



Index

MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE, INDORE

(Unit of Mayank's Welfare Society)

(Constituent Unit of Malwanchal University)

ACCREDITED BY NABH & NABL



NABL Certificate No. MC-3448
NABH Certificate No. PEH-2019-0966

IMCHRC/VAC/2024/03

Date – 24th May, 2024

CIRCULAR

We are pleased to announce that a Value added course on 'Adolescent health and well being' has been scheduled from 6th April to 8th June, 2024, in the Lecture Hall no.2 of Index Medical College, Hospital & Research Centre, Indore.

It is being organized by the faculty of IMCHRC, Malwanchal University to train the MBBS interns in dealing with adolescent health needs and their well being. The course is free for all interns. Interested interns are requested to register for the course by 31st May, 2024.

For registration contact, Dr.Lubana Shaikh, contact – 8770098820

Dean

IMCHRC, Indore

CC

- The Chairman
- Vice Chairman
- Vice Dean
- Registrar – Malwanchal University
- All Administrators
- HODs of all Departments
- Notice Board – College notice board, Hostel – Boy's/ Girl's, PG Hostel



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Registrar
Malwanchal University
Indore (M.P.)

Malwanchal University

Index Medical College, Hospital & Research
Centre, Indore

'Adolescent Health And Well Being'

About

Adolescent period is a transformative phase. This course will provide basic concept of nutrition, physical activity and locomotion, Physiological and Psychological changes, metabolic demands of Adolescent, special needs of this age group, high risk behaviors among Adolescent, behavioral modifications to acquire healthy habits and a guidance to get optimum growth and development during this period.

- Resource persons
Dr. Amrutha Jain
Professor and Head (Pediatrics)
Dr. Sangeta Kori
Associate Professor (Community Medicine)

Eligibility: MBBS Interns

Coordinator: Dr. Ishara, Swathi

Registration fee: Rs. 0

Dates: 6th April - 5th June, 2024

Venue: Lecture Hall No. 3 - Medical

Modules

- Module 1: Foundation of Nutrition & Wellbeing in Adolescence
- Module 2: Special requirements during Adolescence
- Module 3: A comprehensive guide for nutritional support during Adolescence
- Module 4: Behavior modification for weight management and wellbeing

Course Outcomes

At the end of the course, the participants will have learnt about

- Normal Physiology of Adolescence
- Nutritional Requirement of Adolescents
- Dietary counseling of Adolescents
- High risk behavior and behavior Modification for Adolescents



S. K. Kori
Registrar
Malwanchal University
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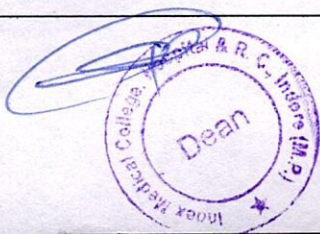
Time – Table

Value Added Course

Topic: Adolescent Health & Wellbeing

For: M.B.B.S. Interns (2019-20Batch)

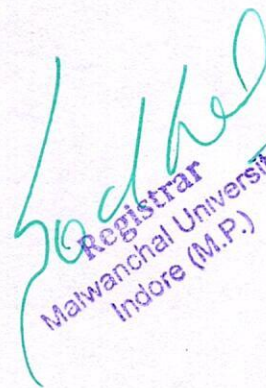
Day -1 : (06/06/2024) Thursday		
Title	Time	Speaker
Adolescent Health Statistics	9:00 am – 10:00am	Dr. Anuradha Jain
Introduction to Nutrition & Dietetics	10:00 am -11:00 am	Dr. Sangeeta Kori
Tea	11:00 am – 11:15 am	
Special Nutritional Requirements during Adolescence	11:15 am – 12:15 pm	Dr. Anuradha Jain
Common Nutritional Deficiencies in Adolescents	12:15 pm – 1:15 pm	Dr. Sangeeta Kori
Lunch	1:15 pm – 2:00 pm	
Eating Disorders in Adolescents	2:00 pm – 3:00 pm	Dr. Anuradha Jain
Dietary Counselling & Nutritional Planning	3:00 pm – 4:00 pm	Dr. Sangeeta Kori
Day -2 : (07/06/2024) Friday		
Health Problems among Adolescents	9:00 am – 10:00am	Dr. Anuradha Jain
High Risk Behaviour in Adolescents	10:00 am -11:00 am	Dr. Sangeeta Kori
Tea	11:00 am – 11:15 am	
Physiological & Psychological Changes During Adolescence	11:15 am – 12:15 pm	Dr. Anuradha Jain
Adolescents Mental Health	12:15 pm – 1:15 pm	Dr. Sangeeta Kori
Lunch	1:15 pm – 2:00 pm	
Adolescent Immunization	2:00 pm – 3:00 pm	Dr. Anuradha Jain
National Initiatives related to Adolescents	3:00 pm – 4:00 pm	Dr. Sangeeta Kori



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Mawanchal University
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Day -3 : (08/06/2024) Saturday		
Adolescents & Physical Activity	9:00 am – 10:00am	Dr. Anuradha Jain
Behaviour Modification for Weight Management	10:00 am -11:00 am	Dr. Sangeeta Kori
Tea	11:00 am – 11:15 am	
Combating Special Situation	11:15 am – 12:15 pm	Dr. Anuradha Jain
Legislation for Adolescents	12:15 pm – 1:15 pm	Dr. Sangeeta Kori
Lunch	1:15 pm – 2:00 pm	
Feedback and Discussion	2:00 pm – 3:00 pm	Dr. Anuradha Jain




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Report: Adolescent Health And Well Being

A value added course on **Adolscent Health and Well Being** was conducted from 6th to 8th June, 2024, in Lecture hall no.2 of Index Medical College, Hospital and Research Centre, Indore. This course was conducted for 18 hours, where each session was conducted for 6 hours. The total number of participants attending the course was 72.

The course was conducted for MBBS Interns to sensitize them about adolescent health and prepare themselves to effectively collaborate with colleagues with different experience levels. The course was planned to broaden the participant's knowledge on community based interventions. Special focus was given on their nutritional need ,weight management , immunization and legislations associated with this age group. Preventive measures for their health problems and high risk behavior were also explained in these sessions.

The speakers of the course were Dr. Anuradha Jain, Professor and Head, Department of Pediatrics and Dr. Sangeeta Kori, Associate Professor Department of Community Medicine.

The modules for this course were as follow:

Module1: Foundation of Nutrition &Well being in Adolescence

Module 2: Special requirements during Adolescence and Immunization

Module 3: Behavior modification for weight management

Module 4:High risk behavior and its prevention



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Adolescence is a significant transformative phase in the development of an individual. The current generation of adolescents is growing up at a time of unprecedented change in food environment and technology. Based on these thoughts this course was planned and students were taught about basic concept of nutrition and wellbeing, normal physiology, metabolic demands of adolescents, special need of this age group.

Special emphasis was given to taught behavioral modification to acquire healthy habits and a guide to get optimum growth and development during this period .

Students were also taught about adolescent health statistics, role of Macronutrients ,micronutrients and their deficiencies. Skills of dietary counseling and nutritional planning were taught to them. Legislation for adolescents and innovation for holistic well being of adolescents was included in this course.

At the end of the course, the participants will have learnt about

- Normal Physiology of Adolescence
- Nutritional Requirement of Adolescents
- Dietary counseling of Adolescents
- Immunization for Adolescents
- High risk behavior and behavior Modification for Adolescents
- Legislation for adolescents



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Mauwanchal University
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**Department of Community Medicine
Index Medical College, Indore**

Value Added Course on "Adolescent Health & Well Being"

Attendance Sheet

1	Pravi Jadia	P	P	P
2	Preyansh Akhand	P	P	P.
3	Prince Namdev	P	P	P.
4	Priya Soni	P	P	P.
5	Priyanka Mandloi	P	A	A
6	Priyanka Sankla	P	P	A
7	Priyanka Singh Thakur	P	P	P.
8	Rahul Parmar	P	P.	A
9	Rahul Yadav	P	P.	A
10	Rajsingh Rajpoot	P ₁	P ₂	P.
11	Rajwardhan Singh Deoda	P	P	P.
12	Ram	P	P P	P.
13	Ramkrishna Yadav	P	P.	P.
14	Ramraj Gurjar	P	P.	P.
15	Ramsha Khan	A	P	P.
16	Ranjana Kanesh	A	A	P.
17	Rounak Gurjar	P	P	P.
18	Ravi	P	A	A
19	Reshma Khan	P	A	A
20	Richita Chouhan	P	P.	A
21	Rishabh Sharma	P	P	P.
22	Ritesh Thakur	A	P.	P.
23	Rittiva Roy	P	A	P.
24	Robins Kumar Boudh	P	A	A
25	Sabraniyash Chouhan	P	P	P.
26	Sachin Kelwa	P	P	P.
27	Sachin Siloriya	P	P	A
28	Sachin Solanki	A	A	A
29	Sahil Ansari	P	A	P.
30	Sakshi Chouhan	P		P.



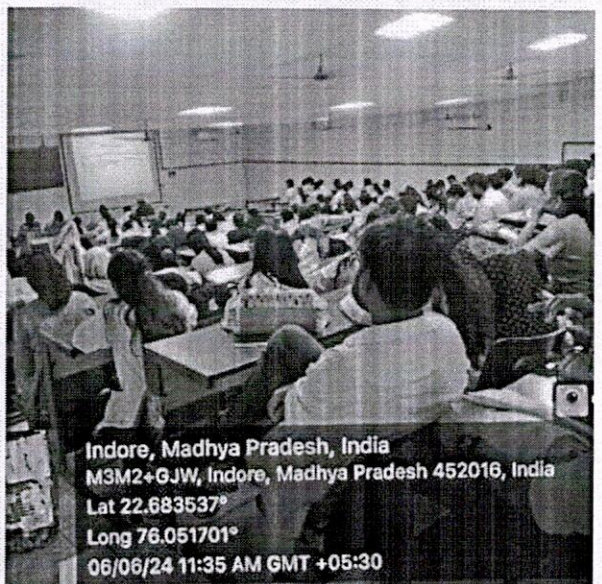
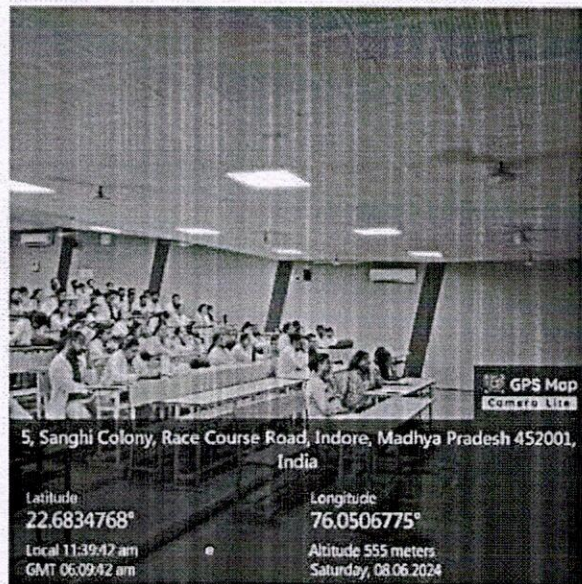
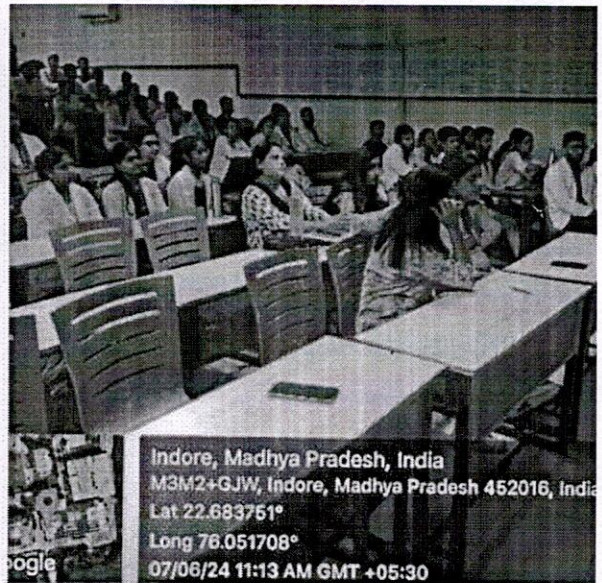
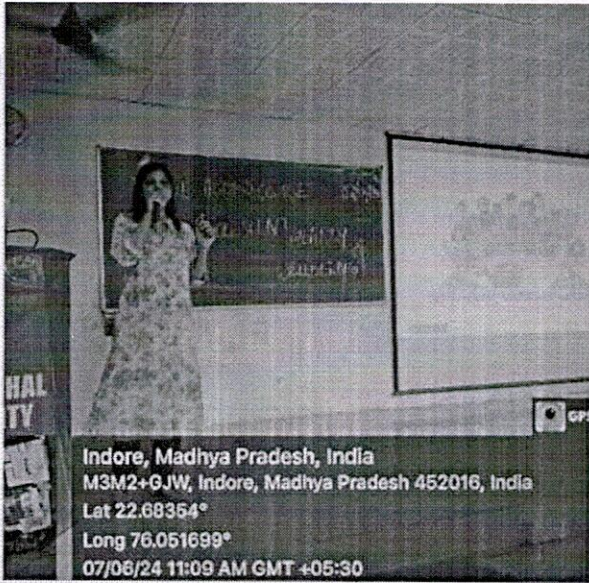
31	Sakshi Dubey	P	P	P
32	Sakshi Gadpal	P	P	P
33	Sakshi Pandey	P	A	P
34	Sakshi Singh Gadwal	Sakshi	Sakshi	P
35	Sakshi Singh Parihar	P	P	P
36	Sandeep Chouhan	P	P	P
37	Sanjay Panwar	P	P	P
38	Sanya Dixit	P	P	P
39	Sapna Thakur	P	P	P
40	Saransh Jain	P	A	P
41	Saumya Jain	P	P	P
42	Saurav Shukla	P	P	P
43	Shailesh Jaiswal	P	A	A
44	Shalini Dawar	P	P	P
45	Sharad Raghuvanshi	P	A	A
46	Sheetal Malviya	P	P	P
47	Shefali Eklodiya	P	P	P
48	Shefali Ukkey	P	P	P
49	Shekhar Hammad	P	P	P
50	Shelly Mehta	A	A	A
51	Shilpa	P	P	P
52	Shilpi Jain	A	A	A
53	Shivam Goud	P	P	P
54	Shivam Lodhi	P	P	P
55	Shivani Kanesh	P	P	P
56	Shraddha Vasnik	P	P	P
57	Shreya Gupta	P	P	P
58	Shruti Dubey	P	A	P
59	Shubham Meena	P	P	A
60	Shubhani Parashar	P	P	P



261	Shyam Singh Yadav	P	P	P	A
362	Sidhant Bobra	P	P	P	P
463	Sneha Bhardwaj	P	P	P	P
564	Somya Sharma	A	P	P	A
665	Soneri Krishnaraj Ashok Kumar	P	P	A	A
766	Sonika Ahirwar	P	P	P	P
867	Sooraj Solanki	P	P	P	P
968	Stuti Jain	A	P	P	P
069	Sudarshan	A	P	P	P
170	Sukendra Mishra	P	P	P	P
	Suman Sarkar	P	P	P	A
	Sumit Garg	P	P	P	A



Registrar
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Indore (M.P.)



Adolescent health and well being

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 Dean
 Indore Medical College, Hospital & R. C. Indore (M.P.)

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 Registrar
 Mahwanchal University
 Indore (M.P.)