



# ADOLESCENT WORKSHOP YOUTH WELLNESS SEXUAL METABOLIC AND DIGITAL WELLNESS

08<sup>th</sup> January 2025 | 09:00 - 17:00 Hrs  
 Venue - Malla Reddy Narayana Multispeciality Hospital, Suraram

**Co-ordinators: Dr. Himabindu Singh, Dr. Ramesh B Dampuri, Dr Suma Priya**  
**Advisors: Dr MKC Nair, Dr Swathi Bhawe, Dr CP Bansal, Dr J S Tuteja**

TIME	TOPIC	SPEAKER
09:00 - 09:30	Registration	
09:30 - 09:45	Introduction	Dr Himabindu Singh Dr Ramesh B Dampuri
<b>Sexual Wellness</b>		
09:45 - 10:30	Understanding Sexuality, Gender and Relationship	Dr Swati Ghate
10:30 - 11:00	Reproductive health of male and female	Dr Newton
11:00 - 11:30	Introduction to POCSO Act	Dr Pradeep Kumar
<b>11:30 - 11:45 Tea Break</b>		
<b>Preconception Wellness</b>		
11:45 - 12:15	Importance of PCC and optimum age of pregnancy	Dr Himabindu Singh
12:15 - 12:45	Nutrition and healthy lifestyle Being Eumetabolic Genetic disorders and vaccination	Dr Sushma Desai
12:45 - 13:00	Handling relationships - Premarital and conjugal	Dr Suma Priya
<b>13:00 - 13:45 Lunch</b>		
<b>Emotional &amp; Mental Wellness</b>		
13:45 - 14:00	Emotional quotient	Dr Poonam Bhatia
14:00 - 14:15	Management of Anger and Suicidal behaviour	Dr Prashant Kariya
14:15 - 14:30	Mental wellbeing	Dr Sukanta Chatterjee
<b>Metabolic Wellness</b>		
14:30 - 14:40	Understanding metabolism	Dr Rupal Dalal / Dr Asha
14:40 - 14:50	Diets for Youth	Dr Kiran Vaswani
14:50 - 15:05	Sleep and Sports	Dr Shibu Kizhakkathra
15:05 - 15:20	Stress, substance and screen time	Dr Ramya Chitgope
<b>15:20 - 15:30 Break</b>		
<b>Digital Wellness</b>		
15:30 - 15:50	Using life skills for restricting screen time Healthy use of social media	Dr Ramesh B Dampuri
15:50 - 16:10	Cyber safety and security Dealing with cyber bully	Dr Samir Shah
16:10 - 16:30	Digital literacy, Digital detox Responsible use of AI	Dr Geeta Patil
16:30 - 16:40	Q/A	
16:40 - 17:00	Feedback and Validectomy	



- THIS WORKSHOP IS INTENDED FOR PEDIATRICIAN, DOCTORS AND YOUTH IN THEIR LATE TEENS
- COVERING PROBLEMS RELATED TO ADOLESCENCE INCLUDING SEXUALITY, PHYSICAL, BEHAVIOURAL, EMOTIONAL HEALTH & DIGITAL ASPECTS.
- REPUTED FACULTY FROM ALL OVER THE COUNTRY
- ACTIVITY DRIVEN WORKSHOP FOR THE PARTICIPANTS.

### WHY TO ATTEND YOUTH WELLNESS WORKSHOP

- Can you speak comfortably with an adolescent about **SEXUALITY and REPRODUCTIVE HEALTH?**
- Do you agree that it is necessary to educate youth about **METABOLIC WELLNESS?**
- CAN YOU GUIDE AN ADOLESCENT ABOUT **EMOTIONAL WELLNESS?**
- IN THIS DIGITAL WORLD WITH CYBER CRIME, DONT YOU FEEL TO GUIDE THEM ABOUT **CYBER CRIME AND DIGITAL DETOX?**

## HIGHLIGHTS

Esteemed faculty

Inputs from youth

Interactive sessions

Videos for youth awareness



SCAN QR CODE  
TO REGISTER



WORKSHOP FEE  
₹1500

CLICK HERE  
TO REGISTER



SCAN FOR  
GET LOCATION



**Dr GV Basavaraja**  
President, CIAP 2024

**Dr Vasant Khalatkar**  
President, CIAP 2025

**Dr Upendra Kinjawadekar**  
President, CIAP 2023

**Dr Yogesh N Parikh**  
Honorary Secretary CIAP

**Dr Atanu Badhra**  
Treasure CIAP

**Dr Nitin Shah**  
Scientific Chairperson CIAP

**Dr Jeetendra Gavhane**  
Scientific Convener CIAP

**Dr. Ravindra S Sonawane**  
Workshop Chairman CIAP

**Dr Neeli Ramchander**  
Chief Organizing Chairperson

**Dr M Surendranath**  
Chief Organizing Secretary

**Dr Sunkoj Bhaskar**  
Organizing Treasurer

**Dr A Yashowanth Rao**  
Scientific Chairperson

**Dr T Usha Rani**  
Scientific Chairperson

**Dr Pavan Kumar**  
Scientific Convener

**Dr V Ram Narasimha Reddy**  
Reception Committee Chairperson

**Dr M Sheshu Madhav**  
Reception Committee Chairperson

**Dr J V Rao**  
Workshop Committee Advisor

**Dr C Nirmala**  
Workshop Chairperson

**Dr Gopal Singh**  
Workshop Chairperson

**Dr Vijay Anand**  
Workshop Convener

[pedicon2025.com](http://pedicon2025.com)

meety