



As part of the World Health Day 2021 Observance,

the International Center of Child and Public Health & the Indian Academy of Paediatrics

is organizing an interactive workshop on

ENSURING HEALTHY LIFE STYLES WITH ADOLESCENTS

Adolescence is an age of opportunity: Globally, there are around 1.2 billion adolescents in the age group of 10-19 years. About 21% of Indian population is made up of adolescents (about 243 million) [2]. They are the present and the future of the nation, forming a major demographic and economic force. They have specific needs which vary with gender, life circumstances and socio economic conditions. Global efforts are looking to address hunger and poverty, improving access to health, education, women's empowerment and environment. The present generation of adolescents is growing up in this combined age of opportunities and challenges.

Survival chances for adolescents and young adults vary greatly across the world. Adolescence is a sensitive and important phase in an individual's life during which a multidisciplinary approach must be taken to both understanding and solving his/her problems. A wide range of issues and concerns face adolescents in India, including nutritional deficiencies, reproductive health problems, sexually transmitted diseases, and mental and physical stress-related problems. Stress often results in the abuse of tobacco and other habit-forming drugs. The interactive workshop discusses nutrition, reproductive health, pregnancy, sexuality, and mental and social concerns as they are related to adolescents.

This interactive workshop aims to help health-care providers to interact with rural adolescent boys and girls and promote healthy lifestyles. We hope such public health approaches combining health education and self-monitoring tools will help adolescents in partnership with health care provider's to prevent and respond to health problems challenging this population group. Skill development interaction workshop will encourage adolescents to get engaged in healthy activities and promote healthy life styles, which will enable them to cope up with stress, academic performance, social skills and combat with healthy lifestyles.

Sessions will be led and addressed by Public Experts from ICPH and Pediatricians from Indian Academy of Pediatrics

This will be the first of the 6 workshops jointly organized by ICPH and IAP.

Programme:

9.30 a.m	Adolescent Health Clinic
12 noon	Nutrition Literacy, Ms.Ranisha, Nutrition counselor, ICPH
02.00p.m	Registration and Growth Assessment, ICPH Team
02.30p.m	Assembling in the Aram Arangam
02.45p.m	Interfaith Prayer by Shanti Ashram, ICPH Team Welcome
02.55 p.m	Context Setting Dr.Subhadra Iyengar, Coordinator, Public Health Desk, ICPH
03.00 p.m	Unveiling of the World Health Day Advocacy note by IAP Members Opening Plenary Session Completion of Pre-test forms
03.30 p.m	Ensuring healthy life styles with adolescents led by Dr.Jayashree Ashwath, Dr.Lakshmi Shanti, Dr.Jayanthi Ramesh and Dr.Lavanya, IAP
04.30 p.m.	World health day quiz on adolescence
05.00 p.m.	Wrap-up by Dr.Kezevino Aram, ICPH