



Core group AACCI

Chairperson Dr. R.D. Lele **Executive Director** Dr. Swati Y. Bhawe

- **Adult Physician** Dr. Shashank Joshi - Mumbai
- **Teen age specialists**
International: Drs. DE Greydanus, Dilip Patel - USA,
Anagha Jaykar - New Zealand
Drs. Sangeeta Yadav, Harish Pemde, Bela Sachdeva - Delhi,
Preeti Galagali - Bangalore, Hemabindu Singh - Hyderabad,
T. S. Jain - Kolkata, Alka Gogte - Mumbai, S. W. Chorghade - Nagpur
- **Psychiatrists**
Drs. Jitendra Nagpal - Delhi, PC Shastri, Jai Shastri - Mumbai
- **Clinical Psychologists:** Dr. Anuradha Sovani,
Celine Martins - Mumbai, Divya S Prasad - Delhi
- **Pediatricians**
Drs. R.D.Potdar, Samir Dalwai, Sujata Kanhere - Mumbai,
S. S. Kamath - Cochin, Y. C. Mathur, Arif Ahmed - Hyderabad,
Aruna Jagdish - Bangalore
- **Gynecologists:** Drs. Rakesh Sinha, Roza Olyai - Gwalior,
Ashwini Bhalero Gandhi - Mumbai, Parag Biniwale - Pune
- **Educationists & Teachers**
Aruna Upadhaya - Nagpur, Sharmila Lele - Mumbai,
Dr. A Radhakrishnan Nair - Chennai, Archana Bhadkamkar - Pune
- **Parents**
Bharat & Reena Tripathi, Asawari Sagane - Mumbai,
Swati Dharmadhikari, Yasmin Desai, Soni Sarin - Delhi
- **Karate Experts:** Vispy and Shiraj kapadia - Mumbai
- **Family Lawyers**
Adv. Manjula Rao, Mrinalini Deshmukh - Mumbai

AACCI is newly formed NGO in Mumbai working for the holistic health of children and adolescents through parents and teachers who are the main pillars of their wellbeing. It plans to create awareness and education on various issues through Interactive workshops with children and teens and also with parents and teachers in schools, colleges and the community in various parts of the country. In the first two years the focus will be on two aspects.

Life skills education (LSE) program:

Life skills defined by WHO as "abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life". Life skills are a group of psychosocial competencies and interpersonal skills that help people make informed decisions, communicate effectively and develop coping and self management skills to lead a healthy and productive life. World research shows children and teens trained in life skills have less mental problems and risky behaviours. The workshops will not be held just as one time events but will be followed by capacity building and training of some teachers as Master Trainers and some students as Peer educators who can then continue to hold these workshops as on going projects in their institution over next many years.

Life style 'disease' prevention:

India has a rising incidence of obesity diabetes hypertension heart problems, strokes and Mental stress related diseases., not only in adults but also in adolescents and children. Obesity in children and adolescents is going as high as 20 -29 % in some metro cities. Fortunately all this is PREVENTABLE by simple measure of altering our bad life style.

Indians needs to be extra careful as we have genetic predisposition to these diseases called " the metabolic syndrome "This is aggravated by unhealthy lifestyle that track through childhood into adolescence to adulthood. As adults it is our moral responsibility to educate ourselves about life style diseases and the interventions to prevent them ,not only to remain healthy ourselves , but by adapting this into our homes and our life we can protect our future generations. This should be taken up as a mission.

AACCI will also undertake Research to see the impact of the work shops and interventions suggested by following up the participants.

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Executive Director Dr. Swati Y. Bhawe



AACCI - ASSOCIATION OF ADOLESCENT AND CHILD CARE IN INDIA

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Life is  as..we make it 

Workshops for parents

***Full Day workshops 2-7 days**
Understanding your children and Learning parenting skills

WORKSHOPS ON SPECIAL ISSUES ½-1 DAY

(Any of the following topics can be combined)

- **Understanding the physical and psychosocial Development -0-5 yrs, 6-10 & 11-20 yrs**
- **Communicating with children.**
- **How to bring out the best in your child.**
- **Academics:** Study skills, facing exams, improving performance, learning disorders, career counseling
- **Healthy life style:** Preventing obesity, high BP, heart disease. Losing weight the healthy way.
- **Enhancing confidence and self esteem in children.**
- **Positive mental health:** understanding anxiety, depression and prevention of suicide.
- **Stress management:** time management, meditation, relaxation exercises, yoga and pranayam.
- **Positive discipline & monitoring in today's world.**
- **Protecting your child from abuse:** sexual, drugs, internet.



- **Bullying violence and impact of media.**
- **Sports participation what you need to know.**
- **Handling specially challenged children.**
- **Special issues of girls / boys.**



- **Sexuality of adolescents:** Infatuations, romantic relationships, experimentations.
- **Parental role in premarital counseling:** Protecting from harm, Choice of partner, expectations from marriage and relationships.

Workshops for teachers

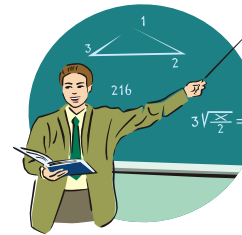
Master Trainer in Life skill education

***Full day workshop 2-7 days**

WORKSHOPS ON SPECIAL ISSUES ½-1 DAY

(Any of the following topics can be combined)

- **Understanding the physical and psychosocial. Development -0-5 yrs, 6-10 & 11-20 yrs.**
- **Communicating with children.**
- **Stress management:** time management, meditation, relaxation exercises, yoga and pranayam.
- **Teacher as a counselor.**
- **How to have a rapport with parents.**
- **Be a Child friendly teacher and relearn Teaching skills.**
- **How to bring out the best in your classroom.**
- **Maintaining discipline .**
- **Learning disorders.**
- **Handling specially challenged children.**
- **Prevention of suicide.**
- **Protecting your class from abuse:** sexual, drugs, internet bullying, violence and impact of media.
- **Special issues of girls / boys.**
- **Dealing with Sexuality of adolescents:** Infatuations, romantic relationships, rejections, experimentations,



Workshops for teens

Peer educator in Life skill education

*** Full day workshop 2-7 days**

WORKSHOPS FOR TEENS & CHILDREN ON SPECIAL ISSUES ½-1 DAY

(Any of the following topics can be combined)

- **Understanding your parents:** why do they behave so!
- **How to negotiate and communicate with the adults in your life.**
- **How to bring out the best in yourself:** self esteem, overcoming social shyness, confidence, motivation.
- **How to improve study performance:** Study skills, facing exams, time management.
- **Career counseling**
- **How to deal with stress and achieve happiness**
- **Healthy life style:** Losing weight the healthy way, keeping your mind and body well tuned.
- **Positive mental health:** Keeping happy prevent anxiety, depression and suicide.
- **Protecting yourself from abuse:** sexual, drugs, internet bullying, violence and impact of media.
- **Sports participation what you need to know.**
- **Special issues of girls / boys.**
- **Dealing with your emotions:** Anger, sadness, failure
- **Understanding and Coping with relationships:** infatuations romantic feelings, breakups & rejections
- **Understanding marriage:** Right choice of partner, Readiness and realistic expectations from marriage.

