



All India Institute of Medical Sciences, Rajkot, Gujarat
Department of Paediatrics
Activity Report- Adolescence Health Awareness Day &
Childrens Day
Date:14 November,2022

The Department of Pediatrics and Adolescent Medicine, All India Institute of Medical Sciences Rajkot, Gujarat celebrated “Adolescent Health Day” on 14 th November 2022 at the OPD premises in Khanderi. This was organised in the spirit of Adolescent Health Week being celebrated nationwide by Indian Academy of Pediatrics (IAP). The theme for this year is "Great Adolescence by Child Nurturance". IAP Adolescent Health Week is a grass-roots initiative for young people, their health care providers, their teachers, their parents, their advocates and their communities to come together and celebrate young people and with an ultimate goal of working collectively towards improving the health and well-being of the over 1 billion adolescents across the globe today. The Mission is to inspire adolescents and their communities to advocate for a successful transition into adulthood.

All the Second year MBBS students, Nursing Officers of the AIIMS Rajkot participated in various events which were organised to spread awareness & knowledge about the adolescent health issues. It was marked by various health education activities. The event activities matched with the vibe of Children's Day celebrated on the same day.



1. **Interactive Session on Adolescent Health Issues** by Assistant Professor, Dr Pinky Meena.
The objective of the talk was to appraise healthcare workers to myriad of health issues of adolescence. The health care workers were given knowledge about problems faced by adolescents in day-to-day life and how we as health care workers can become adolescent friendly and teach them ways to handle their stress & problems. They were taught to identify red flag signs and refer when required to the concerned specialist. The significance of health lifestyle among adolescents; creating awareness about obesity & overweight and its management discussed. Adolescents were

taught about basic WHO life skills . The problems faced by adolescent females both physical & psychological and ways to overcome it were discussed.



2. **Role play/Skit** at OPD Campus for spreading awareness to general public and Healthcare staff
Students of second professional year performed a skit/role play on contemporary issues of adolescence for spreading the awareness to the general public and the healthcare worker staff. They artistically highlighted the plight of adolescent in society including concerns of substance abuse, developmental changes, screen addiction, sexual and reproductive health.



3. **Poster presentation,** were organized for second year students, nursing officers and laboratory technicians of AIIMS Rajkot. The participants highlighted the various aspect of adolescent health to increase awareness about adolescent health & development issues and to dispel various myths and misconceptions regarding various issues particularly related to Nutrition, Mental Health, Sexual & Reproductive Health and Menstruation etc. Each participant presented their theme in an interactive manner.





