



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, www.aaccitrainingprograms.com

 aacci2019@gmail.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 :-

ACCT CENTER PUNE & PAN INDIA



Culture Crest, H 7, New Mohli
Pradhikaran, Sector No.6, Spine Road,
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Dr. Shalaja Mane (Center Incharge)
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ACCT CENTER MUMBAI



1Floor, A Wing, Shiv Shakti CHS,
SE Bole Marg, Prabhadevi,
Mumbai 400 025
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M: +91 98723 60883

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ACCT CENTER PCB PUNE



PIMPRI, CHINCHWAD, BHOSARI
Vatsalya Mother Child Care, Bhosari,
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ACCT REGIONAL CENTER GUJARAT



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ACCT CENTER CHANDIGARH



SCD 909, First Floor, NAC Market,
Housing Board Chowk, Mani Majra,
Chandigarh - 160001
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ACCT REGIONAL CENTER WESTERN MAHARASHTRA



Miraj - Sangli - Kolhapur
Solapur - Nashik
Dr. Vijay Mani (Center Incharge)
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ACCT CENTER NAGPUR



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Dhansali, Nagpur 440 012.
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ACCT CENTER DELHI



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New Delhi 110 060.
Dr. Lata Sharma (Center Incharge)
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ACCT CENTER NCR DELHI



NATIONAL CAPITAL REGION
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ACCT REGIONAL CENTER MARATHWADA



Dhanwanant Clinic, Near LMS, Sony
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431001,
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ACCT CENTER NAVI MUMBAI



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Vashi, Navi Mumbai 400703
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ACCT FORUM INTERNATIONAL FORUM



International.

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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.
1 AOPV, VAHA	Webinar REBT	22.3.21	Vadodara	Pediatricians, Staff of Different associations of Vadodara	Dr. Satish Pandya, Dr. Swati Bhave	35 + 557	Lecture
2 VAHA, AOPV, AOPVWW	Webinar -Teen issues Interaction	23.3.21	Vadodara	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	Drs . Swati Bhave, Satish Pandya, RK Baxi, Snehal Shirolawala, Kairavi Pancholi,. Samir Shah	45 + 589	Panel discussion with Teenagers
3 VAHA, AOPV	Webinar World Teenage Day	25.3.21	Vadodara	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara	Drs. Samir Shah, Prashant Kariya, Swati Bhave Laura Offutt MD	75 + 50	Panel discussion with Teenagers
4 Foods and nutrition department MSU, AOPV, VAHA	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
5 VAHA, AOPV,	Audio - 2 min competition	26.3.21	Vadodara	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara		11 [participants]	2 min Audio competition
6 VAHA, AOPV	Video 2 min competition	26.3.21	Vadodara	Pediatricians, Teenagers, Parents, Staff of Different associations of Vadodara		15 [participants]	2 min Video competition
7 AOPV, VAHA, Department of Psychology MSU	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
8 AOPV, VAHA, IMA WW, AOPVWW	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
9 Individual	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.

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	Special situation adolescent – Tribals 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 Bhave 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.

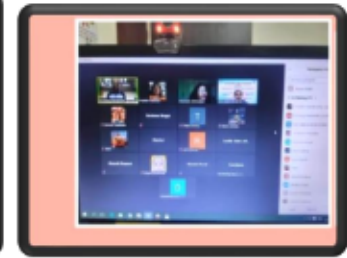
IAHW INTERNATIONAL ADOLESCENT HEALTH WEEK
 21-27 March 2021
 An AACC Collaboration
 AACC by TEACHERS, PARENTS, CHILDREN and YOUTH

AADI PROGRAMME FOR YOUTH WING
 Emotional Intelligence - A Key To Success Today & Forever!!
 Organized by AACC - (AACCI Group)

Emotional Intelligence
 ... to Success Today & Forever!!
 Dr. Mrs. Pranita Kulkarni
 Child & Adolescent Health Specialist and Psychologist
 Working with Child & Adolescent Health Centre,
 Vasant Chawl, Dhanu, Nagpur
 1-53554-0011 | @pranita@pranita.com

ADOLESCENT HEALTH ACADEMY NAGPUR
 A Sub-specialty chapter, Academy of Pediatricians
 Dr. Anshu Deshpande
 Dr. Usha Deshpande
 Dr. Anshu Deshpande
 Dr. Anshu Deshpande

IAHW
 AACC by TEACHERS, PARENTS, CHILDREN and YOUTH
 21-27 March
 An AACC Collaboration



The Hitavada
 Nagpur City Line - 2021-03-19 Page 3
 AACC to commemorate Intl Adolescent Week from 21st

Adolescence is a period when a boy or a girl is neither considered an adult nor a child. It is an age when they suffer from both physical and mental health problems. It is a period of great adjustment due to rapid physical growth.

Dr. Pranita Kulkarni, Child & Adolescent Health Specialist and Psychologist, Vasant Chawl, Dhanu, Nagpur, said, "Adolescence is a period of great adjustment due to rapid physical growth. It is a period when a boy or a girl is neither considered an adult nor a child. It is an age when they suffer from both physical and mental health problems. It is a period of great adjustment due to rapid physical growth."

Dr. Pranita Kulkarni speaking during a Zoom session.

Participant in a Zoom meeting.

Participant in a Zoom meeting.

Participant in a Zoom meeting.

Collage of photos showing a man in a red and white striped shirt in various settings.

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 21-27 March
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इंग्लिश मधील 'Emotional Intelligence' या शब्दाचा अर्थ 'भावनात्मक बुद्धिमत्ता' असा होतो. हे बुद्धिमत्ता म्हणजे आपल्या भावनांना नियंत्रित करणे आणि त्यांच्या मदतीने आपल्या जीवनात यशस्वी होणे. हे बुद्धिमत्ता म्हणजे आपल्या भावनांना नियंत्रित करणे आणि त्यांच्या मदतीने आपल्या जीवनात यशस्वी होणे.

Dr. Pranita Kulkarni speaking during a Zoom session.

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Participant in a Zoom meeting.

Participant in a Zoom meeting.

Staircase graphic with text: 'Success is not a destination, it is a journey. It is a process of continuous learning and growth. It is a process of continuous learning and growth.'

Participant in a Zoom meeting.

Group photo of children sitting together.

Participant in a Zoom meeting.

Screenshot of a Zoom meeting interface showing multiple participants in a grid view.

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.
1 AHA NAVI MUMBAI, IAP NAVI MUMBAI	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: https://www.youtube.com/playlist?list=PLyCgz4gS-cQQ-fx3JXvaBkOtxvfyJyWLw Various videos were releases each day Daughter - The Treasure trove of love by proud parents of lovely daughters Dr https://www.youtube.com/watch?v=eapFg-MXpmI&list=PLyCgz4gS-cQR5viThsxh4RqWs0R3f1HKx&index=44
2 AHA NAVI MUMBAI, IAP NAVI MUMBAI	Webinar Life Skills Quiz for Pediatricans	22 March 2-4 pm	DIGITAL EVENT]	Pediatricans Adolescents	Dr Amog Shahane Dr Kiran Vaswani and Dr Jeetendra Gavhane.		Video L.I.F.E. SKILLS (Learning incredible skills for everything) https://www.youtube.com/watch?v=CYcwzVKDJfc&list=PLyCgz4gS-cQR5viThsxh4RqWs0R3f1HKx&index=45 An interesting Quiz on Adolescents was conducted for Pediatricans
3 AHA NAVI MUMBAI, IAP NAVI MUMBAI	inauguration of AACCI Navi Mumbai Center	23 rd march 2-2.30	DIGITAL EVENT]				Inauguration was done by Dr Bakul Parekh (President 2020) in presence of AACCI executive Director Dr Swati Bhave.
4 AHA NAVI MUMBAI, IAP NAVI MUMBAI	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. https://www.youtube.com/watch?v=5QfgXZ5pg6w&list=PLyCgz4gS-cQR5viThsxh4RqWs0R3f1HKx&index=46 For Motivating teens to be active a Yoga and exercise session for adolescents was conducted by Navi Mumbai Fitness experts https://www.youtube.com/watch?v=HM9Kgk7VbEE
5 AHA NAVI MUMBAI, IAP NAVI MUMBAI	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 https://www.youtube.com/watch?v=cdEToHcl41Y- Make healthy, eat healthy. The competition was full of talent, creativity and awesome recipes by adolescents https://www.youtube.com/watch?v=tcfpryYMgOY
6 AHA NAVI MUMBAI, IAP NAVI MUMBAI	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 https://www.youtube.com/watch?v=LD7c6mDk6SU Being healthy being happy - a session for adolescents for addressing physical and mental health issues was taken by Adolescent expert Session was https://www.youtube.com/watch?v=shK9j7D9Zo

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. https://www.youtube.com/watch?v=c4Kvu2eA92U . Schools And learning: The New Normal 2. Igniting minds: Role of teache 3. This child just does not study!! by The session was https://www.youtube.com/watch?v=TOHUmQrNd2s
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 Bhave, Dr. Sushma Desai and Dr. Shubhada Khirwadkar https://youtu.be/_CSK1Ua6TCw
	Resilience ParentEEN: session	27 March -2.30 – 4 pm			Dr Kalyani Patra Dr Kiran Vaswani Dr. Swati Bhave		Resilience For the awareness about cyber safety a video Be Aware, Connect with Care. https://youtu.be/dUO_hw2vER0 Tuning parents to teens tunes by covered various aspects of Art of Parenting. 2. Bouncing back in Life – Teaching teens Resilience. https://youtu.be/yjJVINaWgKI Regards

ADOLESCENT HEALTH ACADEMY (A) MUMBAI

INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW) 2021

DATE	TIME	TOPIC	HOST
23rd March	3:00 - 4:00 pm	Yoga And Exercise Session For Teens	Dr. Arati GaiKWAD
24th March	3:00 - 5:00 pm	Recipe competition for adolescents	Dr. Shrutika Kulkarni
25th March	2:00 - 3:00 pm	Schools & Learning: The New Normal	Dr. Shrutika Kulkarni
25th March	3:00 - 4:00 pm	Lighting minds - Role of teacher	Dr. Shrutika Kulkarni
25th March	4:00 - 4:30 pm	This child just does not study!	Dr. Shrutika Kulkarni

ADOLESCENT HEALTH ACADEMY (A) MUMBAI

Session for Parents and Teachers

INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW) 2021

23rd March 2021

DR. NIRAJ YADAV
Turning parents to teen's allies

DR. SWATI BHAVE
Bouncing back in life... teaching teens resilience

3:00 - 4:00 pm

WATCH LIVE ON NIM MUMBAI IAP YOUTUBE CHANNEL

ADOLESCENT HEALTH ACADEMY (A) MUMBAI

Session for Adolescents

INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW) 2021

DR. AMOG SHAHANE **DR. ARATI GAIKWAD**
DR. PALLAVI KHARE **DR. PRAVIN GAIKWAD**

Yoga And Exercise Session For Teens

23rd March
3:00 - 4:00 pm

WATCH LIVE ON NIM MUMBAI IAP YOUTUBE CHANNEL

ADOLESCENT HEALTH ACADEMY (A) MUMBAI

Session for Adolescents

INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW) 2021

TODAY

DR. ARATI GAIKWAD **DR. KAZIANI PATEL**
DR. SHRUTI KULKARNI

Make healthy, Eat healthy - Recipe competition for adolescents

24th March
3:00 - 5:00 pm

WATCH LIVE ON NIM MUMBAI IAP YOUTUBE CHANNEL

ADOLESCENT HEALTH ACADEMY (A) MUMBAI

Session for Adolescents

INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW) 2021

25th March 2021 2:00 pm

Being Healthy, Being Happy

Expert
Dr. Prashant Kariya

Moderators
Dr. Kazian Patel **Dr. Sakshi Bhatnagar**

WATCH LIVE ON NIM MUMBAI IAP YOUTUBE CHANNEL

ADOLESCENT HEALTH ACADEMY (A) MUMBAI

Session for School Teachers

INTERNATIONAL ADOLESCENT HEALTH WEEK (IAHW) 2021

25th March 2021

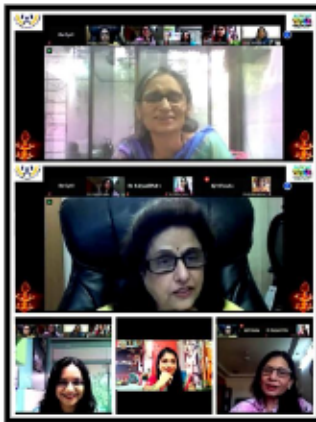
DR. SHRUTIKA KULKARNI
Schools & Learning: The New Normal

DR. PREETI SALGALLI
Lighting minds - Role of teacher

DR. USHA DESHPANDE
This child just does not study!

2:00 - 3:00 pm

WATCH LIVE ON NIM MUMBAI IAP YOUTUBE CHANNEL



Yoga And Exercise Session

IAHW Week Celebration

AP *We Heal With Zeal, Together We Navigate New Frontiers*

Session for Adolescents TODAY

Session for School Teachers

Savika Chaitany Konde

Healthy morning shake on wheels in 53 steps

BEING HEALTHY, BEING HAPPY

IAHW INTERNATIONAL ADOLESCENT HEALTH WEEK

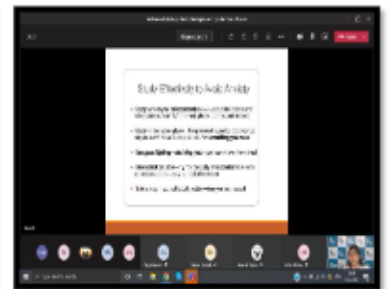
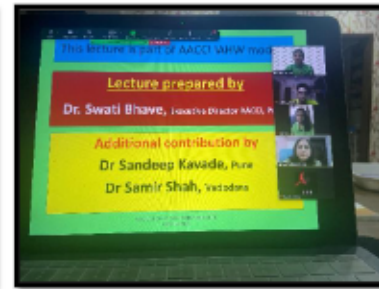
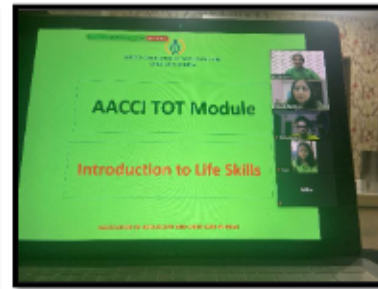
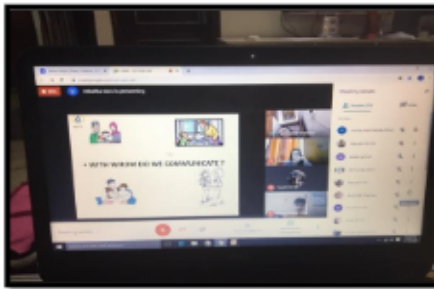
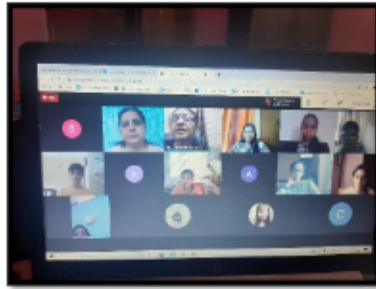
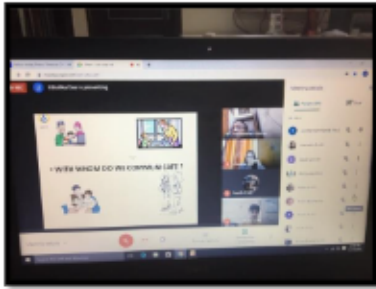
Neurodevelopment

INTERNATIONAL ADOLESCENT HEALTH WEEK

Dr. Cyril

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
Reconnect Youth Wing	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.
Arya Bal Kalyan Kendre	Face to face session Effective use of social media	27/03/21 2:30pm-3:30pm	NGO	Parents	Dr Sunita MNchanda	17	<ol style="list-style-type: none"> 1 Advantages of electronic gadgets 2 Disadvantage of gadget 3 Media literacy
Reconnect and IAP Noida	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
1 Radio Dwarka and St Mary School	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
2 Apollo Noida	Importance of Life skill Education in Facebook	22 03/21	Facebook	Open for all	Dr Deepa passi	50	invited for the importance of life skill education
3 St Mary School	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
4 Delhi IAP, Delhi AHA	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
 Indian Academy of Pediatrics (IAP)
 Date: 24th March, 2021
 09:00 AM to 11:00 PM
 IAP Delhi - 4th & 5th
 in collaboration with
Central AHA & Association of Adolescent & Child Care in India

Program

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

Debrief Topic: Technology has affected mental health rather than bridging the learning gaps in education

Participants: 2 (Mumbai) speak the 1st session from 9:00 AM to 10:00 AM, 2nd from 10:00 AM to 11:00 PM

Topic List: 3 sessions

Angels: Dr. Ranjana Tandon, IAP President IAP
 Dr. Parul Kumar Parashar, IAP Secretary IAP

Teachers: Dr. Deepa Passi, IAP President IAP, IAP Delhi
 Dr. Dolly Khanna, IAP IAP Delhi, IAP Delhi

Moderator: Ms. Deepa Khanna

Discussion: How to assess adolescent child in IAP
 Sponsor: Dr. Lakshmi Shetty, IAP Delhi
 Co-sponsor: Dr. Deepa Khanna, IAP Delhi

Dr. J. C. Garg **Dr. Sushama Desai** **Dr. Deepak Gaudin**
 IAP Delhi IAP Delhi IAP Delhi

Dr. G.P. Khanna **Dr. Lakshmi Shetty** **Dr. Lata Khanna** **Dr. Manish Choudhary**
 IAP Delhi IAP Delhi IAP Delhi IAP Delhi



IAHW International Adolescent Health Week (IAHW) Celebration
 IAP in collaboration with Indian Academy of Adolescent Health and Child Care (IAHCC), USA
 24th March 2021 to 27th March 2021

Theme - Life Skills, Resilience (esp. during COVID times) & Emotional Intelligence

Programme Schedule:

- 23rd March 2021 - Talk Show on Radio Dwaraka
 Dr. Lakshmi Shetty, IAP President IAP, IAP Delhi, IAP Delhi & Mrs. Pratima Thacker, IAP Secretary IAP, IAP Delhi, IAP Delhi
- 24th March 2021 - Bookie Meeting - "Reading not, making a difference - The Message What"
 Reading, a refuge in COVID times
 "Learning American on mental well-being through Bookworms"
- 25th March 2021 - "Technology has affected mental health rather than bridging the learning gaps in education"
 Debrief - St. Mary's School, Dwaraka and National Public School, Rajapur Trigar
- 26th March 2021 - Engaging our adolescents
 Online Chat with adolescents
- 27th March 2021 - Inspiring Energy during Transition Year
 A Movie

Apollo HOSPITALS H O I A

JOIN THE TALK ON IMPORTANCE OF LIFE SKILL EDUCATION IN CHILDREN
DR. DEEPA PASSI
 MBE, MD, FRCPS (C), FRCR, PGCFP
 Senior Consultant - Paediatric Hepatology, Apollo Hospitals, India

She has more than 34 years of experience in working in pediatric, neonatal, adolescent & gynecology.

22nd MAR
 @ 12:00 NOON
f LIVE

@ www.apollohospitals.com
 T. 1860-500-1066

STUDY STRATEGIES & HEALTHY TIPS THAT WORK for EXAMS

DR. DEEPA PASSI
 SENIOR CONSULTANT & ADOLESCENT MEDICINE CLINIC
 APOLLO HOSPITALS
 NOIDA

Participants:

- Dr. Deepa Passi
- Dr. Lakshmi Shetty
- Dr. Ranjana Tandon
- Dr. Parul Kumar Parashar
- Dr. Dolly Khanna
- Dr. Deepa Khanna
- Dr. Sushama Desai
- Dr. Deepak Gaudin
- Dr. Manish Choudhary
- Dr. Lata Khanna
- Dr. G.P. Khanna

Study Effectively to Avoid Anxiety

- Study where you can concentrate - avoid distractions and interruptions like TV, mobile, phone, WhatsApp, etc.
- Study in the same place - keep your supplies organized so you do not have to waste time looking for them.
- Use good lighting - straining your eyes can make them tired.
- Use relaxation skills - try not to study or concentrate while stressed so it is less easy to not do a thing.
- Take a nap - you will study better when you are rested.

Exam Anxiety Symptoms

Students who have exam anxiety often report the following symptoms:

- Memory blocks or "blacking out" on things that they have studied
- Fear of being within the exam in many settings
- Physical symptoms such as rapid heart rate
- Distraction or inability to concentrate
- Lower reading comprehension
- Poor attention and inability to concentrate

The key to dealing effectively with exam anxiety is to control your own mind rather than letting it control you. You can control your mind by using the strategies outlined in this presentation.

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

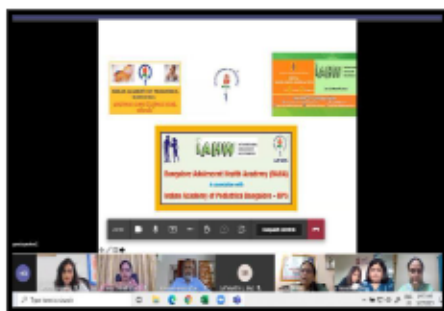
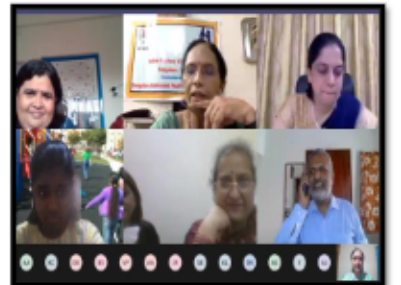
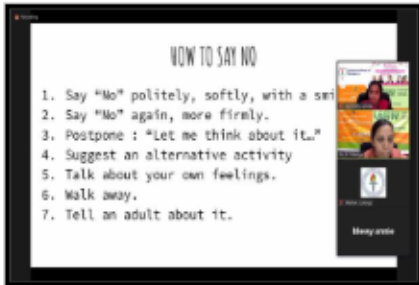
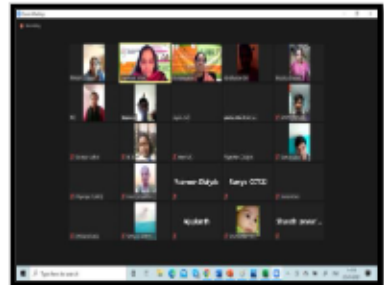
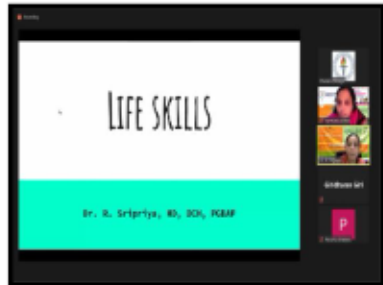
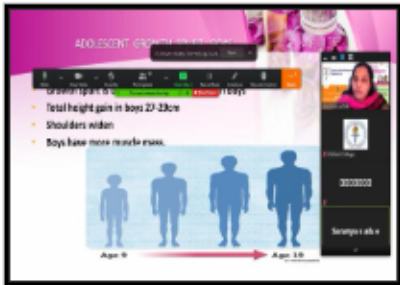
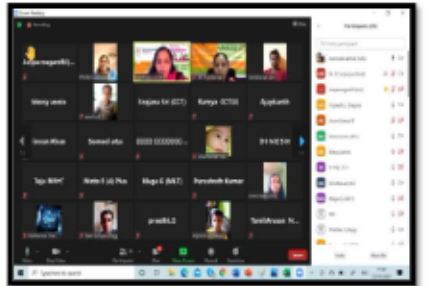
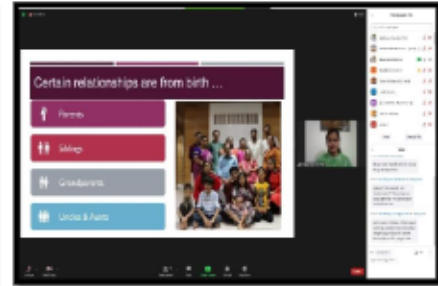
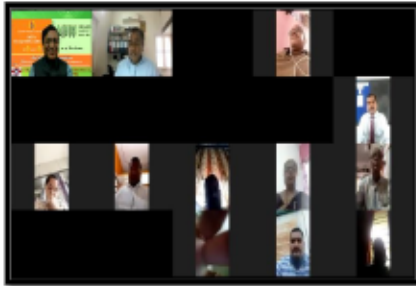
Partner Association or Organization	Name of Activity	Date and Time of Activity	Venue of Activity	Target Audience	List of Faculties	Total Number of Participants	Short Description about the event
1 Dnyanprabhodini School Nigdi	Webinar Parenting Seminar	21/03/2021	Online Zoom Platform	Parents	Dr Sandeep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

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
AACCI MUMBAI Center – IAHW 2021 activities							
1 Fayth clinic	youtube activity , zoom webinar	25march at 3 pm , 28 march at 11 am	fayth clinic	adolescent	dr paula goel	23	https://youtu.be/nmyvny3gmm impact of overweight & obesity on teen & youth health
AACCI WESTERN MAHARASHTRA Center – IAHW 2021 activities							
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 Government medical college, Miraj	Orientation of first year medical students regarding healthy lifestyle and eq management 06	06/03/2021 and 26/03/2021	Government 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
AACCI Individual City Volunteers – IAHW 2021 activities							
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 tam boli	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. NAGOZI
GLOBAL CO-LEADER



DR. LAURA OFFUTT
GLOBAL LEADER



DR. SWATI BHAVE
GLOBAL CO-LEADER

& TEAM OF IAHW 2021 & SAHM

