It was a wonderful initiative by Team GAHA for celebration of IAHW 2026. Everyone participating for it, was very happy by making their own flyers.
Haryana State	Gurugram	08/07/2026	Community AWareness Program	Awareness about Noise Pollution and Communication skills	Jain Sant Phool Chandji Hospital Gurugram	AACCI	Paramedical Health Workers	Approx 25	Dr Sunita Manchanda ,Dr Kamlesh Khanna	1 Environment pollution mainly noise pollution was explained in the beginning followed by guidance about small measures to decrease it.2 They were explained the importance of effective communication and provided tips of communication to their children3 It was ended by 2 minute Meditation - which everyone likedIt was well received by staff.They promised to implement strategies in their life.We also enjoyed the session very much

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Haryana State	Other	21/07/2026	IAP Day Celebration, CPR day	CPR day celebration by training school students how to save life.	Kurushetra	IAP, IAP Kurukshetra	Adolescents, Parent, Teacher, Doctors	500	Dr Rakesh Bhardwaj Dr Tanuj Aggrawal Dr Sanjay Sharma	Organised CPR mass awareness at shrimad bhagwat geeta school at Kurukshetra.
Haryana State	Other	21/07/2026	IAP Day Celebration, CPR day celebration	CPR day celebration	Pathania school Rohtak	IAP, IMA, School	Adolescents, Parent, Teacher	202	Dr Manoj Rawal Dr Amit Man Dr Naveen Malhotra Dr Dinesh Tomar Dr Sonika Lamba Dr Monica Chikara	
Haryana State	Other	24/07/2026	IAP Day Celebration, CPR day celebration	CPR day Celebration	Kurushetra	IAP, School	Adolescents, Parent, Teacher	200	Dr Rakesh Bhardwaj	ANOTHER CPR WORKSHOP AT POOJA MODERN PUBLIC SCHOOL KURUKSHETRA, YESTERDAY 26TH JULY
Haryana State	Gurugram	25/07/2026	Community Awareness Program	Life Skills Education	Arya Bal Kalyan Kendre ,Gurugram	NGO, AACCI, Yog Dhyan Foundation,	Adolescents	Approx 25	Dr Sunita Manchanda ,Dr Premalatha Krishnan	Interactive and practical discussion on Life Skills : Self awareness was taken by Dr Pre,alatha Krishnan. Dr Sunita made them aware of emotions and gave tips to cope up with emotions. Krishna -Youth Volunteer shared history of resilience and journey of accepting chronic illness (Typ1 DM) and living with confidence. Audience was receptive and sharewd Positive feedback
Haryana State	Other	28/07/2026	IAP Day Celebration, World hepatitis day	Awareness on world hepatitis Day	Bhagat Pool Singh Gov Medical College , Sonipat	IAP, Medical College	Adolescents, Parent, Teacher, Doctors, Paramedical Health Workers,	150	Dr Manoj Rawal	Awareness on World hepatitis Day 2026 let’s break it down
Haryana State	Other	29/07/2026	IAP Day Celebration	ORS awareness day	BPS ladies Medical College , Sonipat	IAP, Medical College	Adolescents, Teacher, Doctors, Paramedical Health Workers	100	Dr Manoj Rawal	ORS awareness day celebrated at medical college to train not only students but also paramedical staff & nurses.
Haryana State	Other	31/07/2026	IAP Day Celebration	ORS awareness day at AFHS clinic	BK hospital Faridabad	IAP	Adolescents, Parent, Paramedical Health Workers	50	Dr Vijayrani, Dr Vikas Goel	ORS Week was celebrated today at AFHC CLINIC, BK Hospital, Faridabad by Dr Vijay Rani paediatrician under the guidance of PMO Dr. VIKAS GOEL An awareness session was conducted to educate patients and caregivers about the importance of Oral Rehydration Solution (ORS) in preventing and treating dehydration caused by diarrhea. The talk covered the correct method of preparing ORS, how and when to use it, the recommended quantity according to different age groups, and its numerous health benefits. Participants were also informed about the effects of timely ORS administration and its role in reducing complications. The session successfully promoted awareness and encouraged the proper use of ORS in the community.ORS packets were distributed among all childrens
Haryana State	Other	05/08/2026	IAP Day Celebration	Breastfeeding awareness week for young mothers	BK Hospital Faridabad AFHS clinic	IAP	Parent, Doctors, Paramedical Health Workers, Youth mothers	50	Dr Vijayrani & Dr Vikas Goel	World Breastfeeding Week was celebrated with great enthusiasm at BK Hospital, Faridabad, by Dr Vijay Rani paediatrician and Dr. Vikas Goel Sir PMO, Civil Hospital, Faridabad. The programme aimed to raise awareness about the importance of breastfeeding for the health and well-being of both mother and child. Various aspects of breastfeeding were discussed, including the benefits of exclusive breastfeeding for the first six months, the recommended frequency of feeding, correct breastfeeding techniques, and the vital role of colostrum as the baby's first natural immunization. Practical demonstrations on proper positioning and attachment during breastfeeding were conducted for mothers and caregivers. A thought-provoking street play (Nukkad Natak) was presented by

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										the Pediatrics team, comprising doctors, postgraduate students, nursing staff, KMC workers, health and Nutritional counselors, and other healthcare professionals, effectively spreading awareness about exclusive breastfeeding and breastfeeding practices and encouraging the community to support and promote breastfeeding. Related myths and taboos were corrected along with discussions on these fallacies with mothers, grandmothers and father
Haryana State	Other	12/08/2026	Awareness through social media..YouTube/Instagram, School/College Health Program, International Youth Day celebrations	International Youth Day to promote comprehensive healthy lifestyle	Manavrachna University, Faridabad	IAP, Asian institute of medical sciences	Adolescents, Youth	100	Dr Meghana , Dr Sanjay Tuteja , Dr Shalini , Dr Lokesh , Dr Smita, Dr Vijayrani	On the occasion of **International Youth Day 2026**, Asian Institute of Medical Sciences, in collaboration with **AHA Haryana**, conducted an interactive session on **“Comprehensive Healthy Lifestyle in Youth”** at Manav Rachna University. Dr. Meghana Phadke Sultania, Paediatrician, Adolescent Health Consultant and Head of the AFHS Clinic at Asian Hospital, engaged with young minds on key aspects of healthy living, including: 🧠 **Mental well-being:** Coping strategies and skills to manage stress effectively. 🥗 **Healthy eating:** Making healthier choices in everyday eating habits. ⚽ **Physical activity:** The importance of exercise, playground activities and team games. 💉 **HPV vaccination:** Creating awareness among youth about the importance of HPV vaccination. **Team IAP Faridabad**, also presented an impactful **role-play on substance abuse and misuse among youth**, encouraging students to understand its consequences and make informed choices. The session concluded with **Team Asian and Manav Rachna** inspiring the youth to take a pledge to stay away from **substances and drugs**
Haryana State	Other	12/08/2026	School/College Health Program, International Youth day 2026	International youth day	Satyug Darshan College , Faridabad	IAP, Asian institute of medical sciences, Faridabad	Adolescents, Youth	150	Dr Meghana, Dr Abha , Dr Shalini, Dr Smita , Dr Mamta Waikar	Interactive session on mental health & resilince follows by role play.
Haryana State	Other	12/08/2026	School/College Health Program, Youth awareness day	International youth day 2026	SD girls senior secondary school , sunderpur , Kurukshetra.	IAP	Youth	100	Dr Rakesh Bhardwaj , Dr Tanuj Aggrawal, Dr Suman Sethi	on International youth day held a session at SD girls senior secondary school , sunderpur , Kurukshetra. Besides a brief intro on theme of this year and its history , and interaction on Healthy life style, attended by students from 5 th to plus two students, principal and 6 teachers. It was well taken.
Haryana State	Other	29/08/2026	IAP Day Celebration	ORS awareness day at Kurukshetra	Kurushetra	IAP	Parent, Doctors, Paramedical Health Workers	50	Dr Rakesh Bhardwaj Dr Tanuj Aggrawal	ORS day celebration done at Kurushetra
Haryana State	Other	10/09/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Health Talk ‘navigating adolescence with ease’ as part of national action health plan, project preteen 2026	Conducted at Father Agnel’s High School, Vaishali	IAP, Max Superspeciality Hospital, Vaishali, AHA central, AHA Haryana	Adolescents	120	Dr Varun Ramesh	On 10th sept 2026 a health talk about Preteen, Teen and related issues and awareness was conducted as a part of national action health plan , Project Preteen 2026 Conducted by Dr Varun Ramesh, Consultant Developmentl , Behavioral & Adolescent Pediatrics, Max Superspeciality Hospital Vaishali in association with Central AHA (Adolescence health Academy), and AHA Haryana. At Father Agnel’s high school , Vaishali , Delhi NCR Named “navigating adolescence with ease.

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										Preteen Modules were used for a structured approach, and a very interactive session was commensed. All the individual doubts and questions were answered to satisfaction from the students by the Faculty. The Session was a grand success and praised by all for the informative and structured approach with ease of understanding.
Karnataka State	Hubli Dharwad	15/07/2026	School/College Health Program	Adolescent education regarding, Menstrual health, and Obesity V vaccination,	Convent school Mundaragi	IMA, FOGSI	Teacher, Students	100	Dr. Kaplana , Dr.Meena and Dr. Shilpa	15th July 2026 under the joint aegis of IMA Mundaragi & FOGSI Gadag we had conducted Adolescent Health Education Programme for JA Convent school children regarding *HPV vaccination *Menstrual Health *Obesity
Karnataka State	Banglore	18/07/2026	IAP Day Celebration	Adolescent wellness day , teenage pregnancy	Online	IAP, Unicef	Doctors	50	Dr Uma Rao	Adolescent wellness day program, topic teenage pregnancy panel discussion
Karnataka State	Belagavi	26/07/2026	Public Education	Wellness of Mind and Body	Rtn.K Ratnakara Shenoy Vedike	IMA, Rotary	General public	100	Dr. Sulekha Dr. Rajendran	This was public function conducted by AHA Eb member Dr. Sulekha in association with IMA Puttur and Rotary club
Karnataka State	Banglore	27/07/2026	School/College Health Program	Adolescent Health Awareness program for High school students	Sri Mahadeshwara High school, MM hills	SVYM	Adolescents	145	Dr Gayathri Devi C, Dr Padmavathi N, and Dr Bharathi L	It was an awareness program an awareness program given to 8 9th standard students of the school. We're both boys and girls were present regarding
Karnataka State	Banglore	11/08/2026	School/College Health Program	Reproductive health, relationships, teen dating, teenage pregnancy,	RBANMS PREUNIVERSITY COLLEGE , Halasoor, BENGALURU	IAP, NGO, College	Adolescents, Teacher	200	Dr Shalini Agasthi, Dr Satyavathi, Dr Varsha Sreenivasa Kashyap	Awareness program on reproductive health, relationships, teen dating and teenage pregnancy was conducted at RBANMS preuniversity college for first year male and female students. Human relationships, it's importance in our life, teen dating - pros,cons, consequences, challenges,responsibilities to be faced during student years was discussed. Consequences of teen dating, social, emotional, risk of teen age pregnancy and sexually transmitted diseases was highlighted during the session.
Karnataka State	Banglore	25/08/2026	School/College Health Program	Teenage pregnancy	Govt first grade college , Malleshwaram, Bengaluru	IAP, IMA	Adolescents	150 17 year old girls	Dr Uma Rao chairperson BAHA , Dr Bharati, Dr Satyavati	Awareness on teenage pregnancy was given , role play on how to say NO , interactive session , Awareness on HPV vaccine also mentioned . Handouts on sex , pregnancy , contraception also was given
Karnataka State	Banglore	11/09/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Comprehensive preteen module	School	IAP, IMA	Adolescents, Teacher	160 students, 6 teachers	Dr Uma Rao, Dr Bharati, Dr Varsha Kashyap	Bangalore Adolescent Health academy conducted project preteen at Kendriya Vidyalaya, railway colony, Bangalore. 2 role plays on bullying and media usage was done .It was an interactive session, children asked questions like 1. What is balanced diet ? 2. 10year old wanted to know if he can grow by doing pull ups from trees 3. Why we have to take blue tablet if we are eating balanced food etc . SUGGESTIONS: 1PPT with information on menstrual hygiene and 1 PPT on body changes pictures would be useful.
Karnataka State	Banglore	16/09/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Comprehensive module	Sri Aurobindo school Bangalore	IAP, IMA, School, Government Urban Primary Health centre Mahalaxmipuram	Adolescents, Teacher, Paramedical Health Workers	300	Dr. Uma Rao, Dr.Bharathi,Dr. Kanchana, Dr. Vimochana	The comprehensive preteen module covering all topics from nutrition to physical exercise, mental health, sleep, and bullying, resilience were covered through presentation interspersed with discussion and role plays The UPHC staff and school teachers were very proactive from taking permission to arranging the hall, controlling the huge crowd of 300 students Smaller sessions will be planned on a continuous nasis
Karnataka State	Banglore	20/09/2026	Awareness talks	Nutrition, Healthy life style , substance abuse, screen time	Elite Public School auditorium	School	Adolescents, Teacher	200	15 teachers	KAHA - BAHA Dr Kanchana spoke about Nutrition, Healthy Life style . Dr Vimochana spoke on substance abuse , screen time .Both were highly interactive sessions . There were questions too -1) a boy asked as what additive to be added to milk , Ashwagandha supplement was useful . 2) a girl asked as

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										why only children should be advised at to follow many things & not parents ! 3) a girl asked if junc foods are not be eaten, why government isn't doing anything. They were appropriately answered . It was a very satisfying session for all of us .
Kerala State	Other	24/07/2026	School/College Health Program	International Anti Drug Day - District Level Inauguration of KARMA	SVGV Higher Secondary school, Aranmula	IAP, School, RKSK	Adolescents	400	Dr Bibin Sajan	As part of the district-level inauguration of the International Anti-Drug Day observance and the launch of KARMA 2.0 (Knowledge Against Risky Maladaptive Addictions), AHA Kerala in association with IAP Pathanamthitta conducted awareness class and installation of information boxes in schools where students can share anonymously their complaints , any information related to drug abuse or other substance abuse without being judged . Dr. Bibin Sajan conducted an awareness session on drug abuse among adolescents at SVGV Higher Secondary School, Aranmula. The session highlighted the health, psychological, and social consequences of substance abuse, strategies for prevention, and the importance of early intervention and peer support. Around 400 students participated in the programme.
Maharashtra State	Other	01/07/2026	School/College Health Program	Mental Health	New community Center ,Mumbai	IAP	Adolescents, Teacher	70 Adolescents and 30 Teachers	Dr Anita Patil	Talk about stressors /Destress/Stress Busters
Maharashtra State	Solapur	10/07/2026	Publication for awareness...pamphlet,newspaper etc, Awareness on Radio/television , LECTURE	POCSO AND ROLE OF MEDICAL OFFICER	Ahilyabai holkar maternity home , Duffrin chowk, Solapur	district women and child welfare officer, CDPO, CWC MEMBERS AMD SOLAPUR CORPORATION MEDICAL OFFICERS	Doctors	62	Shri. Sameer Sayyad President Child welfare committee	iN TEEN AGE MARRIAGES ,Solapur district stands third in Maharashtra.It is a very serious matter.Most of the times in a very busy opd such cases are missed. But whom to report, how to report and what the rules and regulations, what is the role of medical officers? was very well explained by Sameer Sayyad. Many doubts were cleared. Most of medical officers gained the confidence. The overall session was interactive and worth to listen.
Maharashtra State	Navi Mumbai	15/07/2026	School/College Health Program	Puberty, Menstrual hygiene & HPV VACCINATION awareness session	Zilla Parishad School, Wavanje Raigad district	IAP, NGO	Adolescents, Teacher	90	Dr Amog Shahane	An informative & interactive awareness session on *Puberty, Menstrual hygiene & HPV Vaccination* was conducted by dynamic NMAP Treasurer & AHA Secretary NMAP *Dr Amog Shahane* at Sri Chatrapati Shivaji Vidyalaya and Gotiram Sheth Patil Junior College , *Wavanje,* Raigad district. _The session highlighted:_ 🏵Normal evolution of Puberty 🏵Initiation of Menstrual cycle 🏵Nutritional guidance, hygiene & exercises during menstruation 🏵Healthy & safe sanitary wear during menstruation 🏵Importance of HPV Vaccination & busted myths about its use. The session benefitted 90 students of class 8, 9 & appreciated by the Principal & teachers. *Team Navi Mumbai AHA*
Maharashtra State	Other	17/07/2026	School/College Health Program	CPR saves life	Central School 4	IAP	Adolescents, Teacher	120 Adolescents of std 11 and 10 Teachers	Dr Anita Patil	Session included Presentation and Hands on CPR Training on Mannequin
Maharashtra State	Navi Mumbai	17/07/2026	School/College Health Program	Life skills Education program	Nursing College, Sri Satya Sai Sanjeevani child cardiac care	IAP, NGO	Adolescents, Teacher, Doctors	80	Dr Amog Shahane	✨As part of *AACCI Adolescent Health Week Celebration 2026 (17-23rd July)*, Navi Mumbai IAP Treasurer & Secretary AACCI Navi Mumbai, *Dr Amog Shahane* took a session on *Life skills Education (LSE)* for the nursing

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					hospital Kharghar Navi Mumbai					students of Sri Satya Sai Sanjeevani child cardiac care hospital Kharghar Navi Mumbai. ✨The session started with *interactive role plays* enacted by the students & teachers which taught the practical application of important *10 Core WHO Life skills*. This was followed by an introduction to Life skills approach through a presentation delving into the finer nuances of each life skill and their application in coping with the challenges of day-to-day life. _Regards_ *Team AACCI Navi Mumbai* *Team Navi Mumbai IAP & AHA*
Maharashtra State	Nagpur	18/07/2026	Publication for awareness...pamphlet,newspaper etc, Awareness on Radio/television,	CAREER COUNSELLING NAVIGATING THE PATH	Anjuman High school, Nagpur	IAP, School, Indian muslim pharma foundation, Nagpur	Adolescents, Parent, Teacher	110 class7-9 std students, 8 teachers and 15 parents	Dr. Dinesh Saroj, Developmental pediatrician	"How to use smart phone smartly ? "is the need of time.The children are busy with the phone more than the required screen time.Lack of concentration, loss of eye to eye contact, misleading or no communication with family members, no sharing and no Caring . But school age is the right time to mould them with the help of parents, teachers as well as peers also. Dr. Dinesh conducted the session very well with active participation of students.
Maharashtra State	Nagpur	18/07/2026	School/College Health Program	Child Development and Activities Centre	Dr. Jaya Shiwalkar Amar Enclave behind Mount Carmel School Ajni square	School	Adolescents, Parent, Teacher	80	Dr. R.G. Patil	Exploring feelings of children , making connections: activities to try.
Maharashtra State	Other	19/07/2026	Scientific..Workshop/CME/Webinar etc, A to Z Nutrition	Adolescent Nutrition	Raipur Durg Bhilai	IAP	Doctors	67 Pediatricians	Dr Anita Patil	A to Z Nutrition ,IAP Action plan 2026.I Talk on Adolescent Nutrition
Maharashtra State	Nagpur	20/07/2026	Publication for awareness...pamphlet,newspaper etc, School/College Health Program	Judicious Mobile Usage	Newspaper	School	Adolescents, Parent, Teacher, Newspaper readers	All news readers	Dr. Dinesh Saroj	Anjuman School AHA Nagpur The effects and side-effects of over usage of mobile which can lead to addiction too. Means to use as a teaching tool rather than being dependent on it.
Maharashtra State	Nagpur	21/07/2026	School/College Health Program	Sex Education for Adolescents	Bright Scholar School	School	Adolescents, Parent, Teacher	120 students 10 teachers	Dr. Deoghare	interactive session on sex Education was held at Bright Scholars School, Koradi, Nagpur. Total number of participants were nearly 120. Students and 10 staff members.
Maharashtra State	Raigad	24/07/2026	Scientific..Workshop/CME/Webinar etc	ASHA KI KIRAN, Samwad on maternal and child health	uphc, kHARGHAR	IAP, Rotary club of Kharghar Midtown	Paramedical Health Workers	35	Dr. Chitra, Dr. Swati Likhite,Dr. Shobhana Parekar, Dr. Shilpa GANDHI	Raigad AHA members took initiative to bridge the private and govt. sector. ASHA workers are the backbone of health system. Mother and child health is the key point of the healthy society..Nutrition plays an important role in well being.Heathy and balanced diet, vaccination in proper time, introduction of complimentary food in an infant above 6 months and developmental mile stones are the important aspects of above programme.
Maharashtra State	Other	25/07/2026	Anaemia Awareness Health Talk	Anaemia Awareness Health Talk	Mandala Colony Trombay Mumbai	IAP	Parent, Paramedical Health Workers	65 parents and care takers	Dr Anita Patil	Awareness on High iron diet ,Signs and symptoms of Deficiency
Maharashtra State	Other	25/07/2026	School/College Health Program, CPR for parents and care takers	CPR saves life	Mandala clinic Mumbai	IAP	Parent, Paramedical Health Workers	67 parents and care Takers	Dr Anita Patil	CPR saves lives
Maharashtra State	Nagpur	25/07/2026	Parent awareness and Education	Happy Parenting - Understanding Adolescence	Sai Sabhagruh	None	Parent	80 Parents	Dr. Jaya Shiwalkar	Understanding the psyche of adolescents and gliding through smooth parenting partnering with their skills and needs
Maharashtra State	Other	25/07/2026	School/College Health Program	Introduction to life skills	Lokmanya Tilak Kanya vidyalaya, Chandrapur	Women doctor wing , Chandrapur	Adolescents, Teacher	70 girls and 4 teachers	Dr. Ram Bharat	To cope up with the current situation is a big target now a days. Adolescents are not used to hear NO. The hormones are more active. The emotional and physical

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										behaviour are not balanced well.Because of this , they take an extreme decision. So how to be balanced,?whom to be considered? Whom should be consulted? and most important is how to face the situation rather than running away are the few take home messages by our speaker Dr. Ram BHARAT. Role play and interactive session made the programme successful. AACCI MODULE WAS THE GUIDELINE FOR THIS.The programme is well appreciated by students and teachers.
Maharashtra State	Solapur	28/07/2026	Scientific..Workshop/CME/Webinar etc	Eat right, fight right, live right	zoom platform	IAP, Medical College, Bharati medical and research center, Sangali	Adolescents, Parent, Doctors	28	Dr. Vaijayanti Aphale and DR. sarita arkal	Nutrition is the backbone of every individual. Busy life style of parents as well as adolescents, academics, peer pressure, attractive campaigns by food companies, easy pocket money and pseudo cultural trends have spoiled the adolescents. Dr. Vaijayanti and Dr. Sarita had a very good and practical interview sessions.Dr. Sharad summerised the things in marathi.Akil ARKAL AND PURVA BANKAPUR ARE THE TWO LITTLE MASTER CHEFS for the webinars.PPT WAS VERY ATTRACTIVE AND WELL APPRECIATED BY PARENTS, TEACHERS AND OTHER DOCTORS ALSO.
Maharashtra State	Navi Mumbai	28/07/2026	School/College Health Program	Puberty & Menstrual hygiene awareness session	Zilla Parishad school Apta village, Raigad Maharashtra	IAP, NGO	Adolescents, Teacher	30	Dr Amog Shahane	The *early adolescent years* are a transition period from childhood to rapid physical, emotional & social changes. Many a times, these changes become overwhelming & need timely guidance & compassion on the part of the nurturer, be it parents, teachers or doctors. One such enriching session on *'Pubertal changes & Menstrual hygiene'* was conducted by Navi Mumbai IAP Treasurer & AHA Navi Mumbai Secretary *Dr Amog Shahane* at *Zilla Parishad School, Apta village, Raigad district* for around 30 students of *class 5 to 7*. _The session focussed on_ ♧Evolution of Puberty ♧Menstrual cycle & Menstrual hygiene ♧Safe disposal practices ♧Adequate nutrition ♧Holistic wellness The girls were receptive, interactive & the session was appreciated by the teachers, students & Principal. The session was in collaboration with Sri Satya Sai Sanjeevani child cardiac care hospital Kharghar Navi Mumbai. *Team Navi Mumbai AHA*
Maharashtra State	Nagpur	29/07/2026	Educative Session for special educators for Adolescents	Educative Session for special educators for Adolescents	Mahaveer Nagar hall.	None	Teacher, Paramedical Health Workers	40	Dr. Jaya Shiwalkar	Educative Session for special educators for Adolescents wherein the special educators were taught regarding the requirements of specially abled Adolescents and means to tackle them
Maharashtra State	Navi Mumbai	30/07/2026	School/College Health Program	Healthy lifestyle for Pre- teens	B D Somani school, Kharghar Navi Mumbai	IAP, School	Adolescents, Teacher	50	Dr Satish Shahane	✨ On the auspicious occasion of *Guru Purnima*, *Dr Satish Shahane*, *Ex- President, NMAP* had the opportunity to enrich a group of *50 enthusiastic children* of grades 5-6 at *B.D.Somani International school*, Kharghar, Navi Mumbai on the importance of *'Healthy lifestyle'.* ✨ The session was interactive and covered various issues like *Balanced nutrition, sleep & screen hygiene, importance of play & physical activity and healthy stress

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										buster skills*. ✨ The session was appreciated by the Principal, teachers & lively kids. _Regards_ *Team Navi Mumbai AHA
Maharashtra State	Other	06/08/2026	School/College Health Program	Health and Hygiene	Parmanu School Mumbai	IAP, School	Adolescents, Teacher	105 Adolescents and 6 teachers	Dr Anita Patil	Adolescents were introduced to health and hygiene Relationship
Maharashtra State	Raigad	06/08/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS, School/College Health Program, iap	10 life skills and say no to drugs	Pallai college, RASAYANI, Dist. Raigad	IAP, College	Adolescents, Teacher	60 adolescents and 7 teachers	Dr. CHITRA AND DR. SWATI LIKHITE	As preteen module is the master project of CAHA, mAHA AHA has taken an initiative to conduct such activities through all 7 CITY branches of MAHA AHA. The 10 WHO life skill ARE THE ESSENTIAL for the adolescents. Substance abuse is one of the imp. issue in this particular age. SAYING "NO" was the key msg . This was well appreciated by teachers .
Maharashtra State	Nagpur	08/08/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Pre Teens Project	Vivekananda School	School	Adolescents, Teacher	50 students 10 teachers	Dr. Pankaj Agrawal Dr. Yash Banait	Pre Teens Module was conducted in school which was highly appreciated
Maharashtra State	Navi Mumbai	08/08/2026	IAP Day Celebration	Breastfeeding week celebration by Nursing students	Well Baby Clinic, Sri Satya Sai Sanjeevani child cardiac care hospital Kharghar Navi Mumbai	IAP, NGO	Adolescents, Parent, Doctors, Paramedical Health Workers	50	Dr Amog Shahane	On the occasion of *World Breastfeeding Week Celebration (August 1-7)*, dynamic NMAP Treasurer, *Dr Amog Shahane* conducted a session on the importance of Breastfeeding strategies in lactating mothers in the *Well baby clinic* of Sri Satya Sai Sanjeevani child cardiac care hospital,Kharghar, Navi Mumbai. *Theme:* _'Breastfeeding for a sustainable start in life: strengthen breastfeeding'_ The mothers were stressed upon important issues of: 🤱 Early initiation of Breastfeeding 🤱 Importance of Colostrum 🤱 Issues related to latching 🤱 Types of breast milk 🤱 Advantages of BF for the mother & baby. These important aspects were enacted by the nursing students and conveyed effectively through role plays and posters. Some glimpses of the event.
Maharashtra State	Nashik	11/08/2026	Awareness through social media..YouTube/Instagram, School/College Health Program	COMMITTED TO HEALTH, AWARENESS & SOCIAL RESPONSIBILITY 🙌	Don Bosco School, College Road, Nashik	IAP, School, AHA , Nasik	Adolescents, Teacher	60 students, 10 teachers	Dr. Sadachar Ujalambkar-, Dr. Dipashree Tatar, 🗣️ Dr. Pankaj Chavan (Mahajan) , Dr. Bhakti	As a meaningful step towards creating a healthier, better-informed and empowered generation, AHA Nashik has made collaboration with Don Bosco Schools to conduct a series of activities. As one of the pilot activity, Nashik AHA conducted an awareness and educational programme today at Don Bosco School, College Road, Nashik. The initiative brought together medical expertise and practical life-skills, addressing some of the most important aspects of adolescent health, wellbeing and education.Mapping of Growth & Pubertal Changes in Boys,Media & Digital Wellness,Study Smart, Not

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										Hard",Growing Beautifully! – Pubertal Changes & Menstrual Hygiene in Girls are the main topics covered by speakers.
Maharashtra State	Nagpur	13/08/2026	Scientific..Workshop/CME/Webinar etc, Scientific Publication in journal/elsewhere, School/College Health Program	childhood development and parenting	Chandra Public School, Chandrapur.	NGO, School, Rotary club	Parent	700 parents	Dr. Ram Bharat	On platform of Rotary Club of Chandrapur, conducted a panel discussion on parenting at chandra Public School Chandrapur. Chief guest of program were Ayush Nepuni IPS who is SP OF Chandrapur.. And Mrs kshma Dharmapuriwar who is president of child welfare committee.
Maharashtra State	Navi Mumbai	13/08/2026	School/College Health Program	Digital detox for teens- Screen hygiene importance	Zilla Parishad School, Wavanje Raigad district	IAP, NGO, School	Adolescents, Teacher	50	Dr Amog Shahane	An interesting session on *Digital detox (Digital Upwas)* was conducted by enthusiastic NMAP Treasurer & Secretary , AHA Navi Mumbai,*Dr Amog Shahane* for 50 grade 8 students at the *Zilla Parishad School, Wavanje village*, Raigad district. The session was a prelude to understanding how *digital detox like fast observed during the holy month of Shravan* helps in bringing clarity in thoughts & action. _The session focused on:_ ✿ Screen hygiene including IAP guidelines ✿ Alarming rise of digital use in Indian teens ✿ Physical, mental & emotional side effects of excess screen use due to dopamine loop ✿ Cybersafety & safe online communication including helpline numbers ✿ Screen time vs Green time benefits The session was interactive & appreciated by the students, teachers & Principal. Team Navi Mumbai AHA
Maharashtra State	Nagpur	26/08/2026	Scientific..Workshop/CME/Webinar etc, fogsi, Amravati	Medicolegal issues in Adolescents	zoom	IAP, maha aha	Doctors	23	DR. Satish Tiwari,dr. Hemant Gangolia, Dr. Alka Kuthe, Dr. Jayant Pandharikar , dR. SHREEPAD jAHAGIRDAR	Dr. Satish Tiwari initially spoke on the majior medicolegal issues in adolescents mainly on POCSO ACT, JJ ACT. Dr. Sonali conducted the case based panel discussion . Dr. Alka guided on TEEN AGE pregnancy and MTP act.Dr. Pandharikar was dicussing about how to handle an adolescent with suicidal tenency and role of a pediatrician. Dr. Shreepad focussed on THE RESPONSIBILTY of a private as well as govt. doctor. WHOM TO INFORM?, HOW AND WHEN TO INFORM? WHAT ARE THE LEGAL PROCEDURES TO FOLLOW WERE VERY WELL guided by Dr. Hemant Gangolia.DR. HIMABINDU WELL APPRECIATED THE WEBINAR. The webinar is live on YOU TUBE CHANNNEL .
Maharashtra State	Navi Mumbai	09/09/2026	School/College Health Program	Digital hygiene for Boys- Importance of Cybersafety	Zilla Parishad School Wavanje Raigad district	IAP, NGO, School	Adolescents, Teacher	76	Dr Amog Shahane	With exposure to screen media at a young age, comes the *responsibility to guide youth on safe usage of screen media* and creating awareness on this issue is of great importance in all schools including rural areas where guidance is seriously lacking on the harmful effects of screen media. *Dr Amog Shahane*, Treasurer, Navi Mumbai IAP & Secretary, AHA Navi Mumbai conducted an awareness session on safe screen use for *76 students of Grade 8* at *Sri Chatrapati Shivaji Vidyalaya, Wavanje, Raigad district.*

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										The students were enlightened about the *developing teen brain more prone to addiction, physical & mental harm due to excessive screen use, digital detox and cybercrime & cyber safety helpline numbers*. The session was interactive & well appreciated. This was done in collaboration with _Sri Satya Sai Sanjeevani child cardiac care hospital_ Kharghar Navi Mumbai. *Team Navi Mumbai AHA
Maharashtra State	Nagpur	17/09/2026	School/College Health Program	Mental Health Awareness	Balajee Convent School Butibori	IAP, School	Adolescents, Parent, Teacher	120	Dr. RG Patil	Mental Health Awareness activity to focus on good health, fight depression and engage in healthy life style
Maharashtra State	Nagpur	19/09/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Pre teen module	Central Provincial School Velhahari	None	Adolescents, Teacher	120	Dr. Yash Banait	Preteen Module conducted for students of class 8,9,10
Maharashtra State	Nagpur	26/09/2026	Publication for awareness...pamphlet,newspaper etc, School/College Health Program	Family life education	Dinanath High school and Junior college, Dhantoli, Nagpur	College, AACCI	Adolescents, Teacher	65 students and 4 staff members	Dr Kamlakar Deoghare:	Dr. Deoghare is a senior adolscent peditrician from Nagpur . Now a days the students are suffering from anxiety, depression and suicidal tendencies. How to face the situation, whom should be concerned ? What is the role of teachers?These are some imp. aspects.The teachers are the second parents whom the students trust more are the pillaers of family life education. The students as well as teachers appreciated the awareness programme very much.
Maharashtra State	Other	29/09/2026	Scientific..Workshop/CME/Webinar etc	Nutrition beyond plate, Targated nutritional strategies in modern pediatrics	zoom	IAP, MAHA AHA, Chhatrapati sambhajinagar	Doctors	27	Dr. Neeti Soni, Dr. Sandhya kondapalle, Dr. Suvarna, Dr. Varsha, Dr. Madhavi	DR. Mrudula Phadake was the chief guest and she shared the Triple burden malnurtition and how we should deal with . Dr. Sushama Desai , Dr. Renu Boralkar (maha iap sec) AND Dr. Rajendra Vaidya president IAP CH. Sambhajinagar were the guest of honours. Dr. MANJUSHA Sherekar materialised the programme very well.Speaker Topics : 1.Nutrition in adolescents: Fueling rapid growth and hormonal shift by dr. Neeti Soni 2.Nutrition in pediatric gastrointestinal disorders: Targeted diets without compromising growth..by dr.Varsha VAIDYA 3.Nutrition in Endocrine disorders: Managing endocrine targeted nutrition and growth trajectories BY dr. SANDYA Kondapalle 4.Nutrition in neurologiacal disorders : dietary keys to support cognitive development and seizure control by Dr.Suvarna 5.Nutrition in Genetic disorders: managing IEM , genetic syndromes and specific nutrition by dr. MADHAVI
Odisha State	Other	25/07/2026	School/College Health Program	Adolescent Care-The Teachers Role in Nurturing Healthy Bodies/Minds	Indo-English School, Rourkela	School	Teacher	35	Dr. Parthasarathy Lall, Dr(Ms) Gitanjali Patri, Dr.(Ms) Ekta Sanghir.(Ms) Ekta Sanghi	35 Teachers of middle and high school along with the Principal of Indo-English School, Rourkela, Odisha attended the program. Teachers were informed about the growth and development of the body and brain of an adolescent and how it affects their behavior. They were sensitized to detect deviations from the normal and what actions they could take. Topics such as Red flag signs for suicide and mental health first aid, and bullying was also touched upon. The program lasted for 1.5 hrs with good interaction thereafter. The speakers were from Adolescent Health Clinic Rourkela

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Odisha State	Other	29/08/2026	School/College Health Program	Adolescent Care	DAV school Sector 16, Rourkela, Odisha	NGO, School	Adolescents, Teacher	176 students	Dr.(Mrs)Gitanjali Patri, Dr. Parthasarathy Lall	Girl students from Class 5-9 were addressed separately. by Gynecologist Dr. Gitanjali Patri. It was a very interactive session and many of their doubts were clarified. The boys of class 6 and & were addressed later and given basic information on adolescent health and a few tips on handling their emotions and physcial health
Odisha State	Other	09/09/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Digital Awareness and Cyber Safety	St. Arnold's School, Rourkela	IAP	Adolescents, Teacher, Paramedical Health Workers	About 600	Dr. Parthasarathy Lall	About 600 students of Classes 5,6,and 7 attended the program along with their class teachers and the school counsellor. The talk lasted for 45 minutes. This was followed by a role play and followed by a question answer session. The whole program was very interactive and much appreciated by all.
Odisha State	Other	16/09/2026	Involving Rotary Club Royal	Adolescence-an overview	Bhramini Club Rourkela	Rotary Club Royal,	Parent	19	Dr. P.Lall	The talk was a brief overview of adolescence and what are their problems. It also discussed what and how Rotary Club would go ahead in schools and other places in order to help adolescents
Odisha State	Other	25/09/2026	Interaction with inmates of JJH	Management of anger	Observation home and Special Home Rourkela	NGO	Adolescents, Paramedical Health Workers	50	Dr. Parthasarathy Lall	This was my second talk to inmates of Juvenile Justice Home, also known as Observation Home and Special Home, Rourkela Odisha. It was attended by about 50 children along with their counsellor, pharmacist and in charge. It was organized by an NGO, Bal Sanskar Kendra, Rourkela. It was an interactive topic on anger management which was well appreciated by everyone
Punjab State	Amritsar	23/08/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Preteens issues and adolescent health issues	Best Western Airport Road Amritsar	IAP, Medical College	Doctors	137	Many distinguished faculties like Dr Piyali,Dr Shamik,Dr Sushma ,Dr Sangeeta etc	AHACON 26 – First Annual Conference The First Annual Conference of the Adolescent Health Academy Association of Amritsar (AHACON 26) was successfully conducted on 23 August 2026 at Hotel Best Western, Airport Road, Amritsar. The conference brought together eminent faculty, pediatricians, healthcare professionals, and delegates with a shared commitment to advancing adolescent healthcare. The scientific programme covered important and contemporary aspects of adolescent health through insightful lectures, interactive discussions, and practical learning sessions. The conference provided an excellent platform for knowledge sharing, professional networking, and collaboration. AHACON 26 marked an important milestone in promoting comprehensive, holistic, and evidence-based adolescent healthcare in the region.
Tamilnadu State Branch	Coimbtore	01/07/2026	School/College Health Program	Adolescent mental health	DOBBS public school, Coimbatore	NGO	Adolescents	100	100	Interacted with students of 9th and 11th grade. Around 100 students participated. Spoke about Adolescent mental health issues, academic and peer pressure, stress and gave anticipatory guidance and coping skills to handle stress. It's a interactive session.
Tamilnadu State Branch	Coimbtore	01/07/2026	School/College Health Program	Awareness on healthy relationships, safe and unsafe touch, mental health	About 400 gMethodist girls higher secondary school, Trichy.	IAP, School	Adolescents	400	Dr. Sudharsana skanda	About 400 girls from class 7 to class 11 of Methodist girls higher secondary school, Trichy. On July 1st,2026, an awareness talk on safe touch, unsafe touch, healthy relationships, mental health and screen time was arranged.
Tamilnadu State Branch	Kanya Kumari	17/07/2026	Scientific..Workshop/CME/Webinar etc	Adolescent counselling excellence	Online webinar series	IAP	Doctors, Paramedical Health Workers	12 speakers, 300 participants	Dr. Pradeep kumar	Adolescent Counselling Excellence (ACE) Brief report The Adolescent Counselling Excellence (ACE) Course was conducted by the Indian Academy of Pediatrics in association with the Adolescent Health Academy to strengthen the knowledge and practical counselling skills of paediatricians caring for adolescents. The course consisted of a structured series of sessions delivered by 12 expert faculty members. Major areas

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										covered included adolescent-friendly communication, rapport building, confidentiality, HEEADSSS assessment, motivational interviewing, rational emotive behaviour therapy, life-skills education, academic difficulties, body-image concerns, problematic internet use, bullying, relationships, sexual violence, eating disorders, substance use, suicide prevention and the safe use of psychotropic medicines in adolescents. The sessions used practical case scenarios, counselling demonstrations, role plays, interactive discussions and post-session assessments. Participants were trained to identify common adolescent mental-health problems, provide appropriate first-line counselling, recognise red-flag situations and refer adolescents requiring specialist psychiatric care.
Tamilnadu State Branch	Coimbtore	18/07/2026	Scientific..Workshop/CME/Webinar etc	Prevention of teenage pregnancy	Online Zoom webinar	IAP	Doctors	400	Dr. Lakshmi Shanthi, Dr.Meghana phadke	IAP commitment statement, on the occasion of Adolescent Wellness Day
Tamilnadu State Branch	Coimbtore	20/07/2026	Scientific..Workshop/CME/Webinar etc	Nurturing environment for Adolescents	Online zoom	IAP	Doctors	80	Dr. Lakshmi Shanthi, Dr.Himabindu	On the occasion of World population Day July 11, webinar conducted by AHA, Chattisgarh
Tamilnadu State Branch	Cuddalore	04/08/2026	School/College Health Program	Breastfeeding Awareness	Government Arts and Science College	IAP	Adolescents	300 students	Dr. Aram Chenthil, Dr. Krishna Murthy, Dr. Vijayachandhran	WBW Awareness Program for 300 Govt. Arts & Science College Students today at Panruti by IAP Cuddalore
Tamilnadu State Branch	Coimbtore	18/08/2026	Scientific..Workshop/CME/Webinar etc	Digital wellness' your life beyond the screen	Zoom online	IAP	Doctors	45	Dr. Jeyashree Ashwath, Dr. Ranjith	On the occasion of adolescent wellness day, the online CME was conducted. Around 45 paediatricians took part and benefitted
Tamilnadu State Branch	Coimbtore	02/09/2026	School/College Health Program	Adolescent mental health	BVB School, Coimbatore	IAP	Adolescents	45	Dr. Lakshmi Shanthi	As part of AHA, School Program , Adolescent mental health topic was covered in BVB School, Coimbatore
Tamilnadu State Branch	Coimbtore	25/09/2026	School/College Health Program	Empowering youth for drug Free future	Nehru Institute of health Sciences	IAP, AHA	Adolescents, Paramedical Health Workers	60	Dr. Lavanya. S	At Nehru College of health Sciences, around 60 students were addressed for Drug free future
Telangana State	Hyderabad	01/07/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS, School/College Health Program	Preteens and Teens health awareness program	Sri sairam school, krishn nagar	IAP	Adolescents, Teacher	300	Dr. S. Naunihal singh, Dr Hesibha gynaecologist and obstetrician, Dr sajeed - Duty medical officer	Doctor’s Day School Health Awareness Program Report A School Health Awareness Program was conducted on the occasion of Doctor’s Day to educate students about healthy lifestyle practices and preventive healthcare. The sessions covered balanced nutrition, personal hygiene, menstrual health, HPV vaccination awareness, environmental cleanliness, physical activity, and reducing screen time. The program was led by experienced doctors who interacted with students through informative presentations and question-answer sessions. Students actively participated and gained valuable knowledge about maintaining good health and preventing diseases. The program successfully enhanced health awareness, encouraged healthy habits, and received positive feedback from teachers, school management, and participating students.
Telangana State	Hyderabad	04/07/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS, School/College Health Program	Pre- teens & Teens Educational Program	Sri Sairam High School, Sri Krishna nagar, hyd	IAP	Adolescents, Teacher	500	1. Dr. S. Naunihal singh - secretary, thana state branch, 2. Dr. Nirmala- Present,AHA hyd branch, 3. Dr. Ayesha -	The Adolescent Health Awareness Program was conducted on 4 July 2026 at Sri Sairam School, Krishna Nagar, to promote physical, mental, emotional, and social well-being among adolescents. Around 500 students and 20–30 teachers actively participated. The sessions covered puberty, nutrition, hygiene, exercise, mental health, stress management, sleep, responsible gadget use, and healthy lifestyle practices. Students participated

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									Professor & Paediatrician Niloufer Hospital	enthusiastically in interactive discussions and clarified their doubts during the question-and-answer session. Teachers and parents were encouraged to support healthy habits at home. The program successfully increased health awareness and inspired participants to adopt healthier lifestyles and positive daily habits.
Uttarpradesh State	Lucknow	22/09/2026	Scientific..Workshop/CME/Webinar etc	Empathy matters: The heart of effective parenting and child care	Zoom plateform	IAP	Parent, Doctors	32	Dr Alpana Shukla	On digital platform (Zoom) we organized the webinar in A-B-C-D-E series E- empathy by Uttar Pradesh AHA
West Bengal State	Kolkata	01/07/2026	National Doctors' Day celebration	Dr BC Roy and his relevance today	CMS SJ High School Krishnanagar	NGO, Sundar Saisab Trust	Adolescents, Teacher	143 students + 14 Teachers	Dr Tapan Kumar Das	National Doctors' Day was celebrated on 1st July 2026 at Krishnanagar CMS St John's High school with much vigour and enthusiasm. Relevance of Dr BC Roy as a Role Model at this crucial juncture of adolescence was elaborated. The program was ended with distribution of Lemon saplings and sweets amongst the participants
West Bengal State	Kolkata	05/07/2026	Scientific Publication in journal/elsewhere	Assessment of health related quality of life using KIDSCREEN	Child and newborn	IAP	Doctors	Na	Dr Shilpi Siddhanta	Health related quality of life index is an important index for child health. This study was done to assess the HRQOL in children and teen. It was found that the adolescents demonstrated relatively low scores especially in emotional and school related domains compared to the younger children. The study was done by Dr Shilpi Siddhanta. This was published in Child and Newborn, a journal by the West Bengal Academy of Pediatrics.
West Bengal State	Kolkata	18/07/2026	Celebration of Forest Week	Mayer name ekti gach (One plant for my mother)	Jyotirmoyee Girls' School Krishnanagar	NGO, Sundar Saisab Trust	Adolescents, Teacher	46 students & 7 Teachers	Dr Tapan Kumar Das	Aranya Saptah (Forest week) was celebrated at a local school of Krishnanagar (Maharani Jyotirmoyee Girls' School) with students and teachers with the Slogan " Mayer name ekti gach" (One sapling in the name of my Mother). Every student and teacher vowed to plant a Lemon sapling in the name of their respective mothers and care for long.
West Bengal State	Kolkata	18/07/2026	Health Checkup Camp	Adolescent Health Awareness on Adolescent Wellness Day (18th)	At Clinic	Clinic	Adolescents, Parent	40	2	An Adolescent Health Awareness Camp was successfully conducted at our clinic on 18th July (celebrating Adolescent Wellness Day)bringing together parents and adolescents for an interactive learning session. The program focused on three key pillars of adolescent well-being—healthy nutrition, understanding puberty, and developing balanced screen-time habits. Through discussions, practical tips, and open conversations, parents gained confidence in supporting their growing children, while adolescents learned to make healthier lifestyle choices and navigate the changes of adolescence with greater awareness.
West Bengal State	Kolkata	20/07/2026	School/College Health Program, Van Mahotsav celebration	Van Mahotsav Celebration	Maharani Jyotirmoyee Balika Vidyalaya School.	IAP, School	Adolescents, Parent, Teacher	60	Dr T K Das	On the occasion of Vano Mahotsav, the forest week celebration plants were gifted to 58 adolescents of Maharani Jyotirmoyee Balika Vidyalaya on 20 th July, 26. They were encouraged to plant more trees and made aware of the need for plantation for a healthy environment and a healthy future
West Bengal State	Kolkata	21/07/2026	IAP Day Celebration, IAP CPR DAY program	BLS training	Eastern Railway Hospital Liluah	IAP	Adolescents	24	Dr Shilpi Siddhanta	BLS training was given to 24 adolescents, and young adults including sisters on the occasion of IAP CPR Day, on 21.7.26
West Bengal State	Kolkata	22/07/2026	Scientific..Workshop/CME/Webinar etc, Publication for awareness...pamphlet,newspaper etc	Adolescent nutrition and healthy lifestyle . Magazine inauguration and panel discussion	Zoom platform	IAP	Doctors, Paramedical Health Workers	Approx 30	Dr Poonam Bhatia, Dr R N Sharma, Dr Kalpana Datta, Dr Agnimita Giri Sarkar, Dr Anindita Bose	A webinar on Adolescent nutrition and healthy lifestyle was held by WBAHA in association with WBAP . Quarterly magazine by WBAHA AdolEssence was inaugurated by CIAP President Elect 2026 Prof Dr M Singaravelu in presence of Chairperson CAHA, Dr Sushma Desai. Coordinated by Dr Shilpi Siddhanta and Dr Anindita Bose. Then a panel discussion on Adolescent nutrition was moderated by Dr Agnimita Giri Sarkar.Dr Poonam Bhatia,

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										Dr R N Sharma and Dr Kalpana Datta wonderfully elaborated on important aspects of adolescent nutrition.
West Bengal State	Kolkata	22/07/2026	Scientific Publication in journal/elsewhere	AdolEssence magazine, volume 4 on Adolescent nutrition and healthy lifestyle	E-magazine	IAP	Adolescents, Parent, Teacher, Doctors, Paramedical Health Workers	All adolescents, parents and teachers	Dr Elizabeth KE, Dr Bindusha S, Dr Poonam Bhatia, Dr Deepa Janardhanan, Dr Rashmi Gupta, Dr R N Sharma, Dr Kalpana Datta , Dr Sukanta Chatterjee, Dr Anirban Ray, Dr Priya Sreenivasan , Dr Subroto Chakraborty and others Foreword by Dr M Singaravelu	
West Bengal State	Kolkata	15/08/2026	Independence Day Celebration	Independence Day Celebration	Akshay Vidyapith Uccha Balika Bidyalay	IAP, School	Adolescents, Parent, Teacher	100	Dr. T K Das	On the occasion of Independence day , Indian National Flags were distributed and how to become a responsible citizen was explained to the teenagers. More than 100 participants . They being future of India were encouraged to take responsibility of the nation and to respect the Indian flag
West Bengal State	Kolkata	19/08/2026	Scientific..Workshop/CME/Webinar etc	Dialogues beyond Dialect: Understanding Gen Z world	Zoom	IAP	Doctors	40 approx	Dr Sushma Desai *MODERATOR* Dr Samik Hazra *PANELISTS* Dr Shamik Ghosh Dr Deepa Janardhanan Dr Tejaswini Ranjoy Mittra	West Bengal Adolescent Health Academy - and WBAP condicted WBAHA MONTHLY WEBINAR SERIES *Panel Discussion:* *Dialogues beyond Dialect: Understanding Gen Z world*
West Bengal State	Durgapur / Asansol	20/08/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	INTRODUCTORY SESSION ON COMPREHENSIVE PRETEEN MODULE - CATCH THEM EARLY, KEEP THEM SAFE	P.M. SHRI KENDRIYA VIDYALA, PANAGARH, DURGAPUR	IAP, School	PRE TEEN - CLASS 8 and 9	65	DR DEBANJANA BASAK, DR JOSHI ANAND KERKETTA	The Comprehensive Preteen Module – “Catch Them Early, Keep Them Safe” was conducted as part of the AHA Action Plan 2026, with the objective of promoting comprehensive health and well-being among preteens. The session was conducted in an interactive and age-appropriate manner and focused on three important areas of preteen health and development: Preteen Nutrition. Life Skills . Healthy Media Use. The students participated enthusiastically in the discussions and interactions. Informal feedback was obtained from both students and teachers, and the introductory session was very well received.
West Bengal State	Kolkata	21/08/2026	School/College Health Program	WHO Life Skills Education	Swaika Girls High School, Howrah	School	Adolescents	100	Dr Shilpi Siddhanta, Dr Santa Chattopadhyay, Dr Anindita Bose,Dr Kajari Sarkar, Dr Aparajita Das	A Life Skill Education session was held at Swaika Girls High School for students of class 9 and 10 with about 100 participants on 21st August 2026 by WBAHA team (Kolkata branch).The programme aimed to equip students with essential life skills to help them navigate the physical, emotional, social, and academic challenges of adolescence. The interactive session focused on the ten core life skills recommended by the World Health Organization (WHO). Real-life examples, group discussions, and engaging activities encouraged active

State Branch	City Branch	Date	Name of Activity	Topic Name	Venue	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (NOT MORE THAN 100 WORDS) INCLUDING BRANCH NAME AND VENUE)
										participation and helped students understand the practical application of these skills in their daily lives. .The program concluded with interactive question and answer session.The programme was well received by both students and school authorities, who appreciated the relevance and practical nature of the session.
West Bengal State	Kolkata	29/08/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS, School/College Health Program	PROJECT PRETEEN MODULE	PMSHRI KENDRIYA VIDYALAYA DUMDUM KOLKATA	IAP, School	Adolescents	80	DR KAJARI SARKAR, DR SANTA CHATTOPADHYAY, DR APARAJITA DAS, DR SHILPISIDDHANTA , DR ANINDITA BOSE	Students received age-appropriate information and anticipatory guidance on puberty, nutrition, life skills, responsible digital media use, emotional well-being, and mental health. Interactive discussions and role-play scenarios encouraged active participation and helped students understand these important aspects of their physical, emotional, and social development.
West Bengal State	Kolkata	29/08/2026	School/College Health Program, IAP Day Celebration	National Sports Day Celebration	Girls' school in Krishnanagar.	IAP, School, WBAP	Adolescents, Parent, Teacher, Doctors	100	Dr. T K Das	National Sports Day Celebration was held at a Girls' school in Krishnanagar. Inter class KhoKho competition was organised. Students were encouraged to actively join the event. They were told about importance of sports for both physical and mental well being.
West Bengal State	Howrah	04/09/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Preteen Life skill education	Swaika Girls High school, Patuapara, Liluah	IAP, School, WBAHA	Adolescents, Teacher, Doctors	80	Dr. Shilpi Siddhanta, Dr. Shanta Chattopadhyay, Dr. Anindita Bose, Dr. Aparajita Das Mukherjee	Project Preteen for age 10 and 11 yrs and Life Skill education program for classes 9 and 10 at Swaika Girls High school, Patuapara, Liluah. Girls were made to interact with faculties to actively understand the basic skills.
West Bengal State	Kolkata	23/09/2026	Scientific..Workshop/CME/Webinar etc	RECONNECTING WITH YOUR TEEN : PARENTAL CONNECTION AS A PROTECTIVE FACTOR AGAINST SELF-HARM	ZOOM PLATFORM	IAP, WBAHA IN ASSOCIATION WITH WBAP	Doctors	32	MODERATOR - DR RIYU GUPTA, PANELISTS- DR NISHCHAL BHATT, DR CHANDRIKA RAO, DR KAVITA MENGHANI, DR RAMYA C	The WBAHA Monthly Webinar Series, in association with WBAP, successfully conducted an online panel discussion titled “Reconnecting with Your Teen: Parental Connection as a Protective Factor Against Self-Harm” on 23rd September 2026 via Zoom. The session was moderated by Dr Ritu Gupta, with an expert panel comprising Dr Nishchal Bhatt, Dr Ramya C, Dr Chandrika Rao, and Dr Kavita Menghani. The discussion explored the importance of parental connection, communication, empathy, and emotional support in promoting adolescent well-being and preventing self-harm. The interactive academic session was attended by 32 paediatricians, with active participation and insightful discussion.
West Bengal State	Kolkata	30/09/2026	Health Checkup Camp	Health awareness cum check up camp for needy children	An evening school, Baranday Riddur run by Howrah Women Cell Police station	NGO	Adolescents,	50 approx	Dr Shilpi Siddhanta, Dr Vinay Asawa	Health awareness and checkup in an evening school for needy children run by Howrah Women Cell Police station on 30.9.26 by Dr Vinay Asawa,and Dr Shilpi Siddhanta. Parents of these children are rug pickers , porters , etc and many of them are addicted to substance abuse . These Adolescents were counselled about life skills, saying no to tobacco, alcohol. Etc. Many were stunted and anemic. They were advised regarding growing vegetables in their own homes.

AHA CITY BRANCHES ACTIVITIES UNDER CENTRAL AHA

State Branch	City Branch	Date	Name of Activity	Topic Name	Venue	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION
Central AHA (if not belong to any State Branch)	Other	01/07/2026	Doctors day celebration	Lifestyle, Health check up, Cultural	Dist Hospital, Dist Jail, Hotel Dev	IAP, IMA	Adolescents, Doctors, Paramedical Health Workers	300	Dr Alpana Shukla	Dr Alpana Shukla withIndian medical association Chhindwara celebrated Doctors Day on 1 st July 2026 at different platforms. We started with Marathon promoting Exercise,Physical Fitness and Healthy Lifestyle. Next our members started plantation at Dist Hosp and Dist Jail. This was followed by Blood Donation where more than 50 doctors donated blood. Then we conducted Health Check up camp for our doctors including Bld sugar, ECG, Blood Pressure and consultation. A quiz was organised in Medical College among medical students .The winners were given certificates.We then proceeded to felicitate our very senior doctors of the city in their homes as they were unable to join us for the Felicitation Program. In the evening, we had a program in which we felicitated our senior doctors, and those who had received awards at State or national levels in the year. This was followed by Musical night by our expert singers and dinner.
Central AHA (if not belong to any State Branch)	Bikaner	10/07/2026	School/College Health Program, Seminar	Drug free India	Program conducted at Wings International School, Bikaner	AHA, Bikaner Anti-Narcotic sqaud, Apple Children Hospital	Adolescents, Teacher, Students	200	Dr. Gaurave Pareek, Secretary AHA, Bikaner Branch and Mr Mahendra Dutt From Anti-narcotics squad of Bikaner	Anti-narcotics squad,Bikaner* APPLE children hospital AHA, Bikaner and Wings international school Jointly did LAXMAN REKHA program under OPERATION NEELKANTH with guidance from Rajasthan police Today conducted a seminar on Addiction and it's consequences. Dr Gaurave Pareek, Secretary AHA, Bikaner Branch highlighted peer pressure among teens and how to be confidently say NO and advised teachers and parents regarding soft early sign of drugs behaviour in teens.
Central AHA (if not belong to any State Branch)	Bikaner	13/07/2026	School/College Health Program	"Mobile use- when it becomes inappropriate & healthy choices of food"	Shree Sanskar Children Academy, Bikaner	School	Students-Preteens & teens	60	Dr. Sarika Swami	"Mobile use- when it becomes inappropriate & healthy choices of food" Preteens & teens of "Shree Sanskar Children Academy, Bikaner"were educated through an Interactive lecture followed by A "Prashnottari" in which students participated enthusiastically. This interactive session was conducted by Dr. Sarika Swami. Students were given Small prizes too for their smart answers during the Prashanottari.
Central AHA (if not belong to any State Branch)	Bikaner	14/07/2026	Public awareness	Mental health problem-How to recognize early	Pediatric Hospital, SP Medical College, Bikaner	Medical College	Parent, Parents and caregivers of patients in waiting area of Pediatric Hospital	40	Dr. Kapil Verma(Final yr Resident in Pediatrics) & Dr. Sarika Swami Professor and Chairperson AHA, Bikaner Branch)	Dr. Kapil Verma explained in detail how to recognise mental health problems early at home so that parents can consult in time. At the end 3 of audiences shared their own experiences regarding such issues. Dr. Sarika moderated the session and interacted with caregivers.
Central AHA (if not belong to any State Branch)	Gwalior	17/07/2026	School/College Health Program	1 Healthy Food And Healthy Lifestyle 2 Growth and changes During Puberty	Pragati Vidya Peeth Gwalior	IAP, School	Preteens	About 250 Students	1Dr Pravee Garg 2 Dr Sandhya Ahuja	🙏 Greetings from AHA Gwalior 🙏 Respected Seniors and Dear Friends, We are pleased to share that a Health Awareness Session was conducted on 17th July at Vidhya Pragati Peeth for preteens of Classes 5 and 6. Topics Covered: Healthy Food & Healthy Lifestyle – Dr. Praveen Garg Growth and Changes During Puberty – Dr. Sandhya Ahuja The session benefited around 250 students. It was highly

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										interactive, with enthusiastic participation from both students and teachers. The children actively engaged in discussions, asked insightful questions, and showed great interest in learning about healthy living and the physical and emotional changes during puberty. The school authorities appreciated the initiative and expressed their desire to organize many more such awareness programs in the future. With Regards, AHA Team Gwalior 🙏
Central AHA (if not belong to any State Branch)	Other	21/07/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS, School/College Health Program	Adolescent health education and cpr	SSMHSSchool Chhindwara	IAP, IMA	Adolescents, Teacher, Doctors	500	Dr. Alpana Shukla, Sudhir Shukla	Dr Alpana Shukla with team conducted activity in Saraswati Shishu Mandir, CHHINDWARA.Along with Nutrition, Life skills approach, Menstrual Hygiene, CPR, Mental Health of children was focussed and students were explained for ' I SUPPORT MY FRIENDS' Look, Listen Feel approach with Nutrition boards were also shown with avoidance of JUNCS.
Central AHA (if not belong to any State Branch)	Other	21/07/2026	School/College Health Program, IAP Day Celebration, Awareness session	ORS	1. District Hospital 3. Dainik Bhaskar	IAP, IMA, School	Adolescents, Parent, Teacher, Students	600	Dr. Alpana Shukla Dr. Sudhir Shukla	On 21 st July, Dr Alpana Shukla with team conducted activity in Milestone English Medium school,CHHINDWARA. Along with Nutrition, Life skills approach and management of stress, Menstrual Hygiene, CPR, Mental Health of children was focussed and students were explained for ' I SUPPORT MY FRIENDS' Look, Listen ,Link approach . Keeping in mind the monsoon season, cleanliness, hand hygiene etc for prevention of Infections and Diarrhea, ORS, DIARRHEA etc were also dealt with , Nutrition boards were also shown with emphasis on avoidance of JUNCS.
Central AHA (if not belong to any State Branch)	Other	25/07/2026	Awareness session	CPR	1. District Hospital 3. Dainik Bhaskar	IAP, IMA	Adolescents, Parent, Teacher, Doctors, Paramedical Health Workers	300	Dr. Alpana Shukla, Dr. LN Sahu	Dr Alpana Shukla, Dr L N Sahu ,Dr Shweta Pathak and team conducted the activity conducted activity on CPR celebration in Dist Hospital Obs and Gyne OPD with patients, relatives, nursing staff and health care workers. CPR, how, when and why was explained in detail.
Central AHA (if not belong to any State Branch)	Other	25/07/2026	IAP Day Celebration	ORS	1. Online	IAP, IMA	Adolescents, Parent, Teacher, Doctors, Paramedical Health Workers, Professionals	300	Dr. Alpana Shukla	An awareness reel on ORS was released to educate the public about the importance of Oral Rehydration Solution (ORS) in preventing and managing dehydration, especially during episodes of diarrhea. The reel highlighted the correct preparation and timely administration of ORS. It aimed to promote awareness about simple, effective measures for preventing dehydration and saving lives.
Central AHA (if not belong to any State Branch)	Other	27/07/2026	IAP Day Celebration, AWARENESS ACTIVITY	ORS Day and week	1. UPHC Sukludhana 3. Dainik Bhaskar	IAP, IMA	Adolescents, Doctors, Paramedical Health Workers	300	Dr Alpana Shukla Dr Sudhir Shukla	Dr Sudhir Shukla and team conducted activity on ORS Day and Week celebration in UPHC Sukludhana, where Dr Alpana Shukla and Dr Sudhir Shukla explained to all about ORS and Zinc.Dr Alpana Shukla also participated in an activity with Red Cross for Batalion with workers. Diarrhea,causes, ORS , vaccination, cleanliness and hygiene with Prevention was explained to all.
Central AHA (if not belong to any State Branch)	Other	28/07/2026	IAP Day Celebration, Awareness Activity	ORS ,Diarrhea, Vaccination	1. Dist hospital 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors, Paramedical Health Workers	300	Dr. Alpana Shukla , Dr. LN Sahu	Pediatrics ward with patients, relatives, nursing staff and health care workers. Diarrhea,causes, ORS , vaccination, cleanliness and hygiene with Prevention was explained to all Dr L N Sahu and team
Central AHA (if not belong to any State Branch)	Other	28/07/2026	IAP Day Celebration, Awareness Activity	Diarrhea, ORS	1. Chhindwara 2.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors, Paramedical Health Workers	300	Dr. Alpana Shukla	CME was organised by IAP and IMA Chhindwara on ORS DAY AND WEEK Celebration. Details on Diarrhea, updates, ORS
Central AHA (if not belong to any State Branch)	Other	30/07/2026	IAP Day Celebration, Awareness Activity	ORS, Diarrhea	1. Anganwadi ,Kundipura 2.Dainik Bhaskar	IAP, IMA	Adolescents, Teacher, Doctors, Paramedical Health Workers	300	Dr. Alpana Shukla	IAP and IMA Chhindwara on ORS DAY AND WEEK Celebration in Anganwadi ,Kundipura, CHHINDWARA.Details on Diarrhea, updates, ORS, etc was discussed. Patients , relatives, medical students attended the program. Dr Sudhir Shukla,Dr Sushil Rathi conducted the activity
Central AHA (if not belong to any State Branch)	Gwalior	31/07/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	1 Nutrition and Healthy Lifestyle 2 Digital Awareness and Cyber Safety	Gwalior Glory High School	School	Preteens class 5 Students	About 400	1Dr Vineet Chaturvedi 2 Dr Pratibha Dhir	Greetings from Gwalior AHA 🙏 Esteemed Seniors and Dear Colleagues We are pleased to share that Gwalior AHA successfully conducted a program for the Preteen (IAP- AHA National Action Plan 2026) on the theme 'Catch them early and keep them safe "

State Branch	City Branch	Date	Name of Activity	Topic Name	Venue	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION
										in collaboration with Gwalior Glory High School on 31st of July 2026. The session engaged around 400 Preteen Students. Topics Covered were 1 Nutrition and Healthy Lifestyle by Dr Vineet Chaturvedi. 2 Digital Awareness and Cyber Safety by Dr Pratibha Dhir. 3 ORS Week Awareness for Preteens was also done. 4. Students role play on Digital and Cyber Safety made the session all the more interactive and impactfull. Special thanks to Dr Sushma Desai, Dr Shamik Ghosh, Dr Samir Shah for their continous support and Guidance. With warm regards 🙏 Dr Pratibha Dhir AHA Team Gwalior.
Central AHA (if not belong to any State Branch)	Gwalior	05/08/2026	School/College Health Program	Emotional well-being and Exam stress Management	Gwalior Glory High School Gwalior	School	Adolescents	About 250 10th grade Students	1 Dr Sandhaya Ahuja 2 DrPratibha Dhir	Greetings from Gwalior AHA 🙏 Respected Seniors and Dear Colleagues, We are pleased to share that, despite heavy rainfall, an Emotional Well-being session for Class 10 students was successfully conducted on 5th August, at Gwalior Glory High School. The session was delivered by Dr. Sandhya Ahuja and Interactive counselling session was conducted by Dr Pratibha Dhir focused on the emotional challenges faced by adolescents, especially those preparing for their Class 10 board Examination During counselling and Q &A session, students asked thoughtful questions on: • The difference between normal stress and serious mental health concerns, and when to seek professional help. • How to build emotional resilience. • Ways to cope with exam stress and fear of failure. • How to deal with broken friendships and relationship conflicts. • What to do during a panic attack. The session was very well received, and around 250 adolescents actively participated and benefited from the program. With warm regards, Dr. Pratibha Dhir Team AHA Gwalior
Central AHA (if not belong to any State Branch)	Gwalior	23/08/2026	Scientific..Workshop/CME/Webinar etc	Changing Scenario of Hepatitis A in Children and Prevention	Hotel Clark's Inn Gwalior	IAP	Doctors	About 25 pediatricians	Dr Ashok Banga Sir	Greetings from Gwalior AHA 🙏 Gwalior AHA organized a CME on 23rd August 2026 (Sunday) at Hotel Clark's Inn on the topic "Changing Scenario of Hepatitis A in Children and Prevention." The programme was graced by Dr. Prof. Ajay Gaur, HOD Pediatrics, GRMC, as the Chief Guest. Dr. Ashok Banga Sir delivered an insightful and informative academic session, while Dr. Praveen Garg served as the Moderator. The CME was attended by around 25 pediatricians, with active participation and interaction. The session was highly informative, enriching, and clinically relevant, providing valuable updates on Hepatitis A and its prevention in children. With Regards 🙏 Dr. Pratibha Dhir President, AHA Gwalior
Central AHA (if not belong to any State Branch)	Other	26/08/2026	IAP Day Celebration, activity in Anganwadi , schools	activity in Anganwadi , schools	1.Anganwadi , schools 3.Dainik Bhaskar	IAP, IMA	Adolescents, Teacher, Doctors	300	Dr.Alpana Shukla, Dr Anita Rahangdale, Dr Shubham, Dr Deepak Patel	CHHINDWARA Academy of Pediatrics conducted activity in Anganwadi , schools , Pediatric ward etc. They distributed eatables Multi grain materials, sanitary pads, reading, drawing materials etc.They also gave health education in all places regarding Health and hygiene, healthy nutrition, avoidance of JUNCS, gadget ethics etc
Central AHA (if not belong to any State Branch)	Other	29/08/2026	IAP Day Celebration, CME on Diabetes	CME on Diabetes	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla,Dr Thakur, Dr Rathi with team	IMA with IMA conducted a CME on Diabetes.
Central AHA (if not belong to any State Branch)	Other	01/09/2026	IAP Day Celebration, Awareness Activity	Nutrition Week	1.Anganwadi and Govt School Khajri 3.Dainik Bhaskar	IAP, IMA	Teacher, Students	300	Dr. Alpana Shukla with team	IMA with IAP Chhindwara conducted activities in Anganwadi and Govt School Khajri on Nutrition Week on 1 st September 2026. Dr Alpana Shukla with team explained food items, groups, nutrition rich food s etc. Avoidance of JUNC FOOD.

State Branch	City Branch	Date	Name of Activity	Topic Name	Venue	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION
Central AHA (if not belong to any State Branch)	Other	02/09/2026	IAP Day Celebration, Awareness Session	Nutrition Week	1.PHCs and UPHC, and Primary Govt School Sukludhana 3. Dainik Bhaskar	IAP, IMA	Adolescents, Teacher	300	Dr. Alpana Shukla with team	IMA with IAP Chhindwara conducted activities in PHCs and UPHC, and Primary Govt School Sukludhana on Nutrition Week on 2 nd September 2026. Dr Sushil Rathi, Dr Alpana Shukla, Dr Sudhir Shukla with team explained food items, groups, nutrition rich food s etc. Avoidance of JUNC FOOD.
Central AHA (if not belong to any State Branch)	Other	03/09/2026	IAP Day Celebration, Awareness Activity	Nutrition Week	1.Balaji Higher Secondary School and Govt School Rambagh 3. Dainik Bhaskar	IAP, IMA	Adolescents, Teacher	400	Dr. Alpana Shukla with team	IMA with IAP Chhindwara conducted activities in PHCs and UPHC, and Balaji Higher Secondary School and Govt School Rambagh on Nutrition Week on 3 rd September 2026. Dr Sudhir Shukla ,Dr Alpana Shukla with team explained food items, groups, nutrition rich food s etc. Avoidance of JUNC FOOD.
Central AHA (if not belong to any State Branch)	Other	05/09/2026	IAP Day Celebration, National IMA AMS Conference	National IMA AMS Conference	1.Hubli, Karnataka 3. Dainik Bhaskar	IAP, IMA	Doctors, Professionals	300	Dr. Alpana Shukla with team	5th, 6 th Sept Dr Alpana Shukla,Dr Sudhir Shukla attended National IMA AMS Conference at Hubli, Karnataka. Received awards for National IMA AMS activities, Best State IMA AMS and Individual for best activities Dr Alpana Shukla.
Central AHA (if not belong to any State Branch)	Other	07/09/2026	IAP Day Celebration, CME	Nutrition Week	1.Hotel Dev 3. Dainik Bhaskar	IAP, IMA	Adolescents, Doctors, Professionals	200	Dr. Alpana Shukla with team	IMA with IAP Chhindwara conducted CME on Nutrition Week on 3 rd , 7th September 2026 with IMA,FOGSI, IAP etc. Dr L N Sahu, Dr Anita Rahangdale ,Dr Alpana Shukla with team explained food items, groups, nutrition rich food s etc. Avoidance of JUNC FOOD. Importance of Nutrition etc was also explained at Hotel Dev.
Central AHA (if not belong to any State Branch)	Bikaner	10/09/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Project Preteen- community module	Wings International Sr. Sec. School, Bikaner	School	Preteens of the School	75-80	Dr. Mohit Vohra, Dr. Shyam Agarwal, Dr. Gaurave Pareek, Dr. Sarika Swami	Project Preteen - community module was conducted for the first time in Bikaner at Wings International Sr. Sec. School, by AHA Bikaner Branch in the leadership of Dr. Mohit Vohra accompanied by Chairperson of the branch Dr. Sarika, Secretary Dr. Gaurave Pareek with senior IAP member and former Secretary IAP Bikaner Dr. Shyam Agarwal. Nutrition, Lifestyle, Digital media awareness and Academics & School Health topics were covered by above faculties. Date 10.09.2026
Central AHA (if not belong to any State Branch)	Other	13/09/2026	IAP Day Celebration, Distributed Dohar	Addressed children for Health, Nutrition, Hygiene, Career guidance etc. Distributed eatables.	1. Bal Gruh, Chandangaon 3.Dainik Bhaskar	IAP, IMA	Adolescents	200	Dr. Alpana Shukla with team	On 13th September Distributed Dohar in Bal Gruh, Chandangaon. Addressed children for Health, Nutrition, Hygiene, Career guidance etc. Distributed eatables.
Central AHA (if not belong to any State Branch)	Jaipur	20/09/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	Preteen module for Pediatricians	Hotel Jaiclub prime , Jaipur	IAP	Doctors	70	Dr Sushma Desai, Dr Avinash Bansal , Dr Geeta Bansal , Dr Swati Ghate , Dr SP Sethi , Dr Dilshad Sami, Dr Neha Agarwal, Dr Kusum Kalla , Dr Mohit Vohra, Dr O P Balodia , Dr Shikha Garg, Dr Shailja , Dr Muskaan, Dr Aarti	Project Preteens – Report Submission Project Preteens, under the AHA National Action Plan 2026, was successfully conducted on 20th September 2026 at Jai Club Prime, Baramasi, Jaipur, by AHA & IAP Jaipur. The programme focused on comprehensive preteen care for children aged 8–12 years, covering growth and development, mental and emotional health, life skills, digital-age challenges, immunization, and preventive healthcare. The programme included interactive sessions, role plays and hands-on workstations. 70 delegates participated enthusiastically and remained engaged throughout the programme. The event concluded with a group photograph. Pretest & posttest done & after that E-certificate given to delegates from CAHA .
Central AHA (if not belong to any State Branch)	Other	21/09/2026	IAP Day Celebration, Webinar on Downs Syndrome	Webinar on Downs Syndrome	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	, IMA AMS AMS Chhindwara with IAP conducted an online webinar on Downs Syndrome. Members discussed about the disease, theme and promotion in schools and advice for parents.
Central AHA (if not belong to any State Branch)	Other	21/09/2026	IAP Day Celebration, Awareness Activity	Awareness on Women and Child health	1.Gayatri Chetna Kendra, Chhindwara 3. Dainik Bhaskar	IAP, IMA	Adolescents, Ladies, Household Workers	200	Dr. Alpana Shukla with team	On 21 September Dr. Alpana Shukla Participated as Chief guest. At Gayatri Chetna Kendra, Chhindwara.Shared Awareness on Women and Child health, Nutrition, Lifestyle etc. Contributed for Momentos to honour Household Worker Ladies. She also emphasized not to use irrational medicines OTC withoit the consultation of a doctor keeping in mind the emerging antibiotic resistsnce.

State Branch	City Branch	Date	Name of Activity	Topic Name	Venue	Partner Organization	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION
Central AHA (if not belong to any State Branch)	Bikaner	23/09/2026	School/College Health Program, IAP Day Celebration	Eradicating adolescent Anemia- The Anemia mukta Bharat	Ramesh English School, Bikaner	School	Adolescents, Teacher, Students	Near 150	Dr. Anubhav Choudhary and Dr. Saurabh Purohit	Dr. Anubhav Choudhary and Dr. Saurabh purohit both from Adolescent Health Academy, Bikaner Branch conducted a program on " Eradicating Anemia in Adolescents- The Anemia Mukta Bharat" at Ramesh English School of Bikaner on 23 September 2026. This program was under the theme of Adolescent wellness day for which action week was 18-25 september 2026.
Central AHA (if not belong to any State Branch)	Other	23/09/2026	IAP Day Celebration, Awareness Activity	addressed the children on Nutrition, Lifestyle, Gadget etiquettes	1. Govt HS School, Chandangaon 3. Dainik Bhaskar	IAP, IMA	Adolescents, Teacher	400	Dr. Alpana Shukla with team	IMA Chhindwara conducted activity in Govt HS School, Chandangaon on 23 rd September 2026. Dr Alpana Shukla, Dr Kriti Sharma were the speakers. Dr Alpana Shukla addressed the children on Nutrition, Lifestyle, Gadget etiquettes, etc. CPR was explained by the speakers and hands on was shown by students. Dr Kriti Sharma spoke on National Deafness day, Sound and Noise pollution and how to prevent deafness. . She also emphasized not to use irrational medicines OTC withoit the consultation of a doctor keeping in mind the emerging antibiotic resistsnce.
Central AHA (if not belong to any State Branch)	Other	28/09/2026	IAP Day Celebration, Awareness activity	Safe Abortion Day	1.Dist Hospital Medical College 3. Dainik Bhaskar	IAP, IMA	Doctors, Paramedical Health Workers, Professionals	400	Dr. Alpana Shukla with team	On 28 th September, Dr Alpana Shukla with team conducted activity on Safe Abortion Day in Dist Hospital Medical College. Dr Alpana Shukla , Dr Deepi Mahajan were the speakers Police staff, Nursing staff, Doctors and Anganwadi workers participated in the program. Role play wa also shown by the staff emphasizing Safe abortion. . She also emphasized not to use irrational medicines OTC withoit the consultation of a doctor keeping in mind the emerging antibiotic resistsnce.
Central AHA (if not belong to any State Branch)	Other	29/09/2026	IAP Day Celebration, Awareness Activity	CPR	1.Govt PG College 3. Dainik Bhaskar	IAP, IMA	Adolescents, Teacher, Doctors, Paramedical Health Workers	400	Dr. Alpana Shukla	On 29 th September , Dr Alpana Shukla with team conducted activity in Govt PG College. Faculties, students, Parshad and Jan bhagidaari incharge were the audience. Dr Alpana Shukla spoke on Women Health, Nutrition, Hygiene, Safety. Adolescent health ,Physical, Mental, Social health, Gadget, media ethics, POCSO, etc were discussed in detail. CPR was explained and hands on was done by students. The session was enjoyed and appreciated by all. . She also emphasized not to use irrational medicines OTC withoit the consultation of a doctor keeping in mind the emerging antibiotic resistsnce.

AHA STATE - CITY BRANCHES ACTIVITIES OF PREVIOUS QUARTERS REPORTING IN THIS QUARTER

State Branch Name	City Branch Name	Date	Name of Activity (Tick which ever applies)	Topic Name	Venue	Partner Organi zation	Type of Audience	Number of Participants	Name of Faculties	SHORT DESCRIPTION (NOT MORE THAN 100 WORDS) INCLUDING BRANCH NAME AND VENUE)
Central AHA (if not belong to any State Branch)	Other	04/01/2026	IAP Day Celebration, Sports Day	Sports Day	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Parent, Teacher, Doctors	600	Dr.Alpana Shukla	A number of sports and recreational activities were conducted to encourage fitness and enthusiasm among participants. A marathon was also organized as part of the program to promote physical fitness and endurance. Medical students actively participated in the event, adding energy and encouragement to the activities. Various competitions such as race, spoon race, marathon, and fast walking were held. A friendly cricket match was also organized, which was enjoyed by both participants and spectators. At the conclusion of the event, medals were awarded to the winners of the different competitions. The program was successful in promoting health awareness, sportsmanship, and bonding among IMA AMS AMS members and their families
Central AHA (if not belong to any State Branch)	Other	24/01/2026	IAP Day Celebration, National Girl Child Day	National Girl Child Day	1. Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Teacher, Doctors	300	Dr. Alpana Shukla and team.	Awareness sessions were also conducted in girls' schools, focusing on holistic health and safety. In addition, a marathon was organized with participation from doctors, students, and children, highlighting the importance of the girl child, healthy lifestyle, and exercise. During the program, girls were encouraged and felicitated with medals and awards, making the celebration meaningful and impactful.
Central AHA (if not belong to any State Branch)	Other	04/02/2026	IAP Day Celebration, World Cancer Day	World Cancer Day	1. Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	The Indian Medical Association (IMA AMS AMS), Indian Academy of Pediatrics (IAP) and Federation of Obstetric and Gynaecological Societies of India (FOGSI) jointly conducted several awareness and health activities in Chhindwara. The activities included: • A health camp for screening and consultation. • Awareness sessions for patients and the general public. • Educational sessions for medical students and nursing staff at UPHC. • A Continuing Medical Education (CME) program for doctors. • Release of an awareness reel on social media. • HPV vaccination administered to medical students for prevention of cervical cancer.
Central AHA (if not belong to any State Branch)	Other	10/02/2026	IAP Day Celebration, National Deworming Day	National Deworming Day	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents	300	Dr. Alpana Shukla	Awareness activities were conducted at UPHCs, private clinics, and through CME sessions to educate the community about the importance of deworming and preventive health. A short awareness reel by Dr Alpana Shukla was also released for patients, their relatives, and the general public.
Central AHA (if not belong to any State Branch)	Other	13/02/2026	IAP Day Celebration, World Anaemia Awareness Day	World Anaemia Awareness Day	1.NRC, District Hospital Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents	300	Dr. Alpana Shukla	On the occasion of World Anaemia Awareness Day (13 February 2026), anaemia awareness activities were conducted at NRC, District Hospital Chhindwara. Dr. Alpana Shukla released a reel on anaemia awareness for society. Awareness sessions were also conducted in PHCs and schools, where students participated in poster making and poster release activities to promote awareness about anaemia
Central AHA (if not belong to any State Branch)	Other	13/02/2026	IAP Day Celebration, World Anaemia Awareness Day	World Anaemia Awareness Day	1. NRC, District Hospital 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	Dr. Alpana Shukla released a reel on anaemia awareness for society. Awareness sessions were conducted in NRC, UPHC, DH, PHCs, and schools, promoting anaemia prevention through health education, poster making, and poster release activities.

Central AHA (if not belong to any State Branch)	Other	17/02/2026	IAP Day Celebration, Medico-Legal Protection Day	Medico-Legal Protection Day	1.District Hospital Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	The Indian Medical Association (IMA AMS AMS) Chhindwara conducted an awareness session for medical students at District Hospital Chhindwara. The program aimed to sensitize future doctors about medico-legal issues, legal responsibilities, and the importance of professional protection in medical practice.
Central AHA (if not belong to any State Branch)	Other	04/03/2026	IAP Day Celebration, Obesity and Lifestyle Management	Obesity and Lifestyle Management	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla, Dr. Dhakaria, Dr. Gogia, and other participants	Indian Medical Association (IMA AMS AMS Chhindwara) conducted a round table seminar on obesity and lifestyle management. The discussion covered current statistics, underlying causes, and the rising trend of obesity among both pediatric and adult populations. Plans were also made to organize awareness programs over the next fortnight in the community and schools to address this growing concern.
Central AHA (if not belong to any State Branch)	Other	09/03/2026	IAP Day Celebration, Women's cricket league	iWomen's cricket league	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Doctors	300	Dr. Alpana Shukla	Women's cricket league with 6 other teams. They played well till the end.12 doctors women, members of IMA AMS AMS Chhindwara participated in the activity. hey gave an example of importance of games and exercise in all ages
Central AHA (if not belong to any State Branch)	Other	11/03/2026	IAP Day Celebration, No Smoking Day	No Smoking Day	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents	300	Dr. Alpana Shukla, Dr. Sudhir Shukla ,Dr. Dhakaria with team	During the initial and following weeks, awareness on substance abuse and the importance of quitting smoking was carried forward through school programs, CMEs, and health camps. Dr. Alpana Shukla addressed students and the community, highlighting the harmful effects of smoking and addiction. Dr. Sudhir Shukla and Dr. Dhakaria also motivated people to adopt a no-smoking lifestyle and stay away from substance abuse
Central AHA (if not belong to any State Branch)	Other	14/03/2026	IAP Day Celebration, Emotional Wellness..Mental and Physical health	Emotional Wellness..Mental and Physical health	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Teacher	600	Dr Alpana Shukla, Dr Sudhir Shukla with team	Emotional Wellness..Mental and Physical health in students and bridging Intergenerational bonds. Dr Alpana Shukla was the speaker. Dr Sudhir Shukla spoke on No Smoking, Addiction free life, Lifestyle management etc. In the end Dr Alpana Shukla guided all to take an oath on Bridging Intergenerational bonds.
Central AHA (if not belong to any State Branch)	Other	28/03/2026	IAP Day Celebration, National WPF Conference	National WPF Conference	1.Jaipur 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	She was Faculty in Panel discussion on Allergy- Perspectives in Pediatrics. As judge for Posters of Pgs. As writer, choreographer and director of a Skit on Girl Child depicting Girl child, Child marriage, Social struggles of Girl and Survival and Empowerment of Girls.
Central AHA (if not belong to any State Branch)	Other	02/04/2026	IAP Day Celebration, Awareness Activity	Autism ,statistics, early diagnosis, intervention	1. Chhindwara 3. Dainik Bhaskar	IAP, IMA	Adolescents, Parent,	300	Dr. Alpana Shukla	IMA with FOGSI conducted CME session on Autism, Adolescent health , mental health, Nutrition, etc and Safe Motherhood importance awareness. Educational video on Autism ,statistics, early diagnosis, intervention and management with awareness for parents, patients and others.
Central AHA (if not belong to any State Branch)	Other	04/04/2026	IAP Day Celebration,	health, hygiene	1. Aakaar School CWSN 3. Dainik Bhaskar	IAP, IMA	Parent, Teacher, Doctors	300	Dr. Alpana Shukla	There were some deaf, dumb, autistic children and some with ID . A session wa given on health, hygiene, Nutrition to parents, teachers and children. The children enjoyed with dance, singing, music, poems etc. Eatables and gifts were distributed. Dr Alpana Shukla and Dr Sudhir Shukla were the speakers with Dr. Sudhir Shukla
Central AHA (if not belong to any State Branch)	Other	05/04/2026	IAP Day Celebration, Autism Awareness	Autism Awareness	1. Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Parent, Doctors	600	Dr. Alpana Shukla	The session was on Autism awareness,early diagnosis, early intervention and prognosis with management. Adolescent health with Nutrition, Social media, POCSO, Academics, Lifestyle etc were discussed. Promotion of normal development and parents sessions were prepared and planned. Dr Yadav ,Dr Alpana Shukla,Dr Rathi, Dr Nahar ,Dr Dhakaria were the speakers.
Central AHA (if not belong to any State Branch)	Other	06/04/2026	IAP Day Celebration, workshop on cpr and snakebite	Workshop on cpr and snakebite	1. Chhindwara medical student 3. Dainik Bhaskar	IAP, IMA	Adolescents, Teacher, Doctors	300	Dr. Alpana Shukla	workshop on CPR and Snakebite for medical students and nursing staff. Dr Alpana Shukla ,Dr Anshul , Dr Sudhir Shukla, Dr Jyoti were the speakers.
Central AHA (if not belong to any State Branch)	Other	08/04/2026	IAP Day Celebration, Vaccination Awareness	Vaccination Awareness	1.NGO 3.Dainik Bhaskar	IAP, IMA	Adolescents	300	Dr. Alpana Shukla	Awareness session was organised in UPHC. Dr Sudhir Shukla, Dr Pathak, Dr Alpana Shukla,Dr Shrivastava with others participated. NGO s , patients attended the program.

Central AHA (if not belong to any State Branch)	Other	12/04/2026	IAP Day Celebration, Motherhood Program	Motherhood Program	1. Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors, Paramedical Health Workers	300	Dr. Alpana Shukla	Medical students, paramedical staff and doctors attended the program. Awareness on Safe motherhood, nutrition, mental health and hygiene was explained to all. Dr Sushil Dubey, Dr Alpana Shukla, Dr Kudaoe ,Dr Shweta Pathak
Central AHA (if not belong to any State Branch)	Other	17/04/2026	IAP Day Celebration,	Hemophilia Day	1.Chhindwara 2.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors, Paramedical Health Workers	300	Dr. Alpana Shukla	Treasurer IAP Chhindwara, Pediatrics ward and patients with doctors and nursing staff. Dr Ramteke, Dr Kudape, Dr L N Sahu were the speakers
Central AHA (if not belong to any State Branch)	Other	20/04/2026	IAP Day Celebration, Health Checkup Camp	Health Checkup	1.Urban PHC,Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	awareness program and health check up camp in Urban PHC , Chhindwara. Dr Alpana Shukla, Dr Reena Patni were the speakers. Health awareness, nutrition, mental health, Thalassemia..early detection, and management were explained. Healthy eatables were distributed with daily needs kit including medical and daily requirement
Central AHA (if not belong to any State Branch)	Other	25/04/2026	Health Checkup Camp	Health Checkup	1. Dist Jail 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	Health Camp for prisoners in Dist Jail. Dr Sudhir Shukla, Dr Borkar with others conducted the activity
Central AHA (if not belong to any State Branch)	Other	26/04/2026	IAP Day Celebration, Workshop on module	Workshop on module	1. Chhindwara 3. Dainik Bhaskar	IAP, IMA	Doctors	300	Dr. Alpana Shukla	Dean, Dr Abhay Sinha was the chief guest. Lamp lighting was followed by sessions by faculties. Dr Sanjay Deshmukh, Dr Sushil Rathi, Dr Alpana Shukla, Dr Pawan Nandurkar. The sessions were interactive and enjoyed by all.
Central AHA (if not belong to any State Branch)	Other	01/05/2026	IAP Day Celebration	Asthma day	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Parent	300	Dr. Alpana Shukla	Reel was released with Dr Alpana Shukla as speaker to create awareness towards Asthma Allergy Substance abuse including Tobacco Anemia with Thalassemia, Lifestyle - Exercise etc to prevent NCDs, Discipline, Life values and importance of Families and relatives.
Central AHA (if not belong to any State Branch)	Other	06/05/2026	IAP Day Celebration, NCC Cadets Camp	Ncc cadets camp	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Teacher	300	Dr. Alpana Shukla	Indian medical association conducted an activity with NCC cadets from 5 districts who had come for a camp. Dr Alpana Shukla Dr Sudhir Shukla were the speakers. They were sensitised on Nutrition Hygiene Discipline Lifestyle, exercise Gadget and media ethics POCSO act Menstrual Hygiene etc. Ques ans session was enjoyed by all.
Central AHA (if not belong to any State Branch)	Other	08/05/2026	IAP Day Celebration, Awareness on Thalassemia	Awareness on Thalassemia	1. Dist Hospital 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	Awareness on Thalassemia with early diagnosis was stressed. Dr L N Sahu, Dr K K Sahu, Dr Shubham were the speakers. An activity was also conducted in UPHC for members of the area , patients and relatives.
Central AHA (if not belong to any State Branch)	Other	08/05/2026	IAP Day Celebration, Red Cross	Red Cross	1. Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	Food was distributed in slum areas, felicitation of active members and Lifestyle modification example with President Red Cross and others - maintaining cleanliness, nutrition, health hygiene were addressed by Dr Sudhir Shukla and Dr Alpana Shukla.
Central AHA (if not belong to any State Branch)	Other	09/05/2026	IAP Day Celebration, Cpr, Hpv Vaccination, Parenting, Anger Management	Cpr, Hpv Vaccination, Parenting, Anger Management	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	On day 1 - 9 th,May after formal welcome and Lamp lighting, workshops were conducted on 1.CPR -Adult and Pediatric Speakers were Dr Dinesh Thakur Dr Jyoti Nagwanshi Dr Pravin Nahar. 2.HPV Vaccination Speaker was

										Dr M Venkatchalapathy from Telangana who is National IMA AMS Chairperson. 3. Parenting Speaker - Dr Alpana Shukla with Role plays by Dr Jayshri Dodani Dr Pragya Verma Dr Aruna Kothari 4. Anger Management Speaker - Dr A. K Jain
Central AHA (if not belong to any State Branch)	Other	10/05/2026	IAP Day Celebration	Health for all	1. Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	Conference was well attended by Senior Members - President IMA MP Dr B M Sharnagat, Secretary IMA MP Dr Deepak Sahu, National IMA AMS Chairperson Dr M Venkatchalapathy, Editor National IMA AMS Dr R K Nema, Dean CIMS CHHINDWARA Dr Abhay Sinha, seniors and mentors from Jbp, Sagar, Bhopal, Balaghat, Chhindwara attended the conference
Central AHA (if not belong to any State Branch)	Other	12/05/2026	IAP Day Celebration, Activity honours of nurses	Activity honours of nurses	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	Chhindwara conducted activities in honour of nurses, ANMs for their sincere work at different platforms. Yoga and awareness session in UPHC. Awareness session and thanksgiving with CIMS CHHINDWARA. In private clinics. Refreshments and gifts were distributed. Dr Alpana Shukla Dr Shweta Pathak Dr Sudhir Shukla with others conducted the activity
Central AHA (if not belong to any State Branch)	Other	15/05/2026	IAP Day Celebration, International day of families	International day of family	1.Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	An awareness session with doctors in CMEs, general public , adolescents, Batallion students etc on Importance of Families, Discipline, Relationships etc was emphasized. On this opportunity, we also stressed on Nutrition, Health and Hygiene, Immunization , First Aid, Cardiopulmonary resuscitation, Etc.
Central AHA (if not belong to any State Branch)	Other	17/05/2026	IAP Day Celebration, activities on Hypertension Day...	activities on Hypertension Day...	1. Chhindwara 2.Dainik Bhaskar	IAP, IMA	Adolescents, Doctors, Paramedical Health Workers	300	Dr. Alpana Shukla	FOGSI, Red Cross conducted activities on Hypertension Day... CME on Lifestyle, NCD prevention, Exercise, Nutrition etc. in Awareness session In CME with doctors and paramedical staff, Patients,relatives, etc. Dr Sudhir Shukla, Dr Alpana Shukla, Dr Sushil Dubey, Dr N R Dhakariya, Dr Mukta Pandey with FOGSI.
Central AHA (if not belong to any State Branch)	Other	25/05/2026	IAP Day Celebration, Awareness Camp	Awareness Camp	1. Dist. Jail Chhindwara 3. Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	conducted health and Awareness camp in Dist Jail, Chhindwara. Plantation was also done there. Dr Sudhir Shukla Dr Pawan Nandurkar Dr Abhay Soni conducted it with others
Central AHA (if not belong to any State Branch)	Other	31/05/2026	IAP Day Celebration, No Tobacco Day	No Tobacco Day	1.Chhindwara 2.Dainik Bhaskar	IAP, IMA	Adolescents, Parent, Teacher, Doctors, Paramedical Health Workers	300	Dr. Alpana Shukla	1.CME on awareness of Substance Abuse ,and planning on events 2. Awareness session in Medical College with students, dean etc 3. In UPHC awareness session with doctors, paramedical staff , patients and relatives. 4. Online webinar for patients, relatives and doctors emphasizing statistics of Substance Abuse, Tobacco, harmful effects and prevention.On 25 th May, Indian medical association Chhindwara

										conducted health and Awareness camp in Dist Jail, Chhindwara. Plantation was also done there. Dr Sudhir Shukla Dr Pawan Nandurkar Dr Abhay Soni conducted it with others.
Central AHA (if not belong to any State Branch)	Other	05/06/2026	IAP Day Celebration, Environment day	Environment Day	1. Chhindwara Dist jail Colonies 3. Dainik Bhaskar	IAP, IMA	Adolescents, Parent, Doctors	300	Dr. Alpana Shukla	Indian medical association Chhindwara conducted activities on 5 th June on Environment Day . Plantation was done by members in Dist Hospital, With Red Cross, Dist Jail, In colonies with family members
Central AHA (if not belong to any State Branch)	Other	06/06/2026	IAP Day Celebration, Complementary Feeding Day	Complementary Feeding Day	1. Chhindwara 3. Dainik Bhaskar	IAP, IMA	Adolescents, Parent, Doctors	300	Dr. Alpana Shukla	Complementary Feeding Day on 6 th June and the week in CME with doctors, Dr Alpana Shukla Dr Jaspreet Gogia were speakers. With IMASpeakers.. Dr Yogesh Saxena Dr Poonam Jain Dr Alpana Shukla Anganwadis, Dr Alpana Shukla Dr Reena Patni UPHCs Dr Sudhir Shukla Dr Shivangi PNC Ward with patients and relatives. Dr H Ramteke Dr Poonam Jain PICU Dr Pawan Nandurkar, Dr H V Kudape Dr Anita Rahangdale
Central AHA (if not belong to any State Branch)	Other	19/06/2026	IAP Day Celebration, Sickle Cell Day.	Sickle Cell Day.	1. School 3. Dainik Bhaskar	IAP, IMA	Adolescents, Doctors	300	Dr. Alpana Shukla	Awareness session in school, online reel release , Awareness session in PHC, School, College, CME at Hotel Dev for Doctors and paramedical staff were conducted. Dr Alpana Shukla, Dr L N Sahu, Dr Ramteke Dr Susheel Dubey Dr Kudape and other members conducted the activity.
Central AHA (if not belong to any State Branch)	Other	20/06/2026	IAP Day Celebration, International Yoga Day	International Yoga Day	1.Kanya Parisar School, ITI College, Common members of society in Vivekananda Park 3.Dainik Bhaskar	IAP, IMA	Adolescents, Parent, Teacher, Doctors	600	Dr. Alpana Shukla	Ladies of IMA, FOGSI conducted Yoga Day activity for 2 hrs in the morning followed by refreshments. IMA with Red Cross conducted Yoga Day activity with Kanya Parisar School, ITI College, Common members of society in Vivekananda Park etc
Central AHA (if not belong to any State Branch)	Other	21/06/2026	IAP Day Celebration, Blood Donation Day	Blood donation day	1. Chhindwara 3.Dainik Bhaskar	IAP, IMA	Adolescents, Teacher, Doctors	300	Dr. Alpana Shukla	Oath taken by health workers after awareness session in PHCs, Blood donation by doctors, and more than 100 medical students was done on 14,15 June. Felicitation of members and Groups in Chhindwara who donated blood in large quantities were honoured.
Chattisgarh State	Other	17/02/2026	Scientific..Workshop/CME/Webinar etc	Digital parenting and Panel discussion on Navigating the challenge of suicide	Zoom platform	None	Doctors	More then 70	Dr Manoj Sharma ,Dr Preeti Galagali,Dr Pukhraj Bafna,Dr Satish Agarwal,Dr Megha Mahajan	Chattisgarh Adolescent health academy started webinar series on theme Nuturing environment for Adolescents. With this theme CGAHA conducted its first webinar on 17 th February on Zoom platform.This is for first time CGAHA got platform from Central IAP. CGAHA all webinar are displayed online on DigiIAP app. First topic was a Panel discussion on Navigating the challenge of Suicide with renowned Adolescent health Specialist as moderator and Dr Pukhraj Bafna,Dr Satish Agrawal,adr Megha Mahajan as panelist.our speaker was Dr Manoj Sharma, Professor of Clinical psychology,he talked on topic Digital parenting,More then 70 Pediatrician benefited from webinar all around india.our theme is much appreciated.

Chattisgarh State	Other	16/03/2026	Scientific..Workshop/CME/Webinar etc	1)Obesity Pandemic - our role as Pediatrician 2) Preventing childhood obesity in school	Zoom platform	None	Doctors, Paramedical Health Workers	More then 60	Dr Upendra Kinjewadekar,Dr Omesh khurana	4th March is celebrated as world obesity day, celebrating this day CGAHA conducted webinar on obesity awareness.Our Chief guest was Dr Neelam Mohan mam, President Central IAP.Our first Speaker Dr Upendra Kinjewadekar talked on Obesity Pandemic - Our role as Pediatrician And our 2nd Speaker,Dr Omesh khurana talked on topic Preventing childhood obesity in Schools. Session was very interactive and more then 60 doctors and paramedical staff benefited from this webinar.
Chattisgarh State	Other	05/04/2026	Scientific..Workshop/CME/Webinar etc	Closing the gap : increasing HPV vaccination in Adolescents	Hotel Babylon inn , Raipur,CG	IAP	Doctors	More then 30	Dr Kiran makhija	To create awareness about HPV vaccination in Adolescents,CGAHA conducted CME on it among doctors of Chattisgarh. CME was conducted in Hotel Babylon inn, Raipur,on 5th April,2026. Speaker was Dr Kiran makhija, Chairperson CGAHA. He talked on topic Closing the gap: increasing HPV vaccination in Adolescents. Many queries related to HPV vaccination was cleared, Session was very interactive and more then 30 Pediatrician joined the session
Chattisgarh State	Other	20/04/2026	Scientific..Workshop/CME/Webinar etc, Webinar	1) Choosing the right vaccine in Adolescent 2) Practical problems in Adolescent vaccination	Zoom platform	None	Doctors, Paramedical Health Workers	More then 70	Dr KP Sarabhai,Dr Ganesh Kulkarni	Last week of April is celebrated as immunisation awareness week.Celebrating this week CGAHA conducted webinar on Adolescent vaccination on zoom platform dated 20th April 2026.Our first speaker was Dr KP Sarabhai, Senior Pediatrician and Vaccination expert in Raipur.He talked on choosing the right vaccine in Adolescents.Topic 2 was Practical problems in Adolescent vaccination , speaker was Dr Ganesh Kulkarni.Dr Digant Shastri , President central IAP 2019 was our Chief guest for the session.Webinar was very interactive and more then 65 Pediatrician attended the webinar
Chattisgarh State	Other	21/06/2026	IAP Day Celebration, IAP PRESIDENT ACTION PLAN 2026	CPR AWARENESS PROGRAM	St. XAVIER SCHOOL , DHANORA VILLAGE , DURG	IAP, School	Adolescents, Teacher	60 STUDENTS AND TEACHERS	DR ARVIND SAVANT	UNDER THE PRESIDENT ACTION PLAN 2026 CPR AWARENESS PROGRAM ORGANISED IN DHANORA VILLAGE SCHOOL FOR STUDENTS AND TEACHERS ON MANIQUIN , THEN HANDS ON TRAINING GIVEN , TEACHERS AND STUDENTS BOTH PARTICEPATED AND LEARNT ALL IMPORTANT STEPS , MORE THAN 60 PARTICEPANTS BENEFITTED
Chattisgarh State	Other	22/06/2026	IAP Day Celebration, CPR HANDS ON TRAINING	CPR AWARENESSNESS PROGRAM IN SPARSH HOSP	SPARSH MULTISPECIALTY HOSP , BHILAI ,DURg	IAP, HOSPITAL	Adolescents, Paramedical Health Workers, Professionals, OPD AREA PATIENT RELATIVES	MORE THAN 100 PARAMEDICAL HEALTH WORKERS AND PROESSIONALS	DR ARVIND SAVANT	CPR AWARENESS PROGRAM - IAP PRESIDENT ACTION PLAN - MORE THAN 100 PARAMEDICAL STAFF AND PATIENT RELATIVES TRAINED , HANDS ON TRAINING ALSO GIVEN , PARAMEDICAL WORKERS , NURSING STAFF WERE VERY ENTHUSIASTIC LEARNING EVERY STEPS ,ITS A VERY USEFUL PRACTICAL SESSION
Gujarat State	Surat	11/03/2026	School/College Health Program	Mental Wellness in youth	Girls polytechnic college	IAP	Adolescents	150	Dr Deepa Patel	"A session on Mental Wellness in Youth was conducted by Dr. Deepa Patel. The session focused on emotional well-being, stress management, and the importance of maintaining good mental health. It provided valuable insights and practical tips to help young people lead balanced and healthy lives."
Gujarat State	Surat	11/03/2026	School/College Health Program	YOLO- Suicide Prevention	Girls polytechnic college	IAP	Adolescents	150	"Dr Ketan Bharadwa Dr Ashwini Shah Dr Salim Hirani Dr Abha Goyani Dr Ruta Desai "	YOLO – You Only Live Once is a suicide prevention program designed for college students, emphasizing mental well-being, resilience, and support systems. The initiative focuses on raising awareness about suicide risks, reducing stigma around mental health, and promoting coping strategies.
Gujarat State	Surat	12/03/2026	School/College Health Program	Small efforts, Big smiles- A Visit to Anathashram	Girl's Child Home, Rander	IAP	Adolescents	60	Dr. Ashwini Shah Dr. Salim Hirani	A heartfelt visit to an Anathashram was organized with Dr. Ashwini Shah and Dr. Salim Hirani. The visit focused on spending meaningful time with the children, spreading happiness, and reminding them that they are cared for and valued. Through small gestures, warm interactions, and shared smiles, the initiative highlighted the importance of compassion, kindness, and community support.

Gujarat State	Surat	21/03/2026	Awareness through social media..YouTube/ Instagram	World Down Syndrome Day-Insta reel	on Instagram	IAP	Adolescents	Plenty	Dr. Ashwini Shah	"An awareness reel on World Down Syndrome Day was conducted by Dr. Ashwini Shah to promote understanding, acceptance, and inclusion of individuals with Down syndrome. The reel highlighted the importance of supporting their abilities and celebrating their unique strengths."
Gujarat State	Surat	21/03/2026	Health Checkup Camp	Mega Multispeciality Health Check-up Camp	Asutosh Hospital, Sagrampura	IAP	Special Children	60	"Dr Ritesh Sukharamwala Dr Fagun Shah Dr Dhaval Shah Dr Snehal Patel Dr Viral Shah Dr Prachi Karia Dr Ashima Choudhry Dr Sajan Agarwal Dr Ankit Parmar Dr Nitin Jain Dr Sonali Pathak Dr Kruti Desai Dr Parth Shah Dr Unnati Parmar Dr Samir Gami Dr Rachana Dalal Dr Prashant Kariya Dr Ashwini Shah Dr Mahesh Patel Dr Praful Bhambroliya"	Early intervention programs with a team of therapists , super Specialist team of doctors and special educators who can treat each child's specific situation help manage Down's syndrome. With this Goal we have screened total 60 Down's syndrome children By team super specialists and treatment along Guidance regarding occupational therapy are been Given to parents
Gujarat State	Surat	30/03/2026	School/College Health Program	Substance Abuse Prevention	Jaydeep Sharda Memorial Group of Instituitions	IAP	Teacher, Teachers & Nursing college students	200	Dr. Sanjay Shah	"A session on Substance Abuse Prevention was conducted to raise awareness about the harmful effects of tobacco, alcohol, and drug abuse. The session emphasized making healthy choices, building resilience, and seeking support when needed to prevent substance dependence and promote overall well-being."
Gujarat State	Surat	30/03/2026	School/College Health Program	Awareness about Non-Communicate Diseases	Jaydeep Sharda Memorial Group of Instituitions	IAP	Teacher, Teachers & Nursing college students	200	Dr. Sanjay Shah	"A session on Awareness about Non-Communicable Diseases (NCDs) was conducted to educate participants about common conditions such as diabetes, hypertension, heart disease, and obesity. The session emphasized the importance of a healthy lifestyle, regular exercise, balanced nutrition, and early screening for prevention and better health outcomes."
Gujarat State	Surat	08/04/2026	School/College Health Program	Healthy lifestyle	Architecture Department, IDPT-SCET	IAP	Adolescents	50	Dr. Swati Vinchurkar	A healthy lifestyle awareness session was conducted by Dr. Swati Vinchurkar for college students. The session focused on the importance of healthy eating, regular physical activity, proper sleep, and stress management. It encouraged students to adopt healthy habits and make informed lifestyle choices for a healthier future.
Gujarat State	Surat	08/04/2026	School/College Health Program	Self Awareness & Stress management	Architecture Department, IDPT-SCET	IAP	Adolescents	50	Dr. Trupti Patel	"A session on Self-Awareness and Stress Management was conducted by Dr. Trupti Patel for college students. The session focused on understanding emotions, building self-confidence, identifying stress triggers, and learning effective ways to manage stress. It encouraged students to develop a positive mindset and maintain emotional well-being in their daily lives."
Gujarat State	Surat	08/04/2026	School/College Health Program	World Health Day	Riverdale Academy	IAP	Adolescents, Parent	100	"Dr. Kirit Sisodiya Dr. Mahesh Patel"	World Health Day was celebrated at Riverdale Academy with a health awareness session conducted by Dr. Mahesh Patel and Dr. Kirit Sisodiya. The session focused on the importance of maintaining a healthy lifestyle, preventive healthcare, proper nutrition, and overall well-being. Students actively participated and gained valuable knowledge about making healthier choices in their daily lives.
Gujarat State	Surat	09/04/2026	School/College Health Program	Basics of inclusive	T.M. Patel international school	IAP	Adolescents	100	Dr. Ketan bharadwa	"A session on Inclusive Education and Acceptance of Differently Abled Children

				education & acceptance to differently abled children						was conducted by Dr. Ketan Bharadwa for students. The session focused on creating awareness about inclusive education, promoting empathy, and encouraging acceptance and respect for children with different abilities. It highlighted the importance of equal opportunities, kindness, and building an inclusive and supportive environment for every child."
Gujarat State	Surat	10/04/2026	School/College Health Program	Mental Health Awareness session	Architecture Department, IDPT-SCET	IAP	Adolescents	100	Dr. Prashant Kariya Dr. Ashwini Shah	Session at the Architecture Department, IDPT-SCET was highly engaging and impactful, focusing on Mental Health, Suicide Prevention, and Substance Abuse Awareness. * KBC-style interactive start by Dr. Salim Hirani – an energetic beginning that instantly connected with students. * Engaging activity session by Dr. Prashant Kariya & Dr. Ashwini Shah– encouraging participation, reflection, and open discussion on mental health. * Insightful talk on Substance Abuse by Dr. Sanjay Shah – highlighting real-life concerns and preventive awareness."
Gujarat State	Surat	10/04/2026	School/College Health Program	Suicide Prevention	Architecture Department, IDPT-SCET	IAP	Adolescents	100	Dr. Salim Hirani	"session at the Architecture Department, IDPT-SCET was highly engaging and impactful, focusing on Mental Health, Suicide Prevention, and Substance Abuse Awareness. * KBC-style interactive start by Dr. Salim Hirani – an energetic beginning that instantly connected with students. * Engaging activity session by Dr. Prashant Kariya & Dr. Ashwini Shah – encouraging participation, reflection, and open discussion on mental health. * Insightful talk on Substance Abuse by Dr. Sanjay Shah – highlighting real-life concerns and preventive awareness. "
Gujarat State	Surat	10/04/2026	School/College Health Program	Substance Abuse Awareness	Architecture Department, IDPT-SCET	IAP	Adolescents	100	Dr. Sanjay Shah	"session at the Architecture Department, IDPT-SCET was highly engaging and impactful, focusing on Mental Health, Suicide Prevention, and Substance Abuse Awareness. * KBC-style interactive start by Dr. Salim Hirani – an energetic beginning that instantly connected with students. * Engaging activity session by Dr. Prashant Kariya & Dr. Ashwini Shah – encouraging participation, reflection, and open discussion on mental health. * Insightful talk on Substance Abuse by Dr. Sanjay Shah – highlighting real-life concerns and preventive awareness."
Gujarat State	Other	21/04/2026	Awareness program on screen hygiene	Screen hygeine and Gaming Dependency and school performance	Shri L.G.Haria School	None	Adolescents	85	Dr. Kinjal Kansagara	As per talk with principle of Shri L G Haria school jamnagar Dhaval Bhatt he was concerned about the excessive screen time on mobile and Gaming Dependency affecting the scholastic performance of students. So the session on this topic was taken in class of 3 standards 6th, 7th, 8th focussing on screen hygiene, need of sleep and its reflection on concentration and academic performance with emphasis on physical activity and no sedentary lifestyle. Branch name- Gujarat AHA rajkot
Gujarat State	Surat	21/04/2026	School/College Health Program	Awareness about lifestyle diseases	Jai hind english school, Maharashtra	IAP	Teacher	50	Dr. Sanjay Shah	"A Session on Awareness about Lifestyle Diseases was conducted by Dr. Sanjay Shah, focusing on the increasing prevalence of health issues such as diabetes, hypertension, obesity, and heart disease. During the session, Dr. Sanjay Shah emphasized the importance of a balanced diet, regular exercise, stress management, and routine health check-ups in preventing these conditions."
Gujarat State	Surat	24/04/2026	School/College Health Program	The digital double edge sword	seven steps school	IAP	Adolescents	80	Dr. Ashwini Shah	A session on “The Digital Double-Edged Sword” was conducted by Dr. Ashwini Shah for students. The session highlighted the benefits and risks of digital technology, including social media and excessive screen time. It encouraged students to use digital platforms responsibly, maintain a healthy balance between online

										and offline activities, and stay aware of their impact on mental and physical well-being.
Gujarat State	Surat	24/04/2026	School/College Health Program	Media Literacy	Architecture Department SCET College	IAP	Adolescents	100	Dr. Prashant Kariya	"A Media Literacy session was conducted by Dr. Prashant Kariya. The session focused on helping students understand and critically evaluate information received through social media, news, and digital platforms. Students were encouraged to identify misinformation, verify sources, think critically, and use media responsibly and safely."
Gujarat State	Surat	24/04/2026	School/College Health Program	Mental Health Awareness & Suicide Prevention	Architecture Department SCET College	IAP	Adolescents	100	"Dr. Salim Hirani Dr. Bimal Khandwala"	"A Mental Health Awareness & Suicide Prevention session was conducted by Dr. Bimal Khandwala and Dr. Salim Hirani. The session focused on understanding mental health, recognizing warning signs, reducing stigma, and encouraging individuals to seek timely support. Students were guided on the importance of open communication, emotional well-being, and supporting friends or peers who may be struggling."
Gujarat State	Surat	01/06/2026	School/College Health Program	Embracing Emotions	Camp	IAP	Adolescents	50	Dr. Salim Hirani	An “Embracing Emotions” session was conducted by Dr. Salim Hirani for adolescents to help them understand, accept, and manage their emotions effectively. The session emphasized emotional awareness, healthy coping strategies, and the importance of expressing feelings positively to build resilience and maintain mental well-being during adolescence.
Gujarat State	Other	06/06/2026	Open forum discussion with hostel students after awareness about menstruation and menstrual hygiene	Knowledge, Attitude and Practice of Menstruation and menstrual hygiene among hostel adolescent girls	Kathi Kanya Chhatralay (hostel)	None	Adolescents, Teacher, Hostel caretakers	130	Dr. Kinjal Kansagara	This awareness program was held at Kathi Kanya Chhatralay (junagadh) i.e. hostel of adolescent girls in view of menstrual day celebration after most of girls returned from their summer vacation on 6/6/26. It was held at its premises only to include caretakers of hostels also. To make sure that girls have understood about the basic aspects of menstruation and menstrual hygiene pretest and post test was conducted so that the effectiveness of awareness session can be assessed which would further help in future improvements. Video clip was shown making the session interactive. Branch name- Gujarat AHA, rajkot
Gujarat State	Vadodara	24/06/2026	Scientific..Workshop/CME/Webinar etc	Healthy Adolescence in an Unhealthy Environment : Challenges & Solutions	zoom meeting link : https://us06web.zoom.us/j/81990462281?pwd=T6MpyzNjeJ50DOAUjoG16Vw6ALgzTb.1#success	IAP	Adolescents, Parent, Teacher, Doctors, Paramedical Health Workers, Professionals	42	Dr Bhupendra Kapadia, Dr Ramesh Bajania, Dr Minol Amin, Dr Salim Hirani, Dr Monish Shah, Dr T U Sukumaran, Dr Satish Agrawal	It was a wonderful eye opening webinar regarding air pollution & noise pollution. It was highly appreciated by one and all.
Kerala State	Other	30/06/2026	Scientific..Workshop/CME/Webinar etc	Teen Talk	Zoom platform - YouTube https://youtube.com/live/UZbOoGT-ct8?si=g8xiT_ptLZaXkn14	IAP	Adolescents, Parent, Teacher, Doctors	78 on zoom, 530 views on YouTube	Dr Swetha B Ram	AHA Kerala & IAP Kerala, in association with IAP Pathanamthitta, organized the *"Teen Talk - Webinar Series"* on *30th June 2026, Tuesday at 8:00 PM* via Zoom. The theme was *"Redefining Learning - The Gen Z & Gen Alpha Perspective"*. The webinar featured young speakers: *Misha Santhosh, Calicut; Gowri G R, Trivandrum; Ishan Riyas, Kannur; and Janaki Bejoy, Bangalore*. The session was moderated by *Dr. Swetha B Ram, Secretary, AHA Kerala*. The program started with welcome speech by Dr Reni Gee Varghese, President IAP Pathanamthitta. Dr Dhanya M K , Chairperson AHA Kerala presided over the webinar. Dr Nandakumar MK, President IAP Kerala was the chief guest and felicitations were offered by Dr Gopi Mohan, Secretary, IAP Kerala. The inaugural function concluded with Vote of thanks by Dr Bibin Sajan, Secretary IAP Pathanamthitta. The program aimed to understand learning preferences of Gen Z

										and Gen Alpha from their own perspective. Office bearers of IAP Pathanamthitta and AHA Kerala coordinated the event. It received enthusiastic participation from pediatricians and adolescents with attendance of 78 on zoom platform and 530 views on YouTube
Maharashtra State	Other	20/02/2026	School/College Health Program	Media Literacy	Atomic Energy Junior college	IAP	Adolescents, Teacher	275 youth and 10 teachers	Dr Anita Patil	Capacity Building of Youth on safe media use
Maharashtra State	Navi Mumbai	07/04/2026	School/College Health Program	World Health Day celebration, HPV awareness session	Zilla Parishad School, Wavanje, Raigad Maharashtra	IAP, NGO, School	Adolescents, Parent, Teacher	50	Dr Amog Shahane	*April 7* is celebrated globally as *World Health Day*, the theme this year being: _'Together for health. Stand with science.'_ ✿ This day highlights the need for evidence based policies & trust in science to address global health threats. ✿ On this note, enthusiastic NMAP Treasurer & AHA Navi Mumbai Secretary, *Dr Amog Shahane* addressed the issue of the rising incidence of Cervical cancer in young women & *HPV Vaccination awareness* by conducting a session on the same for the teachers & girl students of *class 6 to 8 at Zilla Parishad School, Kheranegaon, Wavanje district, Raigad*. ✿ The teachers & students were sensitised about the *ongoing government initiative of free HPV Vaccination* as part of this drive. ✿ The students were enlightened about the *evolution of the disease, it's prevention strategies, importance of timely vaccination* & *cleared many myths* which are acting as hindrances in smooth execution of the free government initiative. Regards *Team Navi Mumbai AHA
Maharashtra State	Navi Mumbai	14/04/2026	School/College Health Program	HPV awareness session, Junior college, Kamothe	Kamothe Junior College	IAP, College	Adolescents, Teacher	150	Dr Kalyani Patra	An *HPV Vaccination Awareness & Doubt-Clearing Session* was conducted at *Shankarrao Chavan Vidyalaya & Junior College, Kamothe* to address parental hesitation regarding the Government HPV vaccination drive for girls aged 14–15 years. Concerns arising from rumours and misinformation on social media were discussed openly. ✿ Dr Kalyani Patra, Chairperson, AHA Navi Mumbai in association with the Medical Officer, Health Care Centre, Kamothe, interacted with students and teachers to provide scientific, evidence-based information on HPV infection, cervical cancer prevention, and vaccine safety. ✿ All queries from students, teachers, and parents were addressed to improve understanding, remove fear, and support the ongoing free Government vaccination initiative. *Team Navi Mumbai AHA*
Maharashtra State	Navi Mumbai	23/04/2026	School/College Health Program	HPV AWARENESS SESSION	Greenfingers Global School Kharghar Navi Mumbai	IAP, NGO	Adolescents, Parent, Teacher	200	Dr Amog Shahane	✿ Keeping in mind the Government drive to ensure *free vaccination* of adolescent girls for the prevention of Cervical cancer and reducing its disease burden, an *HPV Vaccination awareness session* was conducted by dynamic NMAP Treasurer & Secretary, AHA Navi Mumbai *Dr Amog Shahane* at *Greenfingers Public school, Kharghar*,Navi Mumbai in collaboration with Rotary Mid-town club Kharghar & UPHC Kharghar.

										❁ The session addressed various concerns regarding the rolling out of the vaccination in adolescent girls both from parents as well as students. They were guided about the *safety, efficacy, vaccine schedule & myths* about the vaccination were busted in an interactive session appreciated by all. _Team Navi Mumbai AHA_
Maharashtra State	Navi Mumbai	08/05/2026	Scientific..Workshop/CME/Webinar etc	TOT on Adolescent Health Initiative for Rural ZP Schools for Medical Officers	Panvel Municipal Commissioner Office	IAP	Doctors, Paramedical Health Workers	60	Dr Amog Shahane	🏵When the passion to make *Adolescent Health services* available to all strata of society is envisioned, the appropriate channels come together for a single cause. 🏵Dynamic NMAP Treasurer & Secretary, AHA Navi Mumbai *Dr Amog Shahane*, conducted a *TOT on 'Adolescent Health Initiative'* for the *Medical officers of Urban Health Centres Pan Panvel district* under the *Panvel Municipal Commissioner Action Plan.* 🏵This project will cover Adolescent Health services over *98 urban schools* over Panvel District & will cover important topics of *Adolescent Nutrition, Screen hygiene, Puberty & Menstrual hygiene, WASH MODULE (Water & Sanitation hygiene) & Adolescent catch up vaccination* including the stress on HPV vaccination awareness. 🏵This was done in collaboration with the Public Health Department, Sri Satya Sai Sanjeevani child cardiac care hospital Kharghar Navi Mumbai. 🏵With this TOT, both rural & urban health schools will be covered on a massive scale fulfilling the vision to reach each & every adolescent in Panvel district. Team Navi Mumbai AHA
Maharashtra State	Raigad	13/06/2026	NATIONAL ACTION PLAN 2026 - PROJECT PRETEENS	WHO LIFE SKILL PROGRAMME	RYAN INTERNATIONAL SCHOOL	IAP, School, MAHA AHA	Adolescents, Teacher	40 STUDENTS AND 7 TEACHERS	DR. Chitra, DR. Jayant, Dr. Swati	As preteen module is the master project of CAHA, mAHA AHA has taken an initiative to conduct such activities through all 7 CITY branches of MAHA AHA. During MAHA AHACON 26 all dignitaries of maha aha TOOK LEAD to conduct The WHO life skill programme for students of std. 3rd to 4th. This was well appreciated by teachers .
Maharashtra State	Navi Mumbai	13/06/2026	Scientific..Workshop/CME/Webinar etc	Adolescent Endocrinology Pre-conference Workshop of MAHA-AHACON. 2026	MGM MEDICAL COLLEGE KAMOTHE NAVI MUMBAI	IAP	Doctors	30	Dr Amog Shahane	Dr Amog Shahane, Secretary AHA Navi Mumbai Participated as Faculty in MAHA AHACON 2026 Endocrinology Workshop on 'Growth Enigma in Adolescents'. Spoke on Adolescent psychosocial history (SSHADESS) & overview of adolescent pediatrics at MGM Hospital, Kalamboli.
Maharashtra State	Raigad	14/06/2026	Scientific..Workshop/CME/Webinar etc, MAHA AHACON 26	Building the bridge to healthy Adolescence	MGM,Medical College, Kamothe(Raigad)	IAP, Medical College	Doctors	180 offline, 260 online	LEGENDS AND MENTORS OF ADOLESCENT CONSULTANTS FROM GUJARATH, MAHARASHTRA, GOA	MAHA AHACON 26 WAS AN ICONIC MOMENT IN THE HISTORY OF MAHA AHA. .2 WORKSHOPS, PUBLIC FORUM, LIFE TIME ACHIEVEMENT AWARD, EACH ROLE PLAY BASED ON SCIENTIFIC BONANZA, INVOIVEMENT OF MEDICAL AND NURSING STUDENTS, ACTVE PARTICIPATION BY GOVT. , PRIVATE AND NGO SECTOR, FULL OF ACADEMICS WITH PERFECT TIME MANAGEMENTARE THE MAJOR HIGHLIGHTERS. ARTIFICIAL INTELLIGENCE WILL BE THE FUTURE OF MODERN MEDICINE IS ONE OF THE KEY POINT. DELICIOUS MAHARASHTRIAN FOOD AND ECOFRIENDLY KIT WITH FLEMINGO SCRIPTED COFFEE MUG ADDED ANOTHER FEATHER IN CAP. DR. CHITRA MAM MAHA AHA TEAM AND RAIGAD IAP WORKED VERY HARD .GBM WAS CONDUCTED AT THE SAME TIME .(THE WHOLE SCIENTIFIC PROGRAMME IS ATTACHED ALONG WITH)

Maharashtra State	Navi Mumbai	17/06/2026	School/College Health Program	Nutrition in teen years	ZP school Wavanje Raigad district	IAP	Adolescents, Teacher	150	Dr Amog Shahane	As part of *'Adolescent Health Initiative'*, Navi Mumbai IAP Treasurer & Secretary AHA,Navi Mumbai *Dr Amog Shahane* conducted a session on the importance of *Nutrition in teen years* for *150 students* of *class 7-9* at Chatrapati Shivaji High School, *Wavanje*, Raigad district. 📓 The session focused on the growth requirements of teen years, *adequate consumption of macro & micronutrients*, significance of *iron & other micronutrients* in the diet. 📓 The session also emphasized about *nutrition label reading* and the harmful contents of junk food using commonly available packet foods in the market. 📓 The session was interactive & appreciated by all. 📓 Some glimpses of the event. This session was conducted in collaboration with Sri Satya Sai Sanjeevani child cardiac care hospital, Navi Mumbai. Team Navi Mumbai AHA
Maharashtra State	Yavatmal	23/06/2026	Scientific..Workshop/CME/Webinar etc	menstrual and mental heaith	zoom platform	IAP, AOP YAVATMAL	Doctors	27	DR. SNEHA BHUYAR AMOGS STATE CORDINATOR AND DR. SANJAY RATNAPARAKHE	AHA YAVATMAL IS A BUDDING BRANCH AND CONDUCTED THE WEBINAR FOR THE FIRST TIME. Dr. Sneha explained the important topic of menstruation, the physiology, the problems and specifically focussed on hygiene.Dr. Ratnaparakhe demonstrated the few technics of mental relaxation and the need of sound mental status.Dr. Geeta Patil from Banglore summerised the seession very well. Self defence topic was covered by Bharat sir with videos and different modes of defence mechanisms. Dr. Swati Patil moderated the session very well.
Odisha State	Other	28/06/2026	Scientific..Workshop/CME/Webinar etc	First CME of Odisha AHA Branch	Auditorium of JP Hospital, Rourkela	IAP, Jai Prakash Hospital and Research Centre	Doctors, Paramedical Health Workers	65	Dr. Shamik Ghosh(Chief Guest) Dr Asutosh Mohapatra, East Zone AHA member, Dr.P.Lall Chairman Odisha AHA branch, Dr. Sanghamitra Panda, Secretary AHA Odisha AHA State Branch and many others	This was the first CME of Odisha State Chapter. It was held in collaboration with IAP(AOP) Sundargarh District Branch. It was aday long CME covering topics like HEEADSS History, Academic Stress, self Harm and Suicide Prevention, Menarche and PMOS, Adolescent Vaccinations, Adolescent Nutrition, Substance use disorders, Obesity and other life style disorders in adolescents, Comprehensive sexuality education, Social media ,Screen addiction and Digital Literacy and Building adolescent friendly health services. The sessions were covered by individual talks as well as panel discussions
Tamilnadu State Branch	Coimbtore	07/01/2026	School/College Health Program	Supporting Young Minds for a Healthy tomorrow	KAP Vishwanathan Higher secondary school	ICANCL	Adolescents	300	Dr. Thangavel	*Bamboo Project* On behalf of IAP-ICANCL I have participated as resource person in the child health project of IMA Trichy.In this interactive session following awareness are created. 1.Physical and Mental Health 2.Child abuse and help line numbers 3.Internet de-addiction and Anti substance awareness 300 Early and middle adolescents were participated.
Tamilnadu State Branch	Coimbtore	18/02/2026	School/College Health Program	HPV Awareness and Vaccination program	Nehru College of Physiotherapy	IAP, IMA, College	Adolescents, Paramedical Health Workers	150 participants 50 vaccinated	Dr. Lakshmi Shanthi	HPV Awareness and Vaccination program was conducted in Nehru College of Physiotherapy on 18.2.26. Around 150 students participated and around 45 girls and 5 boys were vaccinated.
Tamilnadu State Branch	Coimbtore	28/06/2026	Scientific..Workshop/CME/Webinar etc	Case snippets on Adolescent Health	Erode IMA Hall	IAP, IMA	Doctors	30	Dr. Lakshmi Shanthi	Erode IAP meeting - talk on case snippets in adolescent health. About 30 paediatrician joined.
Telangana State	Hyderabad	26/02/2026	NATIONAL ACTION PLAN 2026 -	Pre-teens & Teens	Guru Nanak Public School, bidar	IAP	Adolescents, Parent, Teacher	1900	Dr. S. Naunihal singh, Dr Nirmala, Dr. Sireesha	The Pre-Teens Educational Program was successfully conducted on 26th February 2026 at Guru Nanak Public School, Bidar, to create awareness about physical, emotional, and social well-

			PROJECT PRETEENS, School/College Health Program							being among children. Around 1,400 students aged 8–12 years, along with 500 teachers and parents, actively participated. The sessions focused on physical growth, emotional health, nutrition, personal hygiene, safety, and respectful relationships. An interactive question-and-answer session enabled participants to clarify their doubts with expert guidance. The program was led by Dr. S. Naunihal Singh, Dr. Nirmala, and Dr. Sireesha, and successfully promoted healthy awareness, confidence, and overall adolescent development among young learners.
West Bengal State	Other	05/06/2026	World Environment Day Celebration with Adolescent	Plant a sapling for Your Mom	A local girls' school	IAP	Adolescents, Teacher	102	Dr Tapan Kumar Das	Branch : WBAHA Venue : Akshay Vidyapith Girls' High School Krishnanagar, Nadia, West Bengal World Environment Day was observed with students & teachers of Akshay Vidyapith Girls' High School on 5 June 2026. Role of students in protection of our Environment has been addressed.
West Bengal State	Kolkata	05/06/2026	World Environment Day Celebration	Environment & Adolescent Health	Akshay Vidyapith Girls' High School Krishnanagar	NGO	Adolescents, Teacher	68	Dr Tapan Kumar Das	World Environment Day was celebrated along with students of a local School at Krishnanagar (Akshay Vidyapith Girls' High School) on 05.06.2026. How environment affect adolescent health was discussed. Program ended with distribution of Lemon saplings among the students.
West Bengal State	Kolkata	19/06/2026	Scientific..Workshop/CME/Webinar etc	Future of teen clinic. How AI will transform adolescent health care	Zoom platform webinar.	IAP, WBAHA & WBAP	Professionals	40	Dr.Prashant Kariya, Dr.Gourav Gupta, Dr.Subhendu Dey	This was an interesting futuristic discussion. The pros and cons of using artificial intelligence & possible impact on adolescent was thoroughly covered. Cherry on top was presence of many eminent faculties including IAP President Dr. Neelam Mohan, Central AHA chairperson Dr. Sushma Desai.
West Bengal State	Kolkata	21/06/2026	School/College Health Program	International Yoga Day Celebration	Krishnanagar Rajbari Maidan	NCC DTE West Bengal & Sikkim	Adolescents, Parent, Teacher, Local MLA	112 Adolescents + 15 Parents + 5 Teachers + 5 NCC officials	Dr Tapan Kumar Das, Mr. Prakash Biswas, Mr. Badal Roy	World Yoga Day was celebrated at Krishnanagar Rajbari Maidan on 21st June'26. 112 Adolescents (all are NCC cadets) participated with tremendous zeal and enthusiasm. They vowed to spread the importance of Yoga amongst peers. The program was supported by local NCC officials and Sundar Saisab Trust.

THANK YOU

TO ALL FOR YOUR VOLUNTARY SERVICES FOR COMMUNITY