

# परिसरपर्श.....

TOUCH TO TRANSFORM



## MAHA ACADEMY OF PEDIATRICS

Maharashtra State Branch of  
Indian Academy of Pediatrics

Society Reg.No.  
Maharashtra/529/2009/Nashik

**AUGUST  
2021**

President

**Dr.Jayant D. Pandharikar**

Secretary & Co-Editor :

**Dr.Sadachar A. Ujalambkar**

Chief Editor :

**Dr.Sandeep Dankhade**

**Secretariate :**

Aaditya Children's Hospital, Plot No.31, Survey No.8/32,  
Durganagar, Kamatwade Road, Trimurti Chowk, Nashik.

Email : [sadacharujalambkar@gmail.com](mailto:sadacharujalambkar@gmail.com) / [office@mahaiap.org](mailto:office@mahaiap.org)



## MAHA-IAP 2021 - Office Bearers



**Dr. Jayant Pandharikar**  
President



**Dr. Sanjay Ghorpade**  
Immediate Past President



**Dr. Sadachar Ujalambkar**  
Secretary General



**Dr. Rajesh Boob**  
Vice-President



**Dr. Amol Pawar**  
Treasurer



**Dr. Vinayak Patil**  
Joint Secretary



**Dr. Hemant Gangolia**  
Org. Chairperson  
Mahapedicon 2020



**Dr. Sandeep Dankhade**  
Bulletin Chief Editor

## MAHA-IAP 2021 - Executive Board Members



**Dr. Sanjay Joshi**



**Dr. Bela Verma**



**Dr. Minhaj Shaikh**



**Dr. Ravindra Bhelonde**



**Dr. Nikhil Pathak**



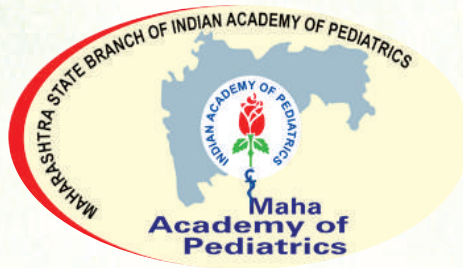
**Dr. Sagar Wagh**



**Dr. Shilpa Dudhgaonkar**



**Dr. Deepa Phirke**



## CIAP - Executive Board



**Dr. Bakulbhai Parekh**  
Immediate Past President CIAP



**Dr. Piyush Gupta**  
President CIAP



**Dr. Ramesh Kumar**  
President elect CIAP



**Dr. G.V. Basavraj**  
Hon. Secretary CIAP



**Dr. Jayant Upadhye**  
Vice President - West Zone



**Dr. Purna Kurkure**  
Treasurer CIAP



**Dr. Samir Dalwai**  
Joint Secretary Admin CIAP

## CIAP - Executive Board Members



**Dr. Anand Deshpande**  
Pune



**Dr. Prashant Jadhav**  
Aurangabad



**Dr. Anil Raut**  
Nagpur



**Dr. Parmanand Andankar**  
Navi Mumbai



**Dr. Narendra Nanivadekar**  
Kolhapur

# INDEX

<b>SR. NO.</b>	<b>TITLE</b>	<b>PAGE NO.</b>
1.	President's Message	1
2.	Secretary's Message	3
3.	Editor's Message	4
4.	The Last lesson...! Dr. Shubhada Khirwadkar	6
5.	Hand Hygiene Importance and Techniques Dr Sangeeta Lodha	10
6.	स्तनपान की सुरक्षा : एक साझा जिम्मेदारी डॉ.विद्या कौशल जाधव	13
7.	FEW GLIMPSES OF MAHA IAP ACTIVITIES	16
8.	ACTIVITIES OF NASHIK January to March 2021	17
9.	ACTIVITIES OF NAVI MUMBAI IAP January & March 2021	21
10.	ACTIVITIES OF NAVI MUMBAI IAP APRIL, MAY, JUNE, JULY 2021:	25
11.	ACTIVITIES OF IAP RAIGAD BRANCH January & March 2021	28
12.	ACTIVITIES OF IAP RAIGAD BRANCH APRIL, MAY, JUNE, JULY 2021:	31
13.	ACTIVITIES OF OSMANABAD January to March 2021	34
14.	ACTIVITIES OF AMRAVATI IAP JANUARY TO MARCH 2021	36
15.	ACTIVITIES OF AMRAVATI IAP APRIL TO JULY 2021	37
16.	ACTIVITIES OF SOLAPUR IAP JANUARY TO MARCH 2021	38
17.	ACTIVITIES OF AURANGABAD January to March 2021	40

# President Message



**Dr. Jayant Damodar Pandharikar**

President  
Maharashtra IAP - 2020-21

Dear fellow MAHA IAPians,

## **SEASON'S GREETINGS..!**

Happy to present issue of "Paris sparsh", an official mouthpiece of Maharashtra IAP. Proud to mention that MAHA IAP had published this bulletin every 2 months in the year 2020, congratulations to all office bearers of various branches, contributors, and Editorial team of MAHA IAP Dr. Sandeep Dankhade and Dr. Sadachar Ujalambkar.

Year 2021 started with great hopes and ambitious planning for the year ahead by all the district branches. But upsurge of corona cases in the state has again slowed the activities in physical form. Even first issue of "Paris Sparsh" was to be released at Maha IAP sports at Amravati. Organizing team and IAP Amravati was all set to welcome more than 200 Maha IAP sportspersons for this event. But just a week before corona surge started and lockdown declared at Amravati, so we had to postpone this event.

I congratulate all the new teams of office bearers of all district branches. Happy to know about various activities conducted by many city branches throughout Maharashtra state in spite of corona pandemic. I must congratulate branches for conducting various activities for social cause. Many members of MAHA IAP working in govt and corporate set ups did great work and still doing their best as front line warriors against covid. Maharashtra IAP is proud of their dedication and devotion for the cause.

Upgrading knowledge and skills is a critical element in the future success of every IAPian, so in addition to dIAP, Maha IAP has come up with its own digital platform. I appeal all city branches to utilize it for CMEs, webinars, case discussions and reach out state /nation wide. I am thankful to our national president Dr. Piyush Gupta and team CIAP for allotting various modules to our city branches. My sincere thanks to CIAP for allowing us to translate parental guidelines to Marathi. My appeal to all esteemed members to visit our updated website and access our Windows "my academic query" to get your academic query solved.

Maharashtra IAP is conducting Pediatric Update 2021, Speciality webinar on every Saturday and Stalwarts from the speciality across the country are delivering talks and sharing their thoughts. I am proud to mention that we are getting viewership of more than 1500 at every webinar and I want to congratulate our scientific convener Dr.Upendra Kinjawadekar, for meticulous planning and perfect selection of topics.

We have started MAHA IAP KATTA for exploring talents amongst us. It's including performances, discussions, interviews with experts from every field apart from academics. So be prepared to perform and enjoy the fun.

This year we are coming up with mega project "Sickle-Thalassemia prevention program" which will be continued for coming few years. Main object is to make our medical fraternity, Obstetricians and common public aware about the prevention of Sickle, thalassemia disease. Seek your cooperation/ inputs in conducting this mega project across the state.

Speculating third wave of corona to hit children more, Govt of Maharashtra formed Task force under chairmanship of Dr Suhas Prabhu, and MAHA IAP conducted 7 regional TOTs of PCCC module and 1 webinar on management of severe Covid. More than 27,000 Doctors, Practitioners and other health workers were trained by our trainers throughout Maharashtra. Covid vaccination may begin very soon in children, So do help govt agencies in vaccination program against covid.

This year's MAHA IAP'S theme is "TOUCH TO TRANSFORM", so let's work together and with your gentle "TOUCH", we can "TRANSFORM" lives of many children to happy and healthy state.

With Best wishes !

Long live IAP.

Yours in academic services.

**Dr.Jayant Damodar Pandharikar**

President

Maharashtra IAP - 2020, 2021

\*\*\*\*\*

# Secretary Message



**Dr.Sadachar Ujalambkar**

Secretary General  
Maharashtra IAP 2019-21

Dear colleagues,

It's been a great pleasure to present to you the first issue of Mahaiap bulletin 2021. It was very marvelous last year as far as the activities part by all active branches of the state. I congratulate all active branches for their hardwork & dedicated efforts in conducting academic & non academic activities last year inspite of pandemic situation .Another major highlight was First digital conference MAHA-PEDIUTSAV 2020. This historic event was attended & appreciated by large numbers all across state .This was a great team work & I found myself very much fortunate to be an organising secretary of the said event. Mahaiap also received many prizes & accolades at Hybrid Pedicon 2021, Mumbai at national level. This all was possible only due to cooperation, support & blessings from all state branch OBs & Fellow MahalAPIans .In continuing last year's legacy, we at Mahaiap have launched our own virtual platform - Digital MAHAIAP- on 18th March 2021. We have also launched You Tube channel & Facebook page along with this. This venture will facilitate us to conduct academic & non academic activities with unlimited number of participants .This will also open up the more opportunities for the budding faculties of our state. We have started non academic activity as MAHAIAP कट्टा which is Unique state level event. This includes performances, discussion, narratives & presentation of life time devotion by the passionate workers of respective fields & their interviews. They are the experts from the field of Arts, Music, Social activities & Entertainment. This program is the excellent platform to explore the passion & talent amongst us in so many non academic fields. We have also started academic activities which are more of case based & useful for our routine clinical practice. I Appeal all of you to attend & participate in these programmes in large numbers. I appeal all to take good care of yourselves in this pandemic times. I thank our Honorable Mahaiap President Dr Jayant Pandharikar sir for his cooperation & support. I also thank all esteemed EB members of MAHAIAP for their cooperation last year & expect the same this year also to achieve greater heights for MAHAIAP in years to come.

Jay MAHAIAP...Jay HIND ...!!

Yours sincerely.

**Dr Sadachar Ujalambkar**  
Secretary Maharashtra state IAP

# Editor's Message



**Dr. Sandeep Dankhade**

Chief Editor  
drsandeep12345@gmail.com



**Dr. Sadachara Ujalambkar**

Co-Editor  
sadacharujalambkar@gmail.com

Dear fellow Mahaiapians,

Season's greetings..!

It's our immense pleasure to present before you, the First edition of MAHAIAP bulletin "परीस स्पर्श"- 1 for this year.. Thanks to the encouragement by Maha IAP president - Dr. Jayant Pandhrikar sir and secretary - Dr. Sadachar Ujalambkar, and all the Iapians, who has given their inputs in this Bulletin. Friends, we are adopting the "new normal" in the pandemic of Covid-19 and internet is playing an important role in maintaining the communication amongst all Iapians. This fact helped us to publish our e- Bulletin and keep in touch with the Iapians all over the Maharashtra. We congratulate all the authors and office bearers for their inputs in this bulletin. Wishing you all a pleasant monsoon ahead...!

Jai Maha IAP.. Stay safe.

**Dr. Sandeep Dankhade**  
Chief editor- Bulletin MAHAIAP 2021

**Dr. Sadachar Ujalambkar**  
Co- editor Bulletin MAHAIAP 2021



## BIO-DATA

### LT GEN MADHURI KANITKAR, AVSM, VSM DY CHIEF IDS (MED)

#### माननीय लेफ्टनंट जनरल डॉ माधुरी कानिटकर,

ऐशीच्या दशकाच्या सुरुवातीला, जेव्हा, लष्करात महिलांचा सहभाग नगण्य होता, तेव्हा आपण लष्कराच्या वैद्यकीय सेवेत रुजू झालात. आणि स्वकर्तृत्वावर लष्कराच्या दुसऱ्या क्रमांकाच्या पदापर्यंत पोहोचलात हे कौतुकास्पद आहे. पदवी प्राप्त करीत असताना राष्ट्रपतींचे सुवर्ण पदक आणि कलिंगा पुरस्कार जिंकून आपण आपल्या गुणवत्तेची चुणूक दाखविली होती.

महोदया, वैद्यकीय शिक्षण आणि संशोधन हे सार्वजनिक आरोग्यासाठी पूरक असावे या ध्येयाने झपाटलेल्या आपण, एक उत्कृष्ट वैद्यकीय शिक्षक आणि संशोधक आहात. त्यातूनच आपले अनेक शोध निबंध प्रसिद्ध झाले आहेत. बालकांच्या मूत्रपिंड विकार शास्त्रात आपणास विशेष रुची आणि म्हणूनच अधिकार आहे. तशी सेवा देणारे पहिले केंद्र आपण सुरू केले आणि विकसित केले.

आपल्या अशा दैदिप्यमान कार्यामुळे भारतीय वैद्यक परिषद, विज्ञान आणि तंत्रज्ञान मंत्रालय तसेच अनेक वैद्यकीय संघटना यांत आपल्याला अनेक विशेष जबाबदाऱ्या पार पाडण्याचा मान मिळाला. महाराष्ट्र आरोग्य विज्ञान विद्यापीठाचे कुलगुरु हा त्यातील अगदी अलिकडचा बहुमान!

मेंडम, कुठल्याही लष्करी अधिकाऱ्यांस हेवा वाटावा अशी आपणास मिळालेल्या पुरस्कारांची यादी आहे. ती अतिविशिष्ट सेवा पदकापर्यंत जाते.

अशा ध्येयवेड्या शिक्षकास, समाजाभिमुख संशोधकास, सेवाव्रती लष्करी अधिकारी आणि उत्कृष्ट प्रशासक म्हणून स्वतःचा ठसा उमटवून महिला सक्षमीकरणचा आदर्श उभा करणाऱ्या आमच्या सहव्यावसायिकास आमचा साभिमान सलाम.

डॉ. जयंत पांडरीकर, अध्यक्ष

डॉ. सदाचार उजळंबकर, सचिव

अ.भा. बालरोग तज्ज्ञ संघटना, महाराष्ट्र शाखा

दि. १२/०८/२०२१

शब्दांकन - डॉ. राजेंद्र कुळकर्णी

1. Lt Gen Madhuri Kanitkar, AVSM, VSM has assumed the prestigious appointment of Dy Chief Integrated Defence Staff (Med) on 29 Feb 2020. She was commissioned in AMC on 27 Dec 1982. She is a medical graduate of Armed Forces Medical College, Pune University and postgraduate in MD (Paediatric) from Indian Naval Hospital Ship (INHS). Asvini. She has had the distinction of being first in Pune University in all the three phases of MBBS and was awarded the President's Gold Medal & Kalinga Trophy for the best outgoing student of the graduate wing in academics and extra-curricular activities in 1982.
2. She is a Paediatric Nephrologist who has done her post-graduation in Paediatric from Mumbai in 1990 and training in Paediatric Nephrology from All India Institute of Medical Sciences (AIMS), New Delhi, followed by Fellowships at NUH Singapore and GOS London. She has also completed the FAIMER Fellowship in Medical Education.
3. The Gen Officer has held various key staff appts, as MG Med, Northern Command, Udhampur, Dean & Dy Commandant, Armed Forces Medical College, Pune, Deputy Director General AFMS (P&T), prestigious appointment of Prof & Head, Dept of Paediatric at Armed Forces Medical College Pune, Sr Adv Paed, BHDC & MH Namkum, Reader, AFMC Pune and CI Spl Paed, CH (SC) Pune & 167 MH.
5. For her distinguished service Gen Kanitkar has been awarded Ati Vishisht Seva Medal in 2018, Vishisht Seva Medal in 2014, Commendation by Chief of the Army Staff in 2000, 2003, 2004, 2012 (twice) and Commendation by GOC-in-C in 2008.
6. The Gen Officer has been nominated to the PM-Science Technology Innovation Advisory Committee and Board of Governors of Medical Council of India in the year October 2018 and July 2019 respectively. Her Thrust has been to align medical education and research to Public Health needs.
7. Academician par excellence Lt Gen Kanitkar has large number of publications to her name in national and international journals. She is an active sportsperson and an avid Golfer. She loves travelling and visiting historical places especially in India.
8. The Gen Officer is married to Lt Gen RV Kanitkar, PVSM, AVSM, SM, VSM (Retd) and has a son and daughter. Son Nikhil is an Entrepreneur and daughter Vibhuti, is working in Microsoft Seattle USA.



#### अधिष्ठाता

महा आयएपी कट्टा प्रस्तुत  
डॉ. माधुरी कानिटकर  
एक प्रेरणादायी प्रवास !!



#### लेफ्टनंट जनरल !!

सोबत संगीत मैफिल  
डॉ. जयंत पांडरीकर, डॉ. मंजुषा शेरकर,  
डॉ. तुषार गोडबोले, डॉ. शितल गांधी,  
डॉ. अभिनय दरवडे आणि टीम औरंगाबाद



सूत्रसंचालन  
डॉ. उपेंद्र किजवडेकर

गुरूवार  
दिनांक १२ ऑगस्ट २०२१  
रात्री - ९ वाजता

निमंत्रक-  
डॉ. जयंत पांडरीकर -  
अध्यक्ष  
महाराष्ट्र बालरोगतज्ज्ञ संघटना

डॉ. सदाचार उजळंबकर  
सचिव  
महाराष्ट्र बालरोगतज्ज्ञ संघटना

# The Last lesson...!



**Dr. Shubhada Khirwadkar**

M.9823075200

As she entered the classroom, the noisy chatter of her students muted down in a forced hurry. She always commanded a near perfect silence to greet her entry.

Her chiselled dark face with her straight & upturned sharp nose adorned with a sparkling diamond nose ring & piercing dark eyes looked a bit morose & more strained than usual ! She came in with a little uncharacteristic, hunched demeanor; quite contrary to her usual erect one! She gave us a look we couldn't fathom, went with measured steps to the black board & wrote quietly... 'The last lesson'!

This immediately whirred such murmurs amongst us ...” The last lesson? What? Whose? Hers? Why?” We still have a month to go before the school closes down for our annual vacation. Isn't it?” And she is not retiring yet! Is she?”

Mrs. Rao just had to raise her voice a scale higher & say “Class!” That one word disallowed any room for further discussion. Looking dapper in a starched cotton saree & her perfectly braided salt & pepper hair, she said matter of faculty: “Let’s talk about war. Which wars do you know?” She just looked at the faces with raised hands & pat came the replies....

”India- Pakistan (this being the most recent in our memories!) Indo- China war, World wars one & two!”

“ Oh, Good!” was her response!

(Those gratified faces literally lit up with our Rao teacher’s “Good!” for, that was a rare prize to be won!)

“Wars are being won & lost since human history began!

And “What are its effects?”, she asked.

“It brings death & destruction”, we replied in chorus.

“Right!”

“And the victor imposes his wills, whims & fancies on the conquered”, she continued.

“He tries to break their souls!”

We were now being taken into an unexplored territory...

” This is a tale of one such event that is being narrated by a French school boy like you... The last lesson, his teacher of French language, took for his class when the victorious Germans had imposed an order that from the next day, only German would be the language taught in schools, the French territory of Alsace & Lorraine which were recently added to the German empire after they won the Franco Prussian war...”, she explained.

The two French names of the towns, she pronounced with such elan; it indicated her love for French too, in addition to English language, which she ‘literally’ breathed! “Oh! That’s how & why ‘The last lesson’ was on our blackboard!”, we all said to ourselves with a huge sigh of relief!

For the entire next week we were then treated to the sheer joy of learning about the emotional world of a student & his teacher taking his last lesson in French. The protagonist was so distant from us yet seemed so near! That is the hallmark of a good story... its universal appeal!

Right?

So, right was our English teacher too! How well she had devised for us a perfect ‘Lesson plan’- for this very famous, poignant story of how war wrecks hearts & how spiritedly people fight for their love of a language!

Right from her entry into the classroom, her serious beginning, the mood, her build up towards the tale through discussions, everything was so well crafted in her brain & nicely framed in her heart. She must have taken her lessons in Educational psychology to her heart; For, for every chapter in our English textbook or a poem she had her own little tale entwined into it...Be it Wordsworth’s ‘Daffodils’, a Wodehouse or Kipling’s ‘Mowgli’. She vividly brought out every nuance of the piece in the forty five minutes she was allotted daily to teach English to us.

Every day we craved for more & she fed us with ‘extras’, the next day!.

The classics like ‘Charge of the Light Brigade’, ‘Ivanhoe’ or a piece from Shakespeare’s ‘Midsummer night’s dream’ had special place in her heart. Lest we miss the beauty of these for want of time, she taught them in Sunday’s extra classes which could go on for hours. We had neither the heart nor the courage to miss these classes for anything!

How could we?

She commanded such awe & respect that just a stern look given by her for any misdemeanour would seem like a slap on the face. Her taunt or a carefully worded reprimand given publicly would be an unforgettable insult for the students, to say the least!

A stickler for perfection, she wouldn’t tolerate any laxity in usage of words or grammar.

And how well she taught Grammar ... almost as if it was Mathematics!

She knew her Wren & Martin's like the back of her hand!

This huge book had tons of exercises on clause analysis, her favorite grammar game! Initially we used to loathe going through the long winding sentences searching for the main clause & the subordinate clauses. But, bye & bye it became fun, as we mastered the art.

It felt like solving a jigsaw puzzle & getting a right✓ from Mrs.Rao's red pen was a prized possession for us all!

So was buying or even reading a book from our school library, which she had recommended!

She was so completely fascinated by these works of art that just teaching chapters of a textbook would never satiate her. She needed to share her joy with her students. So, every Friday, we would rush to the library to know the list of her recommendations.

Though Enid Blyton (Famous Five, Secret Seven, Malory Towers), dominated the list in our middle school, the focus changed to English Classics in their abridged versions by 8th standard & by the time we left the school, we had feasted on most of them! She always remained keen to know what exactly we loved a book for!

Though as young girls the romantic Mills & Boon series had caught our fancy, we dared not even mention it to her ! Hitchcock & Alistair Mc Clean were catching up with us too...

However, we feared that these ones were not classy & would never match up to the standard she had set for our reads.

But we soon realized how wrong was the notion!

She, to our utter surprise enthralled us all with the then trending Mc Clean bestseller: Breakheart Pass, in one of the free periods!

What a beautiful narration it was...

This was soon followed by Hercule Poirot stories by Agatha Christie!

Mrs Rao's simple logic was that, language enrichment needs stories & these writers may not have written classics but they were certainly good story tellers! A student should get different exposures ... just making him read classics all the time may in fact pull him away from the habit of reading, she firmly believed. Bye and bye classics start imbibing in you & the "also ran" become a passing fancy soon. However, a Maughm or a O. Henry book stays with you even after all these years! She saw to it that the library had enough variety to attract students... that's why she fought for new & trendy writers too to find a place in our library!

A visit to her home by few of us for the preparation of our language festival was an amazing experience! We saw an entirely new, homely & motherly side of our classy Iron

lady, Mrs Rao..!

It was so pleasing to see her talking endearingly on mundane matters, preparing tea for us, letting us sift through her collection of books & appreciating our baby steps in writing poems.

Just as we were discussing our festival, out of nowhere came her prompt!

“Would any of you wish to come here daily early in the morning to read & write?” she asked.

None of us were ready for this!

“Was it to be another ‘extra tuition’ class?” we thought!

All the same, we started going to her home before Sunrise, the following week. She made us read her treasure of poems, passages, stories... we wrote letters, filed reports & made precies in the beautifully silent mornings.

There was no race with time & no competition for marks. It was sheer magic of being friendly with a language we started loving. Critical appreciation of a poem went beyond figures of speech & rhyme scheme! She showed us in a purely magical way how to appreciate & enjoy the beauty of expression!

We thus began to understand what T. S. Eliot had once said

‘A Genuine poetry can communicate before it is understood’!

Just as all good things in life come to an end, so did our association with her.

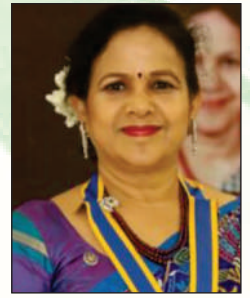
Mrs Rao sitting in her favourite wooden armchair, donning a daffodil coloured pale yellow saree... the sun rays sifting through the typical aroma of her morning cuppa of tea & she, looking endearingly at us asking... “Enjoyed your English, dears”?

That is my Last Lesson from her... beautifully etched in my memory!

An everlasting Joy, indeed!

\*\*\*\*\*

# Hand Hygiene Importance and Techniques



**Dr Sangeeta Lodha**

## Definition

“The act of cleaning hands, for the purpose of removal of soil dirt and microorganism.” Our culture and traditions have been to greet and say Namaste when we meet and similarly, we ought to wash our hands before prayers when we enter any religious place or touch any of our religious Scriptures. Why are we to wash our hands it is to keep our selves clean since hands keep touching most of the things be it the guide rails on stairs or lifting any thing or touching any sick person or animal etc.

There is a correlation between health with cleanliness of our hands as our palms are full of dust, germs and bacteria, there are almost 29500 types of germs and our skin normally protect us from these germs. But if we have cuts or injuries these germs or bacteria are likely to enter our body and get us sick and unhealthy. Hence hand hygiene is very important to prevent infection for safety of our health and our family’s health. The relation between hand wash and health was first recognized almost two centuries ago by Dr Ignaz Semmelweis a Hungarian Doctor, working in Vienna General Hospital. He is known as the Father of Hand Hygiene. He imposed a new rule mandating hand washing with chlorine for doctors, after that Dr Louise Pasture and Dr Ester Joseph did lots of research on antiseptics.

Hand washing is basic but very important hygienic process for everybody including doctors. The Hand hygiene by properly washing hands will prevent people getting sick and unhealthy. In fact, millions of deaths can be prevented and spread of disease minimized if everyone routinely are washing their hands. The main medical purpose of washing hands by doctors is to cleanse the hands of pathogens (like bacteria or viruses) and chemicals before administering medicine or during medical care which can otherwise cause harm or disease. Doctors can use simple soap water and any anti septic solution, antimicrobial solution or alcohol hand rub which is more effective for anti-sepsis.

## WHO recommended 5 moments for hand hygiene for Doctors

1. Before touching a patient.
2. Before clean /aseptic procedure
3. After body fluid exposure/risk
4. After touching a patient.
5. After touching patient surroundings.

## When should we wash our Hands

1. Before eating and cooking.
2. After using the bathroom.
3. After cleaning around the house.
4. Before and after visiting or taking care of any sick friends or relative.
5. After touching animals or even family pets.
6. After blowing one's nose, coughing, or sneezing.
7. After being outside (playing, gardening, walking the dog, etc.)

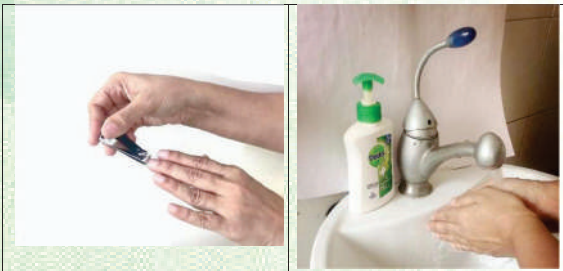
## 5 simple Ways of cleaning hands.

1. Wet your hands with clean running water (warm or cold), turn off the tap and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well under clean running water.
5. Dry your hands using a clean towel or air dry them.

## There are 7 steps to wash your hand properly.

Before Hand wash one should ensure nails are cut and Wet your hands and apply enough soap (coin size).

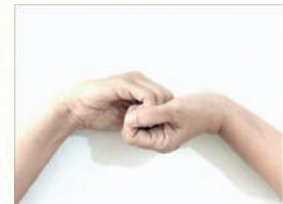
1. Step 1 -Rub your palm together



2. Step 2 -Rub the back of your both hands



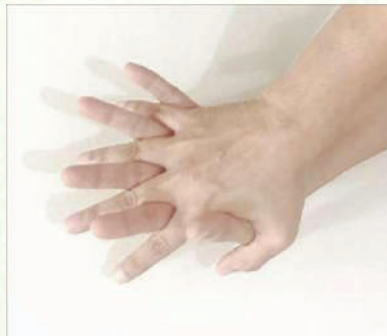
5. Step 5 -Rub the thumb in a rotating manner followed by the area between index finger and thumb



3. Step 3-Interlace Fingers and rub the hands together.



4. Step 4 -Inter lock fingers and rub the back of fingers of both hands



6. Step 6 -Rub fingers on palm for both hands



7. Step 7- Rub both wrists in a rotating manner rinse and dry thoroughly.



# स्तनपान की सुरक्षा : एक साझा जिम्मेदारी



**डॉ.विद्या कौशल जाधव**

बालरोगतज्ज्ञ एवं स्तनपान विशेषज्ञ, मुंबई

विश्व स्तनपान सप्ताह १-७ अगस्त, २०२१ से मनाया जाएगा, और इस विषय का, विषय (Theme) है, “स्तनपान की सुरक्षा एक साझा जिम्मेदारी” इसका सरल मतलब है की स्तनपान की सुरक्षा और उसे बढ़ावा देने की जिम्मेदारी सिर्फ मां या किसी एक व्यक्ति की ना होकर, प्रत्येक स्तर पर समान रूप से यह जिम्मेदारी बांटी जानी चाहिए।

विश्व स्तनपान सप्ताह, समाज में सभी स्तरों पर, स्तनपान का दर बढ़ाने और माताओं को स्तनपान की सफलता सुनिश्चित करने के लिए प्रत्येक की जिम्मेदारी के बारे में जागरूकता निर्माण करने का अवसर देता है।

विश्व स्तनपान सप्ताह वैश्विक अभियान है जो स्तनपान से संबंधित विषयों पर जागरूकता और कार्रवाई को बढ़ावा देता है। इस सप्ताह का मुख्य उद्देश्य केवल और केवल स्तनपान को बढ़ावा देना है। स्तनपान हर बच्चे का नैसर्गिक अधिकार है। स्तनपान केवल बालकों को सुपोषित नहीं करता बल्कि सुपोषित राष्ट्र एवं विश्व का निर्माण करता है।

स्तनपान मां- बच्चों सहित, सभी के अस्तित्व, स्वास्थ्य और कल्याण में योगदान देता है।

विश्व स्वास्थ्य संगठन “डब्ल्यू.एच.ओ” (W.H.O.) और “यूनिसेफ (UNICEF), अनुशंसा करते हैं:

- \* जन्म के एक घंटे के भीतर जल्द ही स्तनपान (Early Initiation Of Breast Feeding) कराना चाहिए.
- \* जन्म से लेकर पहले ६ महीनों तक केवल स्तनपान (exclusive breastfeeding) करें।
- \* ६ महीने के पूरा होने पर पौष्टिक रूप से पर्याप्त और सुरक्षित पूरक ठोस भोजन (complementary feeding) की शुरुआत करें, तथा बालकों को २ साल और उससे अधिक की आयु तक लगातार स्तनपान जारी रखें।

हालांकि, स्तनपान में व्यक्तिगत स्तर पर समर्थन बहुत महत्वपूर्ण है, परंतु स्तनपान को एक सार्वजनिक स्वास्थ्य मुद्दा मानना भी जरूरी है और सभी स्तरों से सहयोग व निवेश की पुष्टि आवश्यक है। स्तनपान एक ऐसा मुद्दा नहीं होना चाहिए जो केवल महिलाओं या माताओं से संबंधित हो, बल्कि यह एक साझा सामाजिक जिम्मेदारी होनी चाहिए जहाँ न केवल माता बल्कि उसके परिवार, समुदाय और कार्य-स्थल पर सभी लोग इस बात का ध्यान रखें और स्तनपान कराने वाली माता का समर्थन और सहयोग करें।

कोविड-१९, महामारी के बाद “बिल्ड बैक बेटर” (Build Back Better) की अवधारणा, स्तनपान के लिए समर्थन की एक श्रृंखला (Warm Chain) बनाने का अवसर प्रदान करेगी, जिसमें स्वास्थ्य प्रणाली, कार्य-स्थल और समाजके सभी स्तर शामिल होकर स्तनपान को बढ़ावा देने, उसकी सुरक्षा करने तथा स्तनपान का समर्थन करने के उद्देश्य से एकजुट होकर काम कर सकते हैं और स्तनपान के आंकड़ों में बढ़ोतरी हो सकती हैं। स्तनपान को सशक्त बनाने में अन्य समर्थन प्रणाली जैसे, स्तनपान कराने वाली महिलाओं के घर के सदस्य, बच्चे के पिता, दादी-नानी, व अन्य देखभाल करने वाले करीबी रिश्तेदार, स्तनपान की सफलता प्राप्त करने, स्तनपान की अवधि बढ़ाने और इसके दीर्घकालिक प्रभाव जैसे, मां और बच्चे के लिए बेहतर स्वास्थ्य-परिणाम, प्राप्त करने में मदद कर सकते हैं।

स्तनपान के समर्थन में बनाई गई, श्रृंखला (Warm Chain), स्तनपान करने वाली मां-बच्चों की जोड़ी पर ध्यान केंद्रित रखती है और पहले १००० दिनों की समय-रेखा का अनुसरण करती है।



पहले १००० दिनों के दौरान निरंतर देखभाल में शामिल हैं,

१. गर्भावस्था के दौरान प्रसवपूर्व (antenatal) देखभाल (२७० दिन),
२. प्रसव (delivery) और प्रसवोत्तर (postnatal) देखभाल और (४२ दिन),
३. प्रसव के ६ सप्ताह से अधिक की देखभाल, बच्चे के दूसरे जन्मदिन तक (६८८ दिन)

वार्म चेन का सबसे महत्वपूर्ण हिस्सा माताओं के लिए प्रसवपूर्व देखभाल से लेकर स्तनपान समाप्त होने तक, (१००० दिन) कुशल समर्थन उपलब्ध करवाना है और स्तनपान के संबंध में वैज्ञानिक रूप से सही जानकारी उन लोगों तक भी पहुंचाना आवश्यक है, जो सार्वजनिक स्वास्थ्य और इसके आयोजन के लिए जिम्मेदार हैं। यह श्रृंखला निरंतर देखभाल प्रदान करने के लिए सभी स्तरों पर प्रयासों का समन्वय करके विभिन्न किरदारों की कड़ियां, जोड़ने का प्रयास करती है। श्रृंखला में प्रत्येक कड़ी वास्तव में मौजूदा पहल (initiative), का एक हिस्सा हो सकती है जैसे कि, “बेबी फ्रेंडली हॉस्पिटल इनिशिएटिव” (BFHI), या सामाजिक स्वास्थ्य कार्यक्रम। पूरी श्रृंखला में अगर निरंतर प्रयास कर, स्तनपान के बारे में उचित जानकारी व सहयोग का निवेश किया जाये तब स्तनपान करने वाले मां-बच्चे की जोड़ी को, चल रहे समर्थन और स्तनपान परामर्श (Counselling) से लाभ निश्चित होगा, और सभी माताओं को अधिक संतोषजनक और प्रभावी स्तनपान अनुभव के साथ सशक्त बनाया जा सकता है।

समर्थन श्रृंखला (Warm Chain) की हर एक कड़ी स्तनपान के लिए एक सक्षम वातावरण बनाने में मदद कर सकती हैं और इसके फलस्वरूप, कृत्रिम स्तनदूध विकल्प (Artificial breastmilk substitutes) उद्योगों के बढ़ते प्रभाव से समाज की रक्षा होगी एवं घटते स्तनपान के आंकड़ों में प्रभावी रूप से बदलाव लाने में सहायता भी हो सकती है। परामर्श (Counselling), शिक्षा, प्रसव में तत्काल सहायता और स्तनपान प्रबंधन से केवल स्तनपान (Exclusive breastfeeding), में लगभग ५०% की वृद्धि हो सकती है। निरंतर प्रसवपूर्व (Antenatal) और प्रसवोत्तर (Postnatal) परामर्श (Counselling) प्रदान करने वाले हस्तक्षेप (Interventions), केवल एक अवधि को लक्षित करने वाले हस्तक्षेपों की तुलना में स्तनपान के आंकड़ों को बढ़ाने में अधिक प्रभावी होते हैं।

मातृत्व अवकाश नीतियां (Maternity Leave policies) केवल स्तनपान (Exclusive breastfeeding) दरों को बढ़ाने में प्रभावी साबित हुई हैं।

समर्थन श्रृंखला (warm chain) के महत्वपूर्ण भागीदार:

१. पिता – स्तनपान कराने वाली टीम के महत्वपूर्ण सदस्यों में से एक व्यक्ति, बच्चों के पिता होते हैं। जब पिता का समर्थन स्तनपान और बच्चे की देखभाल में शामिल होता है, तो स्तनपान में सुधार होता है, माता-पिता के संबंध बेहतर होते हैं, और उनका शिशु अधिक तेजी से विकसित होता है।
२. समुदाय (Community) – समाज में स्तनपान को बढ़ावा देने और उसकी वकालत करने में समुदाय एक महत्वपूर्ण भूमिका निभाता है। वह व्यक्तिगत अनुभव और रणनीतियों को साझा कर सकते हैं और शिशु आहार विकल्पों पर सकारात्मक प्रभाव डाल सकते हैं।
३. मातृ सहायता समूह (Mother Support group / MSG) – समुदाय में परिवारों के लिए स्तनपान सहायता जारी रखने में “मातृ सहायता समूह” महत्वपूर्ण भूमिका निभाते हैं। वह महिलाओं और उनके परिवारों को समय पर और सटीक जानकारी के साथ-साथ व्यावहारिक और भावनात्मक सहयोग व समर्थन प्रदान कर सकते हैं।
४. इंटरनेशनल बोर्ड सर्टिफाइड लैक्टेशन कंसल्टेंट IBCLC – यह स्तनपान विशेषज्ञ, बहु-विषयक भूमिका निभाते हैं जिसमें स्तनपान और संबद्ध स्वास्थ्य देखभाल (allied health care) का सामान्य समर्थन शामिल है। यह प्रसवपूर्व, जन्म और प्रसवोत्तर अवधि में, स्तनपान का संरक्षण, संवर्धन और समर्थन करते हैं, जिस कारण, माता और शिशु, के स्वास्थ्य और कल्याण में सुधार हो सकता है।
५. प्रसूति और स्त्रीरोगतज्ञ (Obstetrics & Gynaecologist) – यह प्रसव से पहले, प्रसव के दौरान और बाद में मां के लिए

प्राथमिक स्वास्थ्य देखभाल प्रदाता हैं। प्रसूति और स्त्रिरोगतज्ञ, स्तनपान सहायता में सक्रिय भूमिका निभा सकते हैं और माताओं को अपने शिशु आहार लक्ष्यों को प्राप्त करने में सक्षम बना सकते हैं।

६. बालरोग विशेषज्ञ (Paediatrician)– स्वास्थ्य संबंधी मुद्दों पर माता-पिता पर बालरोग विशेषज्ञों का मजबूत प्रभाव पड़ता है। स्तनपान के बारे में वह जो भी सलाह देते हैं, उनका बहुत गहरा प्रभाव स्तनपान कराने वाले माता-पिता के विकल्पों पर पड़ सकता है, इसलिए बालरोग विशेषज्ञ स्तनपान के सुरक्षा, समर्थन एवं संवर्धन में एक महत्वपूर्ण भूमिका निभाते हैं।
७. पोषण और आहार विशेषज्ञ (Nutritionist & Dietician) – गर्भवती व स्तनपान कराने वाली माताओं के भोजन के विकल्पों को आकार देने, पोषण की स्थिति में सुधार लाने और स्तनपान की सामान्य और आपातकालीन स्थिति में पुरक आहार का सुझाव कर निवारक और चिकित्सकीय हस्तक्षेप प्रदान करने में महत्वपूर्ण भूमिका पोषण और आहार विशेषज्ञ निभाते हैं।
८. कार्यकर्ता और नियोक्ता संगठन – कार्य-स्थलों पर सभी माता-पिता के लिए सामाजिक सुरक्षा और स्तनपान अधिकारों की वकालत करने, बातचीत करने और स्तनपान नियमों को लागू करने में कार्यकर्ता और नियोक्ता संगठन प्रमुख पात्र निभाते हैं। उनके पास कार्य-स्थल पर स्तनपान का समर्थन करने के लिए श्रमिकों को सूचित करने और संगठित करने की पर्याप्त क्षमता होती है जिसका उपयोग स्तनपान के बारे में जागरूकता बढ़ाने में किया जा सकता है।
९. युवा पीढ़ी – समाज में नवीन दृष्टिकोण एवं विभिन्न तरीकों का उपयोग करके सामाजिक मानदंडों को बदलने की शक्ति युवा पीढ़ी में पाई है। इस प्रकार वह एक सक्षम स्तनपान वातावरण की वकालत करने में सक्रिय भूमिका निभा सकते हैं।
१०. शिक्षाक्षेत्र – शिक्षा, अनुसंधान (research) और अनुसंधान निष्कर्षों के प्रसार के माध्यम से स्तनपान को बढ़ावा देने, तथा समर्थन और वकालत करने में शिक्षा क्षेत्र कई विषयों में महत्वपूर्ण भूमिका निभाते हैं।
११. पर्यावरणविदों (Environmentalists) – स्तनपान को अक्षय और टिकाऊ, पहले भोजन के रूप में अपनाने की वकालत करके स्तनपान के संरक्षण, संवर्धन और समर्थन में पर्यावरणविदों अहम भूमिका निभा सकते हैं। मानव स्वास्थ्य और वह प्राकृतिक प्रणालियाँ जिन पर मानव स्वास्थ्य निर्भर करता है, उन्हें बनाये रखने में स्तनपान, सकारात्मक योगदान देता है।
१२. दाई मां – स्तनपान कराने के महिला के निर्णय और उसके स्तनपान के अनुभव की सफलता पर गांव-खेडा में अभी भी दाइयों का एक शक्तिशाली प्रभाव है। गुणवत्तापूर्ण दाई (Trained midwife) की प्रसवपूर्ण, जन्म और प्रसवोत्तर अवाधि में देखभाल, माता एवं शिशु अस्तित्व, स्वास्थ्य और कल्याण में सुधार कर सकती हैं।

समाज का हर एक व्यक्ति स्तनपान के संरक्षण, संवर्धन और समर्थन के लिए बनाई गई श्रृंखला (warm chain) की एक कड़ी के रूप में स्तनपान सुरक्षा व्यवस्था को अपनी साझा जिम्मेदारी समझते हुए योगदान कर सकता है और स्तनपान दरों में सुधार करने में और सफलतापूर्वक स्तनपान कराने में मदद कर सकता है, जैसे:

१. लोगों को स्तनपान के सुरक्षा के महत्व के बारे में जानकारी देकर,
२. महत्वपूर्ण सार्वजनिक स्वास्थ्य जिम्मेदारी के रूप में स्तनपान सहायता को शामिल करके,
३. अधिक प्रभाव के लिए व्यक्तियों और संगठनों के साथ जुड़कर और,
४. सार्वजनिक स्वास्थ्य में सुधार के लिए स्तनपान की सुरक्षा पर कारवाई को प्रेरित करके।

इस तरह अनेक छोटी-बड़ी कड़ियां जोड़कर एक महत्वपूर्ण श्रृंखला (warm chain) बनाई जा सकती हैं, और इस श्रृंखला की हर एक कड़ी स्तनपान के समर्थन, संवर्धन, एवं संरक्षण में योगदान कर, स्तनपान के घटते आंकड़ों को बढ़ाने में और सुपोषित विश्व बनाने में एक अहम भूमिका निभा सकते हैं।

\*\*\*\*\*



## ACTIVITIES OF NASHIK January to March 2021

- No - 1: National girl child day celebration by IAP Nasik branch with Facebook online session on four topics with four speakers. 24/01/2021 : Event coordinator- Dr.Reena Rathi, Topics : Menstruation - Dr Sharmila Kulkarni, Rights of girl child - Dr Sangita Lodha, Adolescent phases in girl - Dr Sulbha Pawar, Government schemes for girls - Dr Ravindra Sonawane,  
Link - <https://youtu.be/IIDOi7grIWc>
- No - 2 महाराष्ट्र आय ए पी चे कार्यालय टेरेस वर प्रजाजस्ताक दिण च कार्यक्रम संपन्न झाला या प्रसंगी नाशिक आय ए पी चे ज्येष्ठ सदस्य डॉ.मोहन टेंबे यांच्या हस्ते ध्वारोहण झाले या प्रसंगी नाशिक आय ए पी चे सचिव डॉ.रीना राठी, खजिनदार डॉ.गौरव नेरकर, डॉ.संगीता बाफना, डॉ.सुलभा पवार, डॉ.पवन देवरे, इत्यादी मान्यवर उपस्थित होते.  
दिनांक - 26-01-2021
- No - 3 IAP Nashik Branch in association with SRCC Narayana Hospital, Mumbai cordially invite you for CME on "Pediatric Super-speciality Updates.  
Date - 05-02-2021
- No - 4 आज नाशिक आय ए पी चे वतीने लाखमापूर येथे बाल चिकित्सा शिबिराचे चे आयोजन करण्यात आले हेते या वेळेस सचिव डॉ.रीना राठी आणि खजिनदार डॉ. गौरव नेरकर यांनी ५०० ते ५५० बालकांची तपासणी करून वेगवेगळ्या प्रकारच्या औषध सामग्री चे वाटप करण्यात आले.  
दिनांक - 08-02-2021
- No - 5 National Deworming Day, Date 10-02-2021, No - 6, No - 7 & No - 8

Facebook LIVE

INDIAN ACADEMY OF PEDIATRICS  
NASHIK DIST. BRANCH

Let's Talk...  
"FEW IMPORTANT POINTS REGARDING GIRL CHILD"  
24<sup>th</sup> JANUARY  
24/01/2021 | 05:00-06:00 pm

**SPEAKER**

**RIGHT OF GIRL CHILD**  
Dr Sangita Bhafna

**GIRLS IN ADOLESCENT PHASE**  
Dr Sulbha Pawar

**MENSTRUATION**  
Dr Sharmila Kulkarni

**CENTRAL SCHEMES FOR GIRLS**  
Dr Ravindra Sonawane

**TEAM**

Dr Ravindra S Sonwane  
President

Dr Reena Rathi  
Secretary

Dr Akshay Patil  
Joint Secretary

Dr Gaurav Nerkar  
Treasurer

Join Us: <https://fb.me/e/Jb07piOm>





DEAR IAPIANS,  
**WE, IAP NASHIK ARE  
 CELEBRATING**

WORLD'S RARE DISEASE DAY. ( 28TH FEBRUARY 2021)

Kindly join us for Rare Case presentation by



**Dr. Anand Diwan**  
 MD (Paeds) DNB  
 (Neuro)  
 Neurologist



**Dr. Rahul Koppikar**  
 DCH, DNB, Fellowship  
 in neonatology  
 Neonatologist



on **Monday, 1st March, 2021** from  
**5 PM to 5:30 PM** on **Zoom** online platform.  
 Zoom Meeting ID: 745 4066 7088  
 Passcode: eqpK7L

- Moderator -



**Dr. Ravindra S Sonawane**  
 Professor and HOD, Dept of Pediatrics,  
 VPMC, Nashik.

Regards,



**Dr. Ravindra S  
 Sonawane**  
 President



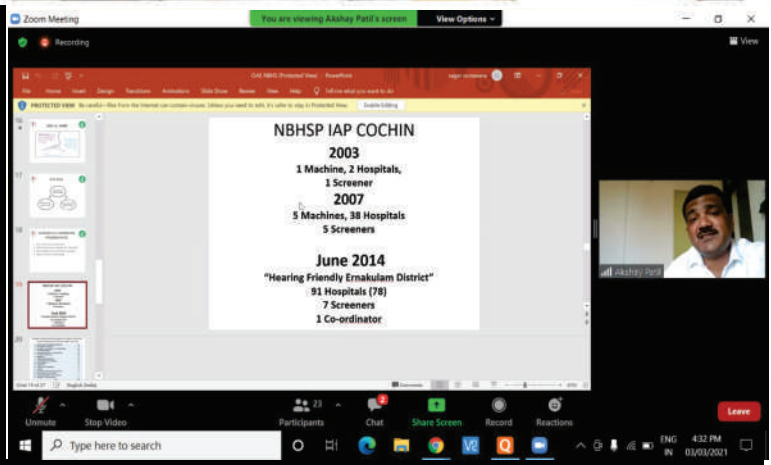
**Dr. Reena  
 Rathi**  
 Secretary



**Dr. Akshay  
 Patil**  
 Joint Secretary



**Dr. Gaurav  
 Nerkar**  
 Treasurer



**NEED FOR EARLY DETECTION OF HEARING LOSS**

Hearing impairment is one of the most devastating sensory impairment with significant social and psychological implications.

Failure to detect children with congenital or acquired hearing loss may result in life long deficits in speech and language acquisition, poor academic performance, personal social maladjustments and emotional difficulties





## ACTIVITIES OF NAVI MUMBAI IAP January & March 2021

### 1) Academic Activities

NMAP members conducted academic CME'S and webinars at National and Branch level , also many NMAP members took Academic sessions at CIAP PEDICON 2021- both physical and virtual.

#### ACADEMIC ACTIVITIES: NMAP

- 2) Covid vaccine was taken by many NMAP members on the first day of vaccination and messages with photographs taking the vaccine was posted in various social media encouraging people to take the vaccine and allaying their fears and apprehensions about the vaccine.
- 3) Newspaper article on Parenting in Dainik Hindusthan paper by Dr. Kiran Vaswani Her interview was also covered in Amravati TV channel.
- 4) Spreading Awareness :
  - a) A video on Child Nutrition was released by Dr. Upendra Kinjawadekar on Republic Day focussing on nutrition since birth and making the children healthy.
  - b) A video on Antenatal hydronephrosis discussing the incidence, causes and diagnosis was released by Dr. A. K. Singal and Dr. Ashwita Shenoy <https://youtu.be/mEhKvt5oGTg>
  - c) Dr. Dhanya Dharmapalan took a session on educating children on Covid, reaching out to more than 7000 school children along with Navi Mumbai Muncipal Corporation
  - d) Facebook Live: NMAP Past President, Dr. Shilpa Aroskar addressed parents on Facebook Live on Fit Hai to Hit Hai: Nutrition for Children & Teens
  - e) Dr. Amog Shahane , an active member of IAP Navi Mumbai shared a video on social media on how we can avoid the young minds from becoming Gadget Zombies in her video :Young minds locked into Gadgets in Lockdown Times- the Sad Reality!! <https://youtu.be/VpPNrp-O0Lo>
- 5) Department of Pediatrics, MGM Medical College, Navi Mumbai in association with IAP Navi Mumbai hosted the West Zone UG Quiz on 9/1/21. Quiz competition was inaugurated by Dr Jeetendra Gavhane, President IAP Navi Mumbai.
- 6) Dr.Roopa Srinivasan had an international publication in international journal of Environmental Research and Public Health-
- 7) Abook on Polio : The Eradication IMBROGLIO: The malady and its remedy  
Abook on polio written by Dr. Jacob John and Dr. Dhanya Dharmapalan  
Dr. Dhanya Dharmapalan's book on – Current Trends In Diagnosis & Management for Paediatric and Adolescent Practitioners was released during the Pedicon 2021
- 8) Dr. Dhanya Dharmapalan was awarded FIAP – Fellow of Indian Academy of Pediatrics during the Pedicon 2021 this year
- 9) National Girl Child Day was celebrated by posting messages and posters in social media and whatsapp group spreading awareness about the inequalities faced by a girl child in the Indian Society  
National Deworming Day Celebration : 10th February is celebrated as National Deworming Day.  
A simple measure as oral deworming can correct this . NMAP President, Dr.Jeetendra Gavhane and our EB member Dr.Vikram Patra examined the underprivileged children and distributed Deworming medicines in Street Clinic in the slum areas. Also, Department of Pediatrics, D.Y Patil Medical College and Hospital conducted various Activities :
- 10)) IAP Navi Mumbai EB MEMBERS were part of the Organising Committee for the CIAP PEDICON 2021 –  
Dr. Vijay Yewale, Dr. Upendra Kinjawadekar, Dr. Shilpa Aroskar, Dr. Jeetendra Gavhane, Dr. Satish Shahane, Dr. Vikram Patra, Dr. Amit Saxena and Dr. Mangai Sinha.  
This year at the National Pedicon 2021, IAP Navi Mumbai shone brightly with 14 Awards...



- 1) **1st March 21:** Importance of X' rays in Pediatric Surgery, Expert – Dr . Nandita Saxena Moderator – Dr Amit Saxena . Guest of Honor – Dr. Jayant Upadhyay ( V.P. IAP West Zone) Dr. Upendra Kinjawdekar (Scientific Advisor NMIAP )
- 2) **4th March 21:** World Obesity Day, Dr.Upendra Kinjawdekar was a Panelist for a Panel Discussion on Pediatric Obesity – Obesity Act Today- in a webinar by the Central IAP Nutrition chapter.
- 3) **9th March 2021:** Topic: Interesting Respiratory cases in Pediatrics, Expert : Dr. Ilin Kinimi, Moderator : Dr. Sagar Warankar
- 4) **11th March 2021:** Topic: wP Vaccination and Long term Protection Speaker: Dr. Sushmita Gupta
- 5) **14th March 21:** A webinar by NMIAP in collaboration with D.Y.Patil Medical College & MGM Institute of Medical Science & Research was conducted to Celebrate World Kidney Day; Topics –
  - a) Living Well With Kidney Disease – Dr Pankaj Deshpande,
  - b) Living well with CKD - Dr Amol Madave,
  - c) Living well with Nephrotic Syndrome - Dr Rajdeep Pal ,
  - d) Living well with UTI - Dr. Priti Inamdar, Moderator-Dr. Asmita Patil, Guest of Honor – Dr. Basavaraja
- 6) **17th March' 21:** Dr. Vikram Patra , EB Member NMIAP , took a session on Chronic Urticaria in CIAP National TOT in Childhood Allergic Disease Education ( CADE ) Module
- 7) **18th March '21:** World Young Rheumatic Diseases Day Topic: Pediatric Rheumatology, A Pot Pouri. Expert – Dr. Vijay Vishwanathan, Moderator – Dr. Mahendra Topale
- 8) **19th March '21 :** Online panel discussion in choosing broad coverage Pneumococcal Conjugate Vaccine in practice. Experts – Dr. Upendra Kinjawdekar , Dr. Rajesh Chokhani, Moderator – Dr.Vikram Patra.
- 9) **21 March '21:** World Down Syndrome Day. Webinar – Molecular Diagnosis in Pediatrics Expert – Dr Parag Tamhankar, Moderator – Dr.Gargi Bangar
- 10) **21st March 2021:** IYCF CME, Topic: Panel Discussion On Micronutrients in Health and disease. Moderator: Dr. Upendra Kinjawdekar
- 11) **25th March 2021:** Topic: Understanding TB Diagnosis, Expert : Dr. Vijay Yewale, Moderator: Dr.Shantala Murthy, On occasion of World Tuberculosis Day 2021
- 12) **27th March '21:** Neonatal clinical meeting , Case presentation by Sai Child Care NICU, Panvel . A Joint academic venture by NMIAP & Raigad IAP.
- 13) **27th March 2021:** under IAP- GAPIO International CME series. Topic: Otitis Media, Speaker: Dr.Vijay Yewale
- 14) **31st March '21: CMC Vellore,** Topic: Outcomes in Autism : Refraining , what is 'Optimal'? , Expert: Dr. Roopa Srinivasan,

### **ACADEMIC ACTIVITIES- NMAP**

#### **Social and Other Activities March'2021**

- 1) **WORLD OBESITY DAY CELEBRATION :**
  - a) Informative Videos on Obesity Posted by our Navi Mumbai experts, Dr. Upendra Kinjawdekar, Dr. Vijay Kamale, Dr. Amog Shahane. <https://bit.ly/3865EdG>
  - b) Our Past President Dr. Shilpa Aroskar was one of the members in drafting the IAP Parental Guidelines on Overweight & obesity which were released on world obesity day.
  - c) A talk was delivered by Dr. Upendra Kinjawdekar on pediatric obesity in a webinar by the Central IAP Nutrition chapter.
- 2) **INTERNATIONAL WOMENS DAY: 8th March 2021:**
  - a) Video Released by Dr Upendra Kinjawdekar paying a tribute to all the women Pediatricians of NMIAP, Salute to their dedication & efforts, not only in the field of pediatrics but also in the Covid Pandemic. <https://youtu.be/LjXAhdYAK1Q>

- b) Another empowering video having the theme ‘ Choose To Challenge ‘ was released by our Past President, Dr. Shilpa Aroskar, sending the message to all the ladies to take a giant leap without any fear and with an undying spirit of freedom. [https://youtu.be/\\_rHfpamb0j8](https://youtu.be/_rHfpamb0j8)
- c) On Women’s day IAP Nasik had organised a women special sports challenge:
  - a) Winner : PLANK : Dr. Sushmita , Navi Mumbai IAP
  - b) Winner : SURYANAMASKAR: Dr. Amog Shahane ( Tie)
- 3) Dr. Dhanya Dharmapalan has been appointed as National Coordinator of Apollo Antimicrobial Stewardship Program for the Apollo group of hospitals. She will be designing and leading this AMS program across 71 Apollo Hospitals in the country for both adults and children.
- 4) Dr.Satish Shahane, Dr.Amog Shahane, have started totally free of cost OPD for children with collaboration with Satya Sai Sanjiveeni Hospital, Khargar
- 5) Dr.Gargi Bangar also shared a video named ” I ACCEPT “discussing the important details about Downs Syndrome so as to be able to diagnose it in pregnancy itself, along with clinical feature , complications, and management with a powerful message [https://youtu.be/kZ06BZ\\_kWcK](https://youtu.be/kZ06BZ_kWcK) A poster was also released to celebrate World Down Syndrome Day.
- 6) **23rd March 2021:** Dr Amardeep Garad , Consulting Pediatrician organized a blood donation camp at Ulwe Multispeciality Hospital.
- 7) Dr Mahendra Topale , EB Member NMIAP conducted an outreach camp with NMMC for poor children and did free check-up and provided medicines .
- 8) Interview on Radio Station 92.7 Big FM by our past president NMIAP Dr. Shilpa Aroskar on Tips for Parents on Adolescent Health Issues on occasion of World Adolescent Health Week celebrations
- 8) Interview on Radio Station 92.7 Big FM by our past president NMIAP Dr. Shilpa Aroskar on Tips for Parents on Adolescent Health Issues on occasion of World Adolescent Health Week celebrations
- 9) Dr.Upendra Kinjawadekar, Shared a video on the occasion of Holi, a festival of colours laying importance on the inclusion of colors in our food plate by addition of fruits and vegetables and educate parents regarding the same. <https://youtu.be/1HDBQUNAW1k>

#### **Adolescent Health week celebration 2021:**

Navi Mumbai AHA (NaMAHA) in association with Navi Mumbai Association of Pediatrics (NMAP) celebrated International Adolescent Health Week from 21-27 March on digital platform with sheer zeal and enthusiasm.

**NaMAHA - IAHW 2021:** <https://www.youtube.com/playlist?list=PLyCgz4gS-cQQ-fx3JXvaBkOtxvfyJyWlW>

**21 March:** First day was the celebration of daughterhood with release of video Daughter - The Treasure trove of love by proud parents of lovely daughters Dr Abhijeet Mhapankar, Dr Sabrina Mhapankar, Dr Satish Shahane and Dr Amog Shahane <https://www.youtube.com/watch?v=eapFg-MXpml&list=PLyCgz4gS-cQR5viThsXH4RqWs0R3f1HKx&index=44>

**22 March: Life Skills :** For emphasizing the importance of life skills among adolescents a video L.I.F.E. SKILLS (Learning incredible skills for everything) by Dr Amog Shahane was released <https://www.youtube.com/watch?v=CYcwzVK0Jfc&list=PLyCgz4gS-cQR5viThsXH4RqWs0R3f1HKx&index=45>

An interesting Quiz on Adolescents was conducted for Pediatricians by Dr Kiran Vaswani and Dr Jeetendra Gavhane.

**23 March: Fit hai to hit hai:** For empowering our adolescent’s mental health, a video on Importance of Pranayama by Dr Pallavi Khare was released.

<https://www.youtube.com/watch?v=5QfgXZ5pg6w&list=PLyCgz4gS-cQR5viThsXH4RqWs0R3f1HKx&index=46>

For Motivating teens to be active a Yoga and exercise session for adolescents was conducted by Navi Mumbai Fitness experts Dr Pravin Gaikwad, Dr Arati Gaikwad, Dr Amog Shahane and Dr

Pallavi Khare. <https://www.youtube.com/watch?v=HM9Kgk7VbEE>

AACCI centre of Navi Mumbai was inaugurated by Dr Bakul Parekh (President 2020) in presence of stalwart Dr Swati Bhawe.

**24 March:** Healthy Khana, Healthy Peena, Lengthy Jeena. Food for thought was by a video release on EQ - Mind your EQ: SLAVE or MASTER by Dr Shruti Kalkekar <https://www.youtube.com/watch?v=cdEToHcl41Y>

Healthy Recipe competition for adolescents - Make healthy, eat healthy was conducted by Dr Kalyani Patra, Dr Shruti Kalkekar. The competition was full of talent, creativity and awesome recipes by adolescents <https://www.youtube.com/watch?v=tcfpryYMg0Y>

The event was graced by Dr Harvinder Singh (Chair-person, AHA Ludhiana)

**25 March: Mann ki Baat:** Addressing the important issue of mental well-being in adolescents a video - Dil Dimag ki Dosti (3D) by Dr Chitra Kulkarni was released

<https://www.youtube.com/watch?v=LD7c6mDk6SU>

Being healthy being happy - a session for adolescents for addressing physical and mental health issues was taken by Adolescent expert Dr Prashant Kariya, moderated by Dr Kalyani Patra. Session was chaired by Stalwarts Dr. A S Tuteja and Dr Harvinder Singh

<https://www.youtube.com/watch?v=shK9j7ID9Zo>

**26 March: School Health:** To encourage teens to Aspire, Attempt and achieve Academics a video on The Heart of learning by Dr Shilpa Aroskar was released. <https://www.youtube.com/watch?v=c4Kvu2eA92U>

The session for teachers was conducted by national and international adolescent faculty which received tremendous response

1. Schools And learning: The New Normal by Dr Shubhada Khirwadkar
2. Igniting minds: Role of teacher by Dr Preeti Galagali
3. This child just does not study!! by Dr Leena Deshpande

The session was chaired by Stalwarts Dr. C P Bansal and Dr. Harvinder Singh

<https://www.youtube.com/watch?v=TOHUmQrNd2s>

**27 March: Resilience :** For the awareness about cyber safety a video Be Aware, Connect with Care by Dr Kalyani Patra was released. [https://youtu.be/dUO\\_hw2vER0](https://youtu.be/dUO_hw2vER0)

Navi Mumbai Adolescent Health Academy (NaMAHA) was officially Installed in the auspicious presence of esteemed dignitaries - Dr. Remesh Kumar (Chief Guest), Dr. A S Chawla and Dr. J. C. Garg (Guest of Honour) and Special guests Dr. Swati Bhawe, Dr. Sushma Desai and Dr. Shubhada Khirwadkar. The occasion was graced by presence of IAP Navi Mumbai Scientific coordinator Dr. Upendra Kinjawadekar and President Dr. Jeetendra Gavhane

[https://youtu.be/\\_CSK1Ua6TCw](https://youtu.be/_CSK1Ua6TCw)

This was followed by:

ParentEEN: session for Parents and Teachers was a success with amazing response

1. Tuning parents to teens tunes by Dr Kiran Vaswani covered various aspects of Art of Parenting.
2. Bouncing back in Life – Teaching teens Resilience by the stalwart Dr. Swati Bhawe gave audience the Mantra of facing adversities. <https://youtu.be/yjJVINaWgKI>

### ADOLESCENT WEEK CELEBRATION -NMAP

# ACTIVITIES OF NAVI MUMBAI IAP APRIL, MAY, JUNE, JULY 2021:

## 1) Academic Activities:

NMAP members conducted many academic CME'S, webinars at National & Branch level.

## 2) World Autism Awareness Day and Month celebration -2021:

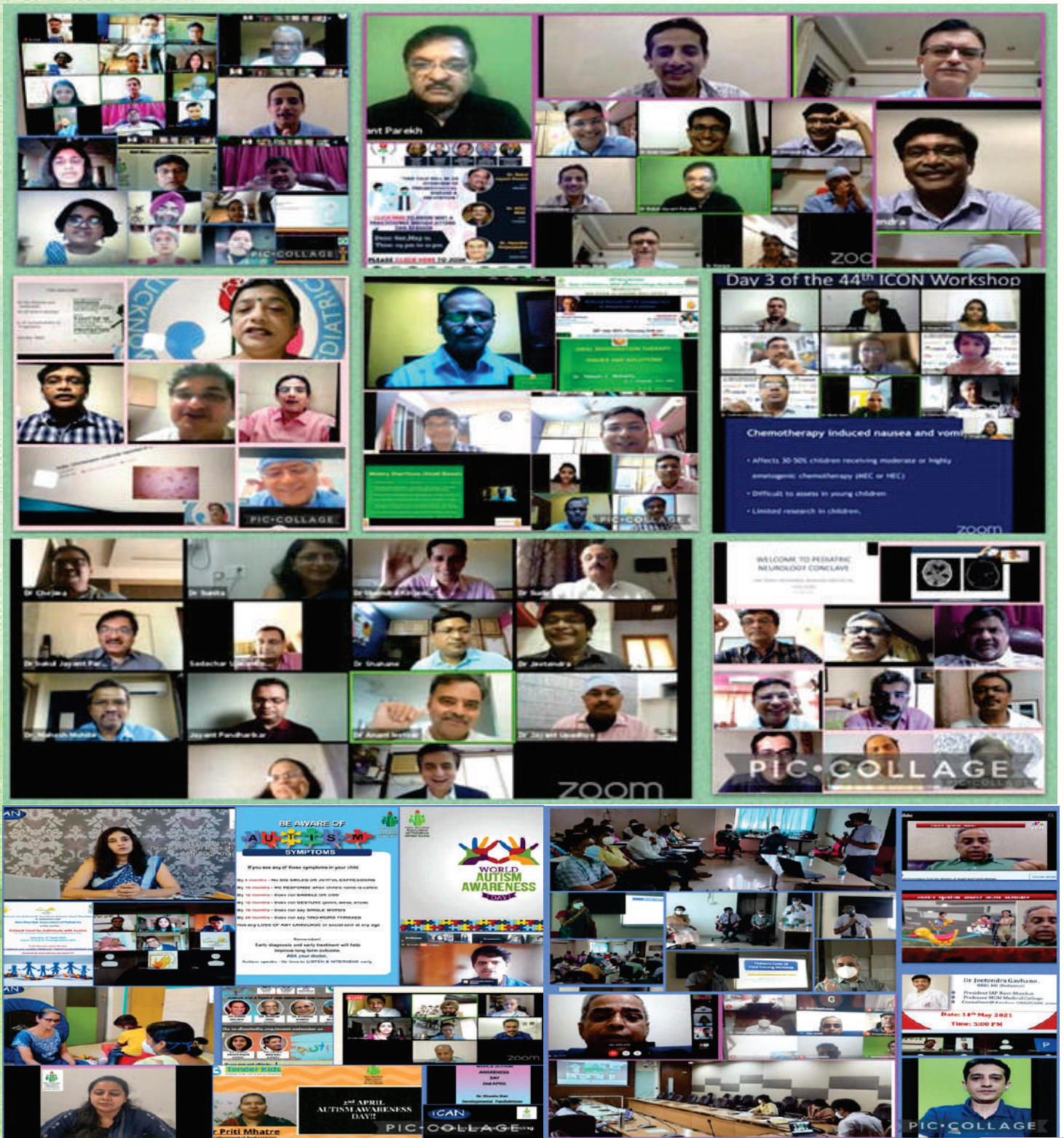
## 3) Maharashtra State Paediatric Covid Task force & other activities for covid 3rd wave by NMAP:

Dr. Vijay Yewale and NMAP President, Dr. Jeetendra Gavhane are Part of the team of Maharashtra state Task Force for Pediatric Covid Protocol & Implementation. Team IAP Navi Mumbai had an online meeting with Navi Mumbai Municipal Commissioner, Mr. Abhijeet Bangar regarding the anticipated 3rd wave.

## 4) Spreading Awareness and Social Activities:

## 5) ORS Week and ORS Day Celebrations- NMAP:

IAP Navi Mumbai Celebrated ORS Week And ORS Day With Enthusiasm And Josh With Numerous Activities like poster competition, skits, survey, quiz, jingles and webinar :





**IAP Navi Mumbai & Pediatrics, MGM Medical College, Navi Mumbai**  
 We invite you all for  
**MID WEEK ACADEMIC BOX OFFICE**  
*Reduced Osmolar ORS in management of dehydration in children*

**MODEP**  
 Dr. Satish Shinde  
 Consultant Paediatrician  
 Secretary IAP Navi Mumbai

**29<sup>th</sup> July 2021, Thursday, 9:00 pm**  
 Navi Mumbai Association of Pediatrics' official YouTube Channel



**NMAP ORS SURVEY IAP ORS WEEK 2021**

**NMAP (IAP Navi Mumbai) ORS survey**

Thank you for participating in the survey 🙏  
 Warm Regards

If players are tied, the one who was fastest wins

Player	Time	Score
1 enkafalos	01:41	64 🏆
2 Rishabh Shah	01:54	51 🥈
3 piyush	02:02	50 🥉
4 Dr. Prajvi	01:14	
5 Asmita	02:05	45





**Sanika Dattatray Korde**

Healthy Morning shake and laddu (2 in 1) Recipe.

**Session for Adolescents**

TO

Make healthy, Eat healthy - Recipe competition for adolescents

10th March 100 - 11:00 am



# ACTIVITIES OF IAP RAIGAD BRANCH

From 01.01.2021 to 31.03.2021

## 10.01.2021 INSTALLATION CEREMONY OF OFFICE BEARERS OF IAP RAIGAD FOR THE YEAR 2021

“First time in the history of IAP all office bearers were elected from ladies wing under the able leadership of Dr Sunita Ingle. It was organized in Panvel; under the guidance of Dr. C.S. Dabhadkar & Dr. Hemant Gangolia. The ceremony was organised at Hotel Sansmaran, in Panvel with Pin to Piano arrangement by our most enthusiastic key member & Past President of our association Dr Jay Bhandarkar.

The programme was graced by none other than the Chief Guest & Past President of IAP Dr Vijay Yewale from Navi Mumbai. There was an interesting quote in his address to the gathering. He said, "I travel all over India as invitee guest on various Academic Fronts & have not seen any branch with all Women Warriors of the association. This unique honour bestowed upon by the Raigad IAPians to their female colleagues will be remembered in a long run & there's a way to go for all these lovely ladies to bring a smile on their faces, I'm sure'.



## RELEASE OF MONTHLY IAP RAIGAD NEWSLETTER & DAY OF HONOR



## ACADEMIC ACTIVITIES

**20.01.2021 PEDIATRIC CARDIOLOGY WEBINAR**

**Pediatric Cardiology Update**

**DIL KI DHADKAN KYA KAHATI HAIN**

**Pediatric Arrhythmias**

Speaker:  
**Dr Ronak Sheth**  
Pediatric Cardiologist  
Fortis Hospital, Mulund, Mumbai

**23.02.2021 APPROACH TO ANEMIA IN PEDIATRICS WEBINAR**

**Dr Raigad Presents**

**APPROACH TO ANAEMIA IN PEDIATRICS**

Speakers:  
**Dr Anshu Kulkarni**  
Pediatric Gastroenterology-Neonatology  
**Dr Dinkar Khankar**  
President  
**Dr Divita Ingle**  
President  
**Dr Neelima Bhambhani**  
Secretary

23 February 2021 / 9 PM

**09.03.2021 WEBINAR ON INTERESTING RESPIRATORY CASES**

**09.03.2021 WEBINAR ON INTERESTING RESPIRATORY CASES**

Speaker:  
**Dr Anshu Kulkarni**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

Moderator:  
**Dr Sagar WADHWANekar**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

Topic:  
**HISTORY OF PRESENT ILLNESS**

A 6 week old male child from Maharashtra. Apparently well till 3 weeks of age. Difficulty in feeding, Suck rest suck cycle, increased fussiness, sweating while feeding, fast breathing following feeding, progressively increasing symptoms. History of cough for the past 2 weeks associated with no positional variations/ variation to feeds; no past history of vomiting, progressively increasing history of chest retractions noticed by the mother since past 4 days with grunting for the past 2 days.

**20.03.2021 WEBINAR ON MICROBIOME & INTERESTING RESPIRATORY CASES**

**Pediatric Innovation Meet**

Topic:  
**DISEASE**

Speaker:  
**Dr Divita Ingle**  
President

Moderator:  
**Dr Sagar WADHWANekar**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

**22.03.2021 WEBINAR ON ALLERGIC RHINITIS**

**"Allergic Rhinitis"**

Speaker:  
**Dr Anshu Kulkarni**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

Moderator:  
**Dr Sagar WADHWANekar**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

Topic:  
**Allergic Rhinitis**

**23.03.2021 WEBINAR ON EPILEPSY CASE BASED DISCUSSION**

**YOU ARE CORDIALLY INVITED TO THE**

**EPILEPSY CASE BASED DISCUSSION**

Speaker:  
**Dr Anshu Kulkarni**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

Moderator:  
**Dr Sagar WADHWANekar**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

Topic:  
**Epilepsy Case Based Discussion**

Date:  
**March 23 / 9 PM**

**27.03.2021 WEBINAR OF NEONATAL CLINICAL MEETING**

**Case Presentation Newborn**

Date:  
**27 March / 5.30 pm**

Speaker:  
**Dr Anshu Kulkarni**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

Moderator:  
**Dr Sagar WADHWANekar**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

**30.03.2021 WEBINAR ON COVID VACCINATION UPDATE & STRENGTHENING OF VPD SURVEILLANCE**

**WELCOME ALL TO**

**COVID VACCINATION UPDATE & STRENGTHENING OF VPD SURVEILLANCE**

Speaker:  
**Dr Anshu Kulkarni**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

Moderator:  
**Dr Sagar WADHWANekar**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

**31.03.2021 WEBINAR ON ORS & PROBIOTICS IN DIARRHOEAL DISEASES**

**Probiotics**

Speaker:  
**Dr Anshu Kulkarni**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

Moderator:  
**Dr Sagar WADHWANekar**  
Consultant Pediatric Allergist & Pulmonologist  
SQC Hospital, Vashi, Mumbai

**23.01.2021 NATIONAL GIRL CHILD DAY 2021 CELEBRATION**

**IAP Raigad Celebrates National Girl Child Day**

**National Girl Child Day**

**IAP Raigad National Girl Child Day**

**LISTEN TO THE EXPERTS TALK ON RIGHTS OF GIRL CHILD**

TOPICS - NUTRITION, OPTIMAL GROWTH, VACCINATIONS, POCSO ACT

On 24th JANUARY 2021  
**Save The Girl Child**  
With Dasha, Son Partho

Dr. Divita Ingle  
President

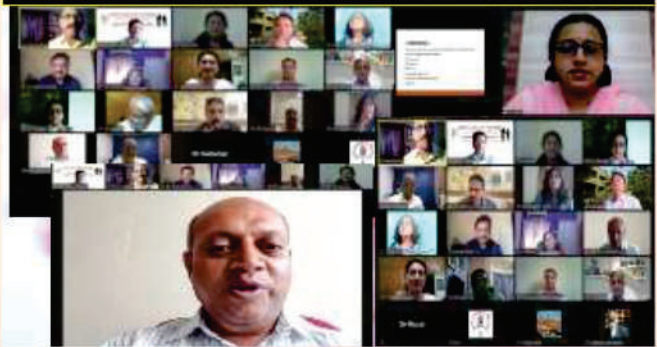


## INSTALLATION OF RAIGAD AHA & AWESOME AYA MODULE

12.03.2021 & 13.03.2021 INSTALLATION OF RAIGAD AHA & AWESOME AYA MODULE



12.03.2021 & 13.03.2021 INSTALLATION OF RAIGAD AHA & AWESOME AYA MODULE



## RELEASE OF FLYERS/VIDEOS & DAYS CELEBRATIONS

10.02.2021 NATIONAL DEWORMING DAY CELEBRATION

**राष्ट्रीय बालरोधन दिवस**  
10 फरवरी 2021

आज का दिन बच्चों के लिए अत्यंत महत्वपूर्ण है। इस दिन बच्चों को कीड़े से मुक्त कराया जाता है।

**आज का दिन हमें**

- स्वस्थ रखना है
- कीड़े से मुक्त करना है
- बच्चों को स्वस्थ रखना है
- बच्चों को स्वस्थ रखना है
- बच्चों को स्वस्थ रखना है

1. Display of Poster
2. Distribution of Albendazole
3. Health talks at OPDs of all Pediatricians over Raigad

10.02.2021 NATIONAL DEWORMING DAY CELEBRATION

**राष्ट्रीय बालरोधन दिवस**  
10 फरवरी 2021

- आज कीड़े से मुक्त कराने का दिन है
- स्वस्थ बच्चों को स्वस्थ रखना है
- बच्चों को स्वस्थ रखना है
- बच्चों को स्वस्थ रखना है
- बच्चों को स्वस्थ रखना है

**VIDEO RELEASE ON RAIGAD BRANCH YOUTUBE CHANNEL**

11.03.2021 RELEASE OF FLYER ON THE WORLD KIDNEY DAY

IAP Raigad released the WhatsApp flyer on 11th March 2021 on the occasion of World Kidney Day 2021.

The 2nd Thursday of the March month every year, the day is celebrated globally.

The aim is to raise awareness about the importance of our kidneys.

This year the Theme of World Kidney Day 2021 is: Living Well with Kidney Disease.

Stay Healthy! Stay Happy!

16.03.2021 RELEASE OF FLYER ON THE NATIONAL VACCINATION DAY

By releasing two flyers on 16.03.2021, IAP Raigad celebrated National Vaccination Day also known as National Immunization Day, celebrated on March 16 every year to mark India's victory against Polio B Measles Immunization Day. As on same day the 1st dose of Oral Polio vaccine was given in India in 1995. India was certified polio-free in 2014 and eliminated maternal and neonatal tetanus in 2015.

Over a last few decade, vaccines in the country have become an important weapon to fight some fatal diseases like TB, Tetanus, Diphtheria, Rotavirus and more and have saved so many lives.

**Aim:** Awareness and importance about Vaccination

**Theme:** Serving the community with the gift of immunity!

20.03.2021 RELEASE OF FLYER ON WORLD ORAL HEALTH DAY

Dear all,  
Be proud of your mouth  
In other words, value and take care of it!!

**WORLD ORAL HEALTH DAY,**  
20/3/2021

The focus is on the importance of good oral health & that it is something worth taking action for!

Some very important points regarding pediatric dental care were highlighted in the released poster

24.03.2021 RELEASE OF FLYER ON WORLD TUBERCULOSIS DAY

IAP Raigad, NHW & WHO celebrated World Tuberculosis (TB) Day on March 24 every year to raise public awareness about the devastating TB, and to step up efforts to end the global TB epidemic.

The date marks the day when Dr. Robert Koch announced that he had discovered the bacterium that causes TB.

TB remains one of the world's deadliest infectious killers.

Each day, nearly 4000 lose their lives to TB.

**The theme of World TB Day 2021 'The Clock is Ticking'** conveys the sense that the world is running out of time to act on the commitments to end TB made by global leaders.

This is especially critical in the context of the COVID-19 pandemic that has put End TB progress at risk.

**THE CLOCK IS TICKING. IT'S TIME TO KEEP OUR PROMISES. IT'S TIME TO END TB.**

23.03.2021 RELEASE OF FLYER ON WORLD DOWN'S SYNDROME DAY

**IAP RAIGAD Celebrates**  
**World Down Syndrome Day**  
21st MARCH 2021

1. 3 Types of Down Syndrome  
Trisomy 21 (Down syndrome) - 95%  
Translocation - 4%  
Mosaicism - 1%
2. 80% are born to women above 35 years of age.
3. People of all Races & Economic Level can get affected.
4. Every person with Down's experience Cognitive Delays but this is not indicative of the many Strengths & Talents each individual possess.

**Theme : WE DECIDE**

26.03.2021 VIDEO RELEASE ON EPILEPSY AWARENESS ON YOUTUBE

**International Epilepsy Day**  
26th March 2021

**EPILEPSY AWARENESS DAY**

**THEM OF EPIDAY**

- Purple Day 20th March
- Epilepsy Awareness Day
- A day to promote living with epilepsy
- A day to promote living with epilepsy

# ACTIVITIES OF IAP RAIGAD BRANCH

From 01.04.2021 to 31.07.2021

## RELEASE OF MONTHLY IAP RAIGAD NEWSLETTER & DAY OF HONOR

10.04.2021 RELEASE OF VOL I ISSUE 4 APRIL OF MONTHLY IAP RAIGAD NEWSLETTER



10.05.2021 RELEASE OF VOL I ISSUE 5 MAY OF MONTHLY IAP RAIGAD NEWSLETTER



10.06.2021 RELEASE OF VOL I ISSUE 6 JUNE OF MONTHLY IAP RAIGAD NEWSLETTER



10.07.2021 RELEASE OF VOL I ISSUE 7 JULY OF MONTHLY IAP RAIGAD NEWSLETTER



## ACADEMIC ACTIVITIES

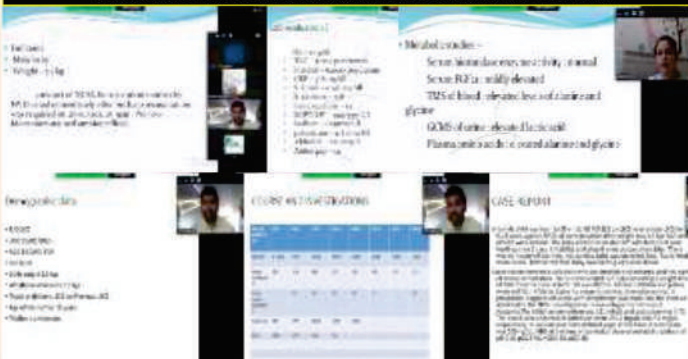
02.04.2021 DIGITAL SESSION ON WORLD AUTISM AWARENESS DAY



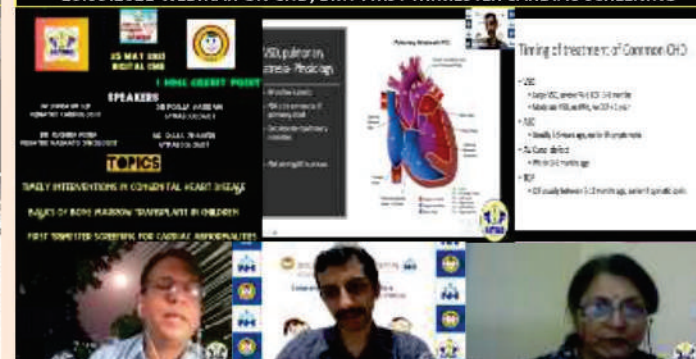
22.04.2021 WEBINAR ON PEDIATRIC COVID



24.04.2021 DIGITAL SESSION ON NEONATAL CLINICAL MEETING



25.05.2021 WEBINAR ON CHD, BMT FIRST TRIMESTER CARDIAC SCREENING











# INDIAN ACADEMY OF PEDIATRICS

Osmanabad Branch Date :- 24/1/2021

Celebration Of National Girl Child Day On  
By IAP-OSMANABAD branch



Welcome Of Girl Child Birth At  
Sub District Hospital Tuljapur  
By IAP-OSMANABAD BRANCH

9



# INDIAN ACADEMY OF PEDIATRICS

Osmanabad Branch

Blood Donation Camp At DR. BARATE HOSPITAL, TULJAPUR On 6/2/2021  
On Occasion Of Chatrapati Shivaji Maharaj Jayanti



10



# INDIAN ACADEMY OF PEDIATRICS

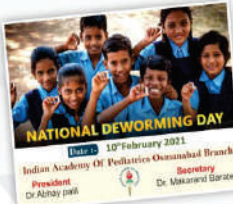
Osmanabad Branch Date :- 10/2/2021

celebration of national deworming day on  
10th.february 2021 at Mehta hospital tuljapur  
by IAP-OSMANABAD branch



### In the Presence of

- 1) Dr. Abhay Patil as President  
IAP Osmanabad Branch
- 2) Dr. Makarand Borate as Secretary  
IAP Osmanabad Branch
- 3) Dr. Sadashiv Mehta as CB Member  
IAP Osmanabad Branch



11



# INDIAN ACADEMY OF PEDIATRICS

Osmanabad Branch

मेरे अपने  
हम साथ है।

जिंदगी बहुत सी गयी है  
कष्ट कष्ट का गड्डा है  
पर हन पाव ये अद्वैत है  
मेरे अपने साथ है

दीम डल जाता है  
रात सुख जाती है  
मीठी चट्ट चढ़े है  
मुसफे वरत का दिनब कोम नरते  
क्योंकी मेरे अपने मेरे साथ है

ना कमाने की शोड  
ना कुछ पाने की चाह,  
फिर भी जिंदगी के कबीर हो गये  
क्यों की मेरे अपने मेरे साथ है

ना बचने की चाह,  
ना बचने का जुदल,  
तुं कुछ कर्वाही को हो गयी है  
जिंदगी पर कोई निला नहीं  
क्योंकी मेरे अपने मेरे साथ है

बादल कोहराम मचा हुआ है  
दुनिया बेवकू है  
एक के पाव दीवारी में भिखारी हुई है जिंदगी  
मिन भी दिन को सुकून है  
क्योंकी मेरे अपने मेरे साथ है

हो इन अमो में जो र एक जुड नाय है  
बेजान जो मेरे दुख में निश्चयन पाये  
अपनों में जुड जाता है  
वे बंद मड़िने भी याद गन बन गये है  
क्योंकी मेरे अपने मेरे साथ है

मदभूत होता है दर्द अमो के बिछडने का,  
कम हो गयी जिंदगी के सपना का  
सही कामना कलानी है धरमना मे  
बिछडे दुखो को अपनों के निला दो  
सारी दुनिया को अपने पर उदनाय कले  
हन जिंदगीतानी यह पल भी अमानी ने  
बाह जायने क्योंकी मेरे अपने मेरे साथ है

- Dr. Sacheta Pophale  
IAP Osmanabad

मेरे अपने ! हम साथ है !

12



## Digital MAHA IAP Inauguration

Dear MahaIapians,  
We at MAHA IAP have planned launch of this  
**Digital MAHA IAP**  
over our own new virtual platform on

Thursday, 18/3/2021 at 9.00 pm

We solicit your esteemed presence for the  
said inauguration ceremony &  
bless us for new endeavour

**Guest Speaker Dr. N.K. Subramanyam**  
Topic : Challenges in Communication

### Hon. Guests

Dr Piyush Gupta President CIAP 2021  
Dr Bakul Parekh President CIAP 2020  
Dr Remesh Kumar President Elect 2021

Dr G V Basavraj  
Secretary General  
CIAP

Dr Jayant Upadhye  
Vice President  
West Zone 2021

### HOST

Dr Jayant Pandharikar  
President  
Maharashtra IAP

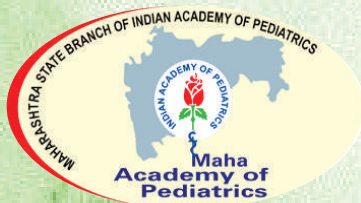
Dr Sadachar Ujalambkar  
Secretary General  
Maharashtra IAP

To Join Zoom Meeting

<https://us02web.zoom.us/j/64507582951?pwd=MVVwbTFoWUZYMkZMcXZkdTZxN1ZlZQT09>

Meeting ID: 845 0758 2951

Passcode: 916781



# ACTIVITIES OF AMRAVATI IAP JANUARY TO MARCH 2021

## RELEVANT PEDIATRICS

From the beginning of February 2021 IAP Amravati has started its very own academic series named "Relevant Pediatrics". In this series IAP members from Amravati and guest faculties (from superspeciality) have presented seminar on various interesting topics. Every week one webinar was organized and all members have enthusiastically attended each session. Details of the webinar taken are as follows

- 3rd February :** 'Dengue fluid management made easy', Presented by Dr Rohan Bobade
- 10 February :** 'Approach to CHD in Office practice', Dr Bhushan Sonawane (Pediatric cardiologist)
- 17 February:** 'Approach to pediatric ophthalmic disorder', Dr Rutuja Lokhande (pediatric ophthalmologist)
- 24 February:** 'PUO in office practice', Dr Richa Joshi
- 04 March (World Obesity Day):** 'Obesity- Find the cause & Act today', Dr Naresh Tayade
- 10 March:** 'Localizing lesion in neurology', Dr Nilesh Pachkawade
- 17 March:** 'Choice of Antiepileptics in pediatric epilepsy', Dr Sikandar Advani (Neurologist from Amravati)
- 21 March (World Down Syndrome Day):** 'Empowering kids with Down Syndrome', Dr Nitin Raut
- 31 March :** 'Approach to speech delay & Communication disorder in children', Dr Hrishikesh Ghatol

## SNAPSHOTS OF WEBINARS TAKEN

**Other Evaluations -**

Screening Domain	Screening tool
1) General Screening	1) Denver -2 - From 0 to 6 yrs of age group 2) TDSC - From 0 to 6 yrs of age 3) Ages and Stages Questionnaires - 9 to 5 yrs of age
2) Language specific Screening	1) Receptive Expressive Emergent Language Scale ( REEL) - 9 to 3 yrs of age 2) Language Evaluation Scale Trivandrum (LEST) - 0 to 6 yrs of age
3) ASD Screening	1) MCHAT - 16 to 30 months of age 2) Trivandrum Autism Behavioral Checklist (TABC)

**Localisation of Lesion in Neurology**  
DR. NILESH D. PACHKAWADE

**WORLD TB DAY**  
MARCH 24

IT'S TIME to test and treat latent TB infections.  
IT'S TIME to speak up.  
IT'S TIME to end stigma.  
IT'S TIME to strengthen TB activities and encourage among health care providers.

**ROP**  
RETINOPathy OF PREMATURITY

**CATARACT**

**Retinoblastoma**

PHPV, CORTIS DISEASE, COLIFORMA

# ACTIVITIES OF AMRAVATI IAP APRIL TO JULY 2021

## RELEVANT PEDIATRICS

From the beginning of February 2021 IAP Amravati has started its very own academic series named "Relevant Pediatrics". In this series IAP members from Amravati and guest faculties (from superspeciality) have presented seminar on various interesting topics. Every week one webinar was organized and all members have enthusiastically attended each session. Details of the webinar taken are as follows

**7 April :** 'Localizing lesions in pediatric neurology' Presented by Dr Nilesh Pachkawde

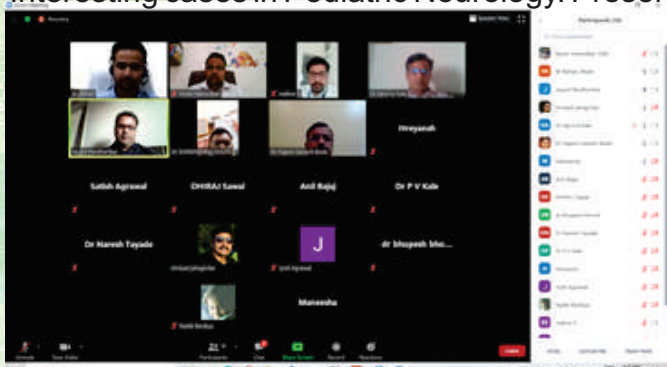
**14 April :** 'Approach to urinary tract infections' Presented by Dr Pawan Deore

**21 April :** 'ENT Problems in children', Presented by Dr Kshitij Patil

## SNAPSHOTS OF WEBINARS TAKEN

### Pediatric Covid Preparedness Module

An online training module for doctors designed by Maharashtra covid task force was conducted by IAP Amravati in conjunction with Amravati Munciple Corporation on 15th June 2021. This was hybrid workshop with both offline as well as online through Facebook live session. 10th July 2021 CME on Interesting cases in Pediatric Neurology. Presented by Dr Amrjeet Wagh (Pediatric Neurologist, Nagpur).



**Amravati Municipal Corporation** was live.  
15 Jun •

Pediatric Covid preparedness training module for doctors: An online training module for doctors presented by the Maharashtra St... See More



amcamravati amcamravati amcamravati





# ACTIVITIES OF SOLAPUR IAP JANUARY TO MARCH 2021

SOLAPUR ACADEMY OF PEDIATRICS

SOLAPUR ACADEMY OF PEDIATRICS

SOLAPUR ACADEMY OF PEDIATRICS

REPORT: - 01/01/2021 TO 31/03/2021

## A. ACADEMICS :-

1. WE HAVE MONTHLY CLINICAL MEETING IN PERSON ON FIRST SUNDAY OF EVERY MONTH.

Total 3 meetings were conducted.



### A) JANUARY

-The first clinical meeting was on

#### COVID VACCINATION:

SPEAKER: DR. AMOL GAIKWAD  
(WHO SURVILLANCE OFFICER)

b. CLINICAL CASE PRESENTATION BY  
PG STUDENTS

### B. FEBRUARY

The second clinical meeting was on  
COMMON PSYCHAITRIC PROBLEMS IN  
PEDIATRICS

AN INTERACTIVE SESSION WITH DR .NITIN BHOGE  
A PSYCHIATRIST FROM SOLAPUR



### C. MARCH:

The Third Clinical Meeting was on

#### NEWBORN SCREENING FOR HEARING

SPEAKER: DR. SHREEGANESH PATIL  
(PEDIATRIC NEUROLOGIST FROM SOLAPUR)  
- MIS(C) PRESENTATION OF INTERESTING  
CASES –

BY DR. PALLAVI KATHARE  
(PEDIATRIC CARDIOLOGIST)



1

SOLAPUR ACADEMY OF PEDIATRICS

## 2. Orientation programme regarding RECENT COVID treatment protocol was arranged on 28/03.

Around 62 corporation medical officers including BAMS, BDS AND BUMS were benefited.



## B. NATIONAL DAYS

### 1) NATIONAL DEWORMING DAY



## 2) NATIONAL PULSE POLIO PROGRAMME



## 3) NATIONAL DOWNS DAY



## C. SOCIAL ACTIVITY

- i. Donation of BP APPARATUS AND PULSE OXIMETER TO COVID CARE CENTER



SOLAPUR ACADEMY OF PEDIATRICS

- ii. Started a book library in COVID CARE CENTRE IAP SOLAPUR donated around 60 Marathi, English books and magazines on the occasion of WORLD MARATHI DAY. It is running smoothly more than 100 patients are satisfied.



- iii. Counselling sessions for COVID 19 asymptomatic and mild symptomatic patients are arranged regularly.



## D. CULTURAL ACTIVITY

### 1) Celebration of birthdays of OUR MEMBERS BY PRESENTING A PLANT AND SPREADING THE MESSAGE OF GO GREEN.



### 2) CELEBRATION OF WOMEN'S DAY -AROUND 25 GORGIOUS LADY PEDIATRICIANS PARTICIPATED



#### छत्र छाया

करोना मुळे प्रत्येकाच्या आयुष्यात समस्या आल्या आहेत. त्याला ज्येष्ठ नागरिक अपवाद कसे असतील. आमच्या उभ्या आयुष्यात आम्ही असा प्रकार पहिला नव्हता, असे आजही आजोबा म्हणत आहेत. चारभितीतील कैद, एकटेपणा, धास्तवलेला जीव, अनिश्चिती, अडचणीचे डोंगर व कळत नकळत घरात वाढलेला विसंवाद ह्याने सर्वांचा जीव गुदमरतो. दुधाच्या सायीसारखी

असणारी नातवंडे ह्यांच्याशी वागावं कसं? ह्याच आपण आता उहापोह करू या. आजही आजोबांचे वर्गीकरण तीन प्रकारे करता येईल.

1. घरात आजही आजोबा-जे आपल्या नातवंडा बरोबर एकत्र राहतात.
2. वेगळीकडे राहणारे आजही आजोबा.
3. दूरस्थ आजही आजोबा-परदेशस्थ नातवंडांचे आजही आजोबा

एक सर्वेक्षणाने असे आढळून आले दोन पिढींमध्ये मतभिन्नता असण्याची काही कारणे आहेत.

1. मूल वाढवण्याच्या पद्धतीत मतभिन्नता-आपल्या असे लक्षात आले की मूल वाढवण्याच्या पद्धतीत खूप बदल झाला आहे. पूर्वीच्या काळी वडील कुटुंब प्रमुख असे व मूल आज्ञाधारक व अभ्यासू असावं असा कटाक्ष असायचा. मुलांच्या बाबतीत सर्व निर्णय तेचघेत उदा. लग्न व करिअर पण आईवडीलच ठरवायचे.

थोडक्यात पालक केंद्रित पालकत्व होते. पण आता पालकत्वाची पद्धत बदलली आहे, पाल्याच्या म्हणण्याला महत्व दिले जाते, निर्णय प्रक्रियेत त्यांचा सहभाग उल्लेखनीय असतो. म्हणून आजही आजोबांनी आग्रही धोरण व हट्टीपणा सोडला पाहिजे. जेव्हा मुलांना तुमचा सल्ला हवा असतो तेव्हा जरूर मदत करावी. पण जेव्हा त्यांना ती लुडबुड वाटते तेव्हा एक पाऊल मागे घ्यावे. थोडक्यात Attachment with Detachment.

- 2) शिस्त: शिस्त म्हणजे कुटुंबाने ठरविलेली एक पद्धत ज्यामध्ये सर्वजण सहभागी होतात व ती कुटुंब व समाजासाठी फायद्याची असते.

शिस्तीबद्दल एक गैरसमज आहे की शिस्त म्हणजे रागावणे, घालून पाडून बोलणे, किंवा मारहाण करून आपल्या अपेक्षित असा बदल करून घेणे.

मुलांच्या बाबतीत कडक पणे वागणारे आई बाबा, आजही आजोबा झाले की अतिशय हळवे होतात अन नातवंडात गुंतत जातात. कितीतरी पालकांची तक्रार असते की आम्ही शिस्तलावायचा प्रयत्न करतो पण आजही आजोबा मुळे मूल बिघडतात. आणि मूल पण चतूर असतात आई बाबा रागावले की आजही आजोबांच्या आश्रयाला जातात त्यावेळेस त्यांचा आईवडिलांबद्दल अपशब्द न बोलता मुलांना समजावून सांगायचे.

नातवंडांना कुठलीही गोष्ट, वस्तू घ्यायची असेल, तर त्यांच्या आईवडिलांना जरूर विचारावे. शिस्तीची सवय लहान म्हणजे तिसऱ्या, चौथ्या वर्षापासूनच लावावी करण पौंगड अवस्थेतील बेशिस्तीची मूळ लहानवयातच रुजलेली असतात. शिस्तीचे नियम ठरविण्यात आईवडिलांना मदत करावी, लक्षात असू द्या प्रेम व शिस्त ह्या एकाच नाण्याच्या दोन बाजू आहेत. जसे शाळेत, समाजात

वावरताना शिस्तीचे नियम आहेत तसेच घरात पण असावेत.

रोजच्या जीवनातील शाळा, अभ्यास, खेळ जेवण झोप ह्यांचा वेळा जपण्यात पालकांची मदत करावी.

बऱ्याच वेळा जेवणावरून खूप खटके उडतात. मुलांना खाण्याचा आग्रह करणे, त्यांना मागेमागे लागून जेवू घालणे, टीव्ही, मोबाईल दाखवत खाऊ घालतात, शिवाय सतत त्यांच्याच आवडीच्या पदार्थ करणे म्हणजेच प्रेम असा गैरसमज होतो. पण ह्याचा विपरीत परिणाम होतो. किती तरी आजही आजोबा मी बघितलेत की नातवंड खूप जाड असेल तरीही काहीच खात नाही अशी तक्रार करतात.

जेवताना सर्व साधारणपणे काही नियम सगळ्यांनीच पाळावेत जसे की जागा शक्यतो एकच असावी, आग्रह करू नये, ताटातील सर्व पदार्थ संपवावेत शक्यतो सुरुवातीला खूप वाढून घेऊ नये, व अन्नाला नाव ठेऊ नये.

ह्याचीच दूसरी बाजू म्हणजे आजकाल कोरोना च्या काळात बाहेरून पदार्थ मागविण्याचं प्रमाण वाढलं आहे, त्याचं ही नियम मुलांनी, आईबाबांनी व आजही आजोबा नी मिळून ठरवावेत, काय आणावे? कितीदा आणावे?

अन मुलांनी मागावलेल्या पदार्थांना उगीचच नाव न ठेवता उलट त्यांत रस घेऊन तो, कसा करतात? पौष्टिक आहे का? त्यांची रेसिपी विचारावं म्हणजे ते पण मोकळेपणाने तुम्हाला बोलतील. नातवंडांना आजही आजोबा ना शिकवण्यात, माहिती सांगण्यात खूप आनंद होतो व त्यांच्या इगो सुखावला जातो, मग ते मोबाइलला, कॉम्प्युटर अथवा त्यांच्या आवडीचे विषय, त्यांना पण कधी गुरू करा

झोपण्याचे पण शक्यतो नियम असावेत, रात्री झोपताना गोष्टी सांगायची सवय बाळगावी, गोष्टी रूपाने आपल्या संस्कृतीची, कुटुंबातील मुल्ये रुजवता येतात.

Setting limits and drawing lines should be tried since early age.

योग्य पणे लावलेल्या शिस्तीमुळे मुलं दूर न जाता उलट जवळ येतात व मोठे झाल्यावरही हीच सवय अंगी बाळगतात.

स्क्रीन time:

जवळपास प्रत्येक आईवडील व आजही आजोबा ची तक्रार आहे की मुलं मोबाईल मध्ये खूप गुंतत चाललेत, अन ते खरं ही आहे, अभ्यासा व्यतिरिक्त मोबाइल चा वापर खूप वाढला आहे वेळीच हे लक्षात घ्यावे की ह्याचा परिणाम व्यसनाधीन ते कडे जाण्यात तर होत नाहीये ना म्हणजे दिवसांतील जास्तीतजास्त वेळ मोबाईल मध्ये किंवा इतर कुठल्याही activities मध्ये इंटरॅक्ट नसणे, चिडचिड, झोप कमी, जेवणावर परिणाम, इत्यादि गोष्टी आढळत असतील तर वेळीच समुपदेशकाची मदत घ्यावी

बऱ्याचदा अस पण आढळून आलंय की वयस्क लोक पण सोशल मीडियाचा अतिवापर करतात, आक्षेपार्ह गोष्टी बघतात अन नकळतपणे लहान मूल मोठ्यांचा मोबाईल बघतांना त्याच्या नजरेस जर हे पडल तर त्याचीही चुकीची उत्सुकता ताणली जाते व तो एक वेड्यावाकड्या व्यसनाचा बळी पडू शकतात.

हे खूप भयवह आहे. ह्याची काळजी सर्व मोठ्या व्यक्तींनी घ्यावी.

दोन वर्षांच्या खालील मुलांना मोबाईल अजिबात देऊ नये.

नातेसंबंधाची जपणूक:

घरातील चार मोठी भाणसानी नी जर कुटुंबाचा पाया प्रेम, विश्वास, आदर, स्वातंत्र्य अशा मूल्यांवर रचला तर त्याची फळं सगळ्या कुटुंबाला मिळतील.

आजही आजोबा नी आईवडिलांच्या मध्ये शॉर्टकट न होता एक सपोर्ट सिस्टिम म्हणून राहवे, अधिकारासाठी थडपड न करता जबाबदारी पण झटकू नये अन ह्याचा सुवर्णमध्य साधला गेला पाहिजे.

आजही व आईच्या वादात मुलं खूप दुखावली जातात व त्यांच्या मनावर त्याचा परिणाम होतो कारण दोघांवरही त्यांचं प्रेम असत.

वाद शक्यतो मुलांसमोर न करता ते नसताना सामंज्यासाने सोडवावेत.

खर तर मुलांना अस समजावून सांगावं की जस दोन पिढींमध्ये वैचारिक मतभेद असतात तसेच कांही मतभेद आमच्यात असू शकतात पण शत्रुत्व नाही.

ह्या tug ऑफ वॉर मध्ये मुलांना ओढू नये.

मुलगा, सून जावई ह्यांच्या बदल त्यांच्या मुलांसमोर वाईट न बोलता, किंवा फोन वर चाहड्या सांगणे ह्या बाबतीत ही सतर्कता बाळगावी.

नातवंडमधील तुलना ही एखाद्याला कमी लेखण्यासाठी न करता सकारात्मक उत्तेजन दयावे.

अजून एक quality म्हणजे आजही आजोबा नि चांगल श्रोता व्हावं, सतत भूतकाळातील गोष्टी सांगून, मी अस केलं, तस केलं अस सतत सांगून वर्तमान बिघडवू नये, सतत तब्वेतीच्या तक्रारींचा पाढा वाचू नये कारण ह्यामुळे ते तुमच्याशी बोलायचं टाळू शकतात.

शेवटी अस सांगावस वाटत की खरं तर हे पण एक सुंदर वळण आहे

सामायिक जबाबदारीतून तुम्ही एक सुंदर नात फुलवू शकता.

एका छत्री सारख असावं म्हणजे थोडस दुरून सावली धरावी, जास्त जवळ गेल्यावर इजा होऊ शकते आणि छत्रीच्या दांड्या सारखी connectivity असावी.

डॉ सुचेता पोफळे

उमरगा

pophalesucheta@yahoo.com

## ACTIVITIES OF AURANGABAD January to March 2021

**Installation of new team AAP:** The new team of Aurangabad Academy of Pediatrics was elected unopposed on 17th December 2020 & official installation of new team members was done in a grand ceremony in gracious presence of Dr. Rohit Agarwal sir, past president of central IAP. Dr. Shyam Khandelwal got elected as president for year 2021 & Dr. Sandhya Kondpalle as secretary for year 2021-22. All pediatricians working at AMC were felicitated for their remarkable work in COVID pandemic & COVID vaccination campaign. The programme was followed by melodious singing performances by many pediatricians.

**COVID vaccination CME:** This was the first academic programme of 2021, an online CME on "COVID vaccine.....Myths & facts." This was moderated by Dr. Sagar Kulkarni & panelists were eminent faculties in field of vaccination, Dr. Rajendra Vaidya, Dr. Rajendra Khadke & Dr. Ganesh Kulkarni.

**Pediatric Echocardiography CME:** An online CME on Pediatric Echocardiography was organised on 4th February, 2021. Two lectures on "Bedside Echocardiography" & "Functional Echocardiography in Pediatrics" were delivered by Dr. Deepak Marakwad & Dr. Mahendra Parihar, both Pediatric cardiologists from Aurangabad. The CME was attended by many pediatricians & appreciated by senior pediatricians.

**Pulse Polio campaign:** On 31st January, on occasion of Pulse Polio day, 200 posters were distributed to all the Health centres of AMC as well as private practitioners to display in their OPDs.

**Rare diseases CME:** On 28th February, Rare diseases day was celebrated by organising a CME on Rare diseases. In this webinar all the subspecialty pediatricians from Aurangabad including Ped Neurology, Haematoncology, Endocrinology, Nephrology, Genetics and Orthopedics presented interesting cases of uncommon diseases.

**World Obesity Day celebration:** On 4th March 2021, World Obesity day was celebrated with great enthusiasm on social platform with the theme "Every body needs everybody" in accordance with world obesity federation. A unique webinar was organised on 4th March evening for children, parents, teachers & doctors. R. Priti Phatale, childhood obesity specialist, Dr. Sandhya Kondpalle, Pediatric Endocrinologist, Shilpa Joshi, Nutritionist, Malhar Ganla, Exercise specialist & Nidhi Navander, child psychologist were the speakers. The webinar was attended by 167 participants. Very useful tips about healthy diet, exercise and positive attitude were given by the experts. The webinar was highly appreciated by all. Public awareness about childhood obesity was increased through press conference, Newspaper articles and Audio clips on FM radio.

**Pediatric Physiotherapy CME:** On 14th March 2021, Pediatric physiotherapy CME was organised by IAP Aurangabad in collaboration with MGM rehabilitation centre. Practical aspects about Early intervention in NICU babies & their long term follow up were discussed.

**Down's syndrome day celebration:** On 21st March, Down's syndrome day was celebrated in an innovative way. All the parents & teachers groups from special schools in Aurangabad, ICON school, Yellow school, I Progress school, Navjeevan school & Viveksingh special school were logged in for the seminar. Madhura Anvikar, child psychologist in her speech suggested some practical tips about how to behave with Down's children & tackle the difficult situations. Dr Sandhya Kondpalle, Pediatric Endocrinologist delivered a speech on Endocrine problems in Down's children & their pubertal issues. This was followed by an interesting interactive session.

**Adolescent week:** This was celebrated in the last week of March, on three successive days 26th, 27th & 28th March.

**Teenage day:** Friday 26th March was celebrated as Teenage day based on the theme " Listen to them, talk to them." A webinar was organised for children ( 12 to 19 years), their parents & teachers. Adolescent experts from AAP, Dr. Roshni Sodhi, Dr. Neeti Soni & Dr. Asawaree Kaushik conducted the seminar. Child psychologist & counsellor of Nath Valley school, Mrs Monika Das was invited for the webinar. Various important issues in teenagers like behavioural problems, addiction, accidents faulty lifestyle were discussed through case scenarios & opinion poles. The webinar was attended by 200 participants & many of them thanked IAP Aurangabad for organising such a wonderful webinar.

**Healthy Lifestyle day:** On 27th March, Healthy Lifestyle day was celebrated based on theme " Eat healthy, stay healthy." A quiz was organised for school children. Four teams with 5 students from each school participated in the quiz. All questions were based on Healthy Lifestyle & asked in 3 rounds including rapid fire & visual round. Dr. Neeti Soni & Dr. Roshni Sodhi were perfect in the role of quiz masters. Famous Yoga teacher from Aurangabad, Ganesh Kanojia guided the children about importance & steps of Yoga in children. The winner videos in Healthy Lifestyle video competition were played at the end of programme.

**Daughter's day:** Sunday, 28th March was Daughter's day which was celebrated with the theme " Beti bachao, beti badhao, padhao, desh ko aage badhao." Dr. Trupti Borulkar, paediatrician & child psychologist delivered an inaugural speech & guided parents about how to rear a girl child & support her. Her message to the teenager girls participated in the event was "Be strong, healthy & self sufficient." Advocate Pradnya Talekar in her speech, provided information about Laws for protection of a Girl child & Laws regarding their rights in future life in very easy & fluent language. At the end of session winners of poem competition on theme of programme were felicitated. Some peculiar poems were read. Attractive prizes were home delivered to all the winners of all competitions. Dr. Manish Kulkarni

**Autism week:** From 2nd to 8th April, Autism week was celebrated. Dr. Anjali Banglore, senior developmental paediatrician from Aurangabad, in her inaugural speech stressed upon importance of early intervention in Autism. In the whole week, lectures for parents & teachers of Autistic children were organised based on different therapies for Autistic children. Building language & communication, importance of ABA, music therapy, occupational therapy, need of special education & managing difficult situations at home were the topics covered in webinar. Experts in the respective fields guided parents & teachers. On the last day, 8th April, results of competition on write up & Audio clips on " Me & my Autistic child" were declared & prizes in the form of books on Autism were home delivered to the winners.

**COVID awareness article:** An article written by Dr. Mandar Deshpande, Pediatric intensivist, was published in many newspapers providing detailed information about Pediatric COVID, all necessary precautions, when to test the child, what are the complications of childhood COVID & some basic information regarding treatment. The purpose of article was to reduce the panic & confusion of parents.

**COVID vaccination campaign:** Free COVID vaccination centre was started in association with AMC wherein many people are getting vaccinated daily.









## Teenage Day

Organised by  
**IAP Aurangabad Branch**  
In Association with **AACCI**




Teenage ... A tricky age for both children & parents!!  
To make this journey happy & enjoyable ... "Listen to them, talk to them"  
Let's have a chat with our Adolescent experts on occasion of World teenage day.

**PANEL DISCUSSION**

 <b>Dr. Monika M. Dass</b> Psychologist & School Counsellor, Nath Valley school	 <b>Dr. Neeti Soni</b> Pediatrician & Adolescent Specialist	 <b>Dr. Rashni Sodhi</b> Pediatrician & EQ Coach	 <b>Dr. Asawari Kaushik</b> Pediatrician and Adolescent Counsellor
---	---	--	--

 <b>Dr. Shyam Khandelwal</b> President	 <b>Dr. Sandhya Kondpal</b> Secretary
---	--

**AURANGABAD ACADEMY OF PEDIATRICS**

Meeting ID : 994 2197 5165  
Passcode : 343  
Friday, 26.03.2021  
@ 7:30pm

