

[Report](#)



ADOLESCON - 2016

8th-9th April 2016

10th National Conference of the
Indian Association for Adolescent Health

Theme:

***Role of Adolescents in
Promotion of Comprehensive Health***



Organized by:
Deptt. of Community Medicine
Govt. Medical College,
Kannauj



Plenary Session

Venue: Auditorium, GMC Kannauj

Day 1 Friday

08/04/16

Time	Speaker	Topic	Chairpersons/Coordinator
10.00 AM to 10.30 AM	Inaugural Ceremony Welcome on Dias Floral Welcome of Dignitaries Lighting of the Lamp Saraswati Vandana Welcome Address by Dignitaries Award of Fellowship		
10.30 AM to 11.00 AM	Dr.Prema Bali President, Indian Association for Adolescent Health	Presidential address	
11.00 AM to 11.30 PM	Dr.Jugal Kishore Prof ad Head,PSM VMMC New Delhi	Theme:Role of Adolescents in promotion of comprehensive health	
11.30 PM to 12.00 PM	Dr.Prema Bali Oration by Dr.Nikhil Kharod, HOD Pediatrics, PSM MC Karamsad, Anand		Chairpersons: Dr.Surendra Singh Dr.Jugal Kishore
12.00 PM to 12.30 PM	Dr.M.M.Razi Asstt. Prof., LPS Institute of Cardiology, Kanpur	Congenital Heart Disease- Burden and Spectrum in Cardiology Institute	Chairpersons: Dr.Uday Mohan Dr.S.K.Singh
12.30 PM to 1.00 PM	Dr.Piyali Bhattacharya, Senior Pediatrician, SGPGI Lucknow	Understanding a teen	Chairpersons: Dr.V.N.Tripathi Dr.Puneet Mishra
Lunch			



2.00 PM to 2.30 PM	Dr. V.N.Tripathi DGME Lucknow, UP	Asthma	Chairpersons: Dr.Piyali Bhattacharya Dr.Vivek Saxena
2.30 PM to 3.00 PM	Dr.Anand Kumar Head, TB&CD GSVM MC Kanpur	Respiratory problems of adolescents	Chairpersons: Dr.Sanjay Verma Dr.Mridul Bhushan
3.00 PM to 3.30 PM	Dr.Arun Kumar Asso. Prof., PSM, LLRM MC Meerut	Adolescent Health Problems	Chairpersons:Dr.Munish Rastogi Dr.Pravin Katiyar
3.30 PM to 4.00 PM	Dr.Mohd. Athar Asso. Prof. Surgery. GSVM MC Kanpur	Oral cancer in adolescents	Chairpersons:Dr.I.A.Ansari Dr.Santosh Barman
4.00 PM to 4.30 PM	Dr.Ashish Chaudhary, Lecturer, Surgery, GSVM MC Kanpur	Benign blood diseases in adolescents	Chairpersons:Dr.Mohd.Athar Dr.Manav Luthra
4.30 PM to 5.00 PM	Dr.Manav Luthra, Senior Consultant, Surgery	Growth disorders in adolescents	Chairpersons: Dr.I.A.Ansari Dr.Abhay Singh



Day 2 Saturday

09/04/16

Time	Speaker	Topic	Chairpersons/Coordinator
10.00 AM to 10.30AM	Dr.Raj Tilak Senior Consultant, Pediatrics, GSVM MC, Kanpur	Life Skills: Need of the Hour	Chairpersons:Dr.V.N.Tripathi Dr.S.C.Saxena
10.30AM to 11.00 PM	Dr.Puneet Mishra AIIMS, New Delhi	Healthy Lifestyle in Adolescents	Chairpersons: Dr.Manju Toppo Dr.D.K.Pal
Tea Break			
11.30PM to 12.00 PM	Dr.Vivek Agarwal Prof., Psychiatry KGMU, Lucknow	Issues and Challenges with Adolescents	Chairpersons: Dr.Vipul Singh Dr.Mridul Bhushan
12.00 PM to 1.00 PM	Dr.Neeraj Kumar Assistant Professor, LPS Institute of Cardiology, Kanpur	Pediatric Rheumatic Valvular Heart Disease: Successful Surgical Management in Early Childhood	Chairpersons: Dr.Arvind Kumar Singh, Dr.Sandeep Singh
Lunch			
2.00 PM to 2.30 PM	Dr.Amit Goel Asstt. Prof. Gastroenterology, SGPGI	Risk factors of GI and liver problems in Adolescents, Prevention and Treatment	Chairpersons: Dr.Shiv Prakash, Dr.Umesh Verma
2.30 PM to 3.00 PM	Dr.Uday Mohan Prof.,PSM KGMU, Lucknow	Adolescent Friendly Health Services	Chairpersons:Dr.Pravin Katiyar, Dr.Priti Rai
3.00 PM to 3.30 PM	Dr.S.K.Sinha, Asstt. Prof. LPS Institute of Cardiology, Kanpur	Incidence of Myocardial Infarction in Adolescents	Chairpersons: Dr.Seema Nigam, Dr.Esam Ahmed



3.30 PM to 4.00 PM	Dr.Shivendra Singh Assoc. Prof., PSM KGMU, Lucknow	Adolescent Job Aid	Chairpersons:Dr.Saurabh Jain Dr.Meeta Jain
4.00 PM to 4.30 PM	Dr.Satish Tripathi WHO Representative	Tobacco hazards in adolescents	Chairpersons: Dr.Bhakt Prakash, Dr.Sanjay Kumar Verma
4.30 PM to 5.00 PM	Dr.Gyanendra Kumar Deptt. of Dentistry, MAMC New Delhi	Oral health status in adolescents	Chairpersons: Dr.Neeraj Agarwal Dr.Madhulika Yadav



Scientific Session: Oral

Venue: Lecture Theatre 1

Day 1 Friday

08/04/16

Session 1: Time: 10.00 AM to 1.00 PM		
Theme: Reproductive and Child Health		
SN	Presenter	Title
1	Dr. Shashi Prabha Tomar	Study of Beliefs and cultural Practices Relating to Menstrual Hygiene of Adolescent Girls in a tribal Village of Mandla District Madhya Pradesh
2	Dr.Suruchi Gupta	Effect of health education on knowledge and practices about menstruation among adolescent girls of rural part of district Kanpur.
3	Dr.Sneha Kumari	A comparative study on common problems of middle and late school going adolescents in Rural area of Bangalore
4	Dr.Aditi Singh	Mixed Method Research for reproductive and sexual health of school going female adolescents: An unaddressed silent issue
5	Dr. Hemant Adikane	Knowledge and Attitude of HIV/AIDS in rural adolescents of central India
6	Devisha Agarwal	Correlation of gastrointestinal diseases in adolescent with blood groups and age
7	Dr. Yogesh Verma	Awareness about RTI/STI among school going adolescents.



Day 1 Friday

08/04/16

Session 2: Time: 2.00 PM to 5.00 PM

Theme: Non-communicable Diseases

SN	Presenter	Title
1	Dr.Nandeshwar Amardip Anna	Prevalence of Obesity and its determinants among school going adolescents of Gorakhpur city
2	Dr.M.Sandhya Rani	Awareness of cervical cancer and its prevention among mothers of adolescent girls in urban field practice area of government medical college, Vijayawada, Andhra Pradesh.
3	Dr.Suruchi Gupta	Prevalence of depression among adolescents aged 17 to 19 yrs in Kanpur, Uttar Pradesh
4	Dr. Anshul Goel	Prevalence and risk factors of overweight and obesity among medical undergraduates.
5	Dr. Shibajji Debbarma	A study on substance abuse among school going adolescent boys in Kanpur.
6	Dr. Ashish Kumar	Awareness of risk factors of non communicable diseases among adolescent males in Kanpur.
7	Dr. Ankita Bajpai	Prevalence and determinants of hypertension among adolescents



Scientific Session: Oral

Venue: Lecture Theatre 1

Day 2 Saturday

09/04/16

Session 1: Time: 10.00 AM to 1.00 PM

Theme: Miscellaneous

SN	Presenter	Title
1	Dr. Shibajji Debbarma	A study on awareness and behaviour of school going adolescents towards road traffic accidents in Kanpur.
2	Dr. Yogesh Verma	Impact of television and social media on school going adolescents.
3	Dr. Ashish Kumar	Prevalence and factors influencing tobacco use among adolescent males of urban slums in Kanpur.
4	Dr. Ankita Bajpai	Determinants of overweight and obesity among adolescents
5	Dr. Hemant Adikane	Internet addiction: Upcoming Epidemic of 21 st century?
6	Dr. Tapas Ray	Health seeking behaviour and practices for ear diseases among underprivileged children of Delhi

Inauguration Ceremony

The 10th National Conference of the Indian Association of Adolescent Health commenced with the Inauguration Ceremony commenced on 8th April 2016 at 10.00 am at the Auditorium, Govt. Medical College, Kannauj.



The Inauguration Ceremony started with a floral welcome of the dignitaries, followed by lighting of the lamp. The blessings of Goddess Saraswati were invoked by reciting the Saraswati Vandana.

Chief Guest Dr.V.N.Tripathi, Director General Medical Education, Uttar Pradesh, emphasized

the importance of development of healthy lifestyle in adolescence so as to reduce the risk of non-communicable diseases in adulthood. He appreciated the participation of speakers from all over the country in ADOLOCON 2016 and wished that the students and target adolescent group, invited from the schools of the Kannauj, will benefit from the lectures delivered during the plenary session.



Guest of Honour, Dr.Vinay Krishna, Director, LPS Institute of Cardiology, Kanpur, congratulated the administration and faculty of Govt. Medical Kannauj for organizing this conference. He expressed that this conference will be a milestone in the promotion of adolescent health in the state of Uttar Pradesh.



Dr.Prema Bali, founding President of the Indian Association of Adolescent Health, in her presidential address, gave an insight into the formation of the national level association for adolescent health. She also highlighted the importance of promotion of adolescent health in India and explained the strategies that were

being planned for adolescents.



Dr. Jugal Kishore, Secretary General of the Indian Association for Adolescent Health, emphasized the need for a vision to see adolescents as the future of the nation and to address their problems as a priority. He explained the theme of the conference and reiterated that adolescents can play a major role

in the promotion of comprehensive health in India. He said that healthy adolescents would become healthy adults hence all the strategies focusing of adolescents would be most cost-effective with regards to promotion of positive health in the country.

Shri Vijay Bahadur Pal, Minister of State for Education, emphasized the importance of inculcating values and principles in adolescents and in encouraging them to develop healthy habits and behavior.



Shri Nawab Singh, representative of the Member of Parliament from Kannauj, promised to provide complete support for all adolescent health initiatives in the city of Kannauj

Dr. D.S. Martolia, Principal, Govt. Medical College, Kannauj, welcomed the august gathering of distinguished guests and reiterated

the importance of adolescent health in India.

The IAAH fellowship was awarded to **Dr. D.K. Pal**, Professor and Head, Deptt. of Community Medicine, Govt. Medical College, Bhopal, for his outstanding contribution to the field of adolescent health. This was followed by release of the Souvenir of ADOLOCON 2016 by the dignitaries. The dignitaries were presented mementoes of ADOLOCON 2016 and also gifted perfumes as a remembrance that the conference was held in the Perfume Capital of the Country - Kannauj.

Dr. Prema Bali Oration

Dr. Nikhil Kharod, Professor and Head, Deptt. of Pediatrics, Pramukhswami Medical



College, Karamsad, presented the Dr. Prema Bali Oration, on the topic “Adolescent health: Putting the last first”. He explained the concept of Life Skills Education for school-going adolescents. He elaborated the contents of the Life Skills Education - changes during adolescence, menstrual cycle, mental health during adolescence, yoga and physical activity, life skills, nutrition and food habits, relationships – with parents and peers and self learning activities.

Day 1

Plenary Session

Congenital Heart Disease-Burden and Spectrum in Cardiology Institute

Dr. M.M. Razi, Assistant Professor, LPS Institute of Cardiology, Kanpur delivered a talk on the magnitude of congenital heart diseases in LPS Institute of Cardiology Kanpur. He elaborated on the clinical spectrum of congenital heart diseases, investigations used in the diagnosis and management of the disease.

Understanding a teen

Dr. Piyali Bhattacharya, Professor, Deptt. of Pediatrics, Sanjay Gandhi Post Graduate Institute, Lucknow, reflected upon the psychosocial problems of teenagers. She explained the mental trauma experienced by the teenagers due to changes in the body and the need to adapt to the surroundings, peer



and parental pressure and emphasized the importance of counselling to help teenagers to solve their problems.

Asthma

Dr. V.N. Tripathi, Professor, Deptt. of Pediatrics, and DGME, Lucknow, UP, delivered a talk on Pediatric Asthma. He explained in detail, the criteria for diagnosis of asthma and its pathophysiology. He also elaborated on the



management of bronchial asthma and measures to be taken so as to prevent it from becoming a severe problem in adulthood.

Respiratory Problems in Adolescents

Dr. Anand Kumar, Assistant Professor and Head, Deptt. of TB and Chest Diseases, GSVM Medical College, Kanpur, discussed the Respiratory Problems in Adolescents.



Adolescent Health Problems and Challenges

Dr. Arun Kumar, Associate Professor, Deptt. of Community Medicine, LLRM Medical College, Meerut cited that one in five individuals in the world today is an adolescent (around 1.2 billion). He said that according to the World Development Report 2007, nearly two thirds of premature deaths and one third of the total disease burden in adults are associated with conditions or behaviours that began in youth.

Dr. Mohd. Athar, Asso. Prof. Surgery, GSVM Medical College Kanpur delivered a talk on **oral cancer in adolescents**, Dr. Ashish Chaudhary, Lecturer, Surgery, GSVM Medical College Kanpur elaborated on **benign blood diseases in adolescents** and Dr. Manav Luthra, Senior Consultant, Surgery, Kanpur explained **growth disorders in adolescents**.



Day 2

Plenary Session

Life Skills: Need of the Hour

Dr.Raj Tilak, Senior Consultant, Pediatrics, GSVM Medical College, Kanpur discussed the importance of life skills to deal with peer and parental pressure and psychological and emotional disturbances during adolescence. During the question hour, a student from Vidya Mandir, Kannauj asked how to overcome



examination stress in response to which Dr.Tilak explained that regular studies were the key to overcoming examination stress and also counseling by teachers and parents could help adolescents deal with stress.

Healthy Lifestyle in Adolescents

Dr.Puneet Mishra, Professor, Deptt. of Community Medicine, AIIMS, New Delhi, defined the health behaviours in adolescents - Physical exercise, Alcohol use, Smoking, Dental hygiene, Drinking coffee, Consumption of sugar, Consumption of milk fat, Use of seatbelts when travelling in the front-seat of a car,



Bedtime: regular or irregular etc. He also reiterated the need for risk behaviour surveillance system for adolescents in the country.

Issues and Challenges with Adolescents

Dr.Vivek Agarwal, Professor, Deptt. of Psychiatry, KG Medical University, Lucknow said that suicide is the leading cause of death among people aged 15 to 29, with a sharp increase since 2004-06. Compared to all deaths 13% male and 15% female deaths among young people in



2010-13 was attributed to suicide. These were more in rural area, south India, and more in educated, unemployed people.

Pediatric Rheumatic Valvular Heart Disease

Dr. Neeraj Kumar, Assistant Professor, LPS Institute of Cardiology, Kanpur delivered a talk on the topic: Pediatric Rheumatic Valvular Heart Disease: Successful Surgical Management in Early Childhood. He explained the various techniques of surgical management of RHD.

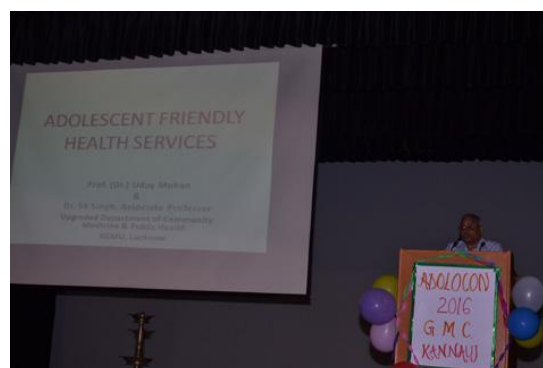
Risk factors of GI and liver problems in Adolescents, Prevention and Treatment

Dr. Amit Goel, Assistant Professor, Deptt. of Gastroenterology, Sanjay Gandhi Post graduate Institute, Lucknow elaborated on the behavioural risk factors that develop in adolescence and predispose to gastrointestinal problems in adulthood. He also explained the various types of liver diseases and their clinical features, diagnosis, management and prevention.



Adolescent Friendly Health Services

Dr. Uday Mohan, Professor, Deptt. of Community Medicine, KG Medical University, Lucknow, explained that adolescent-friendly health services can be delivered in health centres, in the community, through outreach services or at school. Community settings include services provided at community or youth centres, in shopping malls or even over the internet. Outreach services are needed in cities to contact adolescents who do not attend clinics and those, like street children, who are marginalized. Schools offer a critical entry point to bring services to young people who are in school.



Incidence of Myocardial Infarction in Adolescents

Dr. S.K. Sinha, Assistant Professor, LPS Institute of Cardiology, Kanpur discussed the risk factors, clinical manifestation, diagnosis and management of coronary artery disease in adolescents as well as in the adult age group.

Adolescent Job Aid

Dr. Shivendra Singh, Associate Professor, Deptt. of Community Medicine, KG Medical University, Lucknow discussed the special contribution that a health professional could make to the health and development of adolescent clients/patients by establishing rapport with adolescent clients/patients, taking a history of the presenting problem or concern, going beyond the presenting problem or concern, doing a physical examination, communicating the classification, explaining its implications, and discussing the management options and laws and policies that affect work with adolescent clients/patients.

Tobacco hazards in adolescents

Dr. Satish Tripathi, WHO Representative, elaborated on the adverse effects of tobacco abuse in adolescents and laws dealing with prevention of tobacco abuse.



Oral health status in adolescents

Dr. Gyanendra Kumar, Deptt. of Dentistry, Maulana Azad Medical College, New Delhi

discussed the oral health problems in adolescents and explained about maintaining oral and dental hygiene.

Scientific Session

First Prize Winner: Dr. M. Sandhya Rani

Certificate and Gift voucher worth Rs.7500 for publication in the Indian Journal of Adolescent Health

Second Prize Winner: Dr. Sneha Kumari

Certificate and Gift voucher worth Rs.5000 for publication in the Indian Journal of Adolescent Health



Third Prize Winner: Dr. Tapas Ray and Dr. Aditi Singh

Certificate and Gift voucher worth Rs.2500 for publication in the Indian Journal of Adolescent Health

Press Clippings

फर्रुखाबाद/कन्नौज | आज का दिन 1988 में अमेरिका ने पनामा पर आ

गलत राह पर भटकने से बचे युवा वर्ग समाज

निर्वा | हिन्दुस्तान संवाद

राजकीय मेडिकल कॉलेज में दसवें राष्ट्रीय स्तर के सम्मेलन में एडलोकॉन के माध्यम से किशोर-किशोरियों को गलत राह पर न चलने की नसीहत दी गई। माध्यमिक शिक्षा राज्यमंत्री, चिकित्सा शिक्षा महानिदेशक, सांसद प्रतिनिधि सहित कई चिकित्सकों को बुकें भेंट कर सम्मानित किया गया।

कॉलेज के ऑडिटोरियम हाल में 10वां एडलोकॉन राष्ट्रीय स्तर सम्मेलन का आयोजन किया गया। कानपुर, लखनऊ, झांसी, गुजरात, अहमदाबाद से आए विशेषज्ञों ने किशोर-किशोरियों को भटकते रास्ते पर व्याख्यान देकर उनको देश के अच्छे नागरिक बनने की सलाह दी। कार्यक्रम का शुभारम्भ माध्यमिक शिक्षा राज्यमंत्री



दसवें सम्मेलन में डीजी को बुक भेंट कर सम्मानित किया गया। • हिन्दुस्तान

विजयबहादुर पाल ने मां सरस्वती प्रतिमा पर दीप प्रज्वलित कर किया। कार्यक्रम को संबोधित करते हुए

उन्होंने कहा कि 11 से 19 साल तक के बच्चे माता-पिता की गैर जिम्मेदारी के चलते अपने रास्ते से भटक जाते हैं।

उन्हें समाज में अपमानित होना पड़ता है। ऐसे सम्मेलन के आयोजन से इन किशोर-किशोरियों को भटकते रास्ते से बचाकर एक जिम्मेदार एवं अच्छा नागरिक बनाया जा सकता है।

वहीं सांसद प्रतिनिधि नवाब सिंह यादव ने कहा कि हम सबकी जिम्मेदारी है कि इस बिगड़ते माहौल में बच्चों को सही दिशा में ले जाकर अच्छा नागरिक बनाएं। कार्यक्रम में चिकित्सा शिक्षा के महानिदेशक डॉ. बीएन त्रिपाठी, राज्यमंत्री विजयबहादुर पाल, नवाब सिंह यादव को बुकें भेंट कर डॉक्टरों ने सम्मानित किया। इस मौके पर हृदय संस्थान के निदेशक डॉ. विनय कृष्णा, डॉ. सीमा निगम, डॉ. जुगूल किशोर, उपसंभागीय अधिकारी राहुल, प्रोजेक्ट मैनेजर बीआर सिंह, नीरज दुबे सहित कई चिकित्सक मौजूद रहे।

फर्रुखाबाद समाजवादी बद्धाएण क्षेत्र स्तर ग्रामीण लाभार्थ महज पेंशन समा निह हु

अब किशोरावस्था में ही कम के होने लगती दिमागी क्षमता



दीप जलाते मुख्य अतिथि।

जागरण

तिर्वा, संवाद सहयोगी : किशोरावस्था में सबसे अधिक बीमारी दिमाग से संबंधित बढ़ रही। सिर दर्द, कमजोर याददाश्त व नशेबाजी की लत दिन पर दिन किशोर व किशोरियों में बढ़ रही है। इसका कारण दूषित खान-पान है।

राजकीय मेडिकल कालेज के आडिटोरियम में आयोजित दो दिवसीय एडलो कांफ्रेंस का आयोजन प्रभारी प्राचार्य डा. डीएस मार्तोलिया व मुख्य चिकित्सा अधीक्षक डा. दिलीप सिंह के तत्वावधान में किया गया। इसमें माध्यमिक शिक्षा राज्यमंत्री विजय बहादुर पाल, पूर्व ब्लाक प्रमुख नवाब सिंह यादव व चिकित्सा शिक्षा एवं प्रशिक्षण महानिदेशक डा. वीएन त्रिपाठी ने सरस्वती की प्रतिमा पर दी जलाकर कार्यक्रम की शुरुआत की। इसमें भोपाल से आई डा. प्रेमावली, दिल्ली के डा. जुगल किशोर, कानपुर मेडिकल कालेज के प्राचार्य डा. नवनीत कुमार, कार्डियोलॉजिस्ट डा. एमएम राजी, डा. राजतिलक, डा. अमिता

- ◆ मेडिकल कालेज में दो दिवसीय नेशनल कांफ्रेंस शुरू
- ◆ गैर प्रांतों के डाक्टरों ने कांफ्रेंस में दी जानकारी

तिलक, दिल्ली के डा. पुनीत मिश्रा, लखनऊ के डा. प्याली भट्टाचार्य, कानपुर के डा. आनंद कुमार, डा. आशीष चौधरी ने भी प्रतिभाग किया है। चिकित्सकों ने बताया कि 11 वर्ष से लेकर 19 वर्ष की उम्र में अधिकांश बीमारियां दिमाग की पाई जा रही।

सिर दर्द से लेकर याददाश्त कमजोर होने की समस्याएं अधिक आ रही हैं। चिकित्सकों ने बीमारियों के लक्षण व बचाव के बारे में भी जानकारियां दी हैं। इस मौके पर डा.आईए अंसारी, डा. संदीप कौशिक, डा. मृदुल भूषण, डा. संजीव त्रिपाठी समेत कई लोग मौजूद रहे हैं।