

National Activities

Adolescent Health Programme-Karnataka Branch

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I N T R O D U C T I O N

The Indian Association for Adolescent Health – Karnataka Chapter has been established on 22 November 2015 and completed its four years of functioning with the Executive Committee formed then. The Karnataka Chapter has continued its efforts in the Adolescent Health Promotion works in a regular manner during the entire term. In the current month (March 2019) the Chapter had conducted its Annual General body Meeting and carried out several programmes. This is an account of its works.

IAAH-K Conducts its AGM

The Annual General body Meeting (AGM) of Indian Association for Adolescent Health (IAAH) - Karnataka Chapter was held on 01 March 2019 at Kempe Gowda Institution of Medical Sciences (KIMS) hospital campus auditorium in Bangalore at 2.00 pm. Dr Jugal Kishore, the Secretary General of Indian Association for Adolescent Health, who is also the Director Professor, Department of Community Medicine, Vardhaman Mahaveer Medical College, New Delhi and Safdarjung Hospital, New Delhi, presided over the meeting. After the Secretary General delivered the welcome address, the Joint Secretary of the Association Wg. Cdr. Ranjit Kumar Mandal presented the annual report. The Chairperson dissolved the existing Executive Committee and nominated Wg. Cdr. Ranjit Kumar Mandal as the Interim Secretary to work directly under the control of the Secretary General of IAAH. The house was unanimous in this decision.

The house, then, unanimously decided to organize a one-day seminar in Bangalore on 'Adolescent and Youth Health' on 27 April 2019. The house directed that the Interim Secretary would approach Kempe Gowda Institution of Medical Sciences (KIMS), National Institution for Mental Health and Neuro Sciences (NIMHANS), Bangalore Academy of Adolescent Health (BAHA), BBMP – Roshini, Department of Youth Empowerment and Sports, Government of Karnataka and some other philanthropic organizations for collaboration and support to organize the conference.

Dr. D.H. Ashwath Narayan, the Head of the Department of the Community Medicine, Kempe Gowda Institution of Medical Sciences, a member of the association, who hosted the meeting, proposed the vote of thanks and the meeting concluded. The meeting, which was attended by 35 members, came to an end at 3.00 pm.



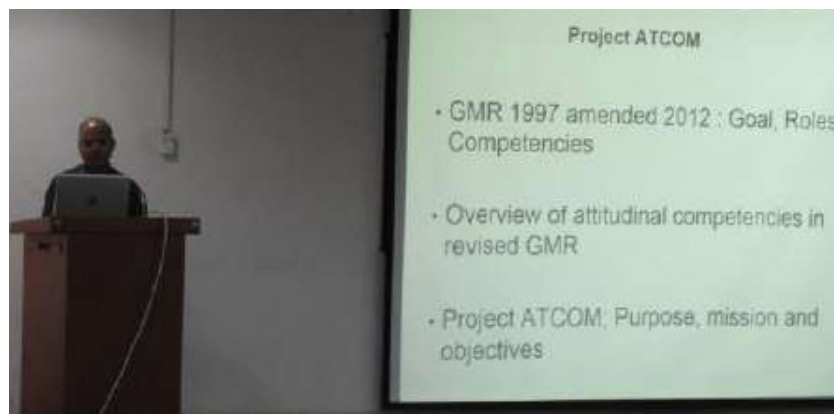
Wg. Cdr. R.K. Mandal, Jt. Secretary IAAK-K (L) and Dr. Jugal Kishore, Secretary General, IAAH (R) and conducting the AGM of IAAH-K



The members of Indian Association for Adolescent Health, Karnataka attending the AGM of the Association in Bangalore

A Guest Lecture by Dr. Jugal Kishore

Immediately after the AGM, Dr. Jugal Kishore then delivered a guest lecture on the topic–‘AETCOM and Revised Curriculum for UG and PG Module Implementation’ to the participants of the meeting. The lecture was supported by charts and diagrams projected on the screen. The lecture evoked interest among the audience which was followed by a question answer session. The lecture continued for about 45 minutes.



Dr. Jugal Kishore, the Secretary General, IAAH delivering the Guest Lecture in Bangalore after the AGM of IAAH-K



Some of the members IAAH-K who attended the AGM and the Guest Lecture posed for a group photo session

IAAH-K's Meeting with BBMP-Rosihni

On the same day at 5.00 pm, Dr Jugal Kishore, the Secretary General, IAAH, Wg Cdr Ranjit Kumar Mandal, Secretary, IAAH-K, Dr. D.H. Ashwath Narayana, Member IAAH-K and Dr. B.S. Pradeep, Member, IAAH-K had a discussion with Mr Ali Sait, the CEO, Tech-Avante Garde & the Chairman, Project BBMP-Roshini, on promotion of adolescent health matter in 156 Bruhat Bangalore Mahanagar Palike (BBMP) Schools. The company had adopted 156 BBMP schools this year for improvement of quality in those schools and had shown interest to collaborate with the IAAH on adolescent health promotion matters. The company has already taken Wg Cdr Ranjit Kumar Mandal, Secretary, IAAH-K on board in its Health and Wellness Committee.



(L-R) Mr. Ali Sait, Dr. B.S. Pradeep, Dr. Jugal Kishore, Wg. Cdr. R.K. Mandal and Dr. D.S. Ashwath Narayan having a meeting on Adolescent Health matters in Bangalore

Felicitation Programme at BGS World School

The students and staff of BGS World School, Chickballapur, Karnataka were felicitated by Dr. Jugal Kishore, the Secretary General, Indian Association for Adolescent Health, New Delhi at 09.00 am on March 02, 2019 in a ceremony held in the school. The Principal of the school Wg Cdr Ranjit Kumar Mandal, who is also the Secretary, IAAH-K welcomed Dr. Jugal Kishore and the other dignitaries. Dr. N. Shivarama Reddy, the Chief Administrative Officer, Sri Adi Chunchanagiri Shikshana Trust, who was present in the meeting complimented the students for their services rendered for the benefit to the society.



Wg. Cdr. R.K. Mandal, the Principal, BGS World School is welcoming the guests during the award ceremony



Dr. Jugal Kishore is being honoured by Wg. Cdr. R.K. Mandal, the Principal, BGS World School



Dr. N. Shivarama Reddy, the Chief Administrative Officer of Sri Adi Chunchanagiri Shikshana Trust delivering his speech in the award ceremony



The staff members and the students of VIII class to X class are attending the Award Ceremony at BGS World School, Chickballapur

Dr. Jugal Kishore, the chief guest of the ceremony, handed over a gold medal to Vardhan K (X), a silver medal to Harshitha M (X) and a bronze medal to Chandru KS (IX) respectively who had made creditable contributions in the 'Community Health Survey Programme'. They received certificate of credit also. Dr. Jugal Kishore also handed over 76 certificates to other students who had participated in the survey in their own villages in the current academic session under the programme launched by the school. The students surveyed a total of 1730 houses in 10 Villages coming in the jurisdiction of five Talukas within two Districts. Ten teachers who had supervised the students in their survey were also awarded certificates by Dr. Jugal Kishore.

During the survey, which was carried out by the school for the second time, the students of VIII – X standard visited each selected houses eight times within a duration of eight weeks at a frequency of one visit in a week on a fixed day in every week. Nine teachers in the jurisdiction of Chickballapur and Bangalore Rural Districts supervised the work. During the visit, the students recorded the prevalence of non-communicable diseases in the family and interacted with them. They advised the ailing persons of the houses to go in for medical treatment and take the prescribed medicine regularly. They also counselled them to follow the advice given by the doctor with regards to diet and to remain away from smoking and drinking etc., as the case may be.



Dr. Jugal Kishore, the secretary General, Indian Association for Adolescent Health awarding certificates to the students of BGS World School who had participated at the Rural Health Survey Programme

Dr. Jugal Kishore awarded certificates to another batch of sixteen teachers of Pre-Primary Wing of the school those who had surveyed on 2663 persons in 89 families in Jadalathimmanahalli village, the adjacent village of the school. This survey was aimed at finding out health, literacy and economic status of the residents of the village, as was undertaken by the school as a part of 'School Health Programme', which the school had launched in 2015.



Dr. Jugal Kishore awarding certificates to the teachers of BGS World School who had guided the students for Rural Health Survey

Lectures on Management of Examination Stress at BGS World School

Later, from 10.00 am to 12.00 pm on the same day Dr. Jugal Kishore took two sessions of lecture of one hour each for 167 students of VIII & IX classes and 225 students of VI & VII standard on the topic 'Managing Stress During Examinations'. He highlighted the causes of pre-exam and during-exam stress which generally the students face. He gave them the tips by which they can remain stress-free and fare well in the examinations. The lectures were followed by question answer session.



The students of BGS World School attending the award ceremony programme in their school

Lectures on Life Skill Management in Sri Satya Sai Vikas Kendra

On the same day Dr Jugal Kishore visited Sri Satya Sai Loka Seva Institution, in the village Muddenahalli in Chickballapur district, Karnataka between 2.00 and 6.00 pm. He conducted a lecture session there for the residential boys of Satya Sai Vikas Kendra (CBSE) on the topic 'Life Skill Management' who were studying in VII – X standard. He explained about the 10 life skills necessary for their overall growth and success in life, as prescribed by the World Health Organization (WHO). He highlighted that the foremost among the skills were to remain safe and healthy. All 200 students of the institution attended the programme along with their teachers. The students showed a very high level of interest in the programme and asked questions to clarify their doubts. The session went on for about two hours.



The students of Sri Satya Sai Vikas Kendra attending the Life Skill Management lecture of Dr Jugal Kishore

Lectures on Teachers Responsibility on Promotion of Adolescent Health

Immediately after the session for the students, Dr Jugal Kishore conducted a session for the teachers of the Centre. In this session he highlighted the responsibility of the teachers in creating overall development of the students. He mentioned that about 80% of the adolescents, these days, are found to be unhealthy. Many of them are suffering from physical and mental ailments. He also mentioned that about 80% of the diseases of the adults are caused due to unhealthy adolescent period. He, thus, urged the teachers to take utmost care on the health of the students. During the session Wg Cdr Ranjit Kumar Mandal also presented his views on the special needs of health care in residential schools from his experience of Sainik School work. About 28 teachers of the institution attended the session which went for about one hour.



The teachers of Sri Satya Sai Vikas Kendra attending the lecture of Dr Jugal Kishore held at Satya Sai Seva Institution on the subject

Workshop on Life Skill Management in Sri Satya Sai Girls' College

On 03 March 2019, Dr Jugal Kishore visited the 'Shantniketan Campus' of the Sri Satya Sai Loke Seva Institution which is a residential campus meant for the girls who are studying their Pre-University and B. Sc. Course. The campus had the strength of about 120 students. Dr Jugal Kishore conducted a workshop for 2 hours and enlightened the students about the necessity of improving their life skills. He spoke about the relevance of improvement of life skills of girls in the context of the prevailing unsafe situation of the society. He presented a few simulated problem situations which many girls faced in their lives. He asked them to give their responses in those situations. He discussed on the points to make the girls better equipped with different ideas to tackle the situations. He highlighted that it was, most of the time, the calmness of a person and ability to think for solutions of the problems which enabled a person solve the problems better.



Dr. Jugal Kishore conducting a workshop for the students of PU and Degree College at Shanthiniketan Campus of Sri Satya Sai Loke Seva Institution



Wg. Cdr. R.K. Mandal making concluding remarks in the workshop of College students at Shanthiniketan Campus of Sri Satya Sai Loke Seva Institution

Conclusion

The activities of the Karnataka Chapter of the Indian Association for Adolescent Health in this phase were conducted in a very well-coordinated manner. It was Wg Cdr Ranjit Kumar Mandal, the Secretary, IAAH-K, who planned all activities. He was personally present in all sessions. The Association has been successful in executing several programmes in the current academic year. It has also been successful in increasing members and it has drawn out plans to conduct several programmes in the next year. The Chapter is trying to convert the Adolescent Health promotion work into a 'Social Movement'



Wg. Cdr. Ranjit Kumar Mandal (3rd from Left) & Dr. Jugal Kishore (4th from Left) are being presented with the Satya Sai Institute Memento by the Institution staff where Dr. Phaneendra look on (R)