

As part of Child and Adolescent health care week celebrations the following events were conducted by the Department of Pediatrics SMVMCH and IAP Puducherry Chapter in a grand manner highlighting on this year's theme voice vision and vigor of adolescents from 7<sup>th</sup> November to 15<sup>th</sup> November 2023.

### **Teenage day celebration**

#### **Event 1**

An mini exhibition was opened in the hospital podium for the public with posters depicting the normal pubertal changes in boys and girls , adolescent health problems like anemia , obesity , mobile phone addiction , and posters promoting healthy lifestyle habits were displayed . Many parents who attended the OPD and undergraduate MBBS students attended the exhibition. The exhibition was inaugurated by Dr.Rajagovindan Director SMVMCH, along with the Dean Academic Dr. Karthikeyan with faculties and post graduates of various departments of SMVMCH.





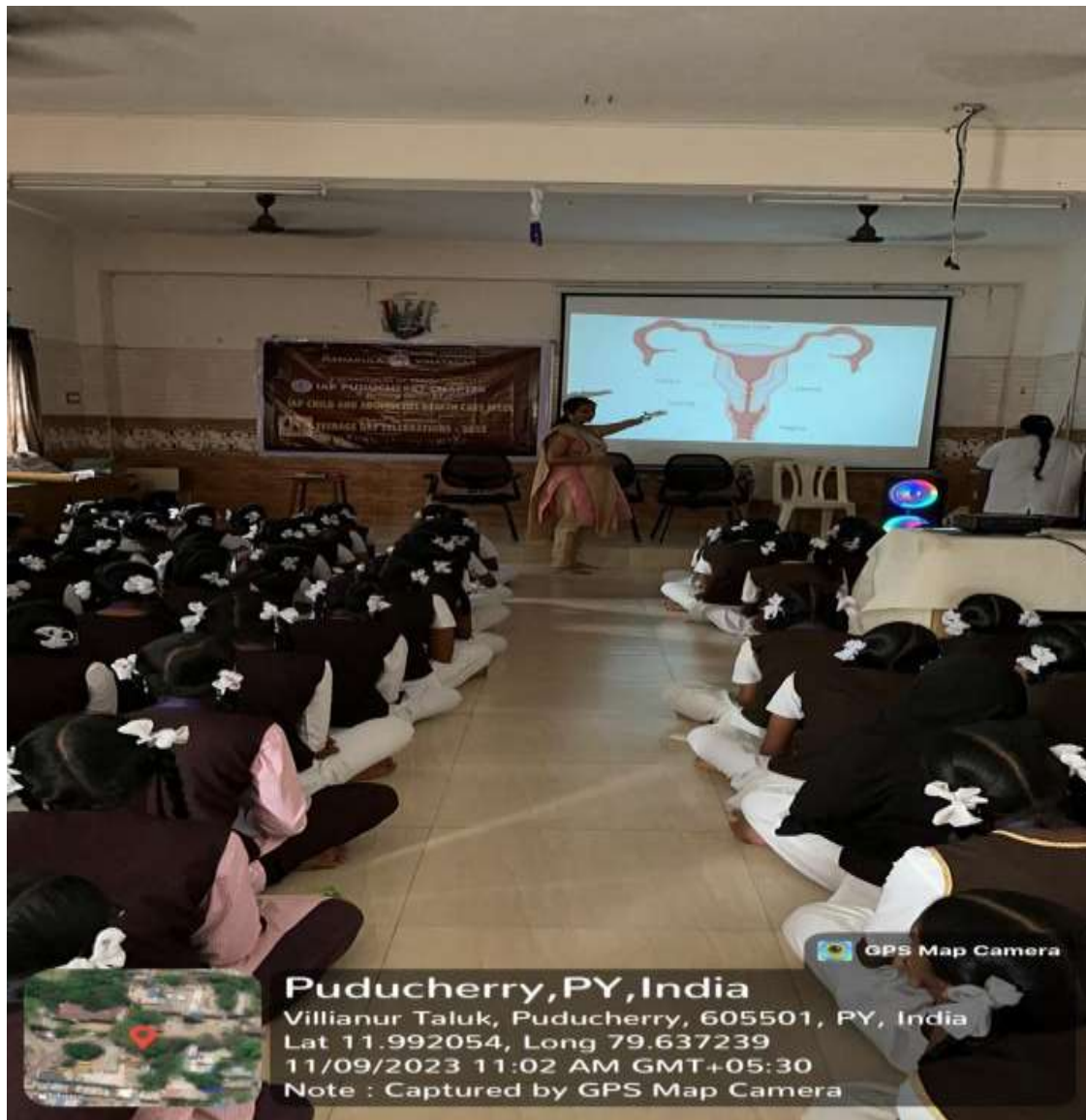
## Event 2:

On the same day a Health talk was arranged to parents in the hospital podium addressing to the common adolescent health problems and appropriate preventive measures to tackle the health issues like anemia, obesity reproductive health problems were explained. The talk was given by Faculties from the Department of Pediatrics Dr.Arulkumaran, Dr.Kanimozhi, Dr.Preethi and OBG along with the post graduates parents are also well explained on the role of the family in bringing up a health adolescent. Around 75 peoples attended the event. Pamphlets addressing on adolescent health and tips to bring up healthy adolescent were distributed to the public.



### Event 3

A school health talk for adolescent girls was arranged in Bonn Nehru School Thirukannur 100 adolescent girls participated in the event. Common issues of adolescent girls like normal menstrual cycles, menstrual hygiene, eating problems, undernutrition and Anemia were addressed. The event was conducted by Dr. Shakthi Abirami, Senior Resident of Department of Pediatrics SMVMCH along with female pediatric post graduates. A MCQ competition was conducted at the end of the event and prizes were distributed.





MAHAKUL VINAYAGAR  
DEPARTMENT OF PEDIATRICS  
**IAP PUDUCHERRY CHAPTER**  
IAP CHILD AND ADOLESCENT HEALTH WEEK  
7<sup>th</sup> to 14<sup>th</sup> November 2023  
TEENAGE DAY CELEBRATION

< Mental problems?  
< Healthy lifestyle?  
< Daily healthy habits?



**Puducherry, PY, India**  
Villianur Taluk, Puducherry, 605501, PY, India  
Lat 11.992061, Long 79.637246  
11/09/2023 11:36 AM GMT+05:30  
Note : Captured by GPS Map Camera

GPS Map Camera

#### Event 4

A guest lecture was given to nursing students of Sri Manakula Vinayagar Nursing College on Adolescent Health Problems. The interactive session was conducted by Dr Arul Kumaran Professor of Pediatrics using placards. Nursing students were asked to talk on common Adolescent health behaviors on the placards chosen by them and students who performed well were given prizes. Around 100 students participated in the event.





**Event 5**

An MCQ competition was conducted to parents on the Pediatric ward and OPD. MCQ questions addressed on common situations they face in managing adolescent and options of how they showed react to the given situation like school absenteeism, mobile phone viewing etc the event was conducted by Dr.Arun Kumar Senior Resident Department of Pediatrics. Prizes for the winners was handed over by Dr.T. Bharath Kumar professor and HOD dept of Paediatrics.

**Event 6**

A podcast was also released in SMVMCH mannakural website on the role of parents in bringing up a healthy adolescent by Dr. Arul Kumaran Professor of Paediatrics.

# IAP Healthy Lifestyle Day

## Event 1

A health talk was organized in Government Higher Secondary School Madagadipet for both boys and girls of STD VII & VIII. Topics of anemia & undernutrition problems of managing academic stress, anxiety were also addressed. The session was addressed by Dr. Nithya Assistant Professor of Department of Pediatrics. Around 65-70 boys and girls attended the event. Healthy snacks (sundal) were distributed to the students. The talk was well appreciated by the students and teachers of the school.





## Event 2

A written debate competition was organized by Dr.Preethi Associate Professor of Dept of pediatrics on Technology for children and adolescent PROS and CONS. Around 50 students participated and prizes were awarded to the winners.

## Event 3

An interactive Awareness talk was organized to the boys of Bonn Nehru School Thirukannur on how to avoid various risktaking behaviors like substance abuse, alcohol and the importance of having healthy lifestyle behaviors like proper diet, exercise were stressed. The session was conducted by Dr. Arul Kumaran Professor of Pediatrics Along with the male postgraduates of SMVMCH. Around 120 boys of class VII TO IX participated in the event



#### Event 4:

As a part of adolescent health care week celebrations, a Guest lecture was organized to undergraduate MBBS students of SMVMCH. Dr. Aram Chenthil IAP Central Executive Board member 2022-23 and past President of IAP TNSC was invited as the chiefguest. The guest talk was on adolescent health and Risk Taking Behaviors of adolescents covering on various problems like substance abuse, alcohol and tips to overcome depression, anxiety and suicidal tendencies was well addressed. The interactive talk was well appreciated by the undergraduate MBBS around 100 participated in the event. Prizes were also distributed to the students who actively participated in the interactive session.





GPS Map Camera



**Madagadipet, Puducherry, India**

WJFH+357, Madagadipet, Kalitheerthalkuppam, Puducherry

605107, India

Lat 11.923359°

Long 79.628278°

15/11/23 03:52 PM GMT +05:30

### **Event 5:**

A poster competition was organized to the Postgraduate students of Dept. of Pediatrics on adolescent health lifestyle behaviors and the role of parents in supporting adolescent health to the post graduates of the dept of department of paediatrics and OBG. Dr, Kanimozhi Associate professor of paediatrics and for the event Dr. Niveditha Prof of OBG are the judges for the event 25 students participated and winners were given prizes.

A Pediatric Quiz programme on Adolescence was organized by Dr. Hemanth Assistant Professor of Paediatrics around 30 plus participated

### **Daughters Day**

#### **Event 1:**

A health talk was organized in the postnatal ward of SMVMCH to postnatal mothers and to mothers of the children admitted in the pediatric ward . The talk highlighted on bringing up healthy girl children and the session was conducted Dr.Arul Kumaran Professor of Paediatrics, Dr. Shakthi Abirami and the Faculties of OBG Department. The topics were included good touch and bad touch, Nutrition requirements of adolescent girls and menstrual hygiene and adolescent immunization.





## Event 2:

A drawing competition was conducted to postnatal mothers who delivered girl children. Mothers were asked to picturize on how they want their daughter to be in future. The competition was conducted by Dr.Thambi Prabhakaran Assistant Professor and Dr.Giridharan and winners were chosen. The prizes were given by Dr.T. Bharath Kumar, Professor and HOD, Department of Paediatrics.



### Event 3:

A health awareness talk was organized at the Urban Health Centre to mothers, grandmothers, fathers on importance to have a girl in the family and the need to bring up a healthy environment with proper hygiene and good mental health for daughters, The talk was given by Dr.Preethi Associate Professor Dept. of Pediatrics. Healthy snacks were distributed to girl children and prizes were given.





## Childrens day

Children day was celebrated on 14<sup>th</sup> November in the paediatric ward and the OPD of SMVMCH. A huge cake was cut by the children. Cakes, sweets, chocolates with small gifts was distributed to the children. A colouring competition and drawing competition was conducted to children in the ward and OPD in two groups of children less than 5 years and 5 to 10 yrs. winners were chosen and the prizes were distributed to the winners.



