



IAP-AHA KISHORMITRA CARD



**DETAILS OF
DOCTOR / HOSPITAL:**

NAME OF CHILD :

PARENT'S NAME :

DOB :

GENDER :

REG. NO. :

PH. NO. :

ADDRESS :



IMMUNIZATION CARD

Age	Vaccine	Schedule	Due Date	Date of Vaccination	Batch & Date of Expiry
9-14 years Girls and Boys	HPV#	1st dose			
		2nd dose (after 6 months)			
Girls >15 years Boys 15-26 years	HPV#	1st dose			
		2nd dose (after 2 months)			
		3rd dose (after 6 months)			
10 years	Tdap				
16-18 years	Td				

Catch up Vaccination

Vaccine	Schedule	Due Date	Date of Vaccination	Batch & Date of Expiry
Hepatitis B	0 month			
	1 month			
	6 month			
Hepatitis A (Inactivated)	0 month			
	6 months			
Hepatitis A (Live)	Single dose			
Chickenpox	Two doses 4-8 weeks apart			
	One dose if previously vaccinated with one dose			
MMR	Two doses 4-8 weeks apart			
	One dose if previously vaccinated with one dose			
Typhoid Conjugate	Single dose			



IMMUNIZATION CARD

Vaccines for High-risk Group				
Vaccine	Schedule	Due Date	Date of Vaccination	Batch & Date of Expiry
Influenza	Every year			
JE	2 doses 4 weeks apart			
Pneumococcal	Single dose PCV13 if not vaccinated previously. PPSV23 8-12 weeks later. 2nd dose of PPSV23 after 5 years in the immunocompromised.			
Meningococcal	2 doses with at least 8 weeks between doses Boosters every 5 years thereafter throughout life as long as the person remains at increased risk for meningococcal disease.			

#: Girls 9-14 Years: HPV4-MSD, HPV9 or HPV4-SII
Boys 9-14 Years: HPV9 or HPV4-SII
Girls 15-18 Years: HPV4-MSD, HPV9 or HPV4-SII
Boys 15-18 Years: HPV4-SII

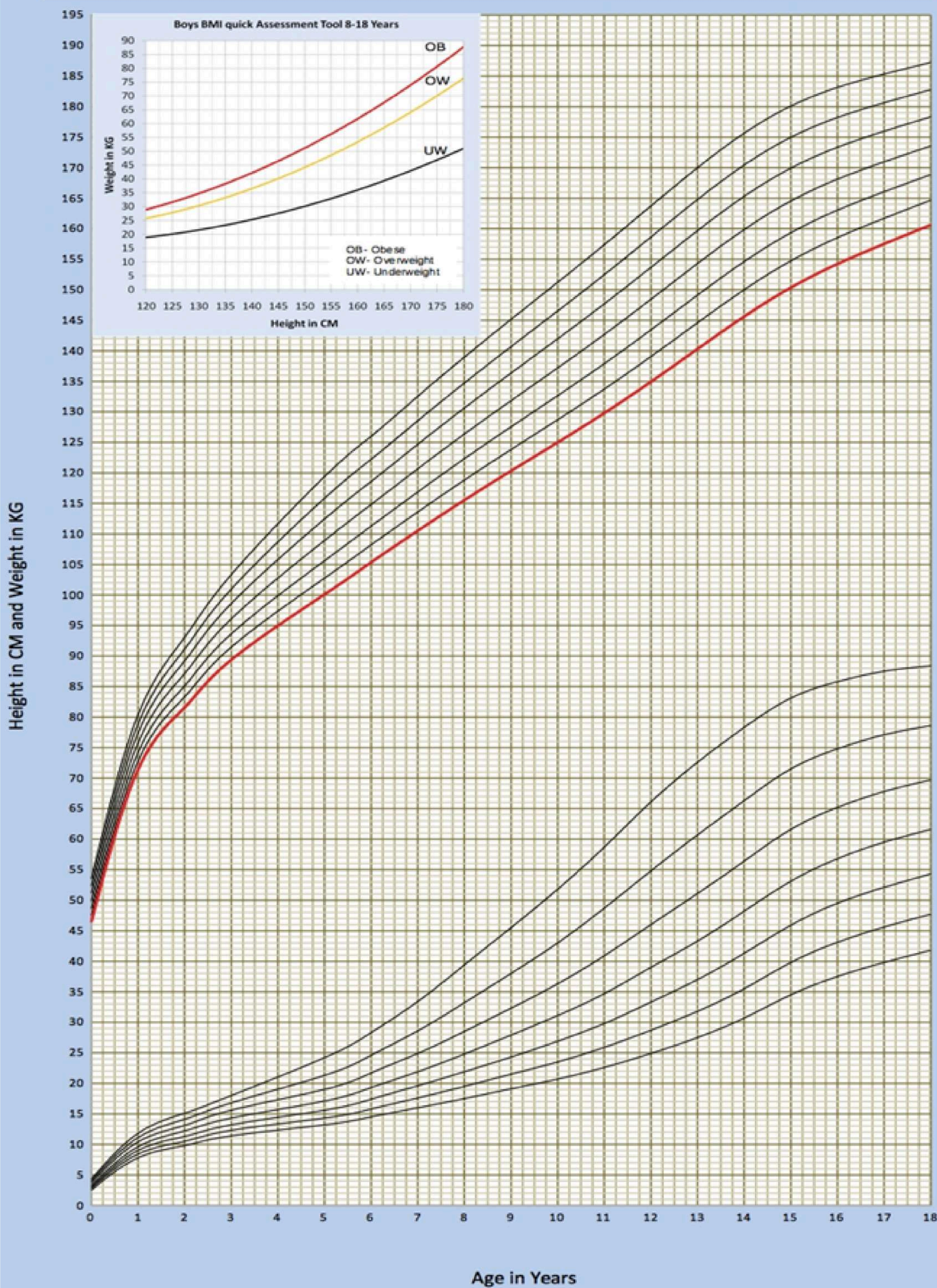
HELPLINE NUMBERS

Child Helpline	:	1098
Cyber Crime Helpline	:	1930
National Narcotics Helpline	:	1933
Tele MANAS	:	14416, 1-800 891 4416
Anti-Ragging Helpline	:	1800-180-5522



IAP GROWTH CHART FOR BOYS

WHO 2006 & IAP 2015 combined Boys Charts 0-18 Years



3 (Short below this line)

MPH Percentile Calculator

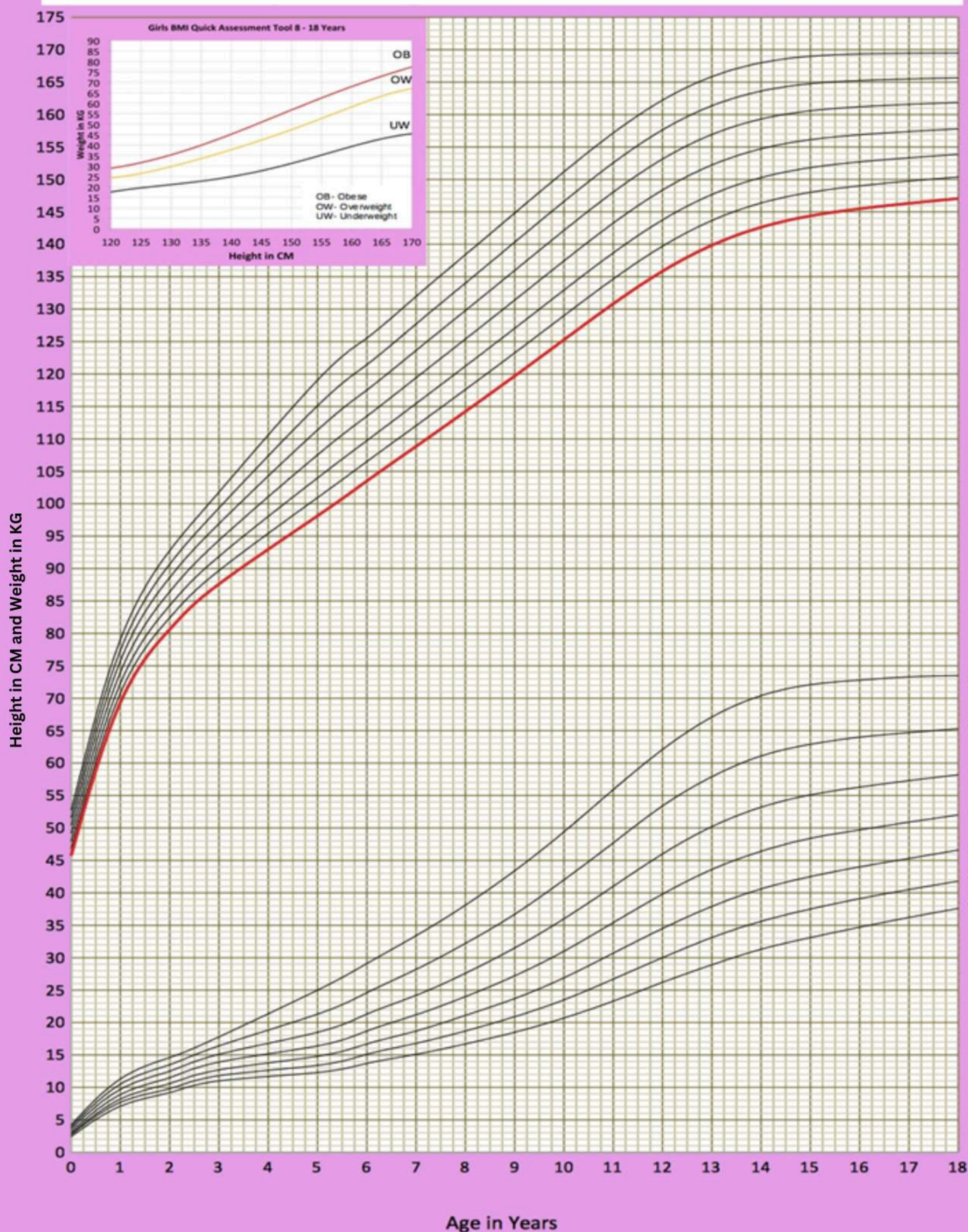
Father's Height	MPH Centile	Mother's Height
150		137
151		138
152		139
153		140
154		141
155		142
156		143
157		144
158	3rd	145
159		146
160		147
161		148
162		149
163	10th	150
164		151
165		152
166		153
167		154
168	25th	155
169		156
170		157
171		158
172		159
173	50th	160
174		161
175		162
176		163
177		164
178	75th	165
179		166
180		167
181		168
182	90th	169
183		170
184		171
185		172
186		173
187	97th	174
188		175
189		176
190		177

Modified from: 1. WHO MGRS (Multicentre Growth Reference Study) 2006.
 2. Revised IAP Growth Charts for Height, Weight and Body Mass Index for 5 to 18 year old Indian Children.
 V. Khadilkar et al, from Indian Academy of Pediatrics, Growth Chart Committee, Indian Pediatrics, Jan 2015, Vol 52
 3. Khadilkar V, Lohiya N, Chiplonkar S, Khadilkar A. Body Mass Index Quick Screening Tool for IAP 2015 Growth Charts
 [published online ahead of print, 2020 Jun 12]. Indian Pediatr. 2020;S097475591600197.



IAP GROWTH CHART FOR GIRLS

WHO 2006 & IAP 2015 combined Girls Charts 0-18 Years



3 (Short below this line)

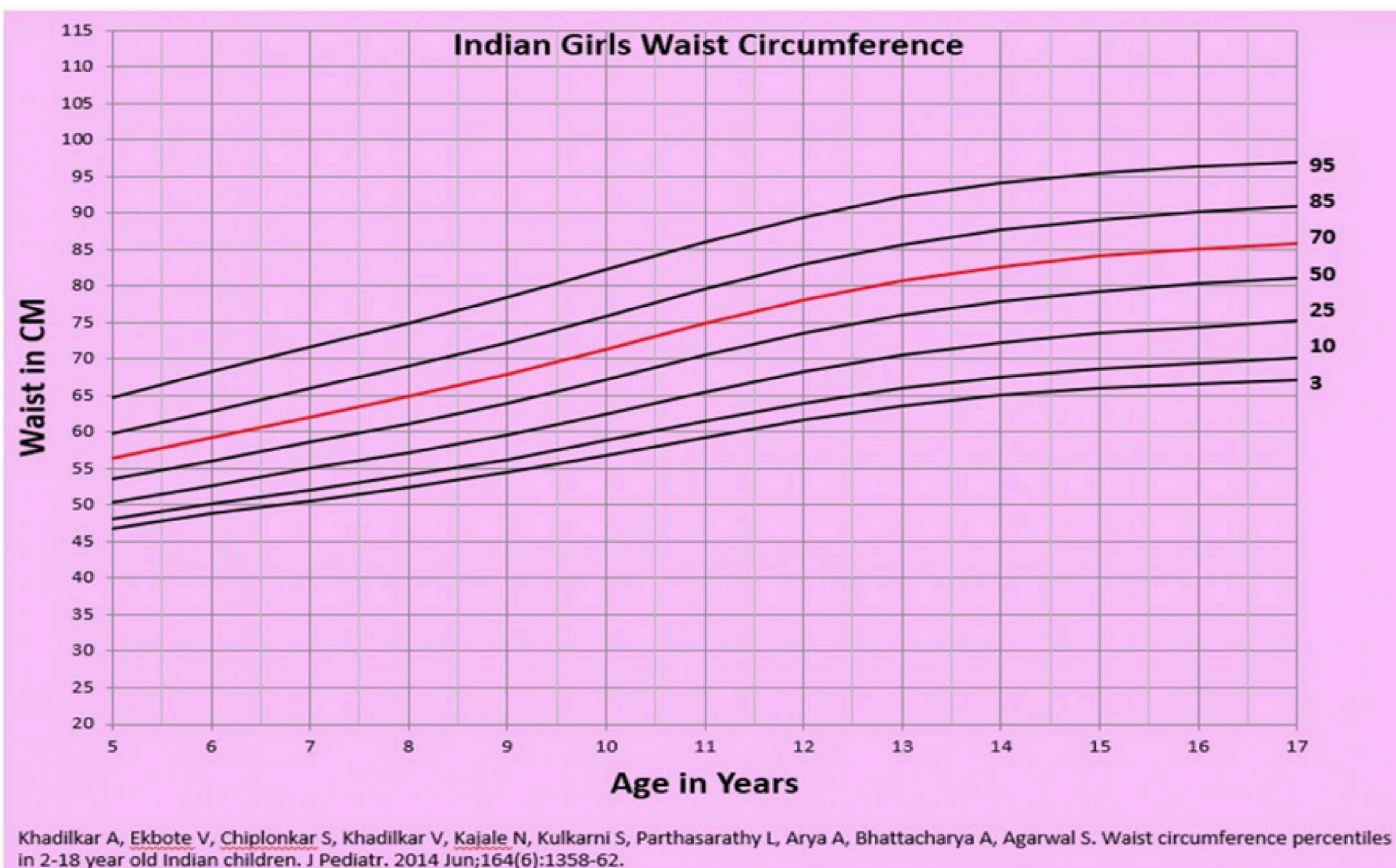
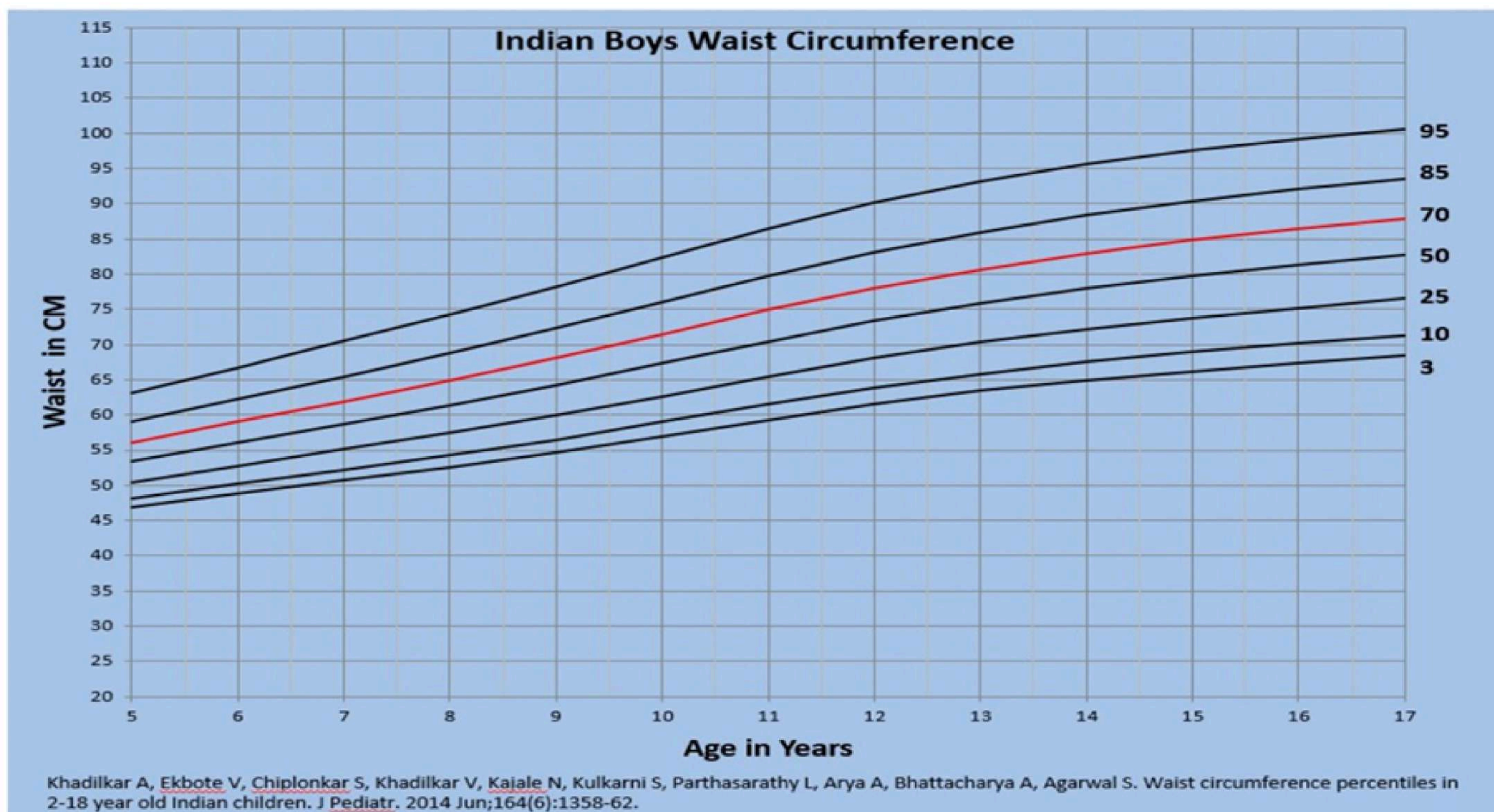
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157		144
158		145
159	3rd	146
160		147
161		148
162		149
163	10th	150
164		151
165		152
166		153
167	25th	154
168		155
169		156
170		157
171	50th	158
172		159
173		160
174		161
175	75th	162
176		163
177		164
178		165
179	90th	166
180		167
181		168
182		169
183	97th	170
184		171
185		172
186		173
187		174
188		175
189		176
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IAP CHART FOR CHILDREN'S WAIST CIRCUMFERENCE





ANTICIPATORY GUIDANCE

DO'S	DONT'S
Love and care for oneself	Neglect stress
Eat balanced healthy food thrice a day	Act impulsively before you think
Sleep 8 hours every night	Hide physical or mental troubles
Run /cycle/ swim/play for 1 hour daily	Succumb to wrong pressures
Learn and implement study skills	Resort to addictive substances
Use social media safely	Disregard traffic rules
Respect differences	Throw tantrums
Be alert and sense danger	Bully or get bullied
Report physical, mental, sexual abuse	Abuse or get abused

