

**PEDICON 2025**

**27. ADOLESCENT WORKSHOP - YOUTH WELLNESS**

**08th January 2025 | Venue - Malla Reddy Narayana Multispeciality Hospital, Suraram Village, Qutbullapur Mandal, Medchal Malkajgiri District, Telangana PIN -500055 | 9am- 5pm**

**Coordinator - Dr. Himabindu Singh, Dr. Ramesh B Dampuri, Dr Suma Priya (7675892222)**

<b>Time</b>	<b>Topic</b>	<b>Speakers</b>
<b>9 am -9:30am</b>	<b>REGISTRATION</b>	
9:30am-9:45am	<b>INTRODUCTION</b>	Dr Himabindu singh/ Dr Ramesh B Dampuri
	<b>SEXUAL WELLNESS</b>	
9:45am -10:30am	Sexuality and common sexual problems among adolescence	Dr. Swati Ghate
10:30am-11:15am	Teaching sexuality to adolescence	Dr Newton
<b>11:15am - 11:30am</b>	<b>TEA BREAK</b>	
	<b>PRECONCEPTION WELLNESS</b>	
11:30am -12pm	Introduction : importance of PCC and optimum age of pregnancy	Dr Hima bindu singh
12pm- 12:30pm	Nutrition and healthy lifestyle	
	Avoiding substance abuse	
	Being Eumetabolic	
	Genetic disorders and vaccination	
12:30pm- 1:15pm	Reproductive health of male and female	Dr Suchitra
	body image, cosmetic concerns, dental care and hygiene	
	handling relationships - Premarital and conjugal	
	Mental well being and support system	
<b>1:15pm- 2pm</b>	<b>LUNCH</b>	
2pm - 2:30pm	<b>EMOTIONAL WELLNESS</b>	Dr. Poonam Bhatia, Dr. Suma Priya
	<b>METABOLIC WELLNESS</b>	
2:30pm- 2:45pm	Protein and carbohydrates calculation	Dr. Ramya Chitgope
2:45pm- 3:05pm	Understanding metabolism, labs and their optimum values	Dr. Asha
3:05pm-3:20pm	Ways to hack health	Dr. Rupal
	<b>DIGITAL WELLNESS</b>	
3:20pm- 3:40pm	Using life skills for restricting screen time	Dr. Ramesh B Dampuri
	Healthy use of social media	
<b>3:40pm – 3:50pm</b>	<b>BREAK</b>	
3:50pm -4:10pm	Cyber safety and security Dealing with cyber bully	Dr. Samir Shah
4:10pm-4:30pm	Digital literacy , Digital detox , Responsible use of AI	Dr. Geeta Patil
4:30pm-4:40pm	Q/A	
4:40pm-5pm	Feedback and Validictory	