



ASSOCIATION OF ADOLESCENT AND CHILD CARE IN INDIA

**AACCI for**  
**TEACHERS, PARENTS, CHILDREN and YOUTH**

Life is 😞 as..we make it 😊 **OUR MOTTO....**



**iAHW**

**INTERNATIONAL  
ADOLESCENT  
HEALTH WEEK**

**21-27 March 2021**

## **An AACCI Collaboration**



[www.aacci.in](http://www.aacci.in), [www.aaccitrainingprograms.com](http://www.aaccitrainingprograms.com)



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**Theme 2021 :- Adolescent Resilience in the Face of a Pandemic**

# **REPORTING FROM ALL CENTERS**

**12 CENTERS**

**150 + VOLUNTEERS FROM 20 + CITIES**













**TOTAL NUMBER OF ACTIVITIES – 50 +**

**NUMBER OF BENEFICIARIES – 10000 +**

**REPORT PREPARED BY – DR. SAMIR SHAH & DR. SWATI Y. BHAVE**



# -: OUR PRESENCE :-

<p>AACT CENTER PUNE &amp; PAN INDIA</p>  <p>Culture Crest, H 7, New Mohi Pradhikaran, Sector No.6, Spine Road, Pune-411008 Dr. Shalaja More (Center Incharge) M: +91 98225 95553</p> <p>READ MORE</p>	<p>AACT CENTER MUMBAI</p>  <p>1Floor, A Wing, Shiv Shakti CHS, SK. Kote Marg, Prabhadevi, Mumbai-400 025 Dr. Paula Goni (Center Incharge) M: +91 98703 60888</p> <p>READ MORE</p>	<p>AACT CENTER PCB PUNE</p>  <p>PIMPRI, CHINCHWAD, BHOSARI Vatsalya Mother Child Care, Bhosari, Pune-411 028 Dr. Sandeep Kaviade (Center Incharge) M: +91 98110 93400</p> <p>READ MORE</p>	<p>AACT REGIONAL CENTER GUJARAT</p>  <p>Samir Hospital, Lakdipul, Dandabazar Main Road, Dandabazar, Vadodara, Gujarat - 390 001 Dr. Samir Shah (Center Incharge) M: +91 98795 43888</p> <p>READ MORE</p>	<p>AACT CENTER CHANDIGARH</p>  <p>SCO 909, First Floor, NAC Market, Housing Board Chowk, Mani Maja, Chandigarh - 160001 Dr. Chhaya Prasad (Center Incharge) M: +91 93567 08559</p> <p>READ MORE</p>	<p>AACT REGIONAL CENTER WESTERN MAHARASHTRA</p>  <p>Miraj - Sangli - Kolhapur Solapur - Nashik Dr. Vijay Maru (Center Incharge) M: +91 98226 11171</p> <p>READ MORE</p>
<p>AACT CENTER NAGPUR</p>  <p>C-1, Kanchan VASDI, West Park Road, Dhantoli, Nagpur-440 012. Dr. Nishikant Koriwal (Center Incharge) M: +91 98230 54823</p> <p>READ MORE</p>	<p>AACT CENTER DELHI</p>  <p>B-881, New Rajinder Nagar, New Delhi-110 060. Dr. Lata Bhatia (Center Incharge) M: +91 98112 11320</p> <p>READ MORE</p>	<p>AACT CENTER NCR DELHI</p>  <p>NATIONAL CAPITAL REGION House No 845-A, Sector 5, Gurgaon, Haryana-122 001. Dr. Surita Manchanda (Center Incharge) - M: +91 98737 23279</p> <p>READ MORE</p>	<p>AACT REGIONAL CENTER MARATHWADA</p>  <p>Dhanwantari Clinic, Near LMS, Sony Jeweller, Jalna Rd, Aurangabad - 431001, Dr. Datta Kadam (Center Incharge)</p> <p>READ MORE</p>	<p>AACT CENTER NAVI MUMBAI</p>  <p>A 16 Pooma CHS, Plot 24C, Sec 14, Vashi, Navi Mumbai-400703 Dr. Shilpa Prashant Aroskar (Center Incharge) M: +91 98212 50712</p> <p>READ MORE</p>	<p>AACT FORUM INTERNATIONAL FORUM</p>  <p>International.</p> <p>READ MORE</p>

## AACCI – GUJARAT Center - IAHW 2021 Activities

Partner Association or Organization	Topic and Type Activity	Date	Venue	Target Audience	Faculty names	Total Number of Participants	Short Description about the event.
<b>1</b> <b>AOPV, VAHA</b>	Webinar REBT	22.3.21	Vadodara	Pediatricians, Staff of Different associations of Vadodara	Dr. Satish Pandya, Dr. Swati Bhawe	35 + 557	Lecture
<b>2</b> <b>VAHA, AOPV, AOPVWW</b>	Webinar -Teen issues Interaction	23.3.21	Vadodara	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	Drs . Swati Bhawe, Satish Pandya, RK Baxi, Snehal Shirolawala, Kairavi Pancholi,. Samir Shah	45 + 589	Panel discussion with Teenagers
<b>3</b> <b>VAHA, AOPV</b>	Webinar World Teenage Day	25.3.21	Vadodara	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	Drs. Samir Shah, Prashant Kariya,Swati Bhawe Laura Offutt MD	75 + 50	Panel discussion with Teenagers
<b>4</b> <b>Foods and nutrition department MSU, AOPV, VAHA</b>	Webinar Healthy Lifestyle Day	26.3.21	Vadodara	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	Drs. Meenakshi Mehan Shruti Kantawal	50 + 171	Public Awareness, Video and infographics release
<b>5</b> <b>VAHA, AOPV,</b>	Audio - 2 min competition	26.3.21	Vadodara	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara		11 [participants]	2 min Audio competition
<b>6</b> <b>VAHA, AOPV</b>	Video2 min competition	26.3.21	Vadodara	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara		15 [participants]	2 min Video competition
<b>7</b> <b>AOPV, VAHA, Department of Psychology MSU</b>	Webinar Adolescent mental Health Awareness	27.3.21	Vadodara	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	Students of MSU Psychology	70 + 1000	Public Awareness, Educational talk, Open mic
<b>8</b> <b>AOPV, VAHA, IMA WW, AOPVWW</b>	Webinar Daughters Day	28.3.21	Vadodara	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	Drs. Sushma Baxi, Shweta Shah, Nutan Shah	40 + 132	Public Awareness, Educational talk
<b>9</b> <b>Individual</b>	Short video for awareness	31/03/21	Ahmedabad	Adolescent	Aashi Patel Aarya Patel	2	a short video for awareness about resilience in adolescents & circulated on social media.



<b>INTERNATIONAL ADOLESCENT HEALTH WEEK</b>						
23-27 March 2021						
<b>ADOLESCENT MENTAL HEALTH AWARENESS PROGRAM</b>						
DATE: 27 <sup>th</sup> March 2021						
PLATFORM: YOUTUBE						
<b>PROGRAM</b>						
Time	Event	Speakers/Facilitators				
06:00 PM	Mental Health Awareness: Myths and Stigma	Yash Prithvi (Student Psychology)				
06:45 PM	Journalism and Mindfulness Workshop	Rachna Kumar Anshu Ban (Psychologists)				
08:00 PM	Adolescents' Mental Health: Body Image Issues & Self Esteem	NK Saprekar Society (First year student of Psychology) <i>Guest speaker: Mr Anuragha</i> (Third year student of Psychology)				
09:00 PM	Open Mic	Neha PVP - group play - 7mins Aishwini DTP - poetry - 2mins Alpha PVP - storytelling - 5mins Arjun PVP - rap - 4mins Erga PVP - poetry - 2mins Prachi PVP - poetry - 3mins	<b>&amp; MANY OTHERS</b>			
<a href="https://www.youtube.com/channel/UcPRSMZnR-KivX935SUyCBrA">https://www.youtube.com/channel/UcPRSMZnR-KivX935SUyCBrA</a>						
The Department of Psychology (MSU) YouTube Channel						
<b>ORGANISED BY:</b>						
Academy of Pediatric Virologists, Vudodora Adolescent Health Academy, Association of Adolescent and Child Care in India, Bundo Medical College, IMA, Women's Wing, Department of Foods and Nutrition, MSJ & MSU-FNAA, Behaviour Management Group MSU Psychology Department						

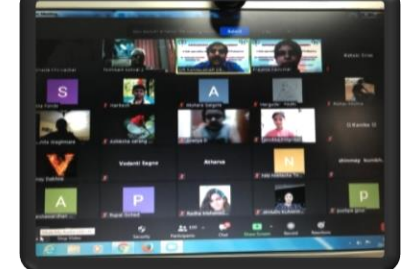
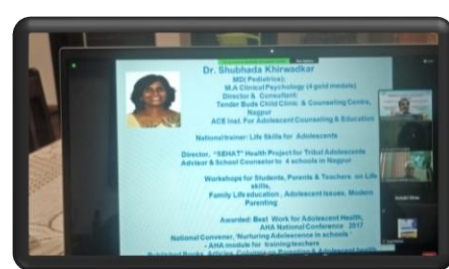
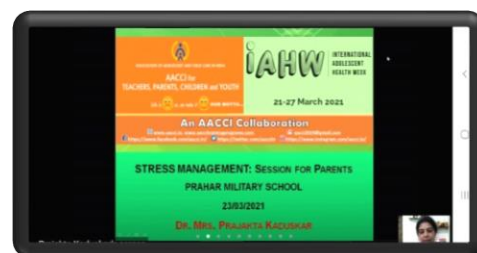
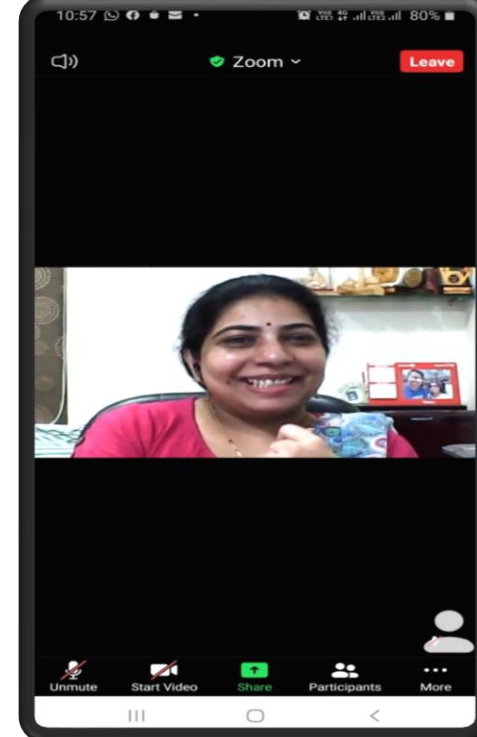
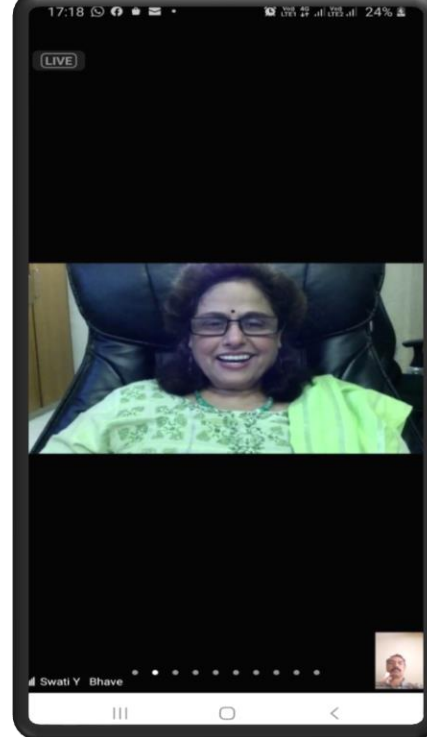
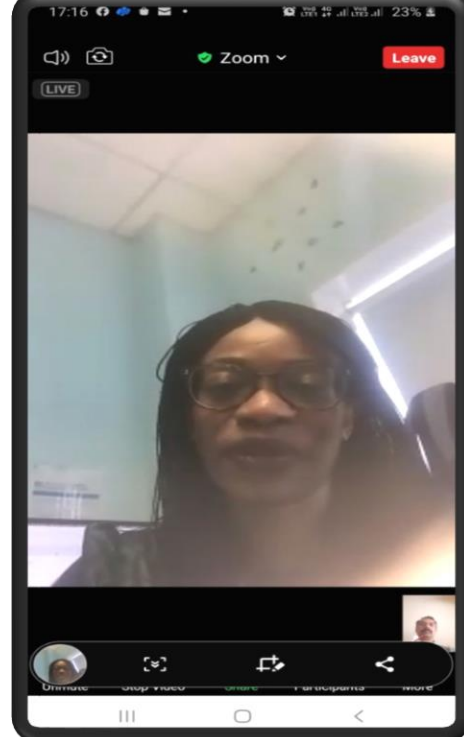
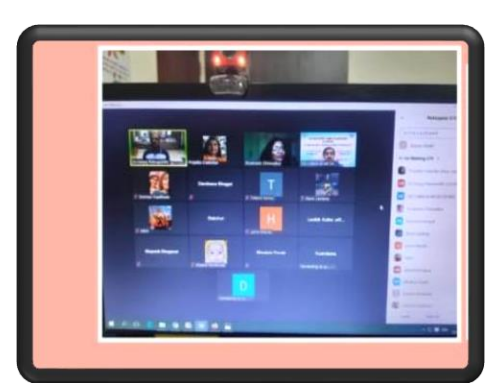
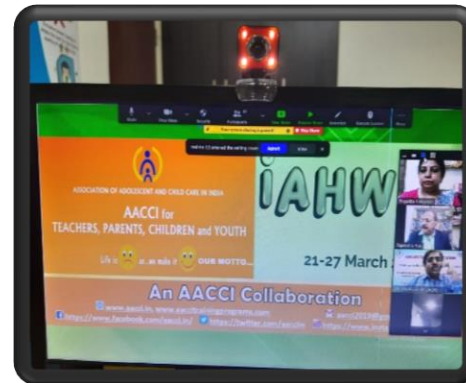
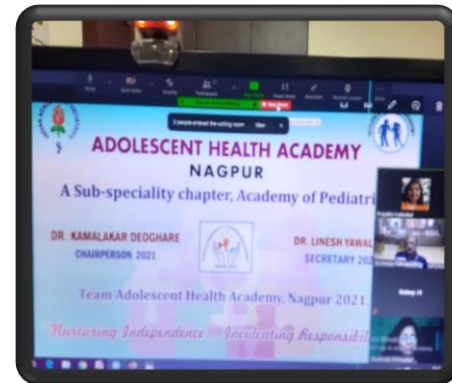
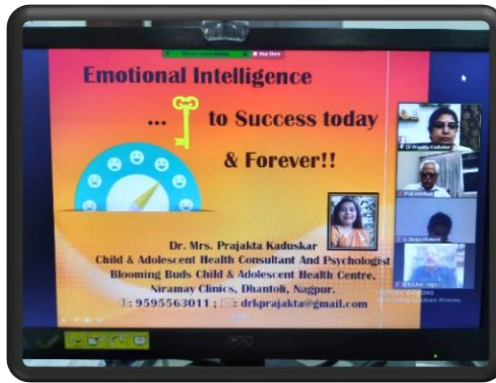
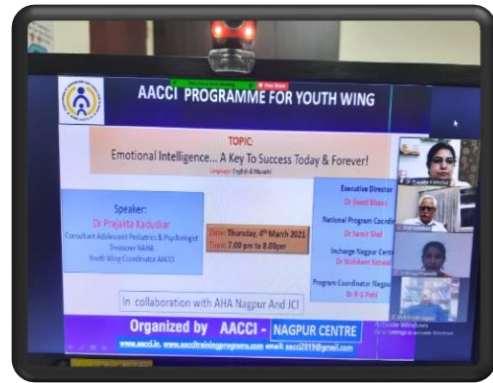


## AACCI – NAGPUR Center - IAHW 2021 Activities

Partner Association or Organization	Topic and Type Activity	Date	Venue	Target Audience	Faculty names	Total Number of Participants	Short Description about the event.
1 Adolescent Health Academy Nagpur	Paper News for Public Awareness	19/03/21	Paper News for Public Awareness	Open for all	Drs. Nishikant Kotwal, R.G. Patil, S Khirwadakar K Deoghare	4	News paper -Curtain raiser - Publicity for the IAHW and Importance of Resilience of adolescent during covid pandemic
2 Adolescent Health Academy Nagpur	Webinar - Inagural launch of IAHW at Nagpur	21/03/21	Shanti Vidya Mandir group of schools, Hingna Road, Nagpur	Adolescent	Drs. Nishikant Kotwal and Shubhada Khirwadkar	100	Launch of IAHW - In the inaugural Theme on " Building resilience in Adolescents during the Pandemic was held today for teachers & school principals of 3 middle & high schools in Hingna, a rural area near Nagpur.
3 Bhau Mulak Ayurvedic Mahavidyalaya, Nagpur and AHA Nagpur Branch	Webinar - Prevention of Stress Depression and Suicides in Adolescents	22/03/21	Bhau Mulak Ayurvedic Mahavidyalaya, Nagpur	Adolescent	Dr. Kamalakar W Deoghare	90	Causes and prevention of stress, depression and prevention of suicide – with interactive case scenarios
4 Tip Top Convent, Nagpur and AHA Nagpur Branch	Webinar - nurturing independence and inculcating responsibilities	23/03/21	Tip Top Convent, Trimurti nagar Nagpur	Adolescent	Drs. Shubhada Khirwadkar and Nishikant Kotwal Kamalakar W Deoghare	100	Tip Top Convent school 'give me Independence' on 'what are my responsibilities'.
5 Yavatmal Public School and AHA nagpur	Webinar Fit Hai To Hit Hai' Talk and Demonstration of fitness activities.	23/03/21	Yavatmal Public School	Adolescent	Dr. Sanjay Ratnaparkh Kamalakar Deoghare	75	Demonstration the activities of mental fitness and physical fitness. Hands on session
6 Bhosla Military School, Nagpur and AHA Nagpur	Webinar Healthy Diet Healthy Adolescents, Stress Management During Examination	23/03/21	Bhosla Military School, Nagpur	Adolescent	Dr. Abhijit Bhardwaj and Dr. Prajakta Kaduskar Linesh Yawalkar	65	students of Bhosla Military School, Nagpur lecture with activities

Partner Association or Organization	Topic and Type Activity	Date	Venue	Target Audience	Faculty names	Total Number of Participants	Short Description about the event
7 Yavatmal Public School and MAHAN Melghat and AHA Nagpur	'Webinar Fit Hai To Hit Hai' Talk and Demonstration of fitness activities.	24/03/21	Yavatmal Public School	Adolescent	Dr. Sanjay Ratnaparkhi	65	<b>Special situation adolescent – Tribals</b> Adolescents from Ghota village from Tribal area of Melghat also joined the activity.
8 AHA Nagpur	Webinar resilience parenteening and sexuality education	25/03/21	Nagpur	Parents	Drs . Prajakta Kaduskar,. Shubhada Khirwadkarr. Nishikant Kotwalr. Kamalakar Deoghare, R. G. Patil, Abhijit Bhardwaj	25	parent education activity – How to develop resilience in adolescents parenting and sexuality education.
9 Adolescent Health Academy Nagpur and Balaji Convent School Butibori	Webinar Stress Management Pre and Post Covid 19 and Study Skills and role of nutrition during exams.	26/03/21	Butibori dist Nagpur	Adolescent	Dr. R. G. Patil and Prajakta Kaduskar	75	Interaction with students of Balaji School, Butibori, Nagpur
10 Gurunanak Technical Institute of pharmacy, Nagpur and AHA Nagpur	Webinar Neuroscience of Adolescence from turmoil to tranquillity tips to raise EQ	26/03/21	Gurunana k Technical Institute of pharmacy, Nagpur	Adolescent	Dr. Kamalakar Deoghare and Dr. Prajakta Kaduskar	100	students of Gurunanak Technical Institute of pharmacy; 'Neuroscience of Adolescence from turmoil to tranquillity' Tips to raise Emotinal Quotient.'. Global Co leaders Dr. Ngoji Oketah and Dr. Swati Bhawe special guests '
11 Matrushakti Orphanage, Nagpur and AHA Nagpur	Webinar Role of Nutrition and importance of exercise, Personal Hygiene and Habits	27/03/21	Matrushak ti Orphanag e, Nagpur	Adolescent	Dr. Prajakta Kaduskar and Dr. Manjusha Giri Linesh Yewlaker	20	role of nutrition and importance of exercise personal Hygine and habits.







## AACCI NAVI MUMBAI Center - IAHW 2021 Activities

Partner Association or Organization	Topic and Type Activity	Date	Venue	Target Audience	Faculty names	Total Number of Participants	Short Description about the event.
<b>1 AHA NAVI MUMBAI, IAP NAVI MUMBAI</b>	Webinar on U Tube Daughters day celebration	21 March 2-4 pm	[DIGITAL EVENT]	Healthcare Workers	Drs Abhijeet Mhapankar, Sabrina Mhapankar, Satish Shahane Amog Shahane	3000	21 to 27 whole week was celebrated by IAP Navi Mumbai AHA navi Mumbai In association with AACCI All events were conducted on the official U tube channel of IAP Navi Mumbai NaMAHA - IAHW 2021: <a href="https://www.youtube.com/playlist?list=PLyCgz4gS-cQQ-fx3JXvaBkOtxvfyJyWLw">https://www.youtube.com/playlist?list=PLyCgz4gS-cQQ-fx3JXvaBkOtxvfyJyWLw</a> Various videos were releases each day Daughter - The Treasure trove of love by proud parents of lovely daughters Dr <a href="https://www.youtube.com/watch?v=eapFg-MXpml&amp;list=PLyCgz4gS-cQR5viThsxh4RqWs0R3f1HKx&amp;index=44">https://www.youtube.com/watch?v=eapFg-MXpml&amp;list=PLyCgz4gS-cQR5viThsxh4RqWs0R3f1HKx&amp;index=44</a>
<b>2 AHA NAVI MUMBAI, IAP NAVI MUMBAI</b>	Webinar Life Skills Quiz for Pediatricians	22 March 2-4 pm :	DIGITAL EVENT]	Pediatricians Adolescents	Dr Amog Shahane Dr Kiran Vaswani and Dr Jeetendra Gavhane.		Video L.I.F.E. SKILLS (Learning incredible skills for everything) <a href="https://www.youtube.com/watch?v=CYcwzVK0Jfc&amp;list=PLyCgz4gS-cQR5viThsxh4RqWs0R3f1HKx&amp;index=45">https://www.youtube.com/watch?v=CYcwzVK0Jfc&amp;list=PLyCgz4gS-cQR5viThsxh4RqWs0R3f1HKx&amp;index=45</a> An interesting Quiz on Adolescents was conducted for Pediatricians
<b>3 AHA NAVI MUMBAI, IAP NAVI MUMBAI</b>	inauguration of AACCI Navi Mumbai Center	23 <sup>rd</sup> march 2-2.30	DIGITAL EVENT]				Inauguration was done by Dr Bakul Parekh (President 2020) in presence of AACCI executive Director Dr Swati Bhawe.
<b>4 AHA NAVI MUMBAI, IAP NAVI MUMBAI</b>	Webinar & Fit hai to hit hai	23 March: 2.30 -4 pm	DIGITAL EVENT]	Adolescents	Dr Pallavi Khare Dr Pravin Gaikwad, Dr Arati Gaikwad, Dr Amog Shahane		For empowering our adolescent's mental health, a video on Importance Pranayama by was released. <a href="https://www.youtube.com/watch?v=5QfgXZ5pg6w&amp;list=PLyCgz4gS-cQR5viThsxh4RqWs0R3f1HKx&amp;index=46">https://www.youtube.com/watch?v=5QfgXZ5pg6w&amp;list=PLyCgz4gS-cQR5viThsxh4RqWs0R3f1HKx&amp;index=46</a> For Motivating teens to be active a Yoga and exercise session for adolescents was conducted by Navi Mumbai Fitness experts <a href="https://www.youtube.com/watch?v=HM9Kkg7VbEE">https://www.youtube.com/watch?v=HM9Kkg7VbEE</a>
<b>5 AHA NAVI MUMBAI, IAP NAVI MUMBAI</b>	Healthy Khana, Healthy Peena, Lengthy Jeena Foo Healthy Recipe competition for adolescents	24 March: 2-4 pm	DIGITAL EVENT]	Adolescents	Dr Shruti Kalkekar Kalyani Patra, The event was graced by Dr Harvinder Singh (Chair-person, AHA Ludhiana)		video release on EQ - Mind your EQ: SLAVE or MASTER <a href="https://www.youtube.com/watch?v=cdEToHcl41Y-">https://www.youtube.com/watch?v=cdEToHcl41Y-</a> Make healthy, eat healthy. The competition was full of talent, creativity and awesome recipes by adolescents <a href="https://www.youtube.com/watch?v=tcfpYmG0Y">https://www.youtube.com/watch?v=tcfpYmG0Y</a>
<b>6 AHA NAVI MUMBAI, IAP NAVI MUMBAI</b>	Mann ki Baat Addressing the important issue of mental well-being in adolescents	25 March 2-4 pm :	DIGITAL EVENT]	Adolescents	Dr Prashant Kariya, moderated by Dr Kalyani Patra. chaired by Stalwarts Dr. A S Tuteja and Dr Harvinder Singh		a video - Dil Dimag ki Dosti (3D) by Dr Chitra Kulkarni was released <a href="https://www.youtube.com/watch?v=LD7c6mDk6SU">https://www.youtube.com/watch?v=LD7c6mDk6SU</a> Being healthy being happy - a session for adolescents for addressing physical and mental health issues was taken by Adolescent expert Session was <a href="https://www.youtube.com/watch?v=shK9j7ID9Zo">https://www.youtube.com/watch?v=shK9j7ID9Zo</a>



Partner Association or Organization	Topic and Type Activity	Date	Venue	Target Audience	Faculty names	Total Number of Participants	Short Description about the event
7 AHA NAVI MUMBAI, IAP NAVI MUMBAI	School Health	26 March 2-4 pm			Shilpa Aroskar Dr Shubhada Khirwadkar Dr Preeti Galagali Dr Leena Deshpande chaired by Stalwarts Dr. C P Bansal and Dr. Harvinder Singh		To encourage teens to Aspire, Attempt and achieve Academics a video on The He(art) of learning by Dr was released. <a href="https://www.youtube.com/watch?v=c4Kvu2eA92U">https://www.youtube.com/watch?v=c4Kvu2eA92U</a> . Schools And learning: The New Normal 2. Igniting minds: Role of teache 3. This child just does not study!! by The session was <a href="https://www.youtube.com/watch?v=TOHUmQrNd2s">https://www.youtube.com/watch?v=TOHUmQrNd2s</a>
8 AHA NAVI MUMBAI, IAP NAVI MUMBAI	Installation of AHA Navi Mumbai	27 March 2-2.30 pm			Dr. Upendra Kinjawadekar and President Dr. Jeetendra Gavhane		Navi Mumbai Adolescent Health Academy (NaMAHA)Dr. Remesh Kumar (Chief Guest), Dr. A S Chawla and Dr. J. C. Garg (Guest of Honour) and Special guests Dr. Swati Bhawe, Dr. Sushma Desai and Dr. Shubhada Khirwadkar <a href="https://youtu.be/_CSK1Ua6TCw">https://youtu.be/_CSK1Ua6TCw</a>
	Resilience ParentEEN: session	27 March -2.30 – 4 pm			Dr Kalyani Patra Dr Kiran Vaswani Dr. Swati Bhawe		Resilience For the awareness about cyber safety a video Be Aware, Connect with Care. <a href="https://youtu.be/dUO_hw2vER0">https://youtu.be/dUO_hw2vER0</a>  Tuning parents to teens tunes by covered various aspects of Art of Parenting. 2. Bouncing back in Life – Teaching teens Resilience. <a href="https://youtu.be/yjJVINaWgKI">https://youtu.be/yjJVINaWgKI</a> Regards



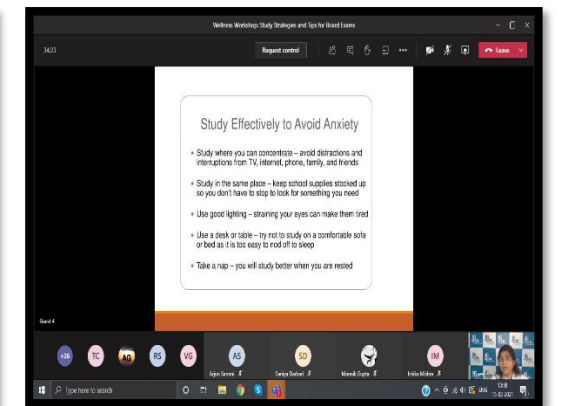
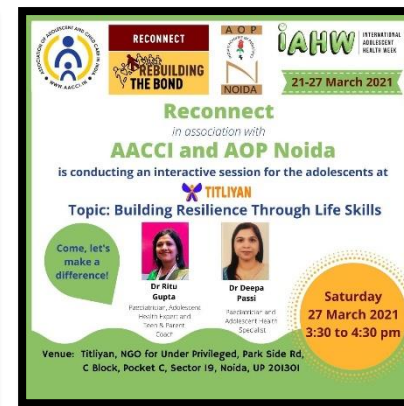
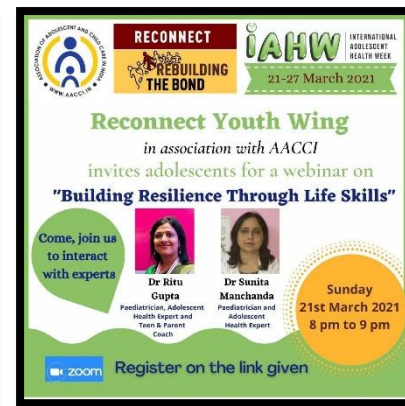
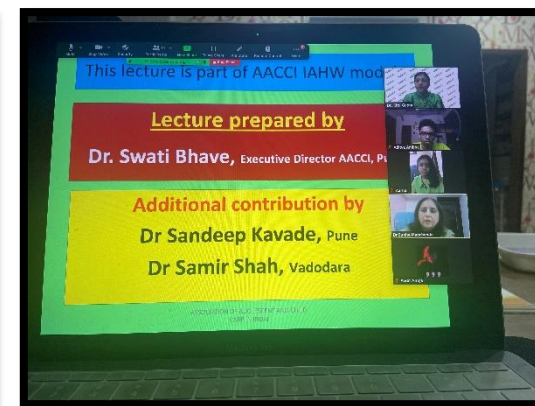
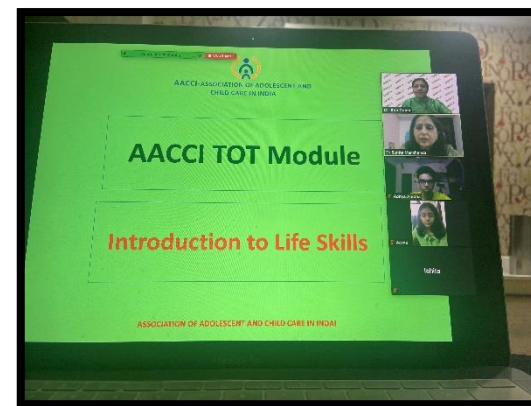
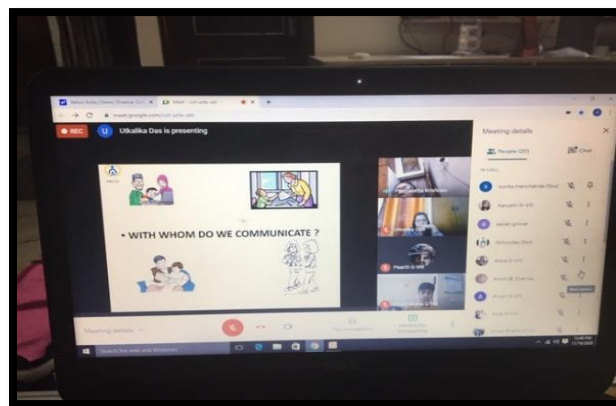
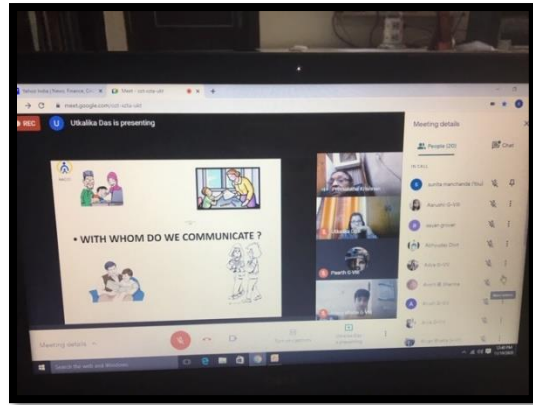




## AACCI NCR Center – IAHW 2021 Activities

Partner Association or Organization	Topic and Type Activity	Date	Venue	Target Audience	Faculty names	Total Number of Participants	Short Description about the event
<b>Reconnect Youth Wing</b>	Webinar on Resilience and Life Skills	21.03.21 8-9 pm	Zoom webinar	Adolescent	Dr. Sunita Manchanda, Dr. Ritu Gupta	20	A short talk on Resilience and various WHO life skills The youth leaders shared their messages for the youth Followed by QA.
<b>Arya Bal Kalyan Kendre</b>	Face to face session Effective use of social media	27/03/21 2:30pm-3:30pm	NGO	Parents	Dr Sunita MNchanda	17	1 Advantages of electronic gadgets 2 Disadvantage of gadget 3 Media literacy
<b>Reconnect and IAP Noida</b>	Face to face session Resilience and Life Skills	27/03/21	Titliyan-NGO at Sector-19, Noida	Adolescent	Dr. Ritu Gupta, Dr. Deepa Passi	110	The WHO life skills and their importance in life was shared with the adolescents and they interacted well, asked questions and shared their takeaways







## AACCI DELHI Center - IAHW 2021 Activities

Partner Association or Organization	Name of Activity	Date and Time of Activity	Venue of Activity	Target Audience	List of Faculties	Total Number of Participants	Short Description about the event
<b>1 Radio Dwarka and St Mary School</b>	Interview for Adolescents	22/03/21	Radio Dwarka	Open for all	Dr Latika Bhalla/ Mrs Pratima special educator at St Mary	400	Radio Dwarka on the Eve of IAHW celebrations took in person interview of Dr Latika Bhalla as Adolescent paediatrician and Mrs Pratima as special educator during Covid time problems
<b>2 Apollo Noida</b>	Importance of Life skill Education in Facebook	22 03/21	Facebo ok	Open for all	Dr Deepa passi	50	invited for the importance of life skill education
<b>3 St Mary School</b>	Message on the wall to create awareness with hand print	23/03/21	School	Open for all	School Teacher Mrs Pallavi and Mrs Seema bali	100	Wall imprints were done by students
<b>4 Delhi IAP, Delhi AHA</b>	Curtain Raiser Debate on use of Technology during Covid times assessment of Adolescent in OPD	24/03/21	Virtual	Open for all	Dr Harish Pemde and Dr Sangeeta Dr Latika Bhalla and Dr Deepa passi	80	debate for adolescents by st Mary Schools as well as by GD Salwan School Lecture on assessment of Adolescent in OPD





# International Adolescent Health Week (IAHW)

## Celebration

by  
Indian Academy of Pediatrics Delhi


Date: 24th March, 2021  
03.00 pm to 05.00 pm  
IAP Delhi & AHA Delhi  
in Collaboration with  
Central AHA & Association of Adolescent & Child Care in India



Indian Academy of Pediatrics  
Delhi



Association of Adolescent & Child Care  
India



Central Adolescent Health Association  
India

## Program

**Life Skills, Resilience (esp. during COVID Times) & Emotional Intelligence**

<b>Debate Topic</b>	Technology has affected mental health rather than bridging the learning gaps in education	
<b>Participants</b>	2 Students each (for / against) from G.D. Salwan Public School & St. Mary's School	
<b>Time Limit</b>	3 minutes	
<b>Judges</b>	Dr Sangeeta Yadav, Vice President, CIAP Dr Harish Kumar Pemde, Jt. Secretary, CIAP	
<b>Teachers</b>	Ms. Seema Bala, Vice Principal, St. Mary's School and Ms. Dolly Dhawan, HOD English, GDSPS (Teachers on Panel)	
<b>Moderator</b>	Ms. Dolly Dhawan	
<b>Discussion</b>	How to Assess Adolescent Child in OPD	
<b>Speaker</b>	Dr Latika Bhatta, Secretary, AHA Delhi	
<b>Chairperson</b>	Dr Deepak Gautam, Executive Member North, AHA	

**Dr J C Garg**  
Chairperson, Central AHA

**Dr Sushma Desai**  
Secretary, Central AHA

**Dr Deepak Gautam**  
CB North, Central AHA

**Dr GP Kaushal**  
Chairperson, APH Delhi

**Dr Latika Bhatta**  
Secretary, AHA Delhi

**Dr Lalit Mendiratta**  
President, IAP Delhi

**Dr Manish Gupta**  
Secretary IAP Delhi



St. Mary's School, Dwarka observes International Adolescent Health Week (IAHW) Celebration	
AHA in collaboration with Society of Adolescent Health and Medicine (SAHM), USA 21 <sup>st</sup> March 2021 to 27 <sup>th</sup> March 2021	
Theme :-Life Skills, Resilience (esp. during COVID times) & Emotional Intelligence	
<b>Programme Schedule:</b>	
22 <sup>nd</sup> March 2021	Talk Show on Radio Dwarka Dr. Latika Bhatta, Senior Consultant, Pediatrics Dept., Sir Ganga Ram Hospital & Mrs. Pratima Tiwary, Special Section Incharge, St. Mary's School, Dwarka
23 <sup>rd</sup> March 2021	Healthy Wellbeing : Reaching out, making a difference 'The Message Wall'
24 <sup>th</sup> March 2021	Reading, a refuge in COVID times 'Ensuring Awareness on mental wellbeing through Bookmarks'
25 <sup>th</sup> March 2021	'Technology has affected mental health rather than bridging the learning gaps in education' Debate : St. Mary's School, Dwarka and Salwan Public School, Rajinder Nagar.
26 <sup>th</sup> March 2021	Exploring new dimensions Online Quiz with adolescents
27 <sup>th</sup> March 2021	Imperative Journey during Formative Years: A Movie

**JOIN THE TALK ON IMPORTANCE OF LIFE SKILL EDUCATION IN CHILDREN**

**DR. DEEPA PASSI**  
MBBS, MD (Paediatrics), FIMS, PGDAP  
Senior Consultant - Paediatric at Apollo Hospitals, Noida.  
She has more than 34 years of experience in managing preterm, neonates, children & adolescent.

**22<sup>ND</sup> MAR AT 12:00 NOON**

**LIVE**

www.askapollo.com  
1860-500-1066

Wellness Workshop: Study Strategies and Tips for Board Exams

19:48

Request control

Leave

**STUDY STRATEGIES & HEALTHY TIPS THAT WORK for EXAMS**

DR. DEEPA PASSI  
SENIOR CONSULTANT & ADOLESCENT PAEDIATRICIAN  
APOLLO HOSPITALS  
NOIDA

Participants

Type a name

Presenters (2)

Guest 4

Attendees (20)

Anushi Gupta

Aastha Kumari

Adish Srivastava

Akshat Mehra

Angali Chauhan

Anguri Prakash

Wellness Workshop: Study Strategies and Tips for Board Exams

34:23

Request control

Leave

**Study Effectively to Avoid Anxiety**

- Study where you can concentrate – avoid distractions and interruptions from TV, internet, phone, family, and friends
- Study in the same place – keep school supplies stocked up so you don't have to stop to look for something you need
- Use good lighting – straining your eyes can make them tired
- Use a desk or table – try not to study on a comfortable sofa or bed as it is too easy to nod off to sleep
- Take a nap – you will study better when you are rested

Wellness Workshop: Study Strategies and Tips for Board Exams

26:46

Request control

Leave

**Exam Anxiety Symptoms**

- Students who have exam anxiety often report the following symptoms:
  - Memory blocks or "blanking out" on things that you have studied
  - Fear of failing before the exam is even written
  - Physical symptoms such as rapid heart rate, shortness of breath, sweating etc.
  - Lower reading comprehension
  - Poor attention and inability to concentrate
- The key to dealing effectively with exam anxiety is to work on what you have control over (how you study, what you study etc.) and not worry about what you can't control (kinds of questions, how other students perform etc.)




## AACCI PCB (Pimpri Chinwad Pune) Center - IAHW 2021 Activities

Partner Association or Organization	Name of Activity	Date and Time of Activity	Venue of Activity	Target Audience	List of Faculties	Total Number of Participants	Short Description about the event
1 <b>Dnyanprabhodini School Nigdi</b>	Webinar Parenting Seminar	21/03/2021	Online Zoom Platform	Parents	Dr Sandeep Kavade, Dr Bageshree Deokar	65	Parenting Styles and Interpersonal Relationships were taken for parents of students of class 7 to 9.
2 <b>Sterling School Bhosari</b>	Webinar Parenting	25/03/2021	Online	Parents	Dr Sandeep Kavade, Mrs Kalyani Pethkar	50	Parenting Style, Emotional changes in Adolescents
3 <b>Vatsalya Mother and child care hospital</b>	Webinar for parents on "Parenting in Adolescents" and "Understanding emotions in Adolescents"	25/03/2021	Zoom	Parents	Dr. Sandeep Kavade, Mrs Kalyani Pethkar	52	Webinar for parents, it was very interactive and informative, got positive feedback from the parents.

## AACCI MARATHAWADA Center - IAHW 2021 Activities

Partner Association or Organization	Name of Activity	Date and Time of Activity	Venue of Activity	Target Audience	List of Faculties	Total Number of Participants	Short Description about the event
<b>IAP Aurangabad</b>	Webinar Stress Management Webinar	22/3/21 6:30pm	DFC	Adolescent	Dr Datta Kadam, Dr Neeti Soni	150	Stress Management followed by question answer session
<b>IAP Aurangabad</b>	Webinar Listen to themTalk to them	26/3/21	ZOOM -	Parents	Dr Monika Dass, Dr Neeti Soni	159	how to have effective communication in difficult situations
<b>IAP Aurangabad</b>	Webinar Eat healthy, stay healthy	27/3/21 7:30pm	ZOOM	Adolescent	Dr Neeti Soni, Dr Roshni Sodhi, Ganesh Kanojiya	90	quiz on nutrition followed by question answer session by Yoga expert






# Teenage Day

Organised by  
**IAP Aurangabad Branch**

Teenage ... A tricky age for both children & parents!!  
**To make this journey happy & enjoyable ... "Listen to them, talk to them"**  
 Let's have a chat with our Adolescent experts on occasion of World teenage day.


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## PANEL DISCUSSION




**PANELISTS**

**Mrs Monika Das**  
Psychologist & School Counsellor,  
Nath Valley school




**MODERATORS**


**Dr Neeti Soni**  
Pediatrician &  
Adolescent Specialist



**Dr Roshni Sodhi**




**Dr Aswari Kaushik**




**HOST**


**Dr Shyam Khandelwal**  
President




**Dr Sandhya Kondpalle**  
Secretary




## AURANGABAD ACADEMY OF PEDIATRICS



INTERNATIONAL  
ADOLESCENT  
HEALTH WEEK




Powered by



Meeting ID: 894 2157 5165  
Passcode : aap

**LIVE**  
**WEBINAR**



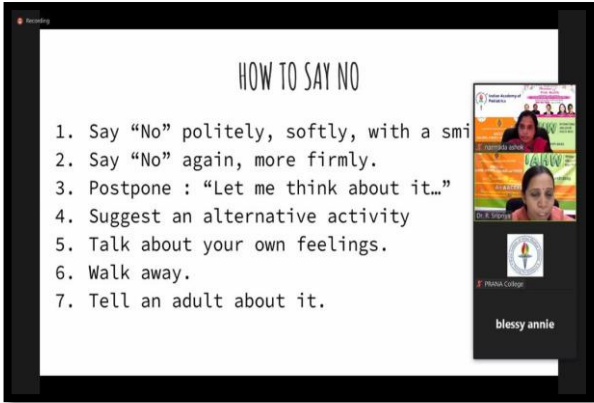
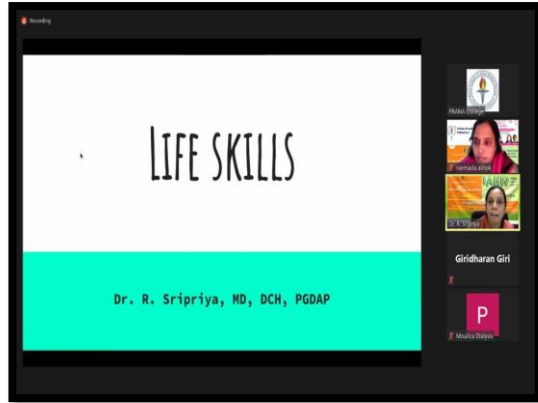
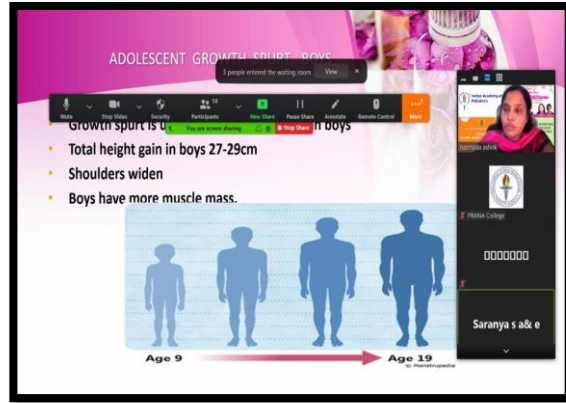
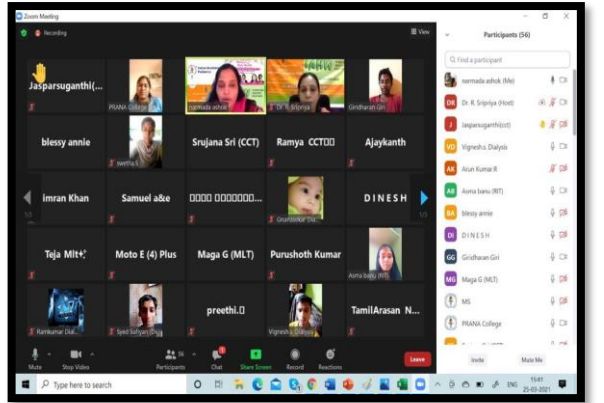
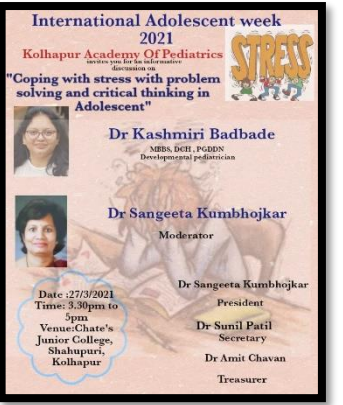
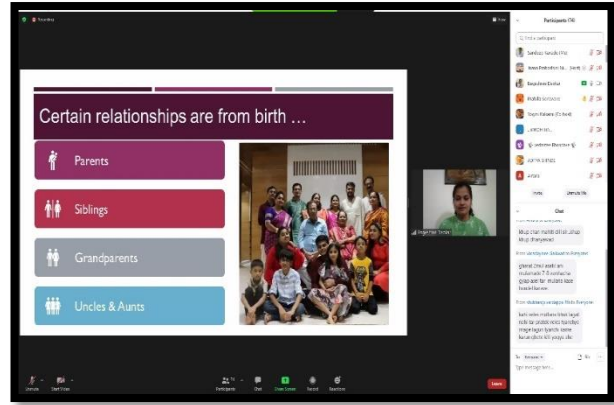
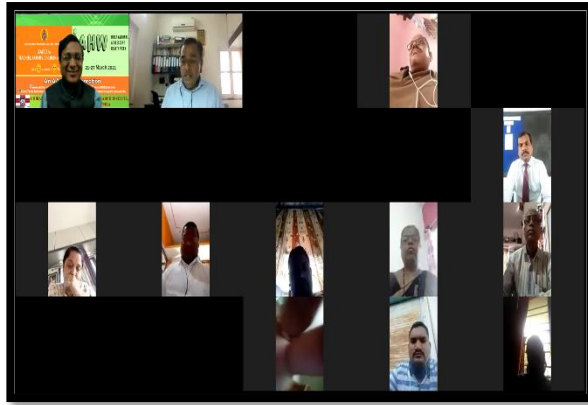
Friday, 26.03.2021  
@ 7.30pm



## AACCI OTHER CENTERS

Partner Association or Organization	Name of Activity	Date and Time of Activity	Venue of Activity	Target Audience	List of Faculties	Total Number of Participants	Short Description about the event
<b>AACCI MUMBAI Center – IAHW 2021 activities</b>							
1 Fayth clinic	youtube activity , zoom webinar	25march at 3 pm , 28 march at 11 am	fayth clinic	adolescent	dr paula goel	23	<a href="https://youtu.be/nmyvny3gmmm">https://youtu.be/nmyvny3gmmm</a> impact of overweight & obesity on teen & youth health
<b>AACCI WESTERN MAHARASHTRA Center – IAHW 2021 activities</b>							
1 Kolhapur IAP academy of pediatrics	Face to face coping with stress	27/03/2021	chate junior college	adolescent	dr. kashmiri badbade dr. sangeeta kumbhojkar	58	interactive session
2 Goverment medical college, Miraj	Orientation of first year medical students regarding healthy lifestyle and eq management 06	06/03/2021 and 26/03/2021	Goverment medical college, Miraj	Adolescent	Dr. Vaijayanti Aphale, Dr. Manjushree Kulkarni, Dr. Sumedha Ranade	160	Two groups made of 80 students each and one lecture delivered to one group
<b>AACCI Individual City Volunteers – IAHW 2021 activities</b>							
1 IAP North Arcot	Face to face Curtain raiser school student's education	31/01/2021	Vedanikethan school	Adolescents	Dr sripriya dr. vijayarani m	45	talk to school teens on lifestyle during covid times and lifeskills
2 Vellore IMA Mission Pink Health	Face to face life skills management &	25/03/2021	prana institute of medical sciences,	adolescent	dr. sripriya	60	first year students of prana institute of medical sciences, life skills management
3 Vellore IMA Mission Pink Health	Face to face physical health	26/03/2021	prana institute of medical sciences,		dr. narmada	60	first year students of prana institute of medical sciences, physical health
1 Ahmednagar Chiranjeevi child development & research institute	common behavioral problems in adolescents	26/03/2021 - 6.30 pm	zoom webinar	parents	dr. suchit tamboli	51	Lecture / QA session
1 BAHA	CME PROGRAM AMBEDKAR MEDICAL COLLEGE	25/03/2021	Ambedkar Medical college , Bangalore	Pediatricians	Dr Geeta Patil , Dr S M Prasad ( Professor of Pediatrics AMC) Mr Ali Khwaja	150 40 nursing students , 30 pediatricians , 80 1 at MBBS students	Dr Geeta Patil discussed about School reporting guidelines and remote learning methods advantages and disadvantages and highlighted the need of updating time to time, Dr S M Prasad insisted on adolescent immunization to be included in our ACVIP 20 Nursing students performed MIME depicting sexual harassment and POCSO act and prevention.
2 North Hill International school	School program	27/03/2021	Online	Open for all	Dr Geeta patil, Dr Priya Shivalli, Dr Ramitha Pai, Dr Kishore Baidur, Dr S M Prasad, Dr Vimochana , Dr Somasekar	250 150 students of 9th, 10th std , 30 teachers, 30 pediatricians , 40 parents attended	1 st panel elaborated about Art of Academic Achievement and discussed about importance of online studies and exam. 2 nd panel elaborated red flag signs of depression , anxiety, Substance abuse , suicidal ideation Lastly Dr Kishor Baidur explained the importance of Yoga , meditation , Pranayama to get over these problems







**-: SINCERE THANKS TO :-**



**DR. NAGOUZI**  
**GLOBAL CO-LEADER**



**DR. LAURA OFFUTT**  
**GLOBAL LEADER**



**DR. SWATI BHAVE**  
**GLOBAL CO-LEADER**

**& TEAM OF IAHW 2021 & SAHM**

