

**24th Annual
National Adolescent
Health Conference
hosted by
AHA Nashik & IAP Nashik**



ADOLESCON **ENGAGE**
2024 **EDUCATE**
27-28-29 September 2024 **EMPOWER**

VENUE : Hotel Express Inn, Nashik

✉ adolescon2024@gmail.com



ADOLESCON 2024

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27-28-29 September 2024

INVITATION

It is with great pleasure and anticipation that we welcome you to our Adolescent Health Conference - Adolescon 2024, hosted by our esteemed team.

Adolescon 2024 is not just a conference; it is a collective endeavour to foster dialogue, share knowledge and advance for the cause of adolescent well-being.

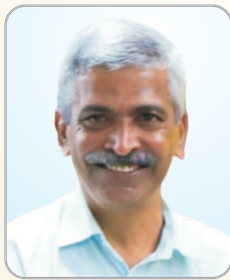
Nashik, known for its historical significance and vibrant culture offers a unique charm in September. Our conference will unfold on September 28th and 29th at Hotel Express Inn providing a conducive environment for enriching discussions and networking.

We invite you to be a part of this transformative experience, contributing your expertise and gaining valuable insights. Let's join hands to address the unique challenges faced by adolescents and work towards building a healthier and more resilient future.

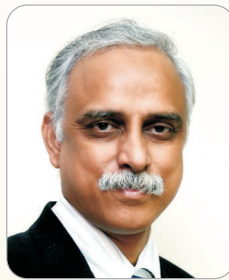
Thank you for your commitment to adolescent health. We look forward to welcome you to Nashik for Adolescon 2024!

Warm regards.

ORGANISING TEAM ADOLESCON 2024, NASHIK



Dr. Atul Kanikar
Organising Chairperson



Dr. Kedar Malwatkar
Organising Chairperson



Dr. Milind Bharadia
Organising Chairperson



Dr. Sucheta Malwatkar
Organising Secretary



Dr. Amol Pawar
Organising Secretary



Dr. Tushar Godbole
Organising Secretary



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EB Members of National IAP



Dr. Amol Pawar



Dr. Bela Verma



Dr. Jeefendra Gavhane



Dr. Pramod Kulkarni



Dr. Renu Boralkar



Dr. Sanjeev Joshi



Dr. Vinayak Patki

Nashik IAP



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Dr. Sachin Patil
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Dr. Sonali Paradhi
Joint Secretary



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Chairperson Elect



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Dr. Subhash Kashyape

Dr. Abhay Tilak

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Dr. Manaklal Chopda

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Dr. Vibha Komawar

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Dr. Anil Kasliwal

Dr. Praveen Bhambri

Dr. Atul Dashputre

Dr. Rajendra Gaikwad

Dr. Purshottam Devi

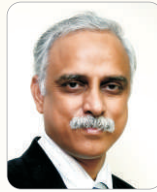
Dr. Ramakant Patil

Dr. Rajendra Kulkarni

Organising Committee ADOLESCON 2024



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Organising Chairperson



Dr. Kedar Malwatkar
Organising Chairperson



Dr. Milind Bharadia
Organising Chairperson



Dr. Sucheta Malwatkar
Organising Secretary



Dr. Amol Pawar
Organising Secretary



Dr. Tushar Godbole
Organising Secretary



Dr. Reena Rathi
Organising Treasurer



Dr. Sulbha Pawar
Organising Treasurer



Dr. Sadachar Ujalambkar
Scientific Committee Chairperson



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Convener



Dr. Sangita Lodha
Convener



Dr. Sachin Chaudhari
Co-Convener



Dr. Ravindra Sonawane
Co-Convener



Dr. Suhas Patil
Co-Convener



Dr. Tripti Mahatme
Co-Convener



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2024

27-28-29 September 2024

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Dr. Chandrakant Survase

Dr. Nitin Mehkarkar

Dr. Sagar Sonawane

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Dr. Vaishali Bharadia

Dr. Deepashri Tatar

Dr. Deepa Joshi

Dr. Pushkar Ahire

Dr. Rahul Koppikar

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Dr. Rohan Shah

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Dr. Swati Bhutada

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Dr. Sagar Bhalerao

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Dr. Tripti Mahatme

Dr. Piyush Ranbhor

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Dr. Chaitali Patil

Dr. Anant Khangate

Dr. Dipti Chaudhari

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Dr. Jyoti Pawar

Dr. Manju Gupta

Dr. Shweta Patil

Dr. Kishori Bankhele

Audio-Visual Committee

Dr. Suhas Patil

Dr. Rohan Shah

Transport & Accomodation

Dr. Prkalp Patil

Dr. Pawan Deore

Food Committee

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Dr. Mamta Agarwal

Dr. Sheetal Jadhav

Dr. Sachin Patil

Sports Committee

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Dr. Dinesh Thakur

Dr. Arun Gachale

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Dr. Yogesh Patil

Banquet Committee

Dr. Mandar Vaidya

Dr. Praful Patel

Dr. Namrata Mittal

Dr. Pritish Deore

Dr. Yogesh Patil

Dr. Amol Murkute

Hall Management Committee

Dr. Kavish Mehta

Dr. Rahul Koppikar

Dr. Prashant Wagh

Dr Jagruti Bawa

Stage & MOU Committee

Dr. Pallavi Patil

Dr. Snehal Bhamare

Dr. Suvarna Deore

Dr. Amruta Hirawe



ADOLESCON **ENGAGE
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2024 27-28-29 September 2024

Paper & Poster Presentation

Adolescon 2024 scientific committee invites you to submit abstracts for paper & poster presentations during 24th National conference of AHA & IAP - ADOLESCON 2024, which will be held on 27th - 29th September 2024 at Hotel Express Inn, Nashik.

Research papers are invited in following categories :

(1) Scientific paper (2) Scientific poster

**Registration for conference is mandatory for paper / poster presentation.

****TOPIC SHOULD BE INNOVATIVE & DIRECTLY RELATED TO ADOLESCENT HEALTH.**

SUBMISSION FORMAT FOR SCIENTIFIC PAPERS AND POSTERS

Format for Abstract submission :

The abstract should not be more than 250 words (excluding title and author names).

It should be structured as indicated below :

(a) Introduction, (b) Aims & Objectives, (c) Material & Methods (including statistical methods where relevant), (d) Results and (e) Conclusions.

It should include Title, Authors' names (with presenting author underlined) and the place of study. The text should be typed in Times New Roman Font, size 11, single space.

• Abstracts are to be submitted ONLY as editable soft copies by email to the following
Email ID : abstracts.adolescon2024@gmail.com

• The deadline for submission of abstracts is 30 June 2024.

The Scientific Committee will review all submitted papers. The paper/poster will be evaluated by a panel of judges. The decision of Acceptance, Rejection or Corrections will be sent within 1 month of receiving of papers.

• Total duration for the paper presentations will be 7 min (5min presentation + 2 min. discussion).

• Presenting person should be one of the authors.

Guidelines for Scientific paper presentation : Mode of Paper presentation will be physical only. Presenter will email the paper and also bring the same in a pen drive/laptop for presenting with the help of projector provided at the venue.

Guidelines for Scientific poster presentation : All entries should be in physical poster format to be displayed in the hall. Presenter will email the paper and also bring a printed copy of the same for displaying in the hallway at the venue.

**Permission Letter from the HOD/ Unit Head is mandatory for the Resident Doctors.

For queries contact

Dr. Sonali Paradhi
8888110022

Dr. Swati Bhutada
9769438686

Registration for conference is mandatory for paper / poster presentation.



ADOLESCON 2024

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27-28-29 September 2024

Registration Details

Date	IAP/AHA	Non IAP/Non AHA	Accompanying (All ages)	Resident	>70 yrs (Only IAP/ AHA)
Before 15 th February 2024	Rs. 3500	Rs. 4000	Rs. 3500	Rs. 3000	FREE
By 31 March	Rs. 4500	Rs. 5500	Rs. 4000	Rs. 4000	FREE
By 30 June	Rs. 6000	Rs. 6500	Rs. 5500	Rs. 5500	Rs. 6000
By 30 August	Rs. 7000	Rs. 7500	Rs. 5500	Rs. 6500	Rs. 7000
On Spot	Rs. 7500	Rs. 7500	Rs. 7500	Rs. 7000	Rs. 7500

Corporate Registration : Rs. 7500/-

Bank Details

Name : Indian Academy of Paediatrics
Bank : Bank Of Maharashtra
A/c No.: 20046647717
Branch : Canada Corner Branch
TYPE : Savings Account
IFSC : MAHB0000672

INDIAN ACADEMY OF
PAEDIATRICS



[Click Here for Registration](#)

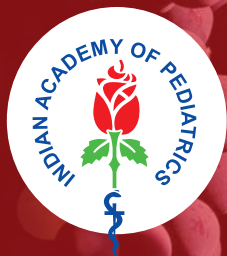


After filling Google form & making payment by Netbanking / UPI, Please call / whatsapp for confirmation.

Dr. Tripti Mahatme
8805965950

Dr. Mohan Warke
9922532881

Mr. Datta Kedar
9623917452



ADOLESCON **ENGAGE**
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SCHOOL HEALTH PEER EDUCATION PROGRAM

S.A.A.T.H.I.

(Scope And Actions for Teen Health Interventions)

Thursday 26th September 2024

Time : 10.00 AM

Venue :

Gurugobind Singh Public School & Jr.College Auditorium

Khalsa Educational Complex, Wadala-Pathardi Road,
Pandav Nagari, Pathardi Phata, Nashik - 422009



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TEAM ADOLESCON 2024

Dr. Geeta Patil
Chairperson, National AHA

Dr. P. V. Arya
Hon. Secretary, National AHA

Dr. Atul Kanikar
Organising Chairperson

Dr. Kedar Malwatkar
Organising Chairperson

Dr. Milind Bharadia
Organising Chairperson

Dr. Sucheta Malwatkar
Organising Secretary

Dr. Amol Pawar
Organising Secretary

Dr. Tushar Godbole
Organising Secretary

Dr. Reena Rathi
Organising Treasurer

Dr. Sulbha Pawar
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Scientific Committee Chairperson

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Convener

Dr. Sangita Lodha
Convener

Dr. Sachin Chaudhari
Co-Convener

NASHIK IAP

Dr. Sachin Chaudhari
President

Dr. Sachin Patil
Secretary

Dr. Sonali Paradhi
Joint Secretary

Dr. Prachi Birari
Treasurer

Friday, 27th September 2024, Time : 9.00 AM to 12.30 PM

**WORKSHOP
NO. 1**

Growth & Endocrinology Workshop

VENUE : MVP's Dr. Vasant Rao Pawar Medical College, Hospital & Research Center, Adgaon, Nashik.

Local Co-ordinator :
Dr. Deepashri Tatar, Dr. Vaishali Bharadiya

National Co-ordinator :
Dr. Ashim Ghosh, Dr. Prema R.

TIME	TITLE	ACTIVITY	FACULTY
9.00 am - 9.30 am	Breakfast & registration		
9.30 am - 9.45 am	Inauguration & introduction		Dr. Ashim Ghosh
9.45 am -10.00 am	IAP growth charts : Introduction	Lecture : distribution of growth charts	Dr. Prema R.
10.00 am -10.30 am	Growth plotting 5-18 yr	Case based, hands-on plotting & Interpretation	Dr. Shaila Bhattacharya
10.30 am -11.00 am	Puberty assessment	Tanner staging based on photos, Video & cartoons, measuring of SPL, physiologic variation	2 stations : Dr. Shaila + Dr. Prema Dr. Sangeeta + Dr. Ashim
11.00 am -11.30 am	Adolescent PCOS : recent updates	mFG scoring, blood work, lifestyle modification, medicines	Dr. Tushar + Dr. Shaila Dr. Sangita + Dr. Zalak
11.30 am -11.45 am	Tea Break		
11.45 am -12.15 pm	Adolescent obesity	Diagnosis, metabolic syndrome, Lifestyle modification - practical points	Dr. Sangeeta Yadav
12.15 pm -12.45 pm	Adolescent diabetes	Overview, presentation, diagnosis and management	Dr. Tushar Godbole
12.45 pm -1.15 pm	All about insulin	Lecture : insulin types & action profiles	Dr. Zalak Upadhyay
1.15 pm - 1.45 pm	Insulin injection technique [simultaneous station]	Hands-on on syringes, needles, pen devices	Dr. Zalak + Dr. Prema
1.15 pm - 1.45 pm	Self-monitoring of blood glucose [simultaneous station]	Hands-on on glucometers, CGMS	Dr. Tushar + Team
2.00pm	QnA		All Faculty

Local Co-ordinator : Dr Dipashree Tatar : 9822557052
Dr Vaishali Bharadia : 9420365414

Workshop Committee Incharge : Dr. Ravindra S. Sonawane - 8208158034

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Workshop Registration



Bank Details

Name : Indian Academy of Paediatrics
Bank : Bank Of Maharashtra
A/c No.: 20046647717
Branch : Canada Corner Branch
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IFSC : MAHB0000672

INDIAN ACADEMY OF
PAEDIATRICS



Registration Charges - Rs.1200/-

Conference registration is mandatory for the workshop registration.
(EARLY BIRD REGISTRATION charges applicable till 30th June.
After the 30th of June - Registration as per ongoing slab of conference)

GSTIN : 27AAATI9424N1Z6
PAN No.: AAATI9424N



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Chairperson, National AHA

Dr. P. V. Arya
Hon. Secretary, National AHA

Dr. Atul Kanikar
Organising Chairperson

Dr. Kedar Malwatkar
Organising Chairperson

Dr. Milind Bharadia
Organising Chairperson

Dr. Sucheta Malwatkar
Organising Secretary

Dr. Amol Pawar
Organising Secretary

Dr. Tushar Godbole
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Dr. Reena Rathi
Organising Treasurer

Dr. Sulbha Pawar
Organising Treasurer

Dr. Sadachar Ujalambkar
Scientific Committee Chairperson

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Convener

Dr. Sangita Lodha
Convener

Dr. Sachin Chaudhari
Co-Convener

NASHIK IAP

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President

Dr. Sachin Patil
Secretary

Dr. Sonali Paradhi
Joint Secretary

Dr. Prachi Birari
Treasurer

Friday, 27th September 2024, Time : 9.00 AM to 4.00 PM

**WORKSHOP
NO. 2**

Comprehensive Adolescent Care for Practitioners

VENUE : MVP's Dr. Vasantrao Pawar Medical College, Hospital & Research Center, Adgaon, Nashik.

Local Co-ordinators :
Dr. Deepa Joshi, Dr. Rahul Koppikar

National Co-ordinators :
Dr. Deepa Janardhanan, Dr. Madhushree Deshpande

TIME	TITLE	FACULTY
9.00 - 9.30 am	Registration & Breakfast	
9.30 - 9.45 am	Inauguration & Introduction	Dr Rahul Koppikar
09.45 - 10.00 am	Need of the hour - Guiding Adolescents and Parents for Health, Hygiene and Safety	Dr. Reena Rathi
10.00 - 10.30 am	Explore the Minds of Adolescents & Parents by Interviewing	Dr. Piyali Bhattacharya
10.30 - 11.00 am	Information & Intervention for Comprehensive Adolescent Education	Dr. R. N. Sharma
11.00 - 11.30 am	Guiding Adolescents Away from Bumpy Roads Through Anticipatory Guidance	Dr. Harmesh Bains
11.45 - 1.45 pm	Case scenarios (work stations) - Get Answers for Adolescents Behaviors On	5 Cases
Interview	A1) How much is too much for teenagers - Media	A1) Dr. Madhushree Deshpande
	A2) Protecting Youth : Addressing Sexual Abuse, Depression and the POCSO Act	A2) Dr. Nischal Bhatt
	B1) Academic Slump in my Teenager	B1) Dr. Deepa Janardhanan
	B2) Peeping into the Minds of Teens to Uncover Depression	B2) Dr. Kalyani Patra
Anticipatory Guidance	C1) Making Aware the Need of Digital Safety	C1) Dr. Deepa Passi
	C2) Sleepless Nights, Goose Bumps, Running Hearts before Examination	C2) Dr. Manmeet Sodhi
Anticipatory Guidance	D1) Teen Diet Trends : Balancing Hype and Health in Adolescents	D1) Dr. Latika Bhalla
	D2) Healthy & Unhealthy food habits : The Need of Youngsters	D2) Dr. Vijaya Rani
Legalities	E1) Adolescent Legalities	E1) Dr. Deepa Joshi
	E2) Exploring High Risk Behaviours & Referrals	E2) Dr. Rahul Koppikar

Local Co-ordinator : Dr Deepa Joshi : 9373158841
Dr Rahul Koppikar : 9975988118

Workshop Committee Incharge : Dr. Ravindra S. Sonawane - 8208158034

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Dr. Sucheta Malwatkar Organising Secretary
Dr. Amol Pawar Organising Secretary
Dr. Tushar Godbole Organising Secretary
Dr. Reena Rathi Organising Treasurer
Dr. Sulbha Pawar Organising Treasurer
Dr. Sadachar Ujalambkar Scientific Committee Chairperson
Dr. Shama Kulkarni Convener
Dr. Sangita Lodha Convener
Dr. Sachin Chaudhari Co-Convener

NASHIK IAP

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President

Dr. Sachin Patil
Secretary

Dr. Sonali Paradhi
Joint Secretary

Dr. Prachi Birari
Treasurer

Friday, 27th September 2024, Time : 9.00 AM to 12.30 PM

WORKSHOP NO. 3

High-Risk Behaviours in Adolescents

VENUE : MVP's Dr. Vasant Rao Pawar Medical College, Hospital & Research Center, Adgaon, Nashik.

Local Coordinator :
Dr. Swati Bhutada, Dr. Prachi Birari

National Co-ordinator :
Dr. Samir Shah, Dr. Lakshmi Shanthi

TIME	TITLE	FACULTY
9.00 - 9.30 am	Breakfast & registration	
9.30 - 10.00 am	Inauguration & introduction	Dr. Prachi Birari
10.00 - 10.20 am	Media addiction and crimes	Dr. Geeta Patil
10.20 - 10.40 am	The "Lonely" teenager	Dr. Poonam Bhatia
10.40 - 11.00 am	Substance abuse	Dr. Newton
11.00 - 11.20 am	Sexual experimentation	Dr. Atul Kanikar
11.20 - 11.40 am	AHA syndrome	Dr. Himabindu Singh
11.40 - 11.55 am	TEA BREAK	
12.00 - 01.30 pm	Workstation - case discussion part 1	
01.30 - 02.30 pm	LUNCH BREAK	
02.30 - 03.30 pm	Workstation - case discussion part 2	
(30 mins each)	For lonely adolescent	Dr. Sangita Lodha & Dr. Ritu Gupta
	Substance abuse	Dr. R. G. Patil & Dr. Prakash Vir Arya
	Media addiction	Dr. Samir Shah & Dr. Shalini Bhasin
	Sexual experimentations & POCSO	Dr. Lakshmi Shanthi & Dr. Trupti Mahatme
	Rage and aggression	Dr. Sandeep Kavade & Dr. Sadachar Ujalambkar
03.30 - 04.00 pm	Post test & distribution of certificates	

Local Co-ordinator : Dr. Swati Bhutada : 9769438686
Dr. Prachi Birari : 8275072440

Workshop Committee Incharge : Dr. Ravindra S. Sonawane - 8208158034

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Dr. Sonali Paradhi
Joint Secretary

Dr. Prachi Birari
Treasurer

Friday, 27th September 2024, Time : 9.00 AM to 12.30 PM

WORKSHOP
NO. 4

Self Defence Workshop

Registration **FREE**

VENUE : MVP's Dr. Vasantrao Pawar Medical College, Hospital & Research Center, Adgaon, Nashik.

Project Coordinators :

Dr. Sangita Lodha, Dr. Jayashree Deshpande

TITLE	FACULTY
Welcome note	Dr. Ravindra S. Sonawane
Introduction	Dr. Sangita Lodha, Dr. Jayashree Deshpande
Mental strength in self defence	Dr. Archana Joshi
"Sixth sense" A key to self defence	Dr. Jayashree Deshpande
Body language and body posture	Dr. Chitra Kulkarni
Day to day articles which can be used as safety weapons	Dr. Sangita Lodha
Self defence hands on training and safety tips by different locking technique	Sensei Sachin Pawar, President & Chief Instructor of Martial Art Trainer
Vote of thanks	Dr. Sangita Lodha

Project Coordinator :

Dr. Sangita Lodha
98508 98759

Dr. Jayashree Deshpande
95034 89866

Workshop Committee Incharge :

Dr. Ravindra S. Sonawane - 8208158034



24th Annual Conference of AHA, IAP

Hosted by : AHA Nashik Branch with IAP Nashik

VENUE : HOTEL EXPRESS INN



ADOLESCON 2024

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27-28-29 September 2024

DAY - 1 28th September - Hall A - Godavari Hall

SCIENTIFIC PROGRAM

TIME	TOPIC	SPEAKERS	CHAIRPERSON / JURY / EXPERTS
8.20 - 8.30 am	Protecting Adolescents with HPV Vaccine	Dr. Indra Shekhar Rao	Dr. Swapna Noone, Dr. Mamata Devi Mohanty
8.30 - 8.50 am	The AHA Syndrome (Anger, Hostility, Aggression)	Dr. Swati Ghate	Dr. S. Krishna Murthy, Dr. Prachi Birari
8.50 - 9.10 am	Psychosomatic disorders in Adolescents	Dr. Sushma Desai	Dr. J. S. Patel, Dr. Jasashree Choudhury
9.10 - 9.30 am	AI based navigation of Career development	Dr. Sadachar Ujalambkar	Dr. S. Kashyape, Dr. Vaishali Bharadia
9.30 - 9.50 am	Embracing Diversity : Addressing Gender Dysphoria	Dr. Swati Bhave, Dr. Swati Ghate	Dr. Sunita Koreti, Dr. Sagar Sonawane
9.50 - 10.10 am	Pandemic from Paediatrics to Geriatrics (FOMO)	Dr. C. P. Bansal	Dr. Ram Bharat, Dr. Shyam Chaudhari
10.10 am -10.30 am	Epigenetics in Adolescent health care	Dr. Upendra Kinjawadekar	Dr. Kedar Malwatkar, Dr. Anuradha Rakh
10.30 - 11.10 am	Dr. Swati Bhave and Dr. MKC Nair Oration	Dr. Jeeson Unni	Dr. Geeta Patil, Dr. Sukanta Chatterjee
11.10 am - 12.00 pm	Vaccination dialogue : panel discussion	Dr. S. G. Kasi (Moderator) Dr. Ravishankar Marapalli Dr. Sagar Kulkarni Dr. Jaleel Ahmed Dr. Chandra Mohan Dr. Kripasindhu Chatterjee	Dr. Rakesh Gupta Dr. Vibha Komawar
12.00 - 12.25 pm	A overview of Rare diseases in Adolescence : Challenges & Management of LSDs (Sponsored talk Takeda Pharma)	Dr. Suvarna Magar	Dr. Mohan Warke, Dr. Sagar Bhalerao
12.25 - 12.45 pm	Relationships and teenagers	Dr. J. S. Tuteja	Dr. Namrata Mittal, Dr. Renu Boralkar
12.45 - 1.05 pm	Navigating Adolescence : Understanding the Spectrum of Mental Health	Dr. Sukanta Chatterjee	Dr. Abhay Tilak, Dr. Amol Pawar
1.05 - 1.25 pm	National Adolescent Health Programs - Present and Future : Let's join	Dr. Rajesh Mehta	Dr. Gurdeep Singh Dhooria, Dr. Shilpa Dudhgaonkar
1.25 - 2.10 pm	Investing in 'Adolescents' Health - Fighting non communicable diseases	Dr. Shailaja Mane (Moderator) Dr. Neelam Mohan Dr. Nirmala C. Dr. Leena Priyambada Dr. Kaustubh Mohite Dr. Shama Kulkarni	Dr. Sachin Chaudhari Dr. Sachin Patil
2.10 - 2.30 pm	Reframe Adolescent health care	Dr. Geeta Patil	Dr. Sunil Gangavane, Dr. Anushree Mahajan
2.30 - 2.45 pm	Life skills for life : "Equipping Adolescents with the tools to thrive"	Dr. Sulbha Pawar	Dr. Sucheta Pophale, Dr. Deepashree Tatar
2.45 - 3.05 pm	Tackling, Precocious puberty (Sponsored talk, Bharat Serum Vaccines)	Dr. Zalak Upadhyay	Dr. Ravindra Sonawane, Dr. Ritu Jain
3.05 - 3.50 pm	Rapid fire Think out of box Body image issue : empowering self acceptance Peer pressure - Harnessing the positive, overcoming the negative Diverse physical activities for Adolescent well being Study skills	Dr. Shilpa C. (Moderator) Dr. Sneha Gadkar Dr. Bageshree Deokar Dr. Jeyashree Ashwath Dr. Srisailam Kottooru Dr. Devendra Singh Batth	Dr. Atul Kulkarni Dr. Amog Shahane
3.50 - 4.35 pm	Panel discussion: Family connect for the wellbeing of teenagers	Dr. Jaya Shiwalkar (Moderator) Dr. Vasant Khalatkar Dr. Gurmeet Kaur Dr. Ashim Ghosh Dr. Atanu Bhadra Miss. Vaikhari Sonawane	Dr. Gauri Karandikar Dr. Dinesh Thakur
4.35 - 4.50 pm	Debates A. Stress is essential for better performance!!	Dr. Vaishali Deshmukh - for Dr. Lakshmi Shanti - against	Dr. Yogesh Parikh Dr. Rajendra Kulkarni
4.50 - 5.05 pm	B. Paediatricians can and should manage Teenage Psychiatric issues ?	Dr. Abhijit Bhardwaj - for Dr. Manmeet Sodhi - against	
5.05 - 5.20 pm	C. Peer pressure is essential for teenage well being	Dr. Deepa Janardhanan for Dr. Prashant Saboth against	
		Jury Dr. Nirmala Joshi, Dr. Nishikant Kotwal	
6.00 - 7.00 pm	GBM		
7.30 - 8.30 pm	Inauguration followed by Banquet		



24th Annual Conference of AHA, IAP

Hosted by : AHA Nashik Branch with IAP Nashik

VENUE : HOTEL EXPRESS INN



ADOLESCON 2024

27-28-29 September 2024

ENGAGE
EDUCATE
EMPOWER

DAY - 1 28th September - Hall B - Panchavati Hall

SCIENTIFIC PROGRAM

TIME	TOPIC	SPEAKERS	CHAIRPERSON / JURY / EXPERTS
8.20 - 8.50 am	Diagnosis and Management of pGHD : Current approach and newer treatment options Sponsored talk by Pfizer growth hormone	Dr. Shaila Bhattacharya	Dr. Rupali Thete, Dr. Jyoti Pawar
8.50 - 9.10 am	Components of School Health Education & Experience	Dr. Atul Kanikar	Dr. Manaklal Chopda, Dr. Sadhana Patil
9.10 - 9.30 am	A friend with weed is a friend indeed!	Dr. Newton Luiz	Dr. Nisha Rathod, Dr. Tarun Kanade
9.30 - 9.50 am	Mindfulness and Yoga for teens	Dr. Pukharaj Bafna	Dr. K. K. Arora, Dr. Nitin Surana
9.50 - 10.10 am	MythBusters : Decoding PCV Realities in Indian Healthcare	Dr. Sharmila Kulkarni	Dr. Geeta Bhat, Dr. Milind Bhadane
10-10 - 10.30 am	Adolescent emergencies	Dr. A. R. Somashekhar	Dr. Anita Bonigala, Dr. Prashant Darandale
10.30 - 11.10 am	Swati Bhave and Dr MKC Nair Oration (Hall A)	Dr. Jeeson Unni	Dr. Geeta Patil, Dr. Sukanta Chatterjee
11.10 - 11..30 am	Common dermatological challenges and solutions	Dr. Shaji Thomas	Dr. Grivita Raikar, Dr. Sujata Janwade
11..30 - 12.15 pm	Panel discussion : Sports and other sparks in teens	Dr. Poonam Bhatia (Moderator) Dr. Amol Pawar Dr. Chenthil A. Dr. Harinder Singh Dr. R. N. Sharma Dr. Chitra Kulkarni	Dr. R. S. Sibia Dr. Sandip Trivedi
12.15 - 12.45 pm	Ethics in Adolescent Medicine	Dr. Satish Sharma	Dr. Arakala Bhaskar, Dr. Shital Mogal
12.45 - 1.30 pm	New age parenting	Dr. Piyali Bhattacharya (Moderator) Dr. Nishchal Bhatt Dr. Sarala Sabhapathy Dr. Milind Bharadia Dr. Prema R. Dr. Ritu Gupta	Dr. Shweta Patil Dr. Hema Ratnani
1.30 - 2.15 pm	Newer realms to deal with Adolescent trauma	Dr. Sanjay Ratnaparakhi (Moderator) Dr. Swati Waghmare Dr. Kiran Vaswani Dr. Ramesh Dampuri Dr. Rahul Pengoria Dr. Shilpi Talukdar	Dr. Amrita Durge Dr. Pandurang Walvekar
2.15 - 3.00 pm	Medical problems in Adolescents	Dr. Sudhir Mishra (Moderator) Dr. Nityanand S. K. Dr. Jayant Pandharikar Dr. Linesh Yawalkar Dr. R. Sripriya Dr. Manjulata Sharma	Dr. P. N. Devi Dr. Deval Arora
3.00 - 3.45 pm	Panel : Adolescent nutrition	Dr. Jugesh Chattwal (Moderator) Dr. Uendra Kinjawadekar Dr. Kishore Baidur Dr. Neeli Ramachander Dr. Chandrakant Survase Dr. Omesh Khurana	Dr. Pritish Deore Dr. A. N. Rajendra
3.45 - 4.30 pm	Panel: Empowering Adolescent girls: Managing Menstrual health	Dr. Deepa Passi (Moderator) Dr. Kavita Meghanani Dr. Suchitra Dr. Mona Bhaskar Dr. Sucheta Malwatkar Dr. Vijayalakshmi Ganorkar	Dr. Shilpa Rajadhyaksha Dr. Snehal Bhamare
4.30 - 4.45 pm	Debates For & Against A. Coeducation for teens is essential	Dr. Amar Singh Thakur - for Dr. Alpana Shukla - against	Dr. Mohan Tembhe Dr. Ramakant Patil
4.45 - 5.00 pm	B. Dating is required for Teens	Dr. Shalini Agasthi - for Dr. Rashmi Gupta - against	
5.00 - 5.15 pm	C. Teenage boys sexual behaviour and myths do they exist?	Dr. Prasad S. M. - for Dr. Pradeep Kumar - against	
		Jury Dr. Ajit Singh Chawla, Dr. Vimochana K.	
6.00 - 7.00 pm	GBM		
7.30 - 8.30 pm	Inauguration followed by Banquet		



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ADOLESCON 2024

ENGAGE
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27-28-29 September 2024

SCIENTIFIC PROGRAM

DAY - 2

29th September - Hall A - Godavari Hall

TIME	TOPIC	SPEAKERS	CHAIRPERSON / JURY / EXPERTS
8.30 - 8.45 am	Counselling - Revisited	Dr. MKC Nair	Dr. Meena Deshmukh, Dr. Rajesh Noone
8.45 - 9.00 am	Behavioural Issues in Adolescents	Dr. Suchit Tamboli	Dr. Anand Vasudev, Dr. Vinay Asawa
9.00 - 9.20 am	Global challenges faced by the Teens	Dr. Preeti Galagali	Dr. Neha Singh, Dr. Deepak Phanse
9.20 - 9.40 am	Typhoid Vaccina : On required for Teenagers Sponsored talk (Bharat Biotech)	Dr. Jagdish Dhekane	Dr. Atul Dashputre, Dr. Tanaji Kanade
9.40 - 10.25 am	Panel discussion : Digital safety	Dr. Samir Shah (Moderator) Dr. R. G. Patil Dr. Ranjith P. Dr. Gauri Somayyaji Dr. Shilpa Toshniwal Dr. Vineet Saxena	Dr. Amruta Shirodkar Dr. Jagruti Sanghvi
10.25 - 11.05 am	Dr. C. P. Bansal and Dr. J. S. Tuteja Oration	Dr. Shivananda S.	Dr. Himabindu Singh Dr. P. V. Arya
11.05 - 11.50 am	Panel discussion : Community Engagement for Adolescent Health Care	Dr. Shubha Badami (Moderator) Dr. Sanjay Singh (UNICEF) Dr. Reena Rathi Dr. J. C. Garg Dr. P. V. Arya Dr. Shalini Bhasin Dr. Padmavathi N.	Dr. Narayanappa Dr. Kiran Agarwal
11.50 - 12.10 pm	CALL TO ACTION : Why we need a Ministry of Children & Adolescents	Dr. Samir Dalwai	Dr. Swati Ghate, Dr. Dawal Salve
12.10 - 12.45 pm	Key note Address - Engage, Educate, Empower	Dr. G. V. Basavaraja	Dr. Milind Bharadia, Dr. R. N. Sharma
12.45 - 1.00 pm	Discussion		
1.00 - 1.20 pm	UNICEF TALK - Experience Sharing - Integrating Community Platforms for Child and Adolescent Mental Health	Dr. Sayed Hubbe Ali, Health Specialist UNICEF ICO	Dr. Ajaykumar Gupta, Dr. Pankaj Gajare
1.20 - 1.40 pm	Environmental stewardship by the Adolescents and young adults	Dr. Balachandar D.	Dr. Vijay Bade, Dr. Jeetendra Gavhane
1.40 - 2.00 pm	Technology & self help monitoring apps in Adolescent Health	Dr. Kalyani Patra	Dr. Anuradha Dashputre, Dr. Sunita Darade
2.00 - 2.30 pm	Valedictory Function		
2.30 - 3.00 pm	Lunch		



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ADOLESCON ENGAGE
 EDUCATE
 EMPOWER
2024 27-28-29 September 2024

SCIENTIFIC PROGRAM

DAY - 2

29th September - Hall B - Panchavati Hall

TIME	TOPIC	SPEAKERS	CHAIRPERSON / JURY / EXPERTS
8.30 - 8.45 am	Beyond the classroom : Enriching Adolescence through cocurricular activities	Dr. S. N. Mothi	Dr. Girish Shakuntal, Dr. Sudha Singh
8.50 - 9.10 am	Obesity : Rising Demon (Sponsored talk)	Dr. Tushar Godbole	Dr. G. P. Kaushal, Dr. Shriram Shirame
9.10 - 9.30 am	Diagnosing eating disorders & Intervening Early	Dr. Sangita Yadav	Dr. Sanghamitra Panda, Dr. Nikhil Pathak
9.30 - 9.45 am	Virtual relationships in Today's teens	Dr. Harmesh Bains	Dr. Swati Karnawat, Dr. Sanjeev Joshi
9.45 - 10.05 am	Scope for research in Adolescent Medicine	Dr. Sunita Manachanda, Dr. Latika Bhalla	Dr. Amruta Baviskar, Dr. Swati Likhite
10.05 - 10.25 am	Sleep disorders in Adolescents	Dr. Paula Goel	Dr. Malavika Kulkarni, Dr. Neeta Hatkar
10.25 - 11.05 am	Dr C. P. Bansal and Dr. J. S. Tuteja Oration	Dr. Shivananda S.	Dr. Himabindu Singh, Dr. P. V. Arya
11.05 - 11.20 am 11.20 - 11.35 am 11.35 - 11.45 am	1. Your Voice matters : Speak We are Listening 2. Building Tomorrow Together Our voice, Our Future: In our Hands 3. Listen and Understand us	Mr. Varad Kannav Miss. Vaikhari Sonawane Miss. Kavya Gaikwad	Dr. Neeti Soni Dr. Deepa Joshi
11.45 - 12.30 pm	Panel discussion : Comprehensive Sexuality education	Dr. Himabindu Singh (Moderator) Dr. Sandeep Kavade Dr. Anuradha Bansal Dr. Gayatri Devi Dr. Deepak Gautam Dr. Sangita Lodha	Dr. Sonali Pardhi Dr. Anita Patil
12.30 - 1.15 pm	Panel discussion : Suicide Prevention : Everyone's role everyone's responsibility	Dr. Madhushree Deshpande (Moderator) Dr. M. Vijayarani Dr. U. G. Shenoy Dr. Chitra Dinakar Dr. Garima Sakia Dr. Srabani Chakraborty	Dr. Hanish Sharma Dr. Rahul Koppikar
1.15 - 2.00 pm	Panel : Healthier environment for healthier generations	Dr. Narmada Ashok (Moderator) Dr. Anand Kesavan T. M. Dr. Satish Agrawal Dr. Ramesh Bajania Dr. Jayashree Deshpande Dr. Trupti Mahatme	Dr. Avinash Gore Dr. Swati Bhutada
2.00 - 2.30 pm	Valedictory Function		
2.30 - 3.00 pm	Lunch		



ADOLESCON ENGAGE
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2024 27-28-29 September 2024

**24th Annual Conference
of AHA, IAP**
: Hosted by :
IAP & AHA Nashik Branch

**2024
CULTURAL
FEST**

**Love
you**



indagi

CULTURAL NIGHT

Dances, Songs, DJ, Ramp Walk & much more....

on **Saturday, 28th September 2024,**
on **8.00 pm onwards**

at **Hotel Express Inn,**
Mumbai Agra Road, Pathardi Phata, Nashik.

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TEAM ADOLESCON 2024

Dr. Atul Kanikar
Organising Chairperson

Dr. Kedar Malwatkar
Organising Chairperson

Dr. Milind Bharadia
Organising Chairperson

Dr. Sucheta Malwatkar
Organising Secretary

Dr. Amol Pawar
Organising Secretary

Dr. Tushar Godbole
Organising Secretary

Dr. Sachin Chaudhari
Convener

Dr. Sangita Lodha
Convener

Dr. Shama Kulkarni
Convener

Dr. Reena Rathi
Organising Treasurer

Dr. Sulbha Pawar
Organising Treasurer

Dr. Sadachar Ujalambkar
Scientific Committee Chairperson



ADOLESCON ENGAGE
EDUCATE
EMPOWER
2024 27-28-29 September 2024

KEY HIGHLIGHTS OF ADOLESCON 2024

- 1. Expert speakers** : Renowned experts in adolescent health to share their research, insights and experiences.

- 2. Interesting and practical topics discussed including practical adolescent issues** - Finance, Sexuality, Sleep and Mental health along with medical topic discussions which would be helpful in clinical practice as well as personal life.

- 3. Interactive workshops** : Hosting interactive workshops on topics like mental health, sexual education, substance abuse prevention, healthy lifestyle, etc.

- 4. Youth perspectives** : Incorporating youth voices through panel discussions and Youth forums.

- 5. Networking opportunities** : Providing opportunities for attendees to network / collaborate and to exchange ideas with peers, professionals and organizations working in adolescent health.

- 6. Lots and lots of Fun.**



ADOLESCON 2024

ENGAGE
EDUCATE
EMPOWER

27-28-29 September 2024

Hotels in Nashik

HOTEL EXPRESS INN

VENUE FOR CONFERENCE
0253 - 6641111

HOTEL KYRIAD
07796677200
1.9 km

HOTEL GRAND RIO
0253 - 6652222
3.0 km

HOTEL SURYA
09225332771
3.3 km

HOTEL RADISSON Blu
0253 6644500
0.8 km

HOTEL GATEWAY (TAJ)
750 mtrs (0.75 km)

HOTEL ENRISE (SAYAJI)
0253 - 6644500
5 km

HOTEL 7 APPLE
07391000748
2.0 km

HOTEL 7 HEAVEN
08888046600
1.4 km

HOTEL SAI SAYA
09552537974
3.3 km

HOTEL SWISS TRAFFALGAAR LUXURY
(Old Jupiter Hotel) - 09923013666
1.1 km

HOTEL COURTYAD BY MARRIOTT
0253 - 6666555
5.7 km

Places to visit near Nashik



Sula Winery



Anjeneri Trek



Trimbakeshwar



Kalaram Mandir



Sai Baba (Shirdi)