

*Special Issue*



**Udaan**

3rd Edition

**INDIAN MEDICAL ASSOCIATION**

**Mission Pink Health**

April - December 2021



*Let me live,  
Let me bloom,  
Let me shine like  
beautiful moon.*

**A**dolescent Health  
**NAEMIA**  
FREE



**Dr. J.A. Jayalal**

President  
National IMA

**Dr. Jayesh Lele**

HON. SECRETARY  
NATIONAL IMA

**Dr. Divya Saxena**

CHAIRPERSON

**Dr. Amrita Rai**

CO-CHAIRPERSON

**Dr. Santvana Sharan**

CONVENOR

**Dr. Rakhi Agarwal**

CHIEF EDITOR

**Dr. Narmadha**

CO-EDITOR





# INDIAN MEDICAL ASSOCIATION

Health First... Healthy Profession for Healthy Nation...



**DR. DIVYA SAXENA**  
CHAIRPERSON

## Mission Pink HealthTeam

“Healthy Nation - Today & Tomorrow”



**DR. SANTVANA SHARAN**  
CONVENOR

### Community Health Project For Adolescent Girls

### Anaemia Free India & Adolescent Health



**DR. AMRITA RAI**  
CO-CHAIRPERSON



**DR. NARMADHA**  
VICE CHAIRPERSON



**DR. POONAM SINGH**  
CO CONVENOR



**DR. SIKHA SARMA**  
CO CONVENOR



**DR. ANUPAMA R. SREEKUMAR**  
JOINT SECRETARY



**DR. KALPANA CHODANKAR**  
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**DR. ARCHANA MANGESH PATE**  
MEMBER



**DR. K. SREE KARUNA MURTHY**  
MEMBER



**DR. JAYANTHI**  
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**DR. RAKHI AGARWAL**  
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**DR. KAVITA REDDY**  
MEMBER



**DR. VINITA PATNI**  
MEMBER



**DR. PRIYA SALOMAN**  
MEMBER



**DR. RADHIKA KULKARNI**  
MEMBER



**DR. MANJIMA GANGULY**  
MEMBER



OUR GRATITUDE TO



**DR. J.A. JAYALAL**  
NATIONAL PRESIDENT  
IMA

**DR. JAYESH M LELE**  
HON. SECRETARY GENERAL  
IMA

## MESSAGE NATIONAL PRESIDENT



**DR. J.A. JAYALAL**

"The Greatest Wealth is Health"

Warm Wishes,

Adolescent health is the key to "Well being" of our country. Both physical and mental health of children are crucial.

The thought process of better future comes with "Health First". Whole world has suffered the menace of Covid and still is fighting the war.

Mission Pink Health aims to make India 'Anaemia free'. I am glad that the Team has not only undertaken innumerable activities both offline and online but also compiled the same beautifully in there three issues.

I wish best of luck to entire team under Dr. Divya Saxena who plays a very pivotal role in grooming the entire team.

**Dr. J.A.JAYALAL**  
President,  
National IMA

## MESSAGE HON. SECRETARY GENERAL

**I believe that children are our future.  
Teach them well and let them lead the way.  
Show them all the beauty they possess inside.**



**DR . JAYESH LELE**

Good day to you.

Mission Pink Health is A Flagship Community Health Project for Adolescent Girls as a part of National Health Initiatives of IMA and encompasses Adolescent Health, Anaemia free India, Welcome the Girl Child, Aao Gaon Chale, Aao School Chale.

At the outset, I appreciate the Team work of National Mission Pink Health for the entire current year. Mission Pink Health Team was awarded the best IMA Wing 2020 at last year in the National Award Function on 18-12-2020 & I hope the good trend of diligent work continues.

**UDAAN** is the vision of Mission Pink Health National Team under able leadership of Dr. Divya Saxena & her Team. I am happy that with her guidance Editorial Team has been able to do justice of MPH reporting in a concised manner along with informative articles.

Developing good doctor-patient relationship is integral to healthcare and practice of medicine and is one of the pillars of medical ethics.

I look forward to every one's support for Health Awareness Activities all across Nation and I also wish to see our state chapters becoming even more active by encouraging our members to take up the MPH activities in smaller towns and rural areas.

I wish to constantly interact with MPH Team and work together with all our members across the country and take forward the movement of “Anaemia Free Nation”

Be Vigilant Be Active

**Dr. JAYESH LELE**  
HON. SECRETARY,  
National IMA



## CHAIRPERSON MESSAGE



**DR. (PROF.) DIVYA SAXENA**

Numerous and wide-ranging interests, coupled with energy, compassion, a love of learning, and commitment to service characterize a girl.

Our society has been contaminated by the evils acting as barriers in the progress of girls who constitutes half of the population. Education is the only way to create potential in girls and thereby lifting the status of their families, society, and their lives. I strongly appreciate our Prime Minister's initiation regarding the campaign, "Save the girl child and educate the girl child" as it has would prove a great step to generate awareness among people and to improve the status of women.

Inspired by the aim behind IMA Mission Pink Health, each young girl is to be supported and encouraged to develop to her full potential spiritually, intellectually, socially, and physically.

One famous slogan, "Healthy Women, Healthy World", embodies the fact that as custodians of family health, women play a critical role in maintaining the health and overall wellbeing of their communities. The foundation laid should be strong enough to carry a healthy women hood, since childhood only.

As a doctor & true IMA members, we believe that good health and well-being is a human right, even though 400 million people across the globe do not have access to essential health services The objective of MPH is to approach & reach the underserved communities by forming more & more branches at each district level & by involving more & more doctors to dedicate their services towards the noble mission. The central belief is to increase access, prevention, and educating all, which are the keys to improving the health of all.

My exposure to work for the society began with the responsibility assigned to me as state chairperson of IMA Mission Pink Health in 2018 & we started it with a bang in the state of Haryana, This small effort of mine got acknowledged & I really feel great pleasure & honour that my dedication towards the project took me to the level that I could serve the nation as a National chairperson of IMA Mission Pink Health & I am thankful to the national leaders for having faith in me & giving me this opportunity. We created 23 state branches led by very efficient state chairpersons, their contribution towards the project is praiseworthy, without which it was impossible to reach the needy population & in making MPH popular among the masses.

Public health is on everyone's mind due to the global pandemic that still threatens the safety of ourselves and our loved ones, in a sense, COVID-19 has made all of us much more aware of the roles and responsibilities of medical professionals than we were before we had to wear masks and maintain social distance. In addition, while moving through this pandemic, we have also learned about the role we can play in keeping others safe. The pandemic, unfortunately, has schooled so many doctors from all over India on the toll & everything came to a standstill, but to overcome the situation & with an aim of increasing awareness we started doing an awareness program on a web platform for the community.

We have prepared short educative videos also for the school children & their parents, which are being uploaded on MPH YouTube channel.

There, among other things, MPH helped to pioneer a program called Safe Motherhood initiative by IMA in the month of July, which was launched on Doctor's Day on 1st July 2021. Various programs were being conducted by MPH teams all over India under this initiative. Over the week, we organized online CMEs on all the health concerns related to safe motherhood, starting from detecting, correcting & preventing anaemia in adolescent girls, these CMEs were attended by more than 7-8,000 doctors from all over India.

September was the nutrition month starting from world nutrition week, it was promoted as a dedicated month to spread the knowledge about the importance of nutrition in the Prevention and Treatment of anaemia. A series of the awareness talk show was started as a Facebook live show on a public forum on different health issues of adolescents, with experts from respective fields from all over India as well as abroad.

In the COVID era of uncertainty & despair for the last 1.5 years, it was very disappointing to not being able to conduct physical programs but after even so adverse conditions, the dedicated team members of MPH kept on conducting physical programs, whenever & where ever, it could have been possible for anaemia screening, which is something that mission pink health has been devoted for last many years. In fact, it is one of the main areas of focus about adolescent health. I am really thankful to all the team members for their exemplary work.

I am overwhelmed by the unconditional support of Dr. Santvana Sharan, who helped me in shaping up every wild imagination, coming to my mind.

"UDAAN" the e-bulletin of MPH was a dream to present each & every work done by MPH team, accessible to all. The credit goes to Dr. Rakhi Agrawal, her consistent efforts brought this to a reality.

It's not wrong to say that we are blessed to have such an amazing group of people to work for MPH. They all are big reasons why we could do what we wanted and achieve the milestones shining on our mantel. I am especially grateful to have such a strong, resilient & brave team working with us.

Together we all should think about how can we focus on preventing and fighting anaemia. This is the time to take a bigger, better & bolder approach through both mission pink health and people that can impact more growing adolescent's health. We should re-evaluate where we are with our goals & create strategies that can sustain change over years, not months.

*Everyone deserves a long, healthy life.*

*When you Serve to Change Lives, your actions today can help extend the lives of others.*

**Dr. Divya Saxena**  
Chairperson,  
National IMA MPH



## CONVENOR MESSAGE



**DR. SANTVANA SHARAN**

Welcome everyone to our most awaited quarterly edition of e-bulletin From Mission pink Health National IMA UDAAN. It's our journey to sky with wings of activity, creativity & dedication, unfolded Limitless sky of Compassion is our destiny, covering entire adolescents of India with shield of health & better personality is our target and making India Anaemia free is our passionate dream.

Covid came and engulfed our freedom of movement in open, confined us to our homes, but it could not bind our imagination and innovative ideas. Our e bulletin Udaan is most beautiful & very useful example of our defeating.

Corona & rising high on digital technology to connect our entire team with brilliant articles, showcase of our unbelievable enthusiasm to attend adolescent children and address their specific needs and requirements. We are very passionately involved with our missionary activities of making Indian youth pink in their thoughts, their perception, their ambitions, their future. A healthy, empowered youth will lead entire nation to pink future of social, physical, mental and spiritual wellbeing. Please find in our 3 edition of Udaan our untiring efforts all over India to achieve good haemoglobin level among adolescents, our scientific informative articles, our team spirit pan India and many more innovative presentations to cherish.

The credit of this edition goes to Dr Divya Saxena our vibrant chairperson, the mind behind the soul of Udaan, Dr Rakhi Agarwal the Chief editor, for her consistent efforts to make Udaan in this best form, it is present before us today, to the entire family members of MPH for contributing in form of articles, reports, efforts, sincere devotion towards the noble cause of grooming our children.

Please go through the bulletin page by page, and enjoy the magical effect of treating your brain with relishable reading bonanza I wish good luck to entire team of Udaan and am waiting for 4 edition to come in sequence in next quarter.

**Jai IMA Jai MPH**

**Dr Santvana Sharan**  
Convenor,  
National IMA MPH

## EDITORIAL MESSAGE



**DR. RAKHI AGARWAL**

Dear Colleagues,

Greetings from Team MPH,

The 1<sup>st</sup> & 2<sup>nd</sup> issue of “e-bulletin UDAAN” was well received. We have great pleasure in presenting this issue which is being released at NATCON to be held at Patna in the hands of National IMA Team. It's very heartening to see work done by Team MPH for this noble mission, in spite of adverse conditions, the whole world is facing for last 2 years. MPH aims at sensitising not only adolescents but also other common people so as to bring the change in overall thought process towards holistic approach towards health of society. In the continuous pursuit towards perfection since last bulletin we have included not only activity report but also scientific & other articles, posters, poetry etc. The scope of work which can be done through MPH is vast. It not only encompasses Adolescent Health but also creating awareness amongst Parents & Teachers.

Documentation of its work is a “Herculean Task” but at the same time is the key to sustainability. This is our Third edition of Udaan covering MPH Activities from April to December 2021. Received reporting of plenty of virtual as well as physical activities & enjoyed compiling the same.

MPH has successfully organized 7 Facebook live sessions fortnightly from 7th sept, 2021 on different health, social & mental health issues of adolescents with the experts in the field involving eminent faculties from all over India as well from outside India like UK & US.

Our current edition also includes medical information on Anaemia, Menstrual Hygiene, Mental Health etc. I am thankful to Great Leaders of IMA for giving me opportunity to carry out such a responsible task. I have always been guided by Chairperson Dr Divya Saxena, Co-chairperson Dr. Amrita Rai & Convenor Dr Santvana Sharan, Co-editor Dr. Narmadha & whole MPH Team. Also thankful to all the State Chairpersons for timely report.

We sincerely thank National IMA Leaders President Dr J. A. Jayalal sir & HSG Dr. Jayesh Lele sir for being our guiding light.

I take upon me the responsibility of any inadvertent errors in compilation of this voluminous report presented to you.

We welcome your suggestions, viewpoints and feedback.

**Dr. RAKHI AGARWAL**

Member,  
National IMA MPH



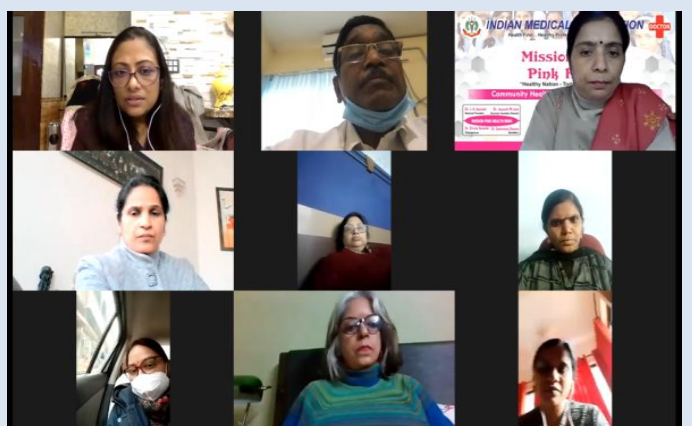
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24	KARNATAKA	DR. RADIKA KULKARNI		

## VIRTUAL MEETING'S

1	17/08/2020	1st MPH Core Group meeting of all the office bearers was conducted on 17Aug 20. The meeting was attended by all the National MPH Team Members. Graced by IMA National President Honourable Dr. Rajan Sharma Sir & National Hon. Secretary Dr R V Asokan Sir. We discussed the working area & assignments of MPH for the year 20. The meeting was attended by all the National MPH team members.
2	25/08/2020	Discussed MPH & it's concept , working pattern, target population, activities to persue for the year 2020.
3	26/11/2020	To assess & discuss previous year performances. We also discussed planning for future activities to conduct online awareness webinars at Schools . Video lectures & awareness videos to be launched by MPH at central level. To motivate district branches of each state to create more & more MPH branch.
4	4th Virtual meeting	Meeting with all State Chairpersons & other members to conduct MPH activities at their state & district level in the form of webinars or if physically done then with utmost care & following all guidelines. To promote Telecast of centrally prepared educational videos during online classes.
5	14/01/2021	1 <sup>st</sup> MPH Virtual Zoom Meeting of year 2021
6	16/01/2021	State MPH Chairpersons Zoom Meeting
7	19/01/2021	Virtual Zoom Meeting of Pan India MPH Members
8	25/01/2021	MPH Virtual Emergency Zoom Meeting
9	26/01/2021	MPH National Girl Child Day Zoom Meeting
10	30/01/2021	MPH Virtual Emergency Zoom Meeting
11	03/02/2021	5 <sup>th</sup> Emergency MPH Meeting on Mixopathy
12	02/03/2021	New MPH Team Meeting to meet & greet the new members & to discuss about further strategies for the year.
13	03/04/2021	MPH Virtual Zoom Meeting





## YOUTUBE VIDEO'S

### AWARENESS VIDEO LAUNCHES DONE BY MPH

Sr	Date		
1	16/09/2020	Good Touch & Bad Touch	
2	16/09/2020	Corona prevention	The burning issue of this time, information, sign symptoms, prevention from corona displayed in 2 different videos on
3	16/09/2020	COVID -19 Correct way of Use of mask.	Mask is very important to protect us from COVID -19 . The proper steps of wearing a mask , Explained in a beautiful video clip of short duration . It was launched on
4	18/09/2020	Steps of hand washing	Steps of hand washing represented with beautiful dancing steps by nurses to teach different steps of hand wash. It is done in a very entertaining & informative way.
5	29/09/2020	Menstrual Hygiene	Menstrual Hygiene use of sanitary pads, tabboos in the society about menstrual cycles. Speaker Dr Anupama Srikunar .
6	20/10/2020	Self defence	
7	10/10/2020	World Mental Health Day	Beat the Stress. Speaker Dr.Rakhi Agarwal
8	24/10/2020	Seasons greetings for Dussehra	Video wishes & seasons greetings for Dussehra
9	13/11/2020	Diwali	Beautiful dancing, singing, speaking good wishes video compiled with short video clips made by many of MPH doctors on the occasion of Diwali 20
10	01/01/2021	New Year	New Year wishes video release by Members of MPH
11	24/01/2021	National Girl Child Day	Celebrate National Girl Child Day
12	26/01/2021	Republic Day	Republic Day video launch
13	08/03/2021	International Women's Day	Poster launch on International Women's Day
14	28/03/2021	Holi Video	Holi Video launch in
15	07/04/2021	World Health Day	World Health Day Video launch



## AWARENESS VIDEO LAUNCHES DONE BY MPH

### 1) WELCOME VIDEO

<https://www.youtube.com/watch?v=EZvRFEDe7Ow>

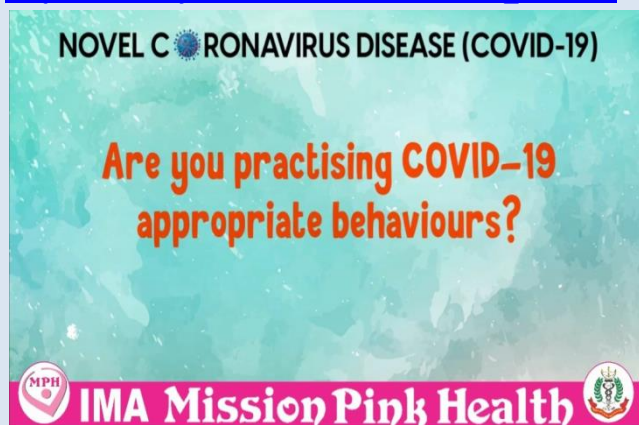
### 2) 16th September 20: Good touch & bad touch.

<https://www.youtube.com/watch?v=vSHQnVo1Ejk>



### 3) 16th September 20 : Corona prevention.

[https://www.youtube.com/watch?v=ZfS\\_kkv3Tes](https://www.youtube.com/watch?v=ZfS_kkv3Tes)



### 4) 16th September 20 : Correct way of Use of mask.

[https://www.youtube.com/watch?v=ZfS\\_kkv3Tes](https://www.youtube.com/watch?v=ZfS_kkv3Tes)



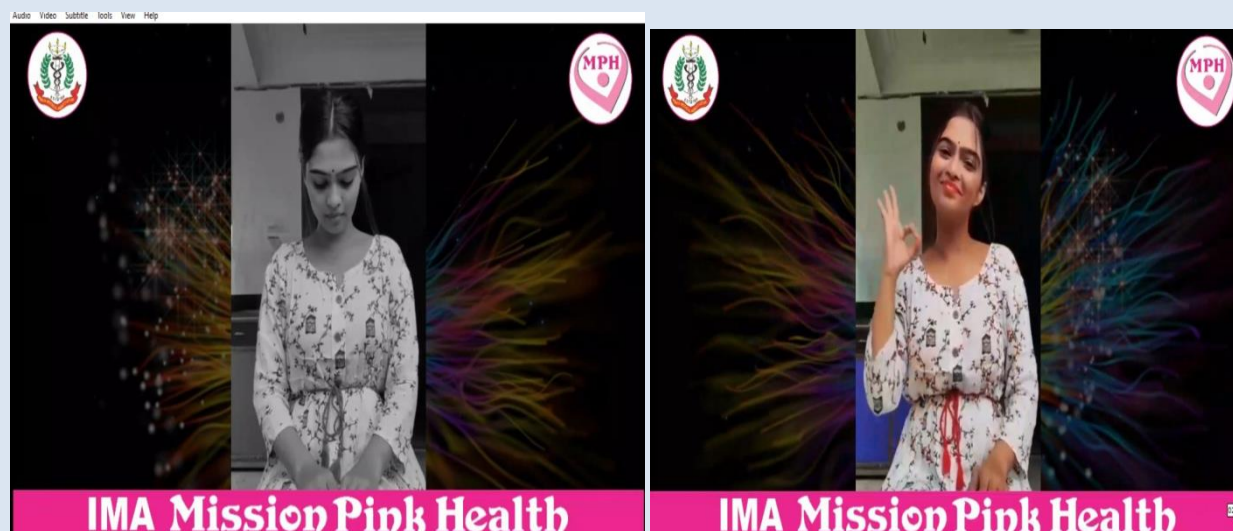
5) 18th September 20 : Steps of hand washing .

<https://www.youtube.com/watch?v=p8sXBA0Rtj4>



6) 29th September 20: Menstrual Hygiene

<https://www.youtube.com/watch?v=zcljpbstfP8>



7) 20th October 2020 : Importance of Self defence.





8) 10th October 20: World Mental health day Beat the Stress.

[https://www.youtube.com/watch?v=5\\_1d\\_e7WI1Q](https://www.youtube.com/watch?v=5_1d_e7WI1Q)

<https://www.youtube.com/watch?v=hw9fie3NVt0>

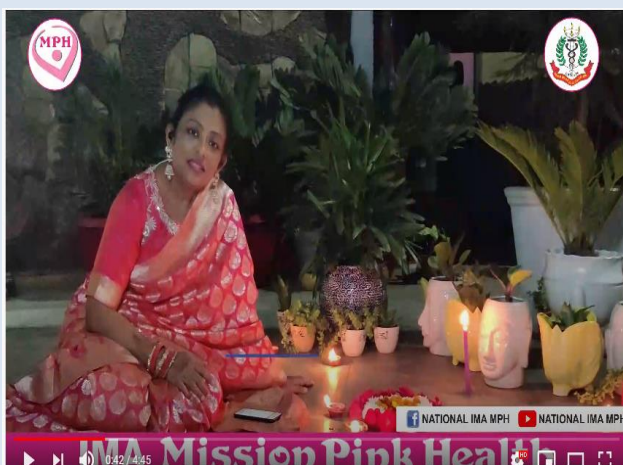


9) 24th October 20 : Video wishes & seasons greetings for Dussehra



10) 13th November 20: Happy Diwali

<https://www.youtube.com/watch?v=USyFzVXBC34>





11) New Year wishes video release by Members of MPH

<https://www.youtube.com/watch?v=Sbho6wo1ogg>



12) Celebrate National Girl Child Day on 24<sup>th</sup> January 2021

<https://youtu.be/FKPAXua7UKY>



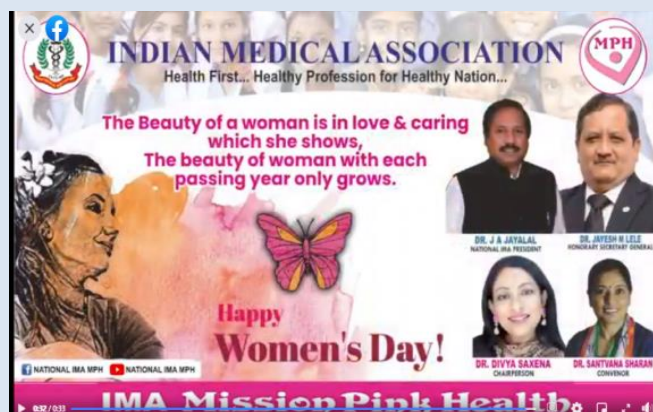
13) Republic Day video launch in 26<sup>th</sup> Jan 2021



15) Holi Video launch in 28<sup>th</sup> March 2021



14) Poster launch on International Women's Day 8<sup>th</sup> March 2021



16) World Health Day Video launch in 07<sup>th</sup> April, 2021





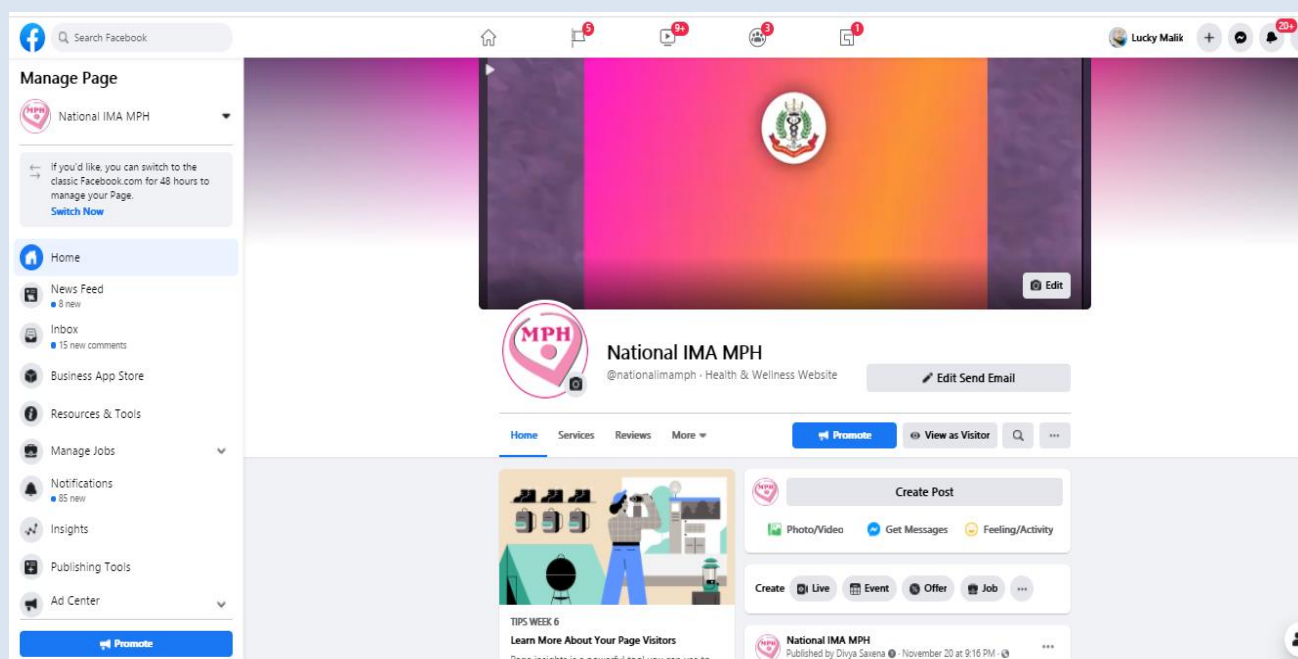
## FACEBOOK LIVE

MPH has organized Facebook live sessions every fortnight for adolescent health & awareness on various important aspects of their growth /development & other health related issues from sept 7th 2021, on the occasion of World Nutrition Day.

We have conducted 7 sessions till date, regularly each fortnight on different health, social & mental health issues of adolescents with the experts in the field involving eminent faculties from all over India as well from outside India like UK & US

SR	DATE	TOPIC	MODERATOR	SPEAKER
1	07/09/2021	NUTRITIONAL ANEMIA IN ADOLESCENTS	DR. NARMADHA DR. RAKHI AGARWAL	DR. DIVYA SAXENA DR. SANTAVANA SHARAN DR. ANKITA RAI DT. CHANDNI SINHA
2	22/09/2021	MENSTRUAL HYGIENE	DR. ANUPAMA R SHREEKUMAR DR. SIKHA SARMA	DR. MEERA LAKHTAKIA DR. NIVEDITA DATTA
3	07/10/2021	OBESITY IN ADOLESCENTS	DR. (PROF) POONAM SINGH DR. PRERNA KESHAN	DR. SAKET SINHA DR. KRISHNA SHAW DT. SUNTI SHIKHA
4	23/10/2021	INTERPERSONAL RELATIONSHIP IN ADOLESCENTS	DR. KALPANA CHODANKAR DR. K. SREE KARUNA MURTHY	DR. DHANANJAY GAMBHIRE DR. MAYURIKA DAS BISWAS
5	08/11/2021	THE CHANGING WORLD OF ADOLESCENT SEXUAL HEALTH	DR. VINITA PATNI DR. MANJIMA GANGULY	DR. BHARTI KALRA DR. ANAND SRIVASTAVE DR. VANI PURI RAWAT
6	23/11/2021	HORMONAL DISORDER IN ADOLESCENTS	DR. ARCHANA MANGESH PATE DR. SONIA CHANDANI	DR. SANJAY KUMAR ROY DR. MANOJ AGARWALA
7	07/12/2021	IMPACT OF SOCIAL MEDIA ON LIVE OF ADOLESCENTS	DR. ANISHA MAHAJAN DR. RAJESHWARI AMMA	DR. URMILA SINGH DR. ARCHANA SONI DR. SAVITA CHAUSHARY
8	23/12/2021	RELEVANCE OF SELF DISCIPLINE FOR ADOLESCENTS	DR. DIVYA SAXENA DR. SANTAVANA SHARAN	DR. MAYURIKA DAS BISWAS DR. GAGAN PRIYA

Facebook Page Link: <https://www.facebook.com/nationalimamph>



**INDIAN MEDICAL ASSOCIATION**  
**MPH Activity Report 2021**



# ANDHRA PRADESH



Date	TOPIC	PLACE	Chairperson
11 <sup>th</sup> July 2021	SAFE MOTHERHOOD WEEK	ANDHRA PRADESH	DR. LAVU ARUNA



## IMA-MSN AP IN ASSOCIATION WITH KIMS & RF

**PRESENTS**  
Webinar on  
Safe Motherhood  
on account of  
World Population Day 2021

JULY 11, 2021 AT 6:00 PM  
AT ZOOM PLATFORM

.....



**Dr Divya Saxena**  
National Chairman,  
IMA Mission Pink Health



**Dr Subhas Chandra Bose**  
Finance Secretary  
IMA Andhra Pradesh  
[INAUGURATION]



**Dr K Vani Madhavi**  
Professor and Head of Department,  
Department of Community Medicine,  
KIMS&RF, Amalapuram  
[SPEAKER]



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**Dr N Subrahmanyam**  
State President  
IMA MSN AP



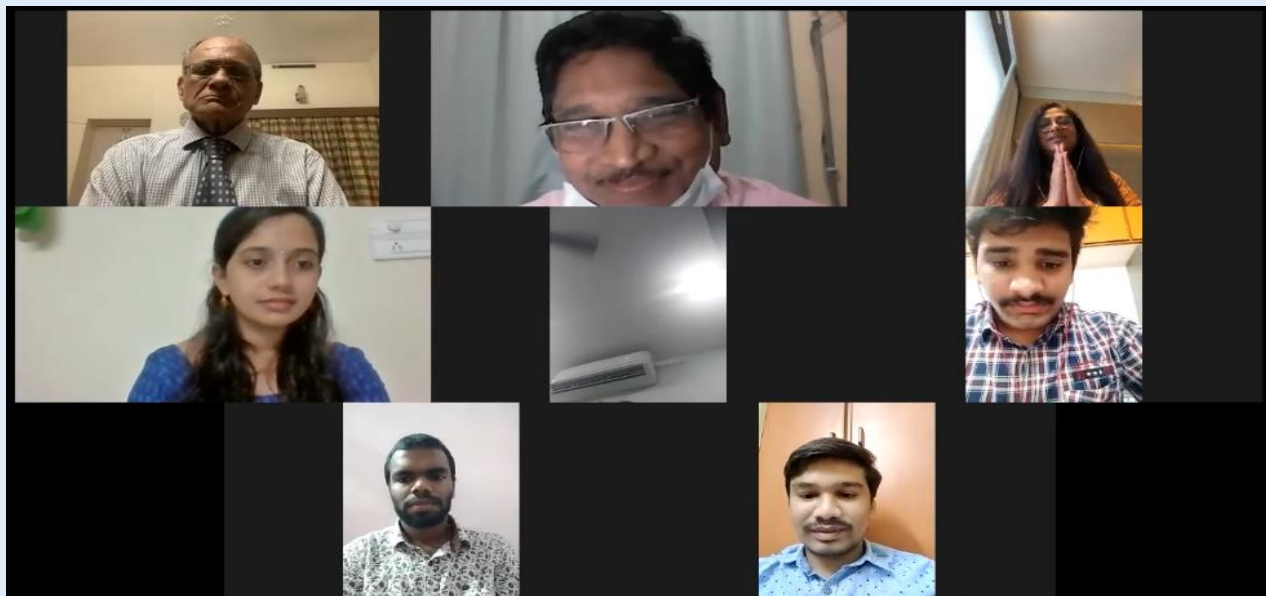
**Dr K.S. Karuna Murthy**  
State Chairman  
IMA MSN AP



**Dr. Nandakishore**  
Hon. Gen. Secretary  
IMA MSN AP



**L V Simhachalam K**  
State Convener  
IMA MSN AP





# ASSAM



DATE	STATE	BRANCH	NAME OF PLACE	Chairperson
1st July to the 7th July 2021	Assam	Safe motherhood week	Assam	DR. PRERNA KESHAN
5 <sup>th</sup> & 6 <sup>th</sup> August 2021.	Assam	World breast feeding week	Assam	DR. PRERNA KESHAN
26 April 2021	Assam	Distribution of hand sanitisers ,hygiene wash ,sanitary pads and masks	Assam	DR. PRERNA KESHAN
28 <sup>th</sup> May 2021	Assam	Were self care ,anemia prevention and importance of exercises and nutritous diet	Online	DR. PRERNA KESHAN
2 <sup>nd</sup> June	Assam	Anemia prevention and menstrual hygiene	Online	DR. PRERNA KESHAN
02.11.21	Assam	Assam	Doom dooma college	DR. PRERNA KESHAN
12.11.21	Assam	Assam	TEA GARDEN COMMUNITY	DR. PRERNA KESHAN
02.11.21	Assam	Assam	Doom dooma college	DR. PRERNA KESHAN
12.11.21	Assam	Assam	TEA GARDEN COMMUNIT Y	DR. PRERNA KESHAN





You are viewing Dr. Bimal Borah's screen View Options

## WORLD BREAST FEEDING WEEK

- ✓ Celebrated every year from 1<sup>st</sup> to 7<sup>th</sup> August.
- ✓ Aims to promote breast feeding universally and safeguard the health of mother and baby.
- ✓ It is a global campaign coordinated by the World Alliance for Breast feeding action to raise awareness and galvanise action on themes related to breast feeding.

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# CHANDIGARH



Date	TOPIC	PLACE	Chairperson
11 <sup>th</sup> July 2021	SAFE MOTHERHOOD WEEK	CHANDIGARH	DR. NIRMAL BHASIN





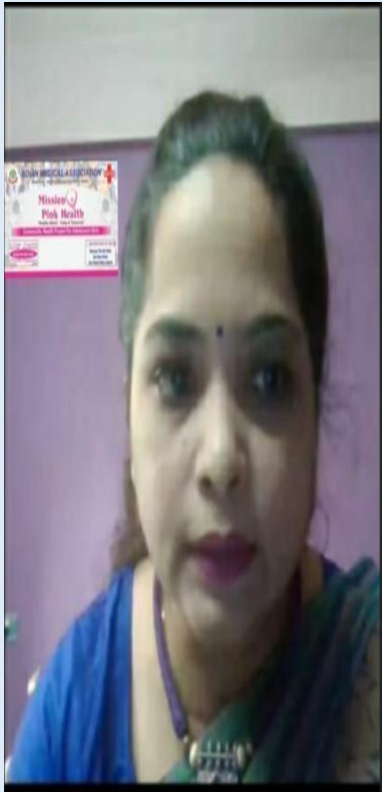
**GOA**



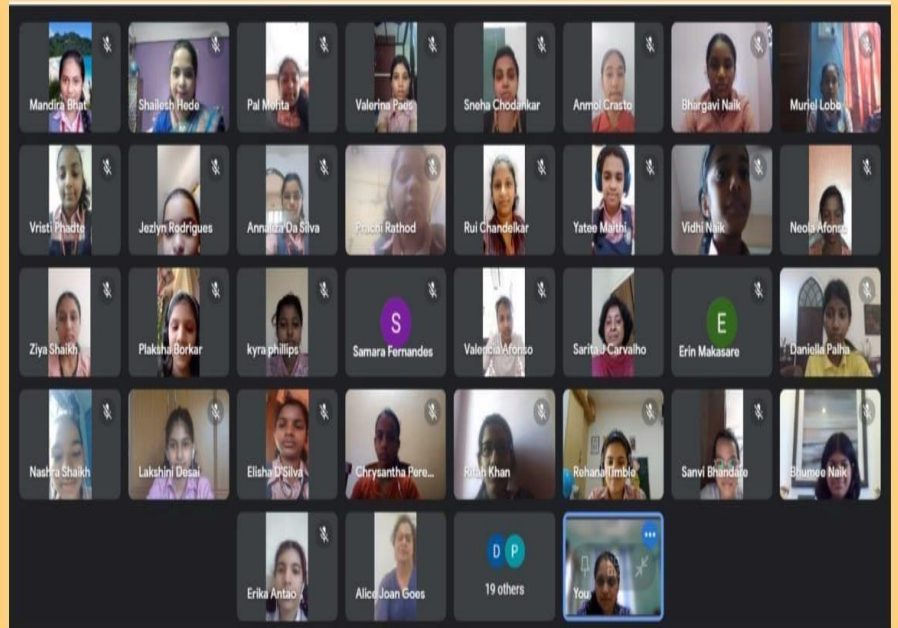
DATE	STATE	PLACE	TOPIC
13/03/2021	Goa	Our lady of piety, Collem	menstrual health&hygiene
13/03/2021	Goa	Govt high school, Shigao	do
13/03/2021	Goa	Govt highschool,Kal em	do
21/03/2021	Goa	Auxillum school ,carazalem	health&nutrition for adolescents
03/02/2021	Goa	OLPS high school ,cortalim	sexuality &addictions
27/03/2021	Goa	Pragati high school ,porvorim	Emotional wellness
26/03/2021	Goa	chimbelschool,chimbel	Essay:adolescent resilience

Date	TOPIC	PLACE	Chairperson
11 <sup>th</sup> July 2021	Safe motherhood week	Goa	DR. SHRADDHA MULGAONKAR
21 August 2021	Menstrual hygiene	Goa	DR. SHRADDHA MULGAONKAR
23 August 2021	Menstrual hygiene	Goa	DR. SHRADDHA MULGAONKAR
21 September 2021	Menstrual hygiene	English school panchwadi	DR. SHRADDHA MULGAONKAR





# Menstrual Hygiene talk -STD VII girls







# GUJARAT



Date	State	Topic Covered	CAPTION	Chairperson
10/05/2021	Gujarat	Home made Healthty Receipe for young girls	Young Girls	Dr. Sonia Chandnani
12/05/2021	Gujrat	Nursing Day Celebration	Young Nurses	Dr. Sonia Chandnani
15/05/2021	Gujrat	Guidence For Iron During Pregnancy	Cipla Women's Health	Dr. Sonia Chandnani
18/05/2021	Gujrat	Post Covid Exersice	For Post Covid Patient	Dr. Sonia Chandnani
25/05/2021	Gujrat	Felicitation for Affordable Home made Hyegine Product	Collab With Rajni Sultaniya	Dr. Sonia Chandnani
31/05/2021	Gujrat	Health care Discussion for young girls	Online Session With Young Girls	Dr. Sonia Chandnani
07/06/2021	Gujarat	Food Safety Day	Programme at BNI For Nutrition	Dr. Sonia Chandnani
12/06/2021	Gujarat	Safe Motherhood	For Mother	Dr. Sonia Chandnani
19/06/2021	Gujarat	Health awareness online session on adolescence to midlife	For Adolescence Girls	Dr. Sonia Chandnani
21/06/2021	Gujarat	World Yoga day celebration	With all Patient and Staff	Dr. Sonia Chandnani
25/06/2021	Gujarat	CISF Commnadant on women's awareness session on menstrual hygiene	Programme at ONGC for Women's hygiene	Dr. Sonia Chandnani
28/06/2021	Gujarat	A women's health education initiative	Online Session for Women's Health	Dr. Sonia Chandnani
30/06/2021	Gujarat	Yoga For Healthy Life	Online Session With Young Girls	Dr. Sonia Chandnani
01/07/2021	Gujarat	International Doctor's Day	Webinar With Doctors	Dr. Sonia Chandnani
07/07/2021	Gujarat	Celebrating Motherhood with Spirituality	For Expecting Mother	Dr. Sonia Chandnani
11/07/2021	Gujarat	Health Check up camp in Rural area	For Rural Health	Dr. Sonia Chandnani
29/07/2021	Gujarat	Gasless cooking and baking event	For youth	Dr. Sonia Chandnani
30/07/2021	Gujarat	Young Girls Exhibition	For Young Girls	Dr. Sonia Chandnani
31/07/2021	Gujarat	Young Girls anf their Parents Body Check-up	For Young girls and Parents	Dr. Sonia Chandnani
14/08/2021	Gujarat	Blood Donation Camp By Medical Staff	Camp With Medical Stff	Dr. Sonia Chandnani
15/08/2021	Gujarat	Blood Donation Camp By Medical Staff	For Young Girls	Dr. Sonia Chandnani
18/08/2021	Gujarat	Blood Donation Camp By Medical Staff	For Adolescent	Dr. Sonia Chandnani
24/08/2021	Gujarat	Blood Donation Camp By Medical Staff	For youth	Dr. Sonia Chandnani
29/08/1931	Gujarat	Blood Donation Camp By Medical Staff	For young Girls	Dr. Sonia Chandnani
30/08/1931	Gujarat	Blood Donation Camp By Medical Staff	For Young Girls	Dr. Sonia Chandnani
31/08/2021	Gujarat	Blood Donation Camp By Medical Staff	For Trainee Students	Dr. Sonia Chandnani

DATE	STATE	TOPIC	CHAIRPERSON
07/10/2021	Gujarat	Adolescence Hand Hygiene - Hand Wash- Covid Care	Dr.Sonia Chandnani
09/10/2021	Gujarat	Adolescence Hand Hygiene - Hand Wash- Covid Care	Dr.Sonia Chandnani
15/10/2021	Gujarat	Dr.Sonia Chandnani	Dr.Sonia Chandnani
15/10/2021	Gujarat	Malnutrition During Pregnancy	Dr.Sonia Chandnani
15/10/2021	Gujarat	Antenatal Care and Healthy Diet and Nutrition	Dr.Sonia Chandnani
19/10/2021	Gujarat	Anemia and Covid-19	Dr.Sonia Chandnani
20/10/2021	Gujarat	Anemia and Covid-19	Dr.Sonia Chandnani
22/10/2021	Gujarat	COVID PRECAUTIONS, HAND HYGIENE SYMPTOMS, TREATMENT	Dr.Sonia Chandnani
23/10/2021	Gujarat	Post Covid Rehabilitation	Dr.Sonia Chandnani
07/10/2021	Gujarat	Anemia	Dr.Sonia Chandnani



**Boost your immunity**

**YOGA FOR HEALTHY LIFE & CHANCE CHARITABLE TRUST**

**31days 31minutes Pranayama Challenge**

**Inauguration Sunday 30th June 2021 Time: 4pm**

Event Motivated by: **Ally Hetal Gandhi** District Governor AAO 249 West

Event Supported by: **Smt. Usha Jadavala** Past International Director Social worker

**Mission Pink Health**

**Indian Medical Association**

**With Nital Shah** International Yoga Trainer Ministry of Ayush certified Yoga protocol instructor Ministry of Ayush certified Yoga teacher & evaluator

**Free heart checkup for All participants by Bombay Multispecialty hospital, Surat**

**To Register Online Contact: 9712942059 Reg Fees: Rs125/-**

**Signature & Handwriting Analyst By Archana Bora**







# HARYANA



Date	Branch	District	School	Chairperson
10-04-2021	HARYANA	Hisar	BS Modern School	Dr. Anisha Mahajan
24-04-2021	HARYANA	Yamuna Nagar	New Happy Public School, Yamuna Nagar	Dr. Anisha Mahajan
28-05-2021	HARYANA	Hisar	Video	Dr. Anisha Mahajan
28-05-2021	HARYANA	Hisar	Video	Dr. Anisha Mahajan
01-07-2021	HARYANA	Kurukshetra	Safe Motherhood Camp by MPH	Dr. Anisha Mahajan
08-07-2021	HARYANA	Palwal	Vardan Hospital	Dr. Anisha Mahajan
09-07-2021	HARYANA	Gurugram	Webinar	Dr. Anisha Mahajan
20-08-2021	HARYANA	Gurugram	Suran School Gurugram	Dr. Anisha Mahajan
11-10-2021	HARYANA	Hisar	HAPPY MODEL HIGH SCHOOL	Dr. Anisha Mahajan
11-10-2021	HARYANA	Hisar	COSMOS PUBLIC SCHOOL	Dr. Anisha Mahajan
11-10-2021	HARYANA	Hisar	LAKSHAY PUBLIC SCHOOL DHANSU	Dr. Anisha Mahajan
09-10-2021	HARYANA	Yamunanagar	GNG COLLEGE	Dr. Anisha Mahajan
11-10-2021	HARYANA	Gurgaon	ROTARY PUBLIC SCHOOL	Dr. Anisha Mahajan
11-10-2021	HARYANA	Kurukshetra	GOVINDGARH GURUDWARA	Dr. Anisha Mahajan
11-10-2021	HARYANA	Faridabad	AGGARWAL GIRLS SCHOOL	Dr. Anisha Mahajan
12-10-2021	HARYANA	Rewari	MOUNT LITERA ZEE SCHOOL	Dr. Anisha Mahajan
03-12-2021	HARYANA	Sonipat	GVM GIRL COLLEGE	Dr. Anisha Mahajan



## आईएमए ने किया ऑनलाइन प्रारूप में मिशन पिंक हेल्थ को फिर से शुरू

गुरुग्राम/देव केसरी, हरियाणा: डॉ. वंदना मोहंठाल एसोसिएशन गुरुग्राम ने विश्व स्वास्थ्य दिवस के अवसर पर ऑनलाइन प्रारूप में मिशन पिंक हेल्थ को एक बार फिर से शुरू किया। डॉ. वंदना ने बताया कि मिशन पिंक हेल्थ का उद्देश्य है कि महिलाओं को अपनी स्वास्थ्य समस्याओं को पहचानने में मदद करे और उन्हें सही समय पर डॉक्टर से मिलने के लिए प्रेरित करे।



डॉ. वंदना ने कहा कि महिलाएं अपने स्वास्थ्य को लेकर जागरूक रहें और अपने डॉक्टर से मिलें। उन्होंने कहा कि मिशन पिंक हेल्थ का उद्देश्य है कि महिलाओं को अपनी स्वास्थ्य समस्याओं को पहचानने में मदद करे और उन्हें सही समय पर डॉक्टर से मिलने के लिए प्रेरित करे।







# JHARKHAND



DATE	STATE	BRANCH	NAME OF PLACE	Chairperson
24.1.21	JHK	BOKARO	PHYSICAL ACTIVITY LIKE JALEBI RACE, SPOON RACE AT MILAN MANDAP	Dr. Santvana Sharan
26.1.21	JHK	BOKARO	SARASWATI SHISHU MANDIR	Dr. Santvana Sharan
28.1.21	JHK	BOKARO	SKIT AT HOPE HOSPITAL	Dr. Santvana Sharan
30.1.21	JHK	BOKARO	SELF DEFENCE TRAINING AT SURYA TEMPLE FIELD	Dr. Santvana Sharan
04.2.21	JHK	BOKARO	CANCER AWARENESS PROGRAM AT HOPE HOSPITAL	Dr. Santvana Sharan
07.2.21	JHK	BOKARO	RELAY HUNGER STRIKE AT IMA HALL	Dr. Santvana Sharan
09.2.21	JHK	BOKARO	RELAY HUNGER STRIKE AT IMA HALL	Dr. Santvana Sharan
11.2.21	JHK	BOKARO	RELAY HUNGER STRIKE AT IMA HALL	Dr. Santvana Sharan
13.2.21	JHK	BOKARO	RELAY HUNGER STRIKE (DR NIVEDITA)+ POSTER MAKING BY GIRLS	Dr. Santvana Sharan
20.3.21	JHK	BOKARO	SECTOR 9 KHATAL	Dr. Santvana Sharan
28.5.21	JHK	BOKARO	WEBINARON MENSTRUAL HYGIENE	Dr. Santvana Sharan
08.6.21	JHK	BOKARO	DISTRIBUTION OF PADS AND IRON TABLETS IN MANAV SEVA ASHRAM	Dr. Santvana Sharan
06.7.21	JHK	BOKARO	SAFE MOTHERHOOD WEEK, FREE CHECK UP AND FREE USG OF PREGNANT WOMEN IN HOPE HOSPITAL	Dr. Santvana Sharan
15.8.21	JHK	BOKARO	NEUROPSYCHOTIC PROBLEM IN ADOLESCENTS – Dr. B.K. Pankaj	Dr. Santvana Sharan
			MENSTRUAL HYGIENE – Dr.Meeta Sinha	
			Correction of anaemia – Dr.Anupriya	
			HOPE HOSPITAL	
21.10.21	JHK	BOKARO	Chirachas Government School	Dr. Santvana Sharan
29.10.21	JHK	RAMGARH	S S Govt. High School	Dr. Santvana Sharan
19.11.21	JHK	BOKARO	Hope Hospital	Dr. Santvana Sharan







KERELA



# CHAIRPERSON MPH

## DR. AJITHA CALICUT

DATE	STATE	BRANCH	LOCATIONS	TOPIC COVERED
08/05/2021	Kerala	Kasargod	Covid topics	zoom meeting
08/05/2021	Kerala	Kasargod	Children's Home, Parvanadkam	weeekly medical check up
12/05/2021	Kerala	Kasargod	Children's Home, Parvanadkam	weekly medical check up
12/05/2021	Kerala	Perinthalmanna	LE Ment Arts and Science College Pattambi	Covid 19 and Mental Health
22/05/2021	Kerala	Thalassery	Virtual Programme at Kozhikode	Awareness session on Menstrual Hygiene.
22/05/2021	Kerala	Thalassery	Malabar Medical College Union	Awareness talk on Menstrual Hygiene
22/05/2021	Kerala	Thalassery	Ytube programme	Role of men & boys on Menstrual Hygiene in YTube.
22/05/2021	Kerala	Kannur	Govt.Medical College Union and Public	Public Awareness video on Menstrual cups for Govt Medical College Union and public awareness.
22/05/2021	Kerala	Kannur	Virtual Programme for Adolescents	Internet Addictions in Adolescents
22/05/2021	Kerala	Kannur	Virtual Programme for Adolescents	Physical and Mental changes in Adolescents.
22/05/2021	Kerala	Kannur	Virtual Programme for Adolescents	Awareness session on Adolescent changes in boys and Physical and Mental .
22/05/2021	Kerala	Kannur	Virtual Programme for Adolescents	Physical Changes in Adolescents.
22/05/2021	Kerala	Kannur	Virtual Programme for Adolescents	Abnormal white discharge in adolescents.
22/05/2021	Kerala	Kannur	Virtual Programme for Adolescents	PCOD and its impact
22/05/2021	Kerala	Thalassery	Virtual Programme for Adolescents	Panel discussion on abnormal bleeding and premenstrual syndrome.
22/05/2021	Kerala	Thalassery	Virtual Programme for Adolescents	Addiction as adolescent group in cancer guidance and adolescent counseling cell.
24/05/2021	Kerala	Thalassery	IMA Thlassery	Depression and Anxiety Disorder in Covid Pandemic.
28/05/2021	Kerala	Perinthalmanna	SNDP College , Perinthalmanna	Menstrual Hygiene
30/05/2021	Kerala	Kollam	Adolescent Students of Kollam Dist	Menstual Health and Hygiene
31/05/2021	Kerala	Nemom	Govt.Girl GHSS, Malayamkeezhu	Menstual Health and Hygiene
31/05/2021	Kerala	Nemom	Govt.Girl GHSS, Malayamkeezhu	Anaemia Awareness Programme
31/05/2021	Kerala	kasargod	GH Kasargod	No tobacco campaignn
05/06/2021	Kerala	Thalassery	Thalassery	D/o Dr.Sakkariya P P created a video on Impact of Protecting Nature on Environmental Day
05/06/2021	Kerala	Thalassery	Thalassery	Environmental Day-A Video presentation was created by our members on the own your bag for a better world.
05/06/2021	Kerala	Thalassery	Thalassery	Webinar by IAP and IMA Thalassery
05/06/2021	Kerala	Kuthuparamba	Kuthuparamba	Kuthuparamba members celebrated Environmental Day by Planting Saplings.
05/06/2021	Kerala	Kasaragode	Kasaragode	World Environment Day, plant a tree and win a prize.

DATE	STATE	BRANCH	LOCATIONS	TOPIC COVERED
06/06/2021	Kerala	Thalassery	Adolescents and IMA members of Thalassery	Panel Discussion on Contraceptives.
06/06/2021	Kerala	Malappuram	Hope MSS Special school	Health issues in Adolescents
07/06/2021	Kerala	Wayanad	Wayanad Kudumbashree members	Menstrual hygiene
9-6 to 17-6-2021	Kerala		5 Schools of Kasaragode	Athijeevanam (Survival) Programme
15/06/2021	Kerala	Thalassery	Mattannur	Menstrual Hygiene class to Kudumbasree workers of Mattannur.30 Free Menstrual Cups were distributed.
18/06/2021	Kerala	Wayanad	Zoom platform	Suicide prevention in Adolescents
18/06/2021	Kerala	Thalassery	Thalassery	Free mobiles were gives to deserving Students in need.
19/06/2021	Kerala	Wayanad	Paravanadkam	Medical Camp
19/06/2021	Kerala	Thalassery	Thalassery	Adolescent Contraception for members.
25/06/2021	Kerala	Kannur	Kannur	Presented a topic for the Gynaec Society Kerala on Changes in Mentality of adolescents in Covid Team.
25/06/2021	Kerala	Thalassery	Thalassery	Dr.Shyjus highlighted the need for Adolescent Health Education of boys, in the same Webinar.
21/06/2021	Kerala	Thalassery	Thalassery	A Webinar on Oral Health in Children was organized "Smiles for a life times.
21/06/2021	Kerala	Thalassery	Thalassery	A Video was created on this day by our members in Yoga Poses.
21/06/2021	Kerala	Thalassery	Thalassery	A Quiz Competition was conducted by MCC on Tobacco and Substance abuse for students and public.
24/06/2021	Kerala	Wayanad	WOGS ,Rotary club S.Bathery,Lions club ,S.Bathery,Chamber of commerce	Prevention and Awareness of Cervical and breast Cancer
25/06/2021	Kerala	Wayanad	Schools of Sulthanbathery	Substance abuse
26/06/2021	Kerala	Kasaragode	Paravanadkam, Kasaragod	International day for drug abuse prevention & Medical check up
29/06/2021	Kerala	Nemom	Cotton Hill Girls HSS, Trivandrum	Menstrual Irregularities and health
30/06/2021	Kerala	Nemom	Madhavakavi Smaraka Government Arts and Science College, Malayinkeezhu	Anaemia in Adolescents
01/07/2021	Kerala	Thalassery	Zoom Platform	Doctors Day Celebration
01/07/2021	Kerala	Thalassery	Nirmalagiri College	late adolescent challenges and Preconceptional Counselling.
01/07/2021	Kerala	Thalassery	Sree Shankara Vidhyala Senior Secondary School	Teenage Issues including pregnancy
01/07/2021	Kerala	Thalassery	Dhanalakshmi Hospital.	Safe mother hood
03/07/2021	Kerala	Kasaragod	Children's home Paravanadkam	Weekly Medical check-up
05/07/2021	Kerala	Madhya Kerala	Karothukuzhi Hospital, Aluva	Antenatal Care, The Warning Signs
06/07/2021	Kerala	Kasaragod	Blind School, Kasaragod	Mobile phone distribution to students
07/07/2021	Kerala	Kunnamkulam	Poly Clinic, Kunnamkulam	Anaemia in pregnancy
08/07/2021	Kerala	Nemom	Community Health Centre, Vilappil, Thiruvananthapuram	Safe Motherhood

DATE	STATE	BRANCH	LOCATIONS	TOPIC COVERED
15/07/2021	Kerala	Thalassery	Face Book Live programme	Anxiety, addictions and mental health.
16/07/2021	Kerala	Pala	Students of St.Mary's higher secondary school Pala	Menstrual hygiene and menstrual cups
16/07/2021	Kerala	Kasaragod	PP unit GH Kasaragod , Anganwadi Anangoor	Nutrition, Immunization, MBFHI initiative
17/07/2021	Kerala	Thalassery	Facebook live	Adolescent mental health and challengers.
17/07/2021	Kerala	Kasaragod	Children's home, Paravanadkam	Weekly Medical check-up
24/07/2021	Kerala	Nemom	Govt.Vocational Higher Secondary School, Malayinkeezhu	Safe and responsible use of digital technology- How not to fall prey to cell phone addiction
25/07/2021	Kerala	Nemom	Cotton Hill Govt. Girls Higher Secondary School, Thiruvananthapuram	Safe and responsible use of digital technology- How not to fall prey to cell phone addiction
26/07/2021	Kerala	Thalassery	YouTube awareness session	Covid and cancers
27/07/2021	Kerala	Kunnamkulam	Poly Clinic, Kunnamkulam	Adolescent Vaccination
27/07/2021	Kerala	Kunnamkulam	BCGH School Chiralayam and TMVH School Akkikkavu.	Adolescent Vaccination
27/07/2021	Kerala	Thalassery	Nursing staff of co-op Hospital,Thalassery	lactational issues.
27/07/2021	Kerala	Thalassery	Elderly persons staying at Samaritan and Snehakoodu(Charity Organisations)	Organised a COVID vaccination Camp
27/07/2021	Kerala	Kasaragod	BRC Kasaragod	Medical Camp for Differently abled children
28/07/2021	Kerala	Kasaragod	Badiyaduka Under BRC Kumble	Intellectual Assessment Medical camp
29/07/2021	Kerala	Kasaragod	Audiovisual media and screened video	Oral Rehydration, no more Dehydration
30/07/2021	Kerala	Kasaragod	GHSS Chengala town school	3rd Intellectual disability Certification Medical camp
02/08/2021	Kerala	Nemom	The students of Madhavakavi Smaraka Govt Arts and Science College, Malayinkeezhu on Google Meet	Prevention of Drug abuse.
02/08/2021	Kerala	Kasaragod	GH, Kasaragod	World Breast feeding week Celebration
05/08/2021	Kerala	Kasaragod	IAP Kasaragod & GH Kasaragod	World Breast feeding week Celebration
06/08/2021	Kerala	Kasaragod	IAP Kasaragod & GH Kasaragod	World Breast feeding week Celebration
07/08/2021	Kerala	Kasaragod	IAP Kasaragod & ICDS	World Breast feeding week Celebration
07/08/2021	Kerala	Madhya Kerala	ICDS Palluruthy over Google meet	Breastfeeding and Infant Nutrition
07/08/2021	Kerala	Thalassery	in AllIndia Radio programme "Jalakam"	Breast Feeding
08/08/2021	Kerala	Thodupuzha	Girls Higher Secondary School Valanchery over Google meet	Counselling session -Athijeevanam
08/08/2021	Kerala	Thalassery	State wide adolescent carrier guidance cell	Motiivation class for plus two exam going students
08/08/2021	Kerala	Thalassery	Webinar for students of Nirmalagiri 9K	Mental Stress during covid time
08/08/2021	Kerala	Kasaragod	IAP Kasaragod & ICDS	World Breast feeding week Celebration
09/08/2021	Kerala	Thalassery	Zoom meeting	Breast Feeding
14/08/2021	Kerala	Kasaragod	Children's home Paravanadkam Kasaragod	Weekly medical check-up
28/08/2021	Kerala	Kasaragod	Children's home, Paravanadkam	Weekly medical check-up
30/08/2021	Kerala	Kunnamkulam	MPH, IMA Kunnamkulam	CD on Healthy Life Style, Pamphlet on Eye donation for 3 schools

DATE	STATE	BRANCH	LOCATIONS
02-10-2021	Kerala	Madhya Kerala	Holy Ghost Convent Girls' High School, Thottakkattukara
02-10-2021	Kerala	Madhya Kerala	Govt High School, West Kadungalloor
08-10-2021	Kerala	Nemom	Mar Baselios College of Engineering, Thiruvananthapuram
08-10-2021	Kerala	Madhya Kerala	Zoom Meeting -IMA Nermom
08-10-2021	Kerala	Thalassery	KSSP Kolayad
08-10-2021	Kerala	Thalassery	Iritty Municipality and nearby Panchayath
08-10-2021	Kerala	Thalassery	Lions Club conducted a 149 specs given to school kids
09-10-2021	Kerala	Nedumangad	Mar Theophillus Training College, Trivandrum
10-10-2021	Kerala	Nemom	CSI Church, Kalliyoor, Peringamala.
10-10-2021	Kerala	Thalassery	Christuraja Hospital
10-10-2021	Kerala	Thalassery	Malabar Cancer Care Society
10-10-2021	Kerala	Thalassery	Akashavani Kannur
10-10-2021	Kerala	Thalassery	Kannur Vision TV
10-10-2021	Kerala	Thalassery	Motivational class for LIC Agent
10-10-2021	Kerala	Thalassery	Zoom Platform
11-10-2021	Kerala	Madhya Kerala	WDW Madhyakerala
11-10-2021	Kerala	Madhya Kerala	Holy Ghost Convent Girls' High School, Thottakkattukara
11-10-2021	Kerala	Thalassery	Asha workers and health workers of Kadirur Grama Panchayath.
13-10-2021	Kerala	Thalassery	BKJM Nursing college
13-10-2021	Kerala	Thalassery	nutritious food materials given to Adivasi Colony, near Edakaanam
16-10-2021	Kerala	Madhya Kerala	CMS Higher Secondary School, Kuzhikkala, Kottayam
17-10-2021	Kerala	Nemom	CSI Church, Kalliyoor, Peringamala
17-10-2021	Kerala	Madhya Kerala	Holy Ghost Convent Girls' High School, Thottakkattukara
19-10-2021	Kerala	Thalassery	Co-operative Hospital, Thalassery.
20-10-2021	Kerala	Nemom	Lourdes Matha Institute of Hotel Management and Catering Technology, Kuttichal
20-10-2021	Kerala	Thalassery	Webinar on Common Cancer in Women held on zoom .
20-10-2021	Kerala	Thalassery	Awareness class on Kairali TV
20-10-2021	Kerala	Thalassery	Kadirur Grama Panchayath.
20-10-2021	Kerala	Thalassery	Malabar Cancer Society at Panoor.
20-10-2021	Kerala	Thalassery	Malabar cancer care society on FM Radio noon as CAN QUIZ
21-10-2021	Kerala	Thalassery	Malabar cancer care society conducted an awareness campaign on cancers in women.
25-10-2021	Kerala	Kottayam	Sacred Heart High School Pangada
27-10-2021	Kerala	Nemom	Noorul Islam College of Dental Sciences, Neyyattinkara
29-10-2021	Kerala	Nemom	Lourdes Matha Institute of Hotel Management and Catering Technology, Kuttichal
30-10-2021	Kerala	Thalassery	Zoom Platform
31-10-2021	Kerala	Thalassery	Kannur Distrit CDPO (District child development project officer)
31-10-2021	Kerala	Thalassery	Social media to CDPO for the students.



DATE	STATE	BRANCH	LOCATIONS
07.11.2021	Kerala	Madhyakerala	Vimala Hospital, Kanjoor
10.11.2021	Kerala	Nedumangad	IMA Nedumangad
10.11.2021	Kerala	Nedumangad	IMA Nedumangad
10.11.2021	Kerala	Kasaragod	Chalakunnu Anganwady Near Kanunur University campus Kasaragod
12.11.2021	Kerala	Kasaragod	Children's home Paravanadkam, Kasaragod
13.11.2021	Kerala	Madhyakerala	My Doctor Program on Reporter TV
14.11.2021	Kerala	Desinganad	Infant Jesus HSS Thangasseri
14.11.2021	Kerala	Madhyakerala	St.Peter's Senior Secondary School, Katayiruppu
14.11.2021	Kerala	Thalassery	Katyhirur Grama Panchayath
14.11.2021	Kerala	Thalassery	Ashraya Charitable Society
14.11.2021	Kerala	Thalassery	Mission Hospital, Thalassery
14.11.2021	Kerala	Thalassery	Tagore Park
14.11.2021	Kerala	Thalassery	
14.11.2021	Kerala	Thalassery	Sisu Bhavan, Thalassery
14.11.2021	Kerala	Thalassery	IMA Thalassery
14.11.2021	Kerala	Kasaragod	Zoom Platform
15.11.2021	Kerala	Nedumangad	IMA Nedumangad
15.11.2021	Kerala	Madhyakerala	Malayattoor
16.11.2021	Kerala	Thalassery	Muzhappilangad, FHC
16.11.2021	Kerala	Thalassery	Mahanthmagandi College, Iritty
17.11.2021	Kerala	Desinganad	SN Women's, Kollam
17.11.2021	Kerala	Thalassery	YuTube Awareness Setion
17.11.2021	Kerala	Thalassery	FM Radio
17.11.2021	Kerala	Thalassery	Co Operative Hospital Thalassery
18.11.2021	Kerala	Madhyakerala	YouTube channel of Amrita Hospitals.
20.11.2021	Kerala	Madhyakerala	Dharmagiri Vikas Society, Kothamangalam
20.11.2021	Kerala	Kasaragod	Children's home Paravanadkam Kasaragod.
22.11.2021	Kerala	Desinganad	TEMVHSS, Mylode
23.11.2021	Kerala	Thalassery	Co Operative Hospital Thalassery
24.11.2021	Kerala	Thalassery	Mission Hospital, Thalassery
25.11.2021	Kerala	Nemom	AVC Hospital, Poojappura, Thiruvananthapuram
25.11.2021	Kerala	Thalassery	Govt.Polytechnic, Kannur
26.11.2021	Kerala	Thalassery	
27.11.2021	Kerala	Madhyakerala	St. Joseph' Hospital, Kothamangalam
27.11.2021	Kerala	Thalassery	Kairali TV
27.11.2021	Kerala	Thalassery	Kairali TV
28.11.2021	Kerala	Nemom	Government Cotton hill Girls Higher Secondary School, Vazhuthacaud, Thiruvananthapuram
28.11.2021	Kerala	Kasaragod	Children's home paravanadkam, Kasaragod
30.11.2021	Kerala	Nemom	Madhavakavi Smaraka Government Arts and Science College, Malayinkeezhu.
30.11.2021	Kerala	Thalassery	Kannur V VissionChannel
30.11.2021	Kerala	Thalassery	Kannur V VissionChannel

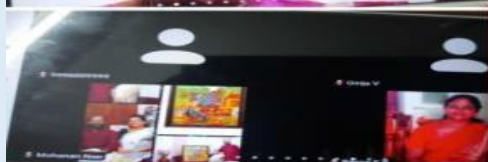
**IMA NEMOM**  
 President: Dr. Chandini Devi  
 Vice President: Dr. Rajanarayana  
 Secretary: Dr. A. S. Pradeep Kumar  
 Treasurer: Dr. S. S. Pradeep Kumar  
 Joint Secretary: Dr. S. S. Pradeep Kumar  
 Joint Treasurer: Dr. S. S. Pradeep Kumar  
 Joint Secretary: Dr. S. S. Pradeep Kumar  
 Joint Treasurer: Dr. S. S. Pradeep Kumar



# Mission Pink Health

## MPH NEMOM JULY 2021

### safe motherhood week 1-7 JULY 2021



### Mission Pink Health

### MPH Wayanad June 2021



### IMA KAZHAKOOTAM

### Mission Pink Health

### Awareness Class on Menstrual Hygiene



@ Muslim Girls High School & HSS, Kaniyapuram  
 On 26.06.21, Saturday, 7pm



**DR THANOOJA S**  
 Associate Professor, Obstetrics & Gynaecology, GMC Kollam



**Dr. Kavitha Ravi** President IMA KZKTM & National Secretary, WDW IMA  
**Dr. Rafeeda** Chairperson, WDW IMA KZKTM  
**Dr. Vineetha Nair** Secretary, WDW IMA KZKTM  
**Dr. Riaz, I** Secretary IMA KZKTM  
**Dr. Bindusha** MPH co-ordinator  
**Mr. Wilfred John S** Principal MGHSS Kaniyapuram  
**Ms. Beena, S.S** Headmistress MGHSS Kaniyapuram

**IMA NEMOM**  
 8th, 24th, 25th July 2021

**Mission Pink Health**

**safe motherhood week**

**MPH**

**MPH NEMOM**  
 02/08/2021

**Mission Pink Health**

**INDIAN MEDICAL ASSOCIATION**

**Mission Pink Health**

**IMA NEMOM**

**safe motherhood week**

**MPH**

**IMA NEMOM**  
 8th, 24th, 25th July 2021

**Mission Pink Health**

**safe motherhood week**

**MPH**

**MPH NEMOM**  
 02/08/2021

**Mission Pink Health**

**INDIAN MEDICAL ASSOCIATION**

**Mission Pink Health**

**IMA NEMOM**  
 24,25 September 2021

**safe motherhood week**

**MPH**





# KARNATAKA



Date	TOPIC	PLACE	Chairperson
17/04/2021	Adivised them to have vaccination.	Kulkarni Hospital	Dr. Radika Kulkarni
20/04/2021	Talk about vaccination drive	MGM Hospital	Dr. Radika Kulkarni



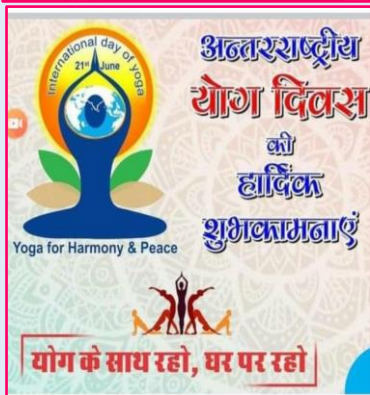




# MADHYA PRADESH



Date	TOPIC	PLACE	Chairperson
28.05.2021	MESTRUAL HYGIENE DAY	Vimal Nursing Home, Adhartal	Dr. Sadhna Sodani
31.05.2021	<b>ANTI TOBACCO DAY</b>	Vimal Nursing Home, Adhartal	Dr. Sadhna Sodani
05.06.2021	WORLD ENVIRONMENT DAY	Vimal Nursing Home	Dr. Sadhna Sodani
21.06.2021	YOGA DAY	IMA HOUSE Wright Town	Dr. Sadhna Sodani
23.07.2021	Tree Plantation	M M International School, Katni bypass Road	Dr. Sadhna Sodani
03.08.2021	INTERNATIONAL BREAST FEEDING AWARENESS WEEK	Vimal Nursing Home, JBP	Dr. Sadhna Sodani
03.08.2021	BREAST FEEDING AWARENESS WEEK	Rani Durgawati Hospital, JBP	Dr. Sadhna Sodani
03.08.2021	BREAST FEEDING AWARENESS WEEK	Indrana Village	Dr. Sadhna Sodani
07.08.2021	AWARENESS TALK ON BREASTFEEDING AND ANAEMIA	Motinala UPSC Jabalpur	Dr. Sadhna Sodani
14.08.2021	INDEPENDENCE DAY CELEBRATION	IMA House, Wright Town	Dr. Sadhna Sodani
15.08.2021	INDEPENDENCE DAY CELEBRATION	Vimal Nursing Home, Adhartal	Dr. Sadhna Sodani
05.08.2021	ADOLESCENT HEALTH AWARENESS	Jan Jagrati Vidyalay Garha	Dr. Sadhna Sodani
05.09.2021	Health Awareness Talk	Agrawal Sabha-Agrasen Mandapam	Dr. Sadhna Sodani
07.09.2021	WEBINAR ON ANAEMIA IN ADOLESCENT	Virtual on Zoom	Dr. Sadhna Sodani
25.09.2021	Poshan Saptah	IMA House, Wright Town	Dr. Sadhna Sodani
13.10.2021	CANCER AWARENESS MONTH	VIMAL NURSING HOME , ADHARTAL	Dr. Sadhna Sodani
23.10.2021	<b>Cancer Awareness Programme</b>	BRAHMAKUMARI ASHRAM	Dr. Sadhna Sodani
25.10.2021	<b>MENSTRUAL HYGIENE PROGRAMME</b>	GOVT. SCHOOL DURGA NAGAR, TILHERI	Dr. Sadhna Sodani
30.10.2021	DIWALI CELEBRATION	IMA HOUSE	



**Public Awareness Program : एक कदम फैमिली से बचाव की ओर**  
23rd October 2021 Saturday • 4:30 to 6:00 pm  
At Brahme Kumaris Ashram Bhanwarthal

**Session 1**  
04:30 - 04:40 pm  
BK Bhavna Bahen Ji : Spiritual Message & Vandana  
04:40 - 04:50 pm  
Prevention and screening of breast cancer doctor- Preeti Jain  
04:50 - 05:00 pm  
Prevention and screening of endometrial cancer  
Dr Archana Shrivastav

**Session 2**  
05:00 - 05:10 pm  
How to reduce cervical cancer  
Dr Sonal Sahni  
05:10 - 05:15 pm  
Role of meditation and experiences of Cancer hospital  
Dr Shyam Ji Rawat

**Chairpersons**  
Prof. Shashi Khare  
Dr Chitra Jain  
Dr Richa Baharwal  
Prof. Gita Gulati  
Dr Alka Agrawal  
Dr Nisha Sahu  
Dr Swarni Nishi  
Dr Sangita Shrivastava

**Programme Coordinator**  
Dr Pushpa Pandey  
Dr Nidhi Jain



**Mission Pink Health**  
invite you all for  
Diwali Celebration And Rangoli Competition  
Date: 30th Oct 2021 • Time: 4:00 pm - 06:00 pm  
Venue: 1st A House  
SPECIAL ATTRACTION VARIOUS GAMES AND GIFTS  
Diwali is for removing all clutter and decorate your house and your conscious with beautiful things and thoughts, so come and enjoy with us  
Talk on Rh isoinmunization by Dr Neena Shrivastava

**Chairpersons**  
Dr Chitra Jain  
Dr Sonal Sahni  
Dr Alka Agrawal  
Dr Nisha Sahu  
Dr Swarni Nishi  
Dr Sangita Shrivastava

**Programme Coordinator**  
Dr Pushpa Pandey  
Dr Nidhi Jain







# MAHARASHTRA



Date	TOPIC	PLACE	Chairperson
4 <sup>TH</sup> MAY 2021	Functioning of MPH	Online	Dr. Archana Mangesh Pate
1st July to the 7th July 2021	SAFE MOTHERHOOD WEEK	Online	Dr. Archana Mangesh Pate
5 <sup>th</sup> June 2021	'Menstrual Cycles and Envi (Green Menstruation)	Online	Dr. Archana Mangesh Pate
8 <sup>th</sup> April 2021	Covid protocol, on the occasion of World Health day, donated sanitary napkins / pads	Online	Dr. Archana Mangesh Pate
16 <sup>th</sup> May 2021	Webinar on "EVERYTHING ABOUT COVID	Online	Dr. Archana Mangesh Pate
10 <sup>th</sup> July 2021	Childhood Obesity	Online	Dr. Archana Mangesh Pate
14 <sup>th</sup> August 2021	Personality Development	Online Youtube	Dr. Archana Mangesh Pate
3 <sup>rd</sup> September 2021	Kidney Disorders in Adolescents	Live Youtube & Facebook	Dr. Archana Mangesh Pate
27 <sup>th</sup> May 2021	Covid 19 Community	IMA BHIWANDI	Dr. Archana Mangesh Pate
22 <sup>nd</sup> 2021	Online Talk Menstrual Hygiene & Adolescent Health	IMA BHIWANDI	Dr. Archana Mangesh Pate
31 <sup>st</sup> July 2021	Webinar on GI Problems in Pregnancy	Online	Dr. Archana Mangesh Pate
23 <sup>rd</sup> September 2021	Drug Deaddiction awareness	Pragati College, Dombivli	Dr. Archana Mangesh Pate
25 <sup>th</sup> September 2021	Drug abuse and Deaddiction awareness	Inner Wheel Club Dombivli	Dr. Archana Mangesh Pate
13 <sup>th</sup> August 2021	Pearls in Breast Feeding	Pune in association	Dr. Archana Mangesh Pate
03.10.21	Mental Health Issues in Adolescents	online	Dr. Archana Mangesh Pate
17.10.21	Child Sexual Abuse Awareness	online	Dr. Archana Mangesh Pate
31.10.21	Addictions in Children	online	Dr. Archana Mangesh Pate
13.10.21	Woman Health, diet, exercise, cancers, menstrual health	Tirupati Apartment Thane	Dr. Archana Mangesh Pate
08.10.21	POSITIVE MENTAL HEALTH	Online	Dr. Archana Mangesh Pate
14.10.21	Beautiful Adolescence, How to balance Stress and Mental health	Shastrinagar Hospital	Dr. Archana Mangesh Pate
29,31.10.2021	Covid vaccination camp	Swayamsidhi College	Dr. Archana Mangesh Pate
16.11.2021	Strategies to deal with exam stress and anxiety	Online	Dr. Archana Mangesh Pate
14.10.2021	Beautiful Adolescence, How to balance Stress and Mental health	Dayanand Collage Latur	Dr. Archana Mangesh Pate



Date	TOPIC	PLACE	Chairperson
01/01/2021	Diabetes Hypertension & Cardiac Problems due to modern lifestyles	Pandharpur	Dr. Archana Mangesh Pate
11/01/2021	Empowering adolescents need of time	Pandharpur	Dr. Archana Mangesh Pate
22/01/2021	1.Encouraging self confidence 2. Better Self Confidence 3. Learning to say No.	Vivekanand ICSC School Latur	Dr. Archana Mangesh Pate
21/01/2021	Redefine Mindset with exam-coping with anxiety & stress	Gardian School	Dr. Archana Mangesh Pate
22/01/2021	Personality Development, Building self confidence and try to say no	Vivekanand CBSC School	Dr. Archana Mangesh Pate
29/01/2021	Sex Education and Menstrual Hygiene	Pandharpur	Dr. Archana Mangesh Pate
28/01/2021	Empowering today's youth and lifestyle management	Nashik	Dr. Archana Mangesh Pate
10/02/2021	Awareness About addiction with interaction	Solapur	Dr. Archana Mangesh Pate
08/03/2021	Orientation session interactive	Konkanzome	Dr. Archana Mangesh Pate
08/03/2021	Role of HPV Vaccine, Menstrual Hygiene	Lathur	Dr. Archana Mangesh Pate
09/03/2021	Awareness about cervical cancer, vaccination in adolescence	Autangabad	Dr. Archana Mangesh Pate
08 to 11/03/2021	PAP Smear Decentralised camp to avoid crowding	Bhivandi actual	Dr. Archana Mangesh Pate
08/03/2021	Cervical Cancer screening & breast Cancer Awareness	Osmanabad	Dr. Archana Mangesh Pate
08/03/2021	Women health	Nagpur	Dr. Archana Mangesh Pate
20/03/2021	Cervical Cancer Awareness & Prevention	Pandharpur	Dr. Archana Mangesh Pate
20/03/2021	Free Camp for Anemia Detection and Erradication	Latur	Dr. Archana Mangesh Pate
28/03/2021	Women's Holistic Health	Pune	Dr. Archana Mangesh Pate
11/03/2021	Core Committee Review Meeting	Online	Dr. Archana Mangesh Pate
06/03/2021	Tech Changing Everything	Pune	Dr. Archana Mangesh Pate
20/03/2021	Cervical Cancer	Maharashtra	Dr. Archana Mangesh Pate
21/03/2021	Cervical Cancer	Pune	Dr. Archana Mangesh Pate
28/03/2021	Women & Adolescent	Maharashtra	Dr. Archana Mangesh Pate
08/04/2021	Mission pink health	Online	Dr. Archana Mangesh Pate
04/05/2021	Functioning of Mission Pink Health	Online	Dr. Archana Mangesh Pate
16/05/2021	Everything about covid (Corona)	Online	Dr. Archana Mangesh Pate
27/05/2021	All about Covid19	Online	Dr. Archana Mangesh Pate
05/06/2021	Green Menstruation	Online	Dr. Archana Mangesh Pate



IMA MAHARASHTRA STATE  
Mission Pink Health Presents

**TEEN TALK SERIES**

**ADDICTIONS IN CHILDREN**

IN CONVERSATION WITH

Dr Archana Pate  
MD (Medicine)

Dr Harish Shetty  
MD (Psychiatry)

As they grow, children go through lots of changes. They may develop risk taking behavior, desire to experiment and attraction to things which are prohibited. If during such transformational period they develop Addictions - may it be excessive use of substances like alcohol, drugs, cigarettes / tobacco or an out-of-control attachment to the Internet and video games, porn etc., it may have tremendously negative impact on their life. Let's listen from the expert about various types of Addictions, Risk factors, consequences, Prevention, Treatment and much more

All are welcome to attend - Ideal for Parents, Teachers and students

**SUNDAY, 31st OCTOBER 2021, 10 AM**

(Free webinar. For any query, send What's App message to 9819018000)

**ZOOM MEETING ID: 842 7331 0372**

**PASSCODE: teentalk**

Dr Ramkrishna Londhe  
President, IMA MS

Dr Archana Pate  
Chairperson, MPH, IMA MS

Dr Pankaj Bandarkar  
Hon Secretary, IMA MS

Dr Jyoti Chidgupkar  
Convenor, MPH, IMA MS

**Manage Stress Like A**

**Champion**

**Dr Vijay Chinchole**

Consultant Psychiatrist,  
Sex Therapist & De-Addiction Specialist

MANOBAL  
FOR HEALTHY MIND







# PONDICHERRY



Date	TOPIC	PLACE	Chairperson
1st July to the 7th July 2021	SAFE MOTHERHOOD WEEK	PONDICHERRY	Dr. Menka Karmegam







# TELANGANA



DATE	STATE	NAME OF PLACE	CHAIRPERSON
26.10.21	Telangana	ss school Shivajinagar	DR. K. VASANTHA KUMARI
27.10.21	Telangana	ss school Shivajinagar	DR. K. VASANTHA KUMARI
29.10.21	Telangana	Telangana girls residential college	DR. K. VASANTHA KUMARI
31.10.21	Telangana	kodada-huzurnagar IMA	DR. K. VASANTHA KUMARI
26.11.21	Telangana	mahathma Jyothiba phule bc residential school nalgonda	DR. K. VASANTHA KUMARI
28.11.21	Telangana	Sri Sai school	DR. K. VASANTHA KUMARI
04.12.21	Telangana	Telangana residential school, college, chndupatla.	DR. K. VASANTHA KUMARI







# TAMILNADU



Date	TOPIC	PLACE	Chairperson
1st July to the 7th July 2021	SAFE MOTHERHOOD WEEK	TAMILNADU	Dr. NARMADA

**INDIAN MEDICAL ASSOCIATION**  
WOMEN DOCTORS WING  
Coimbatore branch  
Cordially invites you for

**"Safe Motherhood week" programme**

Date: 1<sup>st</sup> to 7<sup>th</sup> July Time: 5.00 PM Virtual

**Programme**

**"Gratitude towards your Pregnancy"**

**Moderators:**  
Dr.Vyjayanthi  
Dr.Nirmala Jayanthi  
Dr.Ramadevi  
Dr.S.Karuna  
Dr.T.Nalini  
Dr.Sowmya vadana  
Conducted by Mrs.Maheswari  
Prenatal counselor

Dr.V.Rajesh Babu President IMA CBE Dr.Priya Kubendran Secretary IMA CBE Dr.B.Koshalram Finance Secretary IMA CBE  
Dr.T.Nalini Dr.Sowmya Vadana



**IMA CS DAY 2 SAFE MOTHERHOOD 02072021**  
AGES PRIME TIME - 56 views - Streamed live on 2 Jul 2021

Zoom meeting interface showing participants and chat.

**INDIAN MEDICAL ASSOCIATION**  
CHENNAI SOUTH WOMEN'S WING  
**SAFE MOTHERHOOD WEEK**  
SPECIAL PROGRAM FOR PARAMEDICS OF ALL HOSPITALS AND NURSING HOMES

**1 JULY 21**  
NORMAL LABOR STAGES AND PREPARATION  
DR MARAGATHAMANI

**2 JULY 21**  
PREGNANCY INDUCED HYPERTENSION  
DR S VIJAYA

**3 JULY 21**  
ANEMIA IN PREGNANCY  
DR T K SHAANTHY GUNASINGH

**4 JULY 21**  
PARTOGRAM  
DR V KASTHURI

**5 JULY 21**  
PPH  
DR C SUMATHI

**6 JULY 21**  
NEONATAL RESUSCITATION  
DR J MEENAKSHI

**7 JULY 21**  
SPA - PRETERM LABOR, PPROM, FETOPATH, DR SAMPATH KUMARI

**1st - 7th July 2021 - 5 to 6 PM**

week long academic initiative on safe motherhood

ZOOM ID 644 644 6666 PWD 64 64 64

Dr C V Natarajan Dr Shanta Narayanan Dr Mangal Saravanan Dr S Sampath kumari Dr K Tara  
President - IMA CS Secretary - IMA CS Treasurer - IMA CS Chairperson WW Secretary WW

**IMA COIMBATORE PRESENTS**  
**SAFE MOTHERHOOD WEEK**  
JULY 1- JULY 7

**தாய்மை**  
Free Online Session for Pregnant Women

Day 1 - Knowing Yourself to guide your baby.  
Day 2- Gratitude towards your Pregnancy.  
Day 3- Health within you.  
Day 4-Meditation and Bonding with your Baby.  
Day 5- Prenatal Music and Hobby Creations.  
Day 6- Energy Healing through Senses.  
Day 7- Power Thinking with energy bonding.

Everyday activities will posted. Those who finished and posted their activities will be allowed to participate next week activities.  
Offline session will be conducted after the lockdown is lifted.

**safe motherhood week 1-7 JULY 2021**

Dr. V. Rajesh Babu President  
Dr. Priya Kubendran Secretary





# TRIPURA



Date	TOPIC	PLACE	Chairperson
1st July to the 7th July 2021	SAFE MOTHERHOOD WEEK	TRIPURA	Dr. Gopa Chatterjee







# UTTAR PRADESH



## CHAIRPERSON MPH DR. DIVYA CHAUDHARY

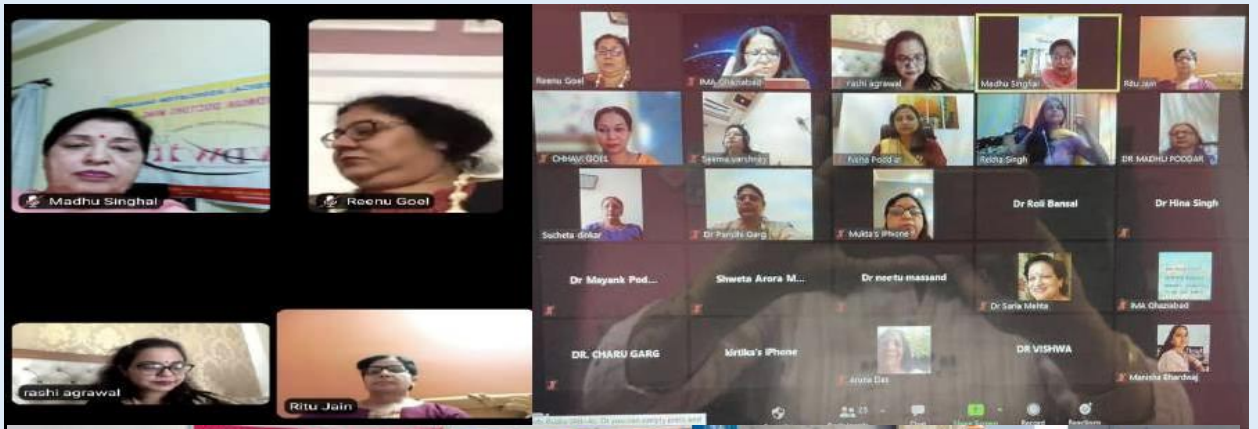
Date	State	Branch	Schools or organisations/teams	Activity performed/Topic covered
			Three schools identified 1 SMPS Public School	
	UP	Banda	2 Arya kanya inter college 3 Art craft and dance studio	Identification and collaboration with schools. Letters sent.
25.8.21	UP	Banda	Team of gynaecologist, pathologist and pediatrician	Identification of team to work for health check up camp in adolescents.
26.8.21	UP	Banda		
27.8.21	UP	Banda	Hb test in SMPS Public School	Hb test done
31.8.21	UP	Banda	SMPS Public School	Audio visual presentation on anemia
			Team of Gynaecologist, Paediatrician, Pathologist (Manisha Pathology Dr Manisha Bhargava), Parakh Pathology (Dr Nidhi Niranjana), Hospital identified (Hiranya Medical Center) empanelment.	Identification of team to work for health check up camp in adolescents.
25.8.21	UP	Lucknow		
			Two schools identified: Names of schools; Karamat Muslim Girls Degree College and Bappa Shri Narayan College.	Identification and collaboration with schools. Letters sent.
26.8.21	UP	Lucknow		Brief introduction about mission pink health, future activities of MPH project, Nutritional awareness, Identification and registration of beneficiaries for anaemia screening and treatment.
			21 Slum dweller adolescent identified and consent taken at Neerja Clinic.	
27.8.21	UP	Lucknow		
			Karamat Muslim Girls College, Bappa Shri Narayan College.	Teens and Social Media Use
31.8.21	UP	Lucknow		
23.8.21	UP	Sitapur	Team of gynaecologist, Paediatrician, Pathologist, Eye specialist	Identification of team to work for health check up camp in adolescents.
			Four schools identified 1 Mission girls high school 2 Arya kanya inter college 3 Pt . Suryadutt Anandi Saigal Inter college 4 Bright Future Public School	Identification and collaboration with schools. Letters sent.
25.8.21	UP	Sitapur		
27.8.21	UP	Sitapur	Mission Girls School in collaboration with Red Cross	Hb testing and lecture on awareness of use and disuse of social media.
			1 Mission girls high school 2 Arya kanya inter college 3 agrawal Public School 4 Bright Future Public School 5.sacred Heart Higher Sec.School	Teens and Social Media Use
31.8.21	UP	Sitapur		
28.5.21	UP	Aligarh	Menstrual Hygiene Day programs	Different Private Hospitals
6.4.21	UP	Aligarh	Cervical cancer prevention, screening, vaccination	Tikaram girls intercollege
6.07.21	UP	Aligarh	Adolescent health to healthy pregnancy	E Public Forum
4.08.21	UP	Aligarh	<u>Breast Feeding Week Program with WDW</u>	Matra Chhaya Clinic and Nursing Home

Date	State	Branch	Topics Covered	Place
1.07.21	UP	Gonda	Nutrition and Anaemia in pre pregnancy	Sri ram nursing home
20.7.21	UP	Gonda	Anaemia in pre-pregnancy	Sri ram nursing home
1.08.21	UP	Gonda	WDW Breast Feeding program	Sri ram nursing home
2.07.21	UP	Ghaziabad	Safe Motherhood week program	Online platform
6.08.21	UP	Hathrus	Breast Feeding Week with WDW	Dr Meenakshi Hospital
6.07.21	UP	Hapur	Importance of Menstrual hygiene	Different private hospitals
12.06.21	UP	Lucknow	Mental Wellness in COVID times	Online Platform
1.07.21	UP	Lucknow	COVID-19 Prevention and Sanitization KITS distribution	Slums near Aliganj area.
3.07.21	UP	Lucknow	COVID-19 Prevention Practices.	Online Platform
16.07.21	UP	Lucknow	COVID -19 Prevention Practices.	Jan Shikshan Sansthan Manasi Training Centre, Naka
20.07.21	UP	Lucknow	Anaemia Prevention	Online Platform with Two degree Colleges of Lko
25.07.21	UP	Lucknow	COVID-19 Prevention and Sanitization KITS distribution	Slums in Gomti Nagar
26.07.21	UP	Lucknow	Anaemia Prevention and Menstrual Hygiene	Jan Shikshan Sansthan Training Centre Gomti Nagar
5.07.21	UP	Meerut	Importance of menstrual Hygiene	Rural Health Centre of NCR Institute of Medical Sciences
4.07.21	UP	Sitapur	Menstrual Hygiene and Anaemia in Adolescents	Online with Bright Public School, Siddhauri
6.07.21	UP	Sitapur	Safe Motherhood week program with WDW	Private Hospital
13.7.21	UP	Sitapur	Free vaccination against COVID 19 in collaboration with Rotary Club.	IMA Hall
19/07/2021	UP	Sitapur	COVID Prevention and Sanitization Kit distribution.	IMA hall
28/07/2021	UP	Sitapur	importance of vaccination in Covid 19 pandemic	Santosh clinic

Date	Branch	Collaborations	Topics Covered
22.10.21	Aligarh	Champa Agrawal Kanya Inter College	Anemia in Adolescent and Nutrition
25.9.21	Banda	Art Craft and Dance Studio	Anemia prevention and haemoglobin check-up
23.10.21	Banda	Vidyavati Nigam Memorial Public-school	Anemia In adolescent girls
4.09.21	Basti	Indian Public School	Hemoglobin checkup and anemia prevention camp
25.09.21	Basti	Saraswati Shishu Mandir School	Hemoglobin checkup and anemia prevention camp
01.10.21	Basti	Praxis Vidyapeeth School	Hemoglobin checkup and anemia prevention camp
22.11.21	Ghaziabad	Thakur Dwara school	Menstrual hygiene
13.09.21	Gonda	Government girls inter college	Hemoglobin checkup and anemia prevention camp
23.09.21	Gonda	Saraswati Balika Vidya Mandir	Hemoglobin checkup and anemia prevention camp
14.09.21	Gorakhpur	Bhagwati school	Hemoglobin checkup and anemia prevention camp
15.09.21	Gorakhpur	Bhagwati school	Dietary counselling and Iron distribution
1.12.21	Gorakhpur	Sitapur Eye Hospital	Prevention of HIV
29.09.21	Hathras	Mahatma Gandhi Inter college, Saraswati Vidyalaya	Hemoglobin checkup and anemia prevention camp
22.09.21	Kanpur	Omkareshwar Saraswati Vidya Niketan	Hemoglobin checkup and anemia prevention camp
24.09.21	Kanpur	SGM International School	Anaemia Prevention
08.10.21	Kanpur	Deen Dayal Upadhyaya Inter College	Anemia awareness among adolescents
12.10.21	Kanpur	Omkareshwar Vidyaniketan Inter College	Good Touch- Bad Touch Awareness among Adolescents
10.09.21	Kushinagar	Heritage International School	Anemia Awareness
11.09.21	Kushinagar	Geeta International School Padrauna	Anemia awareness camp
13.09.21	Kushinagar	Kiddy's Corner School Padrauna	Anemia awareness camp
13.09.21	Lakhimpur Kheri	Sanatan Dharam Saraswati Vidya Mandir Girls College'	Hemoglobin checkup and anemia prevention camp
25.9.2021	Lucknow	KKV Bappa Shri Narayan College	Hemoglobin checkup and anemia prevention camp
26.9.21	Lucknow	Neerja Clinic, 5 Eldeco Greenwoods	Anemia prevention camp



Date	Branch	Collaborations	Topics Covered
29.9.21	Lucknow	Neerja Clinic, 5 Eldeco Greenwoods	Hemoglobin checkup and Iron distribution
29.9.21	Lucknow	Karamat Girls College Nishatganj	Hemoglobin checkup and anemia prevention camp
27.11.21	Lucknow	Representation; in WDW organised camp in orphanage	Hemoglobin checkup and anemia prevention camp
28.11.21	Lucknow	Atari Village, Mall Block, Lucknow	Hemoglobin checkup and anemia prevention camp
28.09.21	Meerut	City Vocational Public school	Anemia prevention camp
24.11.2021	Meerut	Swami Kalyan Dev girls inter college	Anemia awareness and diet awareness
29.09.21	Moradabad	Sewing centres of MPH	Center launch
06.10.21	Saharanpur	Jai Kisan Shakumbhari Inter college	Hemoglobin checkup and anemia prevention camp
06.10.21	Sitapur	Mission School	Hemoglobin checkup and anemia prevention camp
21.9.21	West Ghaziabad	Adarsh Public School Makanpur	Hemoglobin checkup and anemia prevention camp
27.9.2021	West Ghaziabad	Khushi Foundation ( NGO)	Nutrition and Balanced Diet
18.10.2021	West Ghaziabad	Adarsh Public School Makanpur	Iron and folic acid tablets distribution
3.12.2021	West Ghaziabad	Om Sunrise International School	Haemoglobin check-up and iron tablets distribution





**ANEMIA SCREENING  
DONE 2021**

Puducherry								
Sr. No.	Date	State	Branch	Normal> 12	Mild -10-12	Mod 8-10	Severe 6-8	Total
1	18.01.21	Puducherry	Puducherry	17	4	1	0	22
2	06.02.21	Puducherry	Puducherry	11		0	0	15
3	01.03.21	Puducherry	Puducherry	27	4	3	0	34
Total								71
Madhya Pradesh								
Sr. No.	Date	State	Branch	Normal> 12	Mild -10-12	Mod 8-10	Severe 6-8	Total
1	26.1.21	MP	Chhindwara	12	15	18	15	60
2	27.1.21	MP	Chhindwara	10	18	12	10	50
Total								110
Haryana								
Sr. No.	Date	State	Branch	Normal >12	Mild 10-12	Mod 8-10	Severe 6-8	Total
1	27.01.2021	Haryana	Sonipat	113	40	35	12	200
2	04.03.2021	Haryana	Hisar	81	19	16	4	120
3	11.03.2021	Haryana	Bhiwani	79	38	18	3	138
4	15.03.2021	Haryana	Sonipat	28	0	10	0	38
5	27.03.2021	Haryana	Sonipat	43	0	9	3	55
6	20.08.2021	Haryana	Gurugram	44	38	15	3	100
7	30.09.2021	Haryana	Sonipat	57	38	25	5	125
8	01.10.2021	Haryana	Faridabad	365	125	141	8	639
9	11.11.2021	Haryana	Kurukshetra	2	21	25	0	48
10	15.11.2021	Haryana	Sonipat	115	40	30	5	190
11	22.11.2021	Haryana	Sonipat	135	30	17	3	185
12	29.11.2021	Haryana	Sonipat	75	18	12	0	105
13	03.12.2021	Haryana	Sonipat	24	40	56	25	145
Total								2088
Kerala								
SI No	Date	State	Branch	Normal >12	Mild 10-12	Mod 8-10	Servere 6-8	Total
1	11.04.2021	Kerala	Kazhakoottam	66	28	2	nil	96
2	11.10.2021	Kerala	Nedumangad	57	5	nil	nil	62
3	14.11.2021	Kerala	Thalassery	114	91	13	10	228
Total								386
Telangana								
<u>S.No</u>	Date	State	Branch	Normal >12	Mild 10-12	Mod 8-10	Servere 6-8	Total
1	04.12.2021	Telangana	Neelagiri	21	13	4	4	42
2	09.12.2021	Telangana	Neelagiri	86	24	30	20	160
Total								202



Jharkhand								
Sr. No.	DATE	STATE	BRANCH	Normal >12	Mild 10-12	Mod 8-10	Severe 6-8	Total
1	24.1.21	JHK	Bokaro	55	40	15	nil	110
2	26.1.21	JHK	Bokaro	70	51	19	nil	140
3	28.1.21	JHK	Bokaro	65	48	17	nil	130
4	30.1.21	JHK	Bokaro	50	40	10	nil	100
5	04.2.21	JHK	Bokaro	75	nil	nil	nil	75
6	13.2.21	JHK	Bokaro	45	40	5	nil	90
7	20.3.21	JHK	Bokaro	135	110	25	nil	270
8	28.5.21	JHK	Bokaro	100	nil	nil	nil	100
9	08.6.21	JHK	Bokaro	65	nil	nil	nil	65
10	06.7.21	JHK	Bokaro	75	nil	nil	nil	75
11	15.8.21	JHK	Bokaro	25	nil	nil	nil	25
12	21.10.21	JHK	Bokaro	11	26	36	3	76
13	19.11.21	JHK	Bokaro	11	6	4	0	21
14	11.01.21	JHK	Ramgarh	90	80	10	nil	180
15	23.01.21	JHK	Ramgarh	200	170	30	nil	400
16	15.03.21	JHK	Ramgarh	100	90	10	nil	200
17	21.08.21	JHK	Ramgarh	60	50	10	nil	120
18	31.08.21	JHK	Ramgarh	108	100	8	nil	216
19	29.10.21	JHK	Ramgarh	130	118	12	nil	260
20	05.09.21	JHK	Ramgarh	120	110	10	nil	240
Total								2893

**MADHYA PRADESH**

S. No.	DATE	STATE	BRANCH	>12	12	Mod 8-10	8	Total
1	10-6-2021	Madhya Pradesh	Jabalpur	46	28	12	10	96
2	05-08-2021	Madhya Pradesh	Jabalpur	45	18	15	10	88
3	05-09-2021	Madhya Pradesh	Jabalpur	2	6	7	5	20
4	14-11-2021	Madhya Pradesh	Jabalpur	6	17	12	7	42
Total								246

**GUJARAT (SURAT)**

[illegible]

UTTAR PRADESH								
Sr. No.	Date	State	Branch	Normal> 12	Mild -10.1 -12	Mod 8.1 - 10	Severe 6-8	Total Girls Hb %
1	25.9.2021	UP	Banda	5	21	37	0	63
2	04.09.2021	UP	Basti	20	59	54	8	141
3	13.9.21	UP	Gonda	13	22	15	0	50
4	14.09.21	UP	Gorakhpur	3	6	149	39	197
5	29.09.21	UP	Hathras	1	2	28	19	50
6	22.09.21	UP	Kanpur	42	28	11	2	83
7	10.09.21	UP	Kushinagar	21	41	54	3	119
8	13.09.21	UP	Lakhimpur	2	11	39	4	56
9	25.9.2021	UP	Lucknow	65	33	29	5	132
10	27.11.21	UP	Lucknow	10	22	11	4	47
11	6.10.21	UP	Saharanpur	26	24	39	4	93
12	6.10.21	UP	Sitapur	0	2	15	5	22
13	21.9.2021	UP	West Ghaziabad	64	27	37	10	138
Total								1191

**Total HB - 8261**

## *Adolescence*



**Dr. Amrita Rai**  
**Co-Chairperson MPH**

Adolescence is one of the most important and, at the same time, difficult periods in the life of any person. At this age, a person is waiting for a lot of problems that are difficult to cope with on their own. The main problem is the lack of understanding between parents and children. Indeed, it's the time when children start projecting their own opinion and want to behave like adults. To do this, they behave provocatively, react aggressively to comments. This is how they protest. They refuse to submit to the older generation, because they want to have independence. In my opinion, parents should communicate with their children, take an interest in their problems, and give them an opportunity to speak out. Only in this case will the child feel that it matters in the lives of adults. Education is also one of the problems of adolescence. Not every person at such a young age knows who he wants to become. This situation requires lengthy reflection, communication with parents and older comrades. Parents should not impose their opinions. It is best if they offer several options and talk about the advantages and disadvantages of a particular profession. The child must independently decide which way he needs to develop.

Teenagers are very worried about the appearance. Girls believe that they were born ugly, they are overweight. The boys are embarrassed because of their acne. In this case, parents should communicate with the children and help them overcome their complexes. For adolescence, pain and cruelty is a common thing. In these years, a person for the first time experiences a feeling of love. To impress the opposite sex, teens are ready for the most rash acts. Teenagers tend to fall in love and make mistakes. This is how personal experience is formed.

All these inner and outer conflicts find reflection in their mind. In fact, they are going through a rather difficult period of life. Knowing that, parents and teachers should try to understand them and to help when necessary. A frank and sincere talk with a teenager can be very helpful for his identity formation.



## *Menstrual irregularities in adolescence-when not to be worried*



**Dr. Narmada S**  
**Vice President MPH**

Adolescence is a period of turbulence. With physical growth on one side and hormones playing their own tunes it is a disarray for the young adolescent who is beginning to take their footsteps into adulthood and independence from being totally dependent on their parents.

It is also the time when girls start getting their menstruation. The onset of the first periods is termed as menarche and indicates the final process in the completion of pubertal changes which has started with growth of the breast - thelarche and appearance of pubic hair - pubarche. Menarche usually is by about 13-14 years. However, with the advances in nutrition and socioeconomic status there has been shift towards lower age group world wide and now menarche is starts from 11th and above itself

Generally, adolescence usually have a cycle lasting for about 2-7daysand cycles can come every 20-45 days. However, the initial few years can be anovulatory and hence cycles can be varied. They may either have delayed periods or periods every 10 days with prolonged bleeding. Usually a change of pads for every 3-4 hrs is considered normal. The bleeding is usually upto 35ml and should be without clots Anything more than that is definitely abnormal and needs to be investigated

Quite often the painful periods or dysmenorrhea is also present. This again is considered normal if it does not disturb routine work or school. However mild painkillers like paracetamol or mefenemic acid would be itself be very effective. Most of the girls would not require investigations for irregular periods and would require investigations only when it is consistently beyond the range of 20-45 days even after the initial years.

Usually conditions like poly cystic ovarian diseases, eating disorders like anorexia, thyroid diseases, hyperprolactinemia or premature ovarian failure needs to be investigated. White discharges are also normal and needs investigations only if it is foul smelling or associated with genital itching. In order to have a good menstrual hygiene adolescents need to be taught about all the above and also emphasised on

1. Healthy vegetables and fruits
2. Avoiding junk foods
3. Maintaining of normal BMI and not targeting on abnormally thin BMI
4. Maintaining a menstrual calendar
5. Maintaining cleanliness of genital area with normal washing and not to use heavily perfumes cleaning agents
6. To cut the hair short in pubic area and not to use waxing or hair removers
7. To change pads frequently and also follow proper disposal of the same
8. To consult the gynaecologist at the earliest

## Adolescent heart



**Dr. Sonia Chandnani**  
**MPH CHAIRPERSON**  
**GUJRAT**

*Entering into teens, doesn't feel so bad  
Overall we had a good time, nothing to be sad.*

*If you like my rambling about the life gone by  
Appreciate with praises not flattery my guy*

*First decade of life was an age of innocence  
No mobiles, social media and comparisons, just sheer innocence*

*We had real friends to run around and play  
By evening we were home, out whole day.*

*Schools were fun without much work load  
Playing with friends, cherishing each moment without any sore*

*carefree were we, till middle school*

*Did hard work & with good grades we did clear for most of years  
Made a lot of friends for life still they are dear.*

*Had lot of time for sports drama and dance.  
And all passed away within a glance*

*We learnt a lot but it was a very hard grind  
The years gave us knowledge & a sharp mind*

*what we had sowed and nurtured gave us a good yield*

*Adolescence is fun, with a spoon of adrenaline and a pinch of maturity  
We did whatever we liked  
To enjoy life to the fullest without any barriers  
Facing life with a good spirit, altogether  
Covid forbade our outings & our meet with our friends*

*We learnt not to compete, as life is no race  
Whatever we achieved, it is Lord's grace.*

*All of us are content & ready for rest of life for us to face*

*It's so wonderful to have all you friends around  
We pray for all of us to God to keep our health sound.*

*Thank God for the journey which I made within one piece  
Wherever, whenever the marching orders come, let me go in peace.*

*HE has given us more than we deserved  
And are ready for the journey, the way He has reserved....*

*On turning seventeen*



**Dr. Sonia Chandnani**  
**MPH CHAIRPERSON**  
**GUJRAT**

इस बनावटी दुनिया में,  
कुछ सीधा सच्चा रहने दो

तन वयस्क हो जाए चाहे,  
दिल को तो बच्चा रहने दो

नियम कायदों की भट्टी में,  
पकी तो जल्दी चटकेगी

मन की मिट्टी को  
थोड़ा सा तो गीला, कच्चा रहने दो



*Tension*



**Dr. (Prof.) Shree Karuna  
Murthy Kolli**  
**MPH MEMBER**

*The moment you are in TENSION,  
You will lose your ATTENTION,  
Then you are in total CONFUSION,  
And you will feel IRRITATION,  
Then you will spoil personal RELATION,  
Ultimately, you won't get CO-OPERATION,  
Then you will face COMPLICATION.  
Your B.P. shows CAUTION,  
And you need MEDICATION,  
Instead, understand the SITUATION,  
And search for the SOLUTION,  
Many problems will be solved by DISCUSSION,  
That works out better in our PROFFESION.  
It's my free SUGGESTION,  
It is only for our PREVENTION,  
If you understand my INTENTION,  
You will never get TENSION.  
Just, a SUGGESTION.*

## Anemia



**Dr. Anupama Shreekumar**  
**MPH Joint Secretary**

Anaemia in women of reproductive age is a major public health challenge for reproductive age group females in developing countries with a long-term impact on health of women, their children and the economic growth of the society. Target of WHO in 50% reduction of anaemia. According to WHO, the global prevalence of awareness is 24.8%. Iron deficiency is associated with certain health problems such as impaired working capacity, weakness, malaise, headaches, cognitive impairment decreased concentration or attention etc. Lack of iron in the body can be due to inadequate intake, impaired absorption increased needs and ensure losses. Inadequate intake can be due to vegetarian diet (vegan) malnutrition. Food with more fat and sugar, fast food, diets for weight reduction can cause iron deficiency. Crash dieting, unsupervised dieting not good in terms of nutritive aspects.

### Implications of Anaemia

Anaemia can cause fatigue, weakness, pale or yellowish skin, irregular heartbeats, shortness of breaths, dizziness, chest pain, cold hands and feet, headaches etc.

### Risk Factors

Dietary deficiency of vitamins, minerals like iron, B12, folate, copper intestinal disorders like Crohn's disease and Celiac disease can cause Anaemia. Menstruation causes blood loss women often neglect heavy blood loss and finally ends up with Anaemia. During pregnancy some females are reluctant to take iron which increases risk of Anaemia. If someone has kidney failure, cancer risk increases. If there is family history of inherited Anaemia such as sickle cell Anaemia risk increases. Also, history of certain infection, blood diseases, alcoholism and drug abuse increase Anaemia risk.

### Complication

If Anaemia left untreated, she can go is for extreme fatigue, pregnancy complications like postpartum bleedings, abortion etc. She can develop cardiac failure and even death.

### Treatment and Prevention

Eat more iron rich foods like beef or meat, bean, lentils, iron, fortified cereals dark green leafy vegetables, kidney beans peanuts, pasta, rice etc. Consume food rich in Vit B12 like meat, dairy products, soya products and fortified cereals, food items rich in Vit C like lemon, citrus fruits, tomatoes, broccoli, melon etc. A complete balance diet, prompt detection of Anaemia and accurate treatment can avail an important medical condition and save many lives.

## Understanding mental health



**Dr. Rakhi Agarwal**  
MPH Member

### a) Brain Growth and development



The first three years of life are a period of growth in the human brain. A three-year-old's brain is twice as active as an adult's! Ways to enrich a toddler's brain and stimulate synaptic connections include having back-and-forth conversations, singing, reading, and playing together. Interactions with other humans, of any age, are a better method of stimulating a child's brain than watching television!

## Brain Growth Stages

### From around age 10 and above

most brain changes serve to improve function of the more sophisticated and versatile **frontal lobes**

#### Memory

Educators rely on the young brain's plasticity -- its ability to be molded by experience-- to teach school-age children. Repeating learned information, such as the spelling of words or multiplication tables, will form synaptic connections that will preserve those memories for life

#### Hippocampus

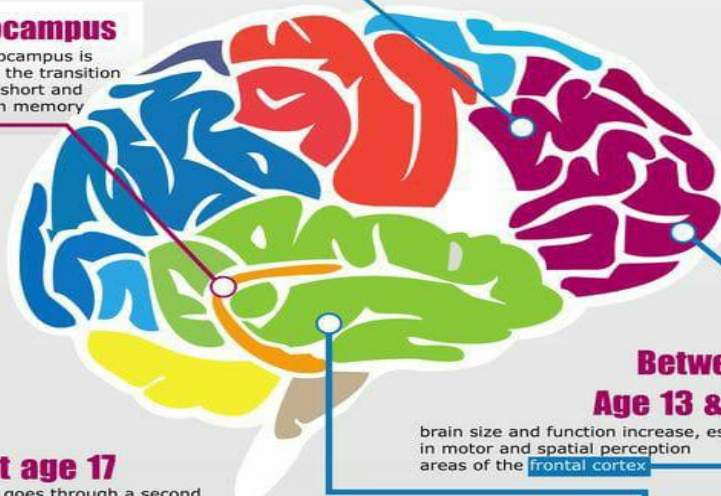
The hippocampus is critical in the transition between short and long-term memory

#### Frontal lobe duties

- Motor function
- Problem-solving
- Memory
- Language
- Impulse control

#### Synaptogenesis

Synaptogenesis, the formation of connections between synapses that started in the womb, continues throughout childhood and into adulthood.



#### About age 17

the brain goes through a second growth spurt when the frontal lobes increase in size again, as do their synaptic connections to the rest of the brain. Final adult brain weight of 1300 - 1400g (3 lbs.) is reached in the late teens.

#### Between Age 13 & 15

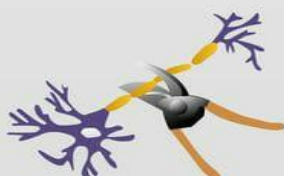
brain size and function increase, especially in motor and spatial perception areas of the **frontal cortex**

Around this time, the pea-sized **pituitary gland**, located at the base of the brain, starts secreting different hormones into the bloodstream that will cause other organs to secrete hormones of their own -- giving way to sexual maturation and reproductive capability.

#### By age 18

through periodic "pruning" -- the brain's shedding of weak connections between neurons -- the number of synapses in an 18-year-old's brain has been reduced from

**1000 trillion to 500 trillion**  
-- the same number that an 8-month-old baby has!





## *b) How to spot the signs of mental illness in children*

Do you know how to spot the signs of mental illness in your child? While we hope our kids never have to deal with that, it's important to be aware.

There's a popular myth that childhood is a golden, carefree time when everything is easy, but somewhere inside us, most of us know that this is not true. From school bullying to family problems to a lack of safe places to play, there are all sorts of issues that constrain children's lives and can cause them stress. The pressure tends to increase during the teenage years, when bodies also undergo a lot of disorientating physiological changes. It's no wonder that some kids struggle to cope and develop mental health problems. The question is, what can we do about it? The first important step is learning to spot the symptoms.

### How to Spot the Signs of Mental Illness in Children

Is mental illness in children on the increase?

In recent years, mental health professionals have begun to report an upsurge in the number of children and young people who need their help. The increase is large enough that they don't think that it can all be attributed to a greater awareness of mental health issues. Instead, they cite factors such as the increased use of the internet, which can expose children to pressure that their parents, who are generally less tech-savvy, don't know how to deal with. The state of the wider world is also a contributing factor, with teenagers concerned about their future prospects in a struggling economy, and with young people of all ages increasingly worried about war. In this situation, it's particularly important to listen to your children and reassure them that you're always ready to provide support.

#### Behavioural changes

Mental health struggles often come to light through behavioural changes. While you shouldn't get too worried about your child finding a new hobby or adopting a new style of dress, you should worry if your child suddenly withdraws from social activities or loses interest in a favourite pastime. Every adolescent goes through mood swings, but phases of anger, fearfulness, or unhappiness that last for more than two weeks should be cause for concern. Your child may complain of nightmares or trouble sleeping, may start skipping school, or may drastically underperform on school tests. Periods of confusion or struggles with basic problem-solving could also indicate a problem. If you're worried about something like this, it's time to start a conversation.

#### Talking to your child

Often, troubled children don't want to burden their parents, or they feel that their parents wouldn't understand what they're going through. Try not to be too anxious in your approach, as this can make the problem worse. Instead, talk matter-of-factly about your observations, and let them know that if they have a problem, there may be ways of making it better. It can be worth pointing out that adults and other young people quite often find life hard to cope with but recover after they get help. Don't lecture, but make an effort to listen, even if the answers are not what you expected. Show plenty of affection, and reassure them that you're going to love them no matter what.

#### Seeking help

If you and your child decide that extra help is needed, there are several options that you can consider. In most cases, it's best to start with counselling, which will help to clarify the problem and establish the best way forward – in some cases, it can be enough on its own. Sometimes, cognitive behavioural therapy is available as part of this process, giving your child enhanced coping skills.

If the problem is severe, or if counselling doesn't seem to be helping, medication is also an option. Sometimes, this can dial down the emotional pressure enough for your child to work through underlying issues and recover. Another option is sending your child to a place such as Newport Academy, where they will meet others in their age group facing similar problems and will immediately feel less isolated. In a supportive environment away from the pressures of day-to-day life, they can continue to get an education and can also receive counselling and further support as needed. A break like this can help them to overcome their problems and reconnect with the things that they really value in life.

Mental illness in young people may be more common these days, but the good news is that, partly as a consequence of this, mental health services have really woken up to young people's needs. There's more support now than ever before, so families no longer have to face this alone. If you can support your child through the difficult early process of acknowledging the problem, you can get the help that you need to ensure that they make the best possible recovery.

Being aware of your children's health is the most important thing being a parent. As a mother of two, I always see to it that my children are ok emotionally, mentally and physically. Even as a very busy mom, they always are my priorities. I am not a parent but I do think parents need to be real keen of their Childs behaviour. Don't let something off keep slipping by and if it is getting out of control help them while they are still young or it will definitely get worse in adulthood.

The numbers do seem to be rising, as we are becoming more proactive in screening. It's important that we all get the help we need, regardless of age. It is easy to miss as a parent and some don't want to believe it could be happening. The earlier we detect it the better, since we can help our child deal with mental illness and what needs to be done. We just have to make sure that we're there showing our support.

This is really important because it feels as if more and more children are suffering from mental illness. I think this post be read parents. So very sad. This is so common these days it's frightening. It is important to talk to our kids regularly.

### *c) How to foster your child's Mental health*



- *Actively listen*
- *Be present*
- *Respond calmly during elevated emotions*
- *Regularly encourage, support and praise your child*
- *Encourage learning from natural consequences*
- *Have scheduled family time*
- *Incorporate family rituals/traditions*
- *Teach your child coping mechanisms*
- *Encourage independent learning*
- *Create a home routine*
- *Listen first, talk second*
- *Acknowledge positive decisions*
- *Provide a safe environment*
- *Encourage play and exercise*
- *Make sure your child gets enough rest*
- *Show love and affection every day*
- *Practice mindfulness*
- *Praise effort, not achievements*
- *Let your child express their emotions*
- *Eat healthy meals*
- *Play with your child*
- *Let them know you are always there for them*
- *Actively talk about emotions and feelings*
- *Practice patience*
- *Accept mistakes*
- *Model healthy behaviour*
- *Have your child recite affirmations*



## *d) 9 tips to improve concentration in kids*

Expert-recommended tips on how to improve concentration in kids:

### **Tip 1 Exercise**

Exercise has been shown to impact both attention and performance in school. If your kids find exercise boring physical sports can be good alternative.

### **Tip 2 Healthy Breakfast**

A good breakfast has been shown to have numerous benefits including:

1. Achieving balanced weight
2. Better cognitive development
3. Good behaviour
4. Enhanced performance in school including mathematics

### **Tip 3**

Positive Parenting ,Encouraging and Motivating (Positive Reinforcement) can directly benefit the child when it comes to concentration. Conversely, Negative Reinforcement will impact the child's ability to concentrate negatively.

### **Tip 4 Music**

Research shows that Music helps children concentrate. Ability to concentrate has two parts: Conscious part where the individual directs his mind to the task-at-hand and Unconscious part, upon which the individual has very little control. Music might play an important role in controlling the unconscious part.

### **Tip 5 Avoid Electronic gadgets**

Excessive Screen Time on electronic gadgets has negative consequences on child's ability. to concentrate. Divert your child's attention from electronic gadgets by:

1. Channelizing the child's energy towards other healthy pursuits
2. Be firm on the decision to not give electronic gadgets to your child.

### **Tip 6 Set Routines**

Setting a daily routine will help your child to be more independent, confident and reduce tantrums. It will improve kids' general behaviour, discipline and concentration.

### **Tip 7 Encourage a Passion that your Child Loves**

Research indicates that encouraging your child to pursue what he or she loves to do, can help in increasing the concentration skills.

### **Tip 8 Moods play an Important Role**

Mood is an important element of concentration for children. A child finds it difficult to concentrate if he/she is upset, overwhelmed, tired or excited. Whereas a calm child is able to concentrate better.

### **Tip 9 Joint Attention**

Joint attention is defined as the shared focus of two individuals on an object. Doing activities together with the child help the child concentrate better and enhance the entire experience.

## *e) The emotional cup*

Imagine that every child has a cup that needs to be filled with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

### **Some ways that children deal with having an empty cup:**

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

### **What fills a child's cup:**

- Play
- Friendship
- One-on-one time Love and affection
- Connection
- Succeeding
- Doing what they love to do or what they choose to do

### **What empties a child's cup:**

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



## *f) Cyber crime*

Cyber Crime is a global phenomenon which hampers the privacy and security of a person online. Women are often the soft targets. There are people who are on the lookout for personal information, like passwords, bank details, etc. Apart from that women are often harassed, stalked and threatened in the virtual world. Your Facebook /Twitter status and photos say a lot about you. A determined person may already have found out that you're a woman, details about where you live and whether you are currently alone. With that post, the bad guy could set you up for a robbery or even a physical attack. I congratulate Dr. Ananth Prabhu G and Vivek Shetty for coming out with this wonderful booklet depicting 15 real time scenarios. Also, the safety measures to be taken for online safety would keep you protected from various crimes, helping you to build your protective cocoon online. After all, awareness is the key and everyone must engage in responsible internet surfing.

Remember, that prevention is better than cure. Be ready to fight this war against cybercrime. STAY SAFE ONLINE!

## Awards



**MISSION PINK HEALTH**  
**has been awarded as**  
**The best IMA WING 2020**  
**in the National Award Function**  
**on 18/12/20**



**MPH first e Bulletin has been**  
**released today by**  
**Honourable NP Dr. Rajan Sharma Sir**  
**at 223rd CWC MEETING**  
**on 20/12/20.**





## Vote of thanks

### Team Mission Pink Health

It is heartening to be able to work for a Mission connected to imparting **Health Education** to Girls & Boys of school going age all across **Nation** & hence create a Healthy Society. i.e **"Mission Pink Health" - A National Health Project for Adolescent Girls & Boys.** IMA MPH Wing is a Mother wing for Community Services.

Adolescent Health Issues dealt are Anaemia prevention and control, Menstrual Hygiene. Welcome the Girl Child, Early pregnancy and child health, Sexual and Reproductive health, Good touch / Bad touch, Rights and responsibilities of adolescents, Emotional Health / Mental Health problems including depression and suicide, Social Media Addiction, Alcohol and other drug abuse, Role of Exercise, Role of Healthy diet & Nutritional Deficiency diseases, Obesity and associated life style health issues, Cervical & Breast Cancer Awareness, Importance of hand wash, Importance of personal hygiene, Knowledge on Vector & Water borne disease, Covid Myths and Facts, Age suitable Lectures. We also create awareness informative Videos, Posters etc from time to time.

Our Vision : Healthy Nation - Today & Tomorrow

Our Mission : Anaemia Free India & Adolescent Health

**"Together we can help the society"**





# CHILD & ADOLESCENT

*The sky is full of  
stars and there's  
room for them all to shine.*



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NATIONAL IMA MPH