



Chandigarh Branch Activity

Adolescent Health, Challenges and Coping Strategies

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In a concerted effort to raise awareness about the challenges, problems, and coping strategies faced by adolescents, the Indian Association of Adolescent Health, Chandigarh Chapter, in collaboration with the Department of Community Medicine and School of Public Health, PGIMER Chandigarh, and the Centre for Public Health, Panjab University, Chandigarh, organised a highly successful CME on “Adolescent health, challenges, and coping strategies”. This event took place on August 1, 2024, at the Golden Jubilee Hall, Panjab University, Chandigarh.

Dr Amarjeet Singh, President cum Professor (and former HOD) of the Department of Community Medicine and School of Public Health, PGIMER, Chandigarh, was the organising chairperson, and Dr Sonia Puri, Secretary cum Associate Professor in the Department of Community Medicine, GMCH-32, Chandigarh, was the organising secretary.

Many other eminent personalities contributed their valuable time and expertise to ensure the success of the event, including Dr Poonam Khanna, Additional Professor, Department of Community Medicine and School of Public Health, PGIMER, Chandigarh; Dr Mona Duggal, Associate Professor, Department of Community Ophthalmology, PGIMER, Chandigarh; Dr Amit Aggarwal, Professor and Head of the Dental Department, AIMS Mohali; and Dr Komal Sehgal and Dr Manoj Sharma from the Centre for Public Health, Panjab University, Chandigarh.

The event started with the inaugural ceremony and a welcome address by Dr Amarjeet Singh. Honoured guests included Dr Bhavneet Bharti, Principal of AIMS Mohali, and Dr Harsh Nayyar, Director of Research and Development. The CME included nine sessions, beginning with a presentation on “Vaping in Adolescents and Young Adults” by Dr Amit Aggarwal. This session was chaired by Dr Rita Kalra, District Governor Nominee of the Rotary Club, Chandigarh, and Dr Manoj Kumar from the Centre for Public Health, Panjab University, Chandigarh, who highlighted the harmful effects of e-cigarettes, comparable to those of traditional cigarettes.

The second session provided insights into nutritional misinformation, presented by Ms Geeta Mehra of MCM DAV College, Chandigarh, and chaired by Dr Ajit Dua from PBTI, Mohali; Chef Vikas Chawla; and Dr Poonam Khanna. This was followed by an extensive talk on cyberbullying by Dr Mona Duggal, chaired by Dr Win Dosanjh, an advocate for empowering young women, along with three experts from the Cyber Crime Cell, Chandigarh.

Other academic sessions covered a range of topics, such as adolescent stress management techniques presented by Col DS Khanna and Dr Sukhpal Kaur, Principal, NINE, PGIMER, Chandigarh; a question and answer session led by fitness experts Mr Sachin, Mr Rishi, and Mr Karn; the necessity for HPV vaccination for young adults discussed by Dr Dilpreet Kaur, Associate Professor, GMCH-32, Chandigarh; strategies for coping with the rising incidence of diabetes in adolescents presented by Dr Latika, Tutor at NINE, PGIMER, Chandigarh; and fertility issues in adolescent and young adult girls addressed by Dr Nirmal Bhasin, Secretary of IMA.

These sessions were chaired by esteemed figures, including Dr Neelam Dahiya, Senior Cardiologist, PGIMER, Chandigarh; Dr Jeet Ram, Cardiologist, GMCH-32; Mr JP Kant; Dr Seema Chopra from the Department of Obstetrics and Gynaecology, PGIMER; Endocrinologist Dr Emmy Grewal; and finally, Dr Bedi from Bedi Nursing Home. The event saw enthusiastic participation from over 110 students from various institutions, along with other attendees.





Figure 1. Participants Attending the Sessions



Figure 2.A Newspaper Clipping Reporting the CME



Figure 3. Inaugural Ceremony