

K C COLLEGE from HSNCB will take the lead in initiating this project in the year 2008.

This program will be launched at **KC COLLEGE Auditorium Mumbai**
on **15 July 2008, at 9.00 a.m.**

followed by a public awareness program from 10-12 noon

For teachers, parents and students of all colleges in Mumbai.

All are invited to this programme. Please inform your friends and parents to attend and benefit from this programme.

Thursday / Friday 17 & 18 July at KC College from 9 to 6 p.m.

Life Skill Education and Healthy Life Style

An intensive interactive workshop for students

No. of participants 20-40 only (on first come first serve basis)

Registration fee Rs.150/- Last date for registration 1st July 2008

(Lunch and Tea / Coffee will be provided during the workshop)

Saturday / Sunday 19 & 20 July at KC College from 9 to 6 p.m.

How to make communication with your teens.....

a JOYFUL experience & adapting a healthy life style for the family

An intensive interactive workshop for parents.

No. of participants 20-40 only (on first come first serve basis)

Registration fee Rs. 250/- Last date for registration 1st July 2008

(Lunch and Tea / Coffee will be provided during the workshop)

For registration for both these workshops

Contact: Ms. Leshma Tel.: 22855726

The above workshops will be followed by trainers' workshops at KC college

2 nodal teachers and 2 students will be nominated
from each college.

For students to become peer educators 14-15 Aug 2008

For teachers to become Master Trainers 16-17 Aug 2008



**AACCI-ASSOCIATION OF ADOLESCENT AND
CHILD CARE IN INDIA**

302, Charleville, A" Road, Churchgate, Mumbai - 400 020

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PRIYADARSHNI ACADEMY



**"HEALTHY YOUTH HEALTHY INDIA"
PROJECT**



**AACCI-ASSOCIATION OF ADOLESCENT AND
CHILD CARE IN INDIA**

In Collaboration with



**K. C. COLLEGE
MUMBAI**



**PRIYADARSHNI
ACADEMY**

PRIYADARSHNI ACADEMY is pleased to initiate and support the project on 'Healthy Youth Healthy India' beginning July 15, 2008. The objective of the Project is to bring about sound mental and physical health among adolescents. The project is being carried out with the professional assistance and guidance of Association of Adolescent Child Care in India (AACCI). The project will be carried out first in Mumbai and then extended to other cities in India.

Priyadarshni Academy was established in 1984 with the objective of rendering service to humanity. Since then, the Academy has taken up a countless number of projects that are beneficial to the community.

Education has always been the Academy's priority focus. It has been providing scholarships and financial assistance to meritorious and financially needy students annually to encourage them to pursue their chosen disciplines. The scholarships are given for excelling in courses in engineering, IT, medicine, B.Ed., architecture, etc. Because of the Academy's support, many of the students have gone on to occupy good positions in their careers. Some of them have also expressed their desire to assist the Academy to enhance its scholarships scheme.

Among other current activities, the Academy hosts an annual 'National Integration Through Music' programme and a similar programme on dance to promote the Indian classical performing arts among the youth. It also has an annual literary awards programme to recognize outstanding writing in the Marathi, Hindi, Sindhi and Gujarati languages.

The Academy has a biennial Global Awards programme to recognize outstanding achievements in various disciplines by international and national leaders. This is the Academy's flagship event and enhances India's prestige in the world. Some of the world's most prominent leaders have been recipients of the Priyadarshni Academy awards.



AACCI (ASSOCIATION OF ADOLESCENT AND CHILD CARE IN INDIA) is a 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 well being. 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. Its core group consists of International and National Experts

on adolescent Health, doctors from all specialties, mental health professionals, Counsellors, educationists and teachers. In the first two years the focus will be on two aspects - Life skills education (LSE) program and Life style disease prevention program. AACCI will also undertake research to see the impact of these workshops and interventions.

Contact: Dr. Swati Y Bhawe Executive Director AACCI at aaccindia@gmail.com



KISHINCHAND CHELLARAM COLLEGE is one of the premier institutions affiliated to the University of Mumbai and recognized by Government of Maharashtra. This multi faculty college was established in 1954 by the Hyderabad (Sind) National Collegiate Board. The college was awarded permanent affiliation by the University of Mumbai within a record span of two years; it was also awarded 'A' grade by NAAC in 2003.

Over the years K.C. has established itself as one of the leading colleges in Mumbai. This fact is well supported by excellent results, both at HSC as well as at the University examinations and the number of laurels won by the students.

The Motto of the College is 'SALVATION THROUGH KNOWLEDGE'. This motto was selected from ancient Sanskrit scriptures. 'Knowledge' in the highest sense means acquiring wisdom & understanding, which in turn leads man to 'Moksha' or Salvation.

K.C. prides itself in motivating students to achieve excellence not only in academic fields but also in co-curricular and extracurricular activities, which are of great importance in the life of a student.

K. C. College is student-oriented, student-centred and student-friendly. All-round student development, student welfare and students progression motivate and determine most of its policies, programmes and methodologies.

In India there is a rising incidence of obesity, diabetes, hypertension, heart problems, strokes and mental stress related diseases. These are called **Life style diseases** as all these problems are caused by an unhealthy lifestyle that tracks through childhood into adolescence to adulthood. These diseases are on the increase not only in adults but also in adolescents and young persons. Obesity in children and adolescents is going as high as 20-29 % in some metro cities. More and more people between the age of 30-40 yrs are getting diabetes and heart attacks.

Fortunately all this is **PREVENTABLE** by simple measure of altering your bad life style.

Indians have genetic predisposition to these diseases as they have what is called "the

metabolic syndrome." So we have to be especially careful to prevent these diseases in our country.

The main pillars of the life of children and adolescents are the parents at home and teachers in school and colleges. Any interventions to be made are best done through them.

As adults it is our moral responsibility that we educate ourselves about life style diseases and the interventions to prevent them. This will not only help us to remain healthy ourselves but by adapting this into our homes and our life we can protect our future generation from getting these diseases in near future. We all need to adapt a healthy life style, i.e., proper diet, exercise, weight maintenance and stress management at the earliest.

The main pillars of the life of children and adolescents are the parents at home and teachers in school and colleges. Any interventions to be made are best done through them.

The adolescents of today are going through a very stress filled, competitive life and the High Tech modern era adds on a multitude of problems. Fortunately, even today, if the family provides a secure and happy anchor, most teens will be happy and well balanced youngsters... BUT it is very worrying ...that aggression, violence, bullying, substance abuse, drunken driving, depression and suicides and other high risk behavior are increasing in our teens and children specially if they come from a dysfunctional family background. WHO has devised a "Life Skill Education program" (LSE) which helps adolescents to face the challenges of life in a skilled manner. It has been found that the adolescents who undergo LSE are able to cope up and do well in all spheres of life.

"Healthy Youth, Healthy India" is a project that is a joint collaboration in Mumbai between Priyadarshni Academy, AACCI - (Association of Adolescents and Child Care in India) and KC College that aims at creating awareness in colleges in Mumbai, on life style intervention to prevent diseases and also to teach LSE to college students.

The team from AACCI which consists of doctors from all specialties, mental health professionals, counsellors and educationists will conduct a series of workshops at KC College which aim at empowering students to adopt a healthy life style through LSE approach. College teachers will be trained as master trainers and college students as peer educators who will then continue these workshops independently in their institutions. AACCI will also hold workshops for parents on various aspects beginning with "How to make communication with your teens..... a joyful experience"