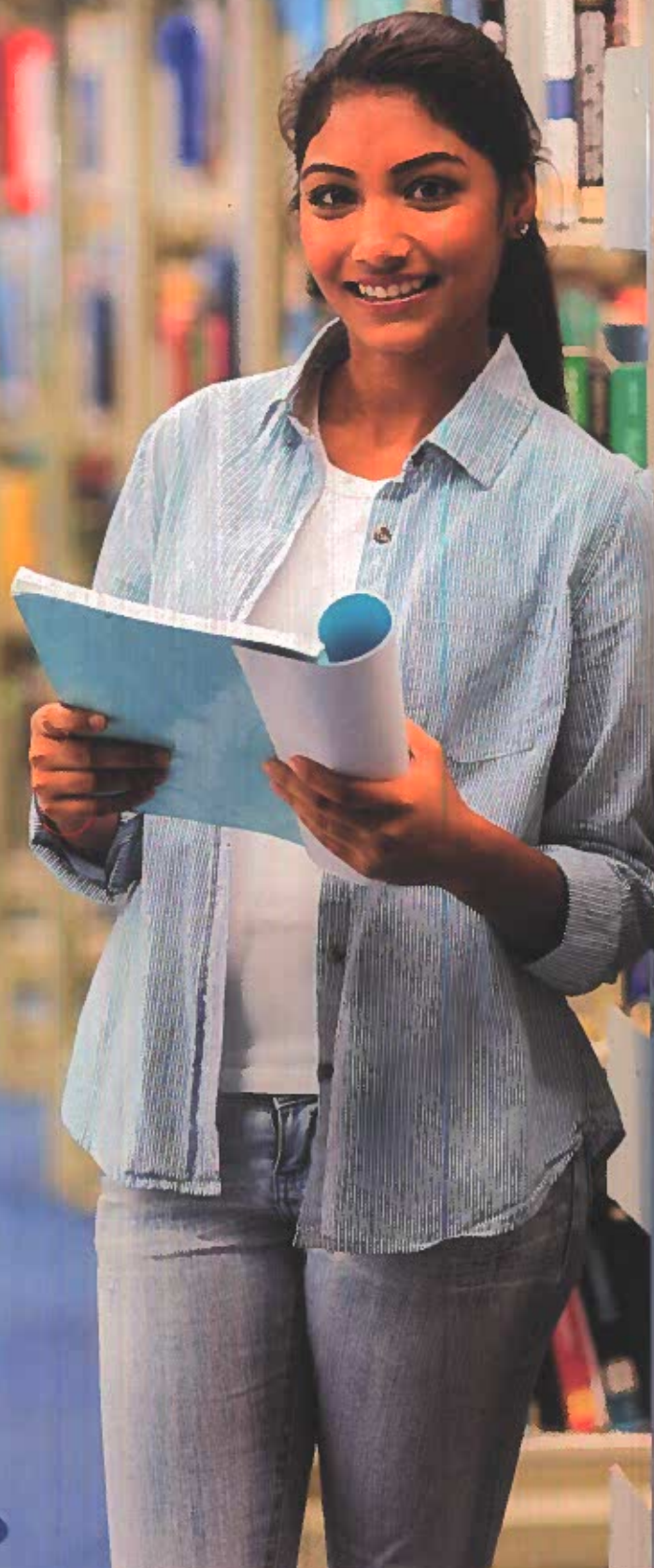




Adolescent Health Committee FOGSI

# ADOLESCENCE

NEWSLETTER 2017



**Dr. S. Sampathkumari**  
FIME Chairperson,  
FOGSI Adolescent Health Committee



**Dr. Rishma Dhillon Pai**  
President 2017

Youth are the future. They are our tomorrows. Their health, education and empowerment are of crucial importance. However, sometimes this age group is difficult to reach out to as they are too old for paediatricians and too young for gynaecologists.

Adolescent health programs are assuming greater importance with the passing of days. Increasing suicide rates and violence by and against teen agers, influence of media, social media and electronic media are all widening the rift between the adolescent community and their parents. The pedagogies are greatly worried over admonishing and punishing erring students

due to negative results. If left unchecked we run the risk of unruly societies that might cause greater harm to mankind in the future.

Under the circumstances, I congratulate Dr. S. Sampathkumari, our Chairperson of Adolescent Committee for conducting a number of programs promoting the cause of adolescents and also for motivating a large no of FOGSI members to do similar programs in their area of operation.

In this FOGSI year, we have done large youth summits, hundreds of school programs and reached out to thousands of school and college students and teachers. Many innovative methods of education and communication have been used. This year I also created the 'Fogsi future' the youth wing of FOGSI which was actively involved in many FOGSI activities.

I wish success to Dr. S. Sampathkumari and her committed team of members in their efforts and hope more members would join her efforts in the coming days!



**Dr. H. D. Pai**  
Secretary General: FOGSI

Adolescents are the future citizens, rulers, policy makers, administrators and our patients. It is essential to mould, mentor and motivate them to ensure a safe society. And, in this regard Dr. S. Sampathkumari, with her highly motivated brigade of fogsians has

been conducting a no of awareness and counseling programs targeted at the adolescents in schools and colleges in many states and a list of all her committee activities are featured in this newsletter.

I wish them all success and sincerely request more members to take up this cause and conduct similar awareness programs to help adolescents grow into responsible citizens of future India.



**Dr. Ranjana Khanna**  
Vice President: FOGSI

A lot of hard work has been put in by Dr. Sampathkumari which is befitting her stature as Chairperson of the FOGSI Adolescent Health Committee. She has been heading a superb team of enthusiastic gynaecologists from all zones of FOGSI. They have also given wonderful contributions to the

aforesaid adolescent education drive. By doing this team of work of adolescent education all over India Dr. Sampath has set a benchmark which will enable later Chairpersons to follow suit. I feel proud and privileged as Vice President:FOGSI to be in charge of the Adolescent Committee. As this subject is very close to my heart as President of the Allahabad OG Society, I have conducted various educational programs in various schools and colleges in Allahabad, ON the occasion of publishing the newsletter on Adolescent Health I wish Dr. Sampath and her team all the very best!



**Dr Hema Divakar**  
President FOGSI 2013  
FOGSI Ambassador to AIGO 2016-18

In the list of health priorities, adolescent health lags far behind maternal and child health in India. It's a dangerous oversight given that India is home to the largest number of adolescents in the world. An estimated 253 million adolescents

live in India, and one in every fifth adolescent in the world is Indian.

There is enough evidence to show that the period of 10 to 24 years is a critical one as the behaviour patterns that form now shapes the health for a lifetime. Yet the world over, two-thirds of the adolescent population is growing in countries that are grappling with issues like child marriages, early pregnancies, HIV/AIDS and depression.

India has missed out on investing in this age group, which explains the high rate of child marriage which has serious implications for infant

and maternal mortality and early pregnancies.

If we can keep girls in school longer, their marriages will be delayed, likely to have children later, breastfeed their babies, immunize them and this will affect the health indicators like infant and maternal mortality.

Given their significant presence, India needs to look at building a health force targeted at adolescents. Most adolescent interventions are targeted at tobacco and alcohol use and there is a mind block about teaching sexuality education in schools. One of the most sensitive problems in many parts of the world is that young people are sexually active outside marriage.

Given the many challenges, it is important to build health care systems to deal with the challenges that come with adolescence, I congratulate Dr Sampathkumari, Chairperson of Adolescent Health Committee of FOGSI, for investing her time and efforts in ADOLESCENT CARE along with a huge support from FOGSI Champions and all stakeholders.

Together, we will continue to build a healthy generation next. Best Wishes!



**Dr. Jaideep Malhotra**  
President Elect. 2017

Dear Sampath Kumari,

Congratulations for putting up an excellent year with a lot of dedication and hard work. Our youth are our future and good investment in them in terms of time, care, health and love will steer them in a healthy direction. Though we are a

long way from our target, but awareness, sensitization and meeting our short term goals will definitely bring us nearer to our long term

goals. Youth of today has access to a lot of information, but who decides whether steps taken are correct and I feel every exercise we do should teach them to use this information judiciously.

**"Every generation needs a new revolution." – Thomas Jefferson"**

This generation needs a revolution of education and empowerment. None will exist without the other and I really commend FOGSI's commitment towards its youth and I am sure all our dedicated soldiers will keep on adding drops in the ocean.

Congratulations again to our Adolescent Committee.

All the Best...!!

## FOGSI Office Bearers 2017 & 2018

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**"Adolescents have been entirely absent from national health plans for decades."**

**"Relatively small investments focused on adolescents now will not only result in healthy and empowered adults who thrive and contribute positively to their communities, but it will also result in healthier future generations, yielding enormous returns."**

- Dr. Flavia Bustreo, Assistant Director-General, WHO

**Adolescents' Health - Issues society cannot afford to overlook any longer ?!**



**Dr. S. Sampathkumari**  
 MD, DGO, FICOG, FC Diab.,  
 FIME Chairperson,  
 FOGSI Adolescent Health Committee

Youth are a significant group in the world constituting about 18% of world population which is at 7.6 billion. The number of youth between the ages of 15 and 24 is 1.1 billion; Youth and children together (aged 24 years and

younger) account for nearly 40% of the world's population.

However, most adolescents and youth live in a different world from that in which their parents grew up. Compared to young people 20 years ago, adolescents of today are healthier and more likely to spend their adolescence in schools resulting in postponement of entry into the labour force and to delay marriage and childbearing.

Globally, the number of adolescents and young people is at an all-time high but that number might not increase much more in coming decades as the numbers of both adolescents and youth are expected to decline or change over the coming decades due to declining global fertility rate and mortality rate. In 2012, the world had 1.6 billion persons aged 12-24, of which 721 million were adolescents aged 12-17 and 850 million were youth aged 18-24. The population aged 12-24 is declining or will soon decline in all major regions except Africa. In developed countries the number of adolescents and youth is falling fast, at -1.4% annually, -0.6% annually in Asian regions and these reductions are projected over the foreseeable future. In Latin America and the Caribbean, the number of adolescents and youth is increasing slowly, at 0.2 per cent annually, but is projected to decline at an accelerating rate after 2015.

Even though the global fertility and mortality rates continue to decline, the numbers in both age groups are projected to remain within narrow ranges during the rest of the century, varying between 721 million in 2015 and a peak of 762 million in 2030 in the case of adolescents, and between 835 million in 2020 and 884 million in 2065 in the case of youth. In 2040, the world is expected to have 755 million adolescents and 883 million youth.

The 2017 Revised Report of United Nations states that the new projections include some notable findings at the country level. For example, in roughly seven years, the population of India is expected to surpass that of China. Currently, the population of China is approximately 1.41 billion compared with 1.34 billion in India. In 2024, both countries are expected to have roughly 1.44 billion people each. Thereafter, India's population is projected to continue growing for several decades to around 1.5 billion in 2030 and approaching 1.66 billion in 2050, while the population of China is expected to remain stable until the 2030s, after which it may begin a slow decline.

Not only, the declining fertility rates, but there are other factors that cause a fall in the adolescent population present in the day to day fast-paced life styles too. WHO has sounded the alarming signal

**- "More than 1.2 million adolescents die every year, nearly all preventable."**

More than 3000 adolescents die every day, totalling 1.2 million deaths a year, from largely preventable causes, according to a new report from WHO & partners. In 2015, more than two-thirds of these deaths occurred in low and middle-income countries in Africa and South-East Asia. Road traffic injuries, respiratory infections and suicides are the biggest causes of death among adolescents.

Most of these deaths can be prevented with good health services, education and social support. But in many cases, adolescents who suffer from mental health disorders, substance use, or poor nutrition cannot obtain critical prevention and care services – either because the services do not exist, or because they do not know about them.

In addition, many behaviours that impact health later in life, such as physical inactivity, poor diet, and risky sexual health behaviours, begin in adolescence.

**Road injuries top cause of death of adolescents, disproportionately affecting boys, Respiratory infections and pregnancy complications take toll on girls' health.**

Pregnancy complications, such as haemorrhage, sepsis, obstructed labour, and complications from unsafe abortions, are the top causes of death among 15-19-year-old girls.

**Adolescents are at very high risk of self-harm and suicide**

Suicide and accidental death from self-harm were the third cause of adolescent mortality in 2015, resulting in an estimated 67000 deaths. Self-harm largely occurs among older adolescents, and globally it is the second leading cause of death for older adolescent girls.

Adolescent health needs intensify in humanitarian and fragile settings. Young people often take on adult responsibilities, including caring for siblings or working, and may be compelled to drop out of school, marry early, or engage in transactional sex to meet their basic survival needs. As a result, they suffer malnutrition, unintentional injuries, pregnancies, diarrhoeal diseases, sexual violence, sexually-transmitted diseases, and mental health issues.

**Interventions to improve adolescent health**

"Improving the way health systems serve adolescents is just one part of improving their health," says Dr Anthony Costello, Director - Maternal, Newborn, Child and Adolescent Health, WHO.

Some of the measures that can contribute to a better adolescent health are:

1. Comprehensive sexuality education in schools,
2. Higher age limits for alcohol consumption
3. Vigil on drug or substance abuse
4. Enforcing traffic rules on seat-belts and helmets
5. Compulsory physical education classes in schools and colleges
6. Increasing access to sanitation, hygiene and health care for adolescents

Interventions with adolescent health programs by way of regular health camps, conducting awareness programs in schools at village level, and mass media programs with the help of NGOs over electronic, print and social media will bring in noticeable and sustainable results.

As I always say, Adolescent Health is the need of the hour to ensure a robust and healthy India. Let us all unite together and make that happen!

Jai Hind! Jai Ho Adolescents!

*The Year that was...***Adolescent Committee Activities  
Jan - Dec 2017**

- **National CONFERENCES** - AICOG'17, FOGSI CNN Pune
- **YUVA FOGSI** - 4 (Lucknow, Navi Mumbai, Thrissur & Guwahati - Counselling Sessions for students)
- **Youth Summit** - 2 (Mumbai, National Youth Conf, Kanpur)
- **State Conf** - OGSSI Midyear Conf - 3 days "ONLY ADOLESCENT".
- **ToT** - 1 (State level - Tamilnadu)
- **Awareness Rallies** - 11 ( Ahmedabad, Lucknow, Navi Mumbai, Thrissur, Guwahati, Chengalpattu, Chennai (2), Nagerkovil, Coimbatore, Pune)

**ADOLESCENT CMEs -12**

- Pondicherry - 18.2.17
- Chengalpattu - 8.3.17
- Chromepet -1.4.17,
- Thiruvannamalai -17.6.17,
- PATNA -29.7.17,
- Semmanchery Sathya Sai Medical College - 26.7.17,
- Salem -11.8.17,
- Bhopal - 30.9.17,
- Calicut -1.11.17
- THANAE -19.11.17,
- Kovai -23.12.17,
- Maduratakam Karpagavinayagar Medical College - 29.12.17
- **ROUND TABLE MEETS** - 2 (Ahmedabad- 7.10.17, Chennai - 20.9.17)

- **Panel Discussions** - 3 (AKFOG, Calicut 12.2.17, Lucknow 28.4.17 & BARODA Reproductive Endo conf 8.10.17)

**ADOLESCENT COUNSELLING PROG IN SCHOOLS**

- **South zone** -100 ( Chennai 57, Nagerkovil - 3, Theni - 1, Salem - 1, Trichy - 5 & Kerala- 33)
- **North zone** - 10,
- **West zone** - 24
- **East zone** - 5
- **SCHOOL PROG** outside Chennai at PATNA, THANE, KANPUR

**YOUTH MELAS - 7**

- Jain College Chennai - 11.7.17
- St Joseph Engg College - 8.8.17
- Salem GMK Medical College -10.8.17
- Udhi Nursing College -22.9.17
- Tagore Dental College - 1.3.17 & 10.10.17)
- SSVM College, Coimbatore -29.12.17
- **RADIO TALKS** - 3 (Feb 2, July 10 in Chennai & 1 in Lucknow)
- **OMNICURIS Module on Adolescent PCOS recording on Adol PCOS** -15.11.17, Article in News paper - DT Next in July'17 & OGSSI NEWS LETTER - July 2017
- **Research papers** - 3

## AICOG 2017 - FULL DAY ADOLESCENT WORKSHOP

25.1.17 Adolescent Workshop was organized by Dr. Rajal Thakar, **Ahmedabad OG Society** at AICOG 2017. Adolescent Committee 2017 Newsletter was released in this workshop by our beloved FOGSI President **Dr. Rishma Pai** and the first copy received by Past FOGSI President **Dr. SANJAY GUPTA**.



26.1.17 All GUJARAT OG Societies organised a Social Awareness prog with more than 500 students from various districts congregating at Ahmedabad river front. Awareness talks and skits by students were appreciated by all.



## YUVA FOGSIs

### NZYF 2017 LUCKNOW

**ADOLESCENT HEALTH RALLY REPORT at NORTH ZONE YUVA FOGSI CONFERENCE 2017 at LUCKNOW - 28 - 30 April 2017 - Dr. Priti Kumar**

North Zone Yuva FOGSI conference started with the Adolescent Health Rally - Run for Anemia, supported by Unicef was flagged off by Miss India Pankuri Gidwani and Unicef representative Mr. Igor at 7:30 am. About 500 adolescent boys and girls participated. The adolescent workshop after the rally was inaugurated by Hon'ble Dy. Chief Minister Dr. Dinesh Sharma ji, Dr. Bulbul Sood (Country Director jhpigo) & Dr Sampath Kumari (Chairperson, FOGSI Adolescent Health Committee).

A mime show was performed by Adolescent boys and girls covering all issues of adolescent health problems which was well appreciated. A Panel was conducted on "Sexual Assault – Fight for justice" by Dr. Suchitra Pandit & Dr. Gazal. The Panelists were the officials from High Court, NGOs, Police officers, Media & Gynaecologists.

A public forum for the parents was organized by Dr. Anand Agarwal. Adolescent boys and girls were given topics to speak on various problems they face at home, in the schools and in society. Parents' views were also taken. The workshop was the grand success and appreciated by all.



## YUVA FOGSIs WZYF NAVI MUMBAI 4/6/17

An **ADOLESCENT RALLY** with 300 students was organized by Navi Mumbai OG Society by Dr. BHARTI MOREY. The Awareness program at Rajiv Gandhi Junior College, Vashi Navimumbai with adolescent health talks was inaugurated by the beloved **FOGSI President Dr Rishma Pai, Dr Sucheta Kinjawadekar, President NMOGS**

*The rally on the streets of Vashi was with slogans of **BETI BACHO BETI PADHAO!**, Adolescent Health IS Nations Wealth!*



## YUVA FOGSIs SZYF THRISSUR - 21.7.17

**ADOLESCENT HEALTH WORKSHOP** organised by **Dr. ASWATKUMAR** of THRISSUR OG Society. Adolescent health problems like anaemia, obesity, menstrual health, PCOS, mental health were demonstrated by nursing students in six stations. More than 600 students participated. A Fantastic workshop, rather than doctors talking for a change, nursing students themselves taught to school girls.



## YUVA FOGSIs EZYF GUWAHATI - 24.11.17

An **ADOLESCENT RALLY** was organized by Gauhati OG Society's Dr. Gitanjali and **Dr.Radha**. 500 students participated in this Anaemia Awareness Rally at Guwahati Medical College followed by awareness talks in Medical college auditorium.



## Youth Summit Mumbai, Feb 1 & 2, 2017

Inaugurated by FOGSI President Dr. Rishma Pai & MOGS President Dr. Nandita Palsetkar, Past FOGSI President Dr. Suchitra Pandit at Sathaye College & an Youth Mela was also organized at WE School – MBA students.

A program on Self defense by Defense people was fantastically received. The Rally and skit by students was a hit with the audience. Dr. Jeyam Kannan & Dr.Charmila involved students from south.



## FOGSI CNN CONFERENCE PUNE 18.6.17

Pune OG Society organised a Rally on 18.6.17 on "WALK FOR A CAUSE". Dr. Sanjay Gupte, Dr. Sunita Tandulwarkar, Dr. Bharathi Dhorepatil, Dr. Parag Biniwale organized this successful rally.



## WOMEN'S DAY MARCH' PROGRAM & Health Camp by OGSSI

5.3.17 - A Health Camp for women along with awareness talks about adolescent problems to parents and nursing students were organised separately at Vadapalani AKASH hospital with OGSSI President Dr. Veni, Secretary Dr. Jeyarani and OGSSI members

12.3.17 at North Madras – Another Health Camp for women was organised in a Kalyana Mandap, with the Collector of Chennai as Chief Guest



## CHENGALPATTU MEDICAL COLLEGE

Rally by nursing diploma and degree students at Chengalpattu Medical College. 500 students participated. Inaugurated by DEAN DR. Gunasekar.Had youth mela at nursing college followed by talks on girl child, adol problem, reproductive age problem and menopausal problems by various department doctors.



## NAGERKOIL

Participated in Nagerkoil OG Society Womens' day program. President Dr. Annie, Secretary Dr. Susan Williams and other society members organised the Adolescent RALLY on various adol problems. 850 students from various nursing colleges with participated. Rally was Inaugurated by Collector of Nagerkoil. After the RALLY an Awareness prog at S K School was conducted.



## A State level 2 day Conference at Chennai on 'ONLY Adolescent'

OGSSI Chennai under the aegis of FOGSI ADOLESCENT HEALTH COMMITTEE conducted a 3 day Conference on 'ONLY ADOLESCENT' as the MID YEAR CONFERENCE during 9.6.17 to 11.6.17 at IOG Auditorium, Chennai which was organized by Dr. C. Veni, President, Dr. Jayarani Kamaraj, Secretary, Dr. S. Sampathkumari, Chairperson, FOGSI Adolescent Health Committee and Team OGSSI.

On 9.6.17 - An inter Collegiate Oratorical Competition on 1. Adol Health Problems 2. Women Empowerment and 3. Media Influence on Adolescents was organized with more than 30 students participated. Prizes worth Rs.10,000 were given to 3 best speakers



On 10.6.17 - A Rally by 200 Nursing students followed by an Awareness program was conducted at Egmore, Chennai. Next, an Adol ToT cum Workshop was conducted for 150 doctors from various PHCs in TAMILNADU and Chennai Corporation Doctors.



11.6.17 - A Full day conference on Adolescent topics with national speakers - Dr. P.C. Mahapatra, Dr. Hema Divakar, Dr. Alpesh Gandhi, Dr. Manisha, Dr. Niraj Jadhav, Dr. Haresh Doshi and others.



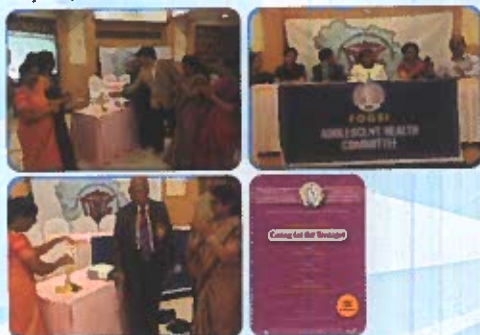
## International Girls Day

INTERNATIONAL GIRLS DAY celebrated by OGSSI members, CHENNAI 6 Schools - 6 Members - 11.10.17 & 12.10.17

Dr. Geetha, Dr. Geethalaxmi, Dr.Veni, Dr.Jeyarani, Dr.Premalatha Dr. Sampathkumari. Counselling 1400 students



6. 19.11.17 THANE OG SOCIETY at Hotel Vatika, Rajnoli, Bhiwandi



## ADOLESCENT HEALTH CME

8.3.17 CHENGALPATTU MEDICAL COLLEGE Inaugurated By Dean. - 70 doctors



26.7.17 SATHYASAI MEDICAL COLLEGE organized by Dr. Mohanambal HoD OG Dept. - 90 doctors.



17.6.17 THIRUVANNAMALAI OG Club - Dr. Radha, President & Dr.Alamelu, Secretary. - 50 doctors Tiruvannamalai OG Club has so far done 10 school programs.



1.11.17 CALICUT MEDICAL COLLEGE - Dr. Beena Guhan President & Dr. Subash organized the CME. - 50 doctors.



## Adolescent CMEs with M/s. ALKEM Zurieve

1. At Mahathma Gandhi Medical College, Pondicherry on 18.2.2017 - Full day Adolescent Workshop, organized by Dr. Ghosh, HoD - OG. 130 doctors

2. 1.4.17 at BALAJI MEDICAL COLLEGE, Chromepet, CHENNAI. - 120 doctors



3. 29.7.17 PATNA OG SOCIETY. Dr. Abha Rani Sinha, President & Dr.Punam Dixit organized. CME at Hotel Chanakya on Adolescent PCOS.80 doctors



4. 12.8.17 SALEM OG SOCIETY - Dr. Surnathi, President & Dr. Suba organized at Hotel Cheney's Gateway. 30 doctors were present for ADOL PCOS discussion



5. 30.9.17 BHOPAL OG SOCIETY - Dr. Viraj Jaiswal, President, Dr. Juhi Agarwal, Secretary & Dr. Madhuri Chandra organized the CME. 120 doctors





The Thane Obstetrics and Gynaecological Society's Adolescent health committee CME, the first of its kind, under the aegis of FOGSI Adolescent health committee was held on Sunday 19th Nov'17. Great academic feast with lots of practical take home messages from a galaxy of speakers: **Prof. Dr. S. Sampathkumari, Dr. Parag Biniwale** from Pune, **Dr. Shailesh Mohite**, and panel discussion by **Drs. Datta Panandikar, Jayanaryan Senapati, Parag Patil, Shital Gavande, Sushma Tomar, Alaka Godbole**, made it a treat for all those who attended. Thanks to **TOGS President, Dr Prakash Pawar** and team for the opportunity to host this CME in Bhiwandi

- **Dr. Supriya Dikshit-Arvari**, Chairperson, TOGS Adolescent health committee

**Panel Discussion on Adolescent Problems at conferences**

1. 12.2.2017 All Kerala OG Society Conference at Kozhikode with Dr. Suchitra



2. 9.4.2017 North Zone Yuva FOGSI Conf at Lucknow with Dr. Komal Chavan

3. 8.10.2017 Reproductive Endocrinology Conf - on Puberty Menorrhagia at Baroda



**National Adolescence Conference, Kanpur**

Kanpur OG Society with FOGSI Adolescent Committee conducted a National Conference on Adolescence along with a Youth Summit on 11th & 12th November, 2017. Hon'ble Cabinet Minister Industrial development Mr Satish Mahanaji and the Indian idol fame Youth Icon Ms Ankita Mishra inaugurated the conference. More than 15 school students participated in Slogan and poster competition. Awareness talk was given for 700 students who had participated. It was organized by Dr. Kiran Pandey & Dr. Kalpana with Dr. Meera Agnihotri's guidance. Dr. SUCHITRA PANDIT conducted a PANEL for doctors. Dr. Ranjana Khanna delivered a lecture.

The Second day 12 th Nov was dedicated to Health check up of the students coming from different schools with the aim stay fit stay healthy. A team of 20 doctors participated & necessary medical advice & precautionary measures

- **Dr. Kiran Pandey**, National Coordinator, Adolescent Committee



**ROUND TABLE MEETS**

- a. 7.10.17 FOGSI CRITICAL CARE CONF at Ahamedabad. Organised by Dr. Alpesh Gandhi ADOL COMMITTEE had a discussion on Pre marital counseling and concluded that it is essential. Dr. Roza Olyai, Dr. Ambigaimeena, Dr. Rajal Thakar, Dr. Niraj were in the RTM



- b. 20.9.2017 at Kings Park, RTM on Adolescent PCOS



- c. 22.11.17 RTM ON Adolescent Obesity & GDM at Hotel Shelter, Chennai



**MEDIA**

- i. 20.2.2017 - AIR Chennai & FM Channels on Adolescent Menstrual Issues



- ii. 2.7.17 Had recording on adolescent health problems in AIR and relayed for 1 week in Adol Week



- iii. Dr. Priti Kumar spoke on Adolescent problems in Lucknow media on 2.8.17



- iv. OMNICURIS Module on Adolescent PCOS was recorded on 16.11.17



- v. OGSSI News letter on 'Adolescent Health' in the month of adolescents - July, 2017

- vi. Article on adolescents' health in DT Next, leading vernacular in the state of Tamilnadu was published on 19th July 2017



**RESEARCH ARTICLES**

- a. Obesity in association with usage of Electronic Media among Adolescent Girls in Urban (Chennai) Schools (Jan 2017)



- b. Reproductive Health Problems and Health seeking Behaviour among Adolescent Girls in Villupuram Dist., (Jan 2017)

- c. A study on Menstrual Health in school going Adolescent Girls from South India



- Two articles are in the pipeline. Data collections from many zones have been collected on Menstrual Hygiene & PCOS Awareness.
- Data from 1150 school students collected on Awareness to Adolescent Problems are being analyzed for a research article.

**North Zone - School Programs - Report by Dr. Priti Kumar, Coordinator**

- On 8th July 2017 at Krishna Nursing Institute - 100 students Dr. Priti Kumar, Dr. Manju Shukla, Dr. Anshu Mala Rastogi, Dr. Sujata Deo. Special live self defense demonstration by Mrs. Usha Vishwakarma, Mr. Satyavrat and Red Brigade Organisation team on 16th July.
- Adolescent Contraception Program on 17th July 2017 at Golf Club to celebrate World Population Week. Dr. Chandrawati, Dr. Manju Shukla, Dr. Uma Singh, Dr. Rukhsana Khan (Vice President, UP IMA) participated.
- on 2nd August 2017 at Lucknow Public School, Sharda Nagar, Lucknow
- 3rd August 2017 at Army Public School, S.P. Marg, Toopkhana, Cantt, Lucknow. Dr. Nirupama & Dr. Varada
- Dr. On 29th August 2017 at Florence Nightingale School at Lucknow.
- At Eram Degree College Indiranagar on 21/9/17. Dr Rashmi Sharma, Dr Malvika Chaturvedi & Dr Rukhsana Khan delivered Talks - 300 children.
- 9.11.2017 Mahatma intercollege at Thakurganj by Dr Uma Singh, Dr Priti kumar, Dr. Anshumala Rastogi, Dr Nisha Pandey and Dr Poonam Mishra
- Dr Uma Singh and Dr Rashmi Sharma did Adolescent Health Camp at Hardasikhera Village on 18.11.2017.
- An adolescent health awareness camp Ayodhya Memorial Intercollege at Faizabad Road, Chinhat, Lucknow on 27.11.2017. Dr GB Singh (Professor Anaesthesia Dept, KGMU), Dr Rukhsana Khan, Dr Anshumala Rastogi, Dr Rashmi Sharrma spoke.



**East Zone School Programs - Report by Dr. Banashree Bhadra, Coordinator**

- Adolescent Awareness Programme on 26th July at AK Fazul Hague Memorial School, Ripon Street Kolkata by BOGS - Dr. Mousumi De Banerjee - 200 students
- August 9, 2017 at Loreto Day School Sealdah, Kolkata - 200 students. Dr Chaitali Datta Ray
- On 25.08.2017 at the Bethun College, Kolkata- 260. Prof Dr Subhash Chandra Biswas, Dr Abinash Chandra Ray, Dr Basab Mukherjee Dr Bulbul Raichaudhuri,
- Dr Saktirupa Chakraborty, Dr Suranjan Chakrabarti, Dr Nirmala Pipara and Dr Abinash Chandra Ray.
- On 21st September at AK Fazul Caramel High School, Kolkata. Dr. Mousumi De Banerjee - 350 students.
- On 23.10.2017, at the Ratnagiri High School, Dumdum. Dr. Banasree Bhadra - 100 Students



**School Programs - West Zone - Report by Dr. Niraj Jadhav, Coordinator**

**Dr. Jayshree Kapadia, Vapi**

1. Swami Vivekanand Vidyalaya, Dalwada, Daman on 21/01/2017
2. Avabai High School, Valsad, 1/08/2017
3. Poddar International School Vapi on 18/08/2017

**Dr. Archan Dwivedi, Baroda**

1. Vidhya Vihar school - 300 girls 6/7/17
2. Bhavans school - 400 girls 24/7/17
3. Unicef event - 22/9/17
4. Bright school - 21/9/17 300 girls
5. Koyali School - 15/9/17
6. Zenith school - 1/8/17

1. 7 Jan 2017 at Kairavali Village on outskirts of Kalyan by Dr. Parag Patil
2. Birla College in Feb 2017 on Pre Marital Counselling
3. PCOS and Menstrual awareness talk at Birla College June 2017

**Dr. Rupal Shah, Surat**

1. November, 2017 - Lokbharti School - 300 girls with their mothers attended
2. September, 2017 - Sachin Vibhag Kelavani School - 300 girls of 11-12th std
3. May, 2017 - Gujarat Vidyut Board - 350-400 Mothers of teenage and young girls
4. March, 2017 - Shree Hari Krishna Charitable Trust - 185 Children and parents
5. January, 2017 - Jeevanbharti School - 400 girls

**Dr. Manisha Bagree Jhanwar, Surat**

Gujarat Mitra, a very prestigious & popular News Paper of Gujarat for dedicating its entire Sannari issue to Adolescent Girl to sensitize the public & being Media Partner for the 'Girls 4 Girls' Mega Health Show on 20/12/17 at Gandhi Smruti Bhawan at 9.30 a.m!

**Dr. Madhuri Chandra, Bhopal**

1. World AIDS Day, Dr Madhuri Chandra addressed college students
2. Subhash School, 26th Aug'17
3. University School Dr Vandana Kundergir, 28 Aug'17

**Dr. Rajni B Kamble, Yavatmal Society has done in 5 schools**

**Dr. Reena Wani & Dr. Komal Chavan (EC Member) - Mumbai**

Adolescent Health Program at Bombay Scottish School in collaboration with MOGS & FOGSI Adolescent Health Committee for boys and girls. Totally 270 children and parents of 67 boys and 46 girls attended the session. Thanks to Adolescent Health Committee Chairperson Dr S Sampathkumari & Dr Reena Wani for the opportunity. It was truly great that the principal Mrs Paul herself requested me to organise the health program - Dr Reena Wani



## Adolescent Programs by OGSSI, Chennai.

S.NO	DATE	VENUE		
1	25.01.2017	Sholinganallur	Dr.PB.Premalatha	175 students
2	09.02.2017	Kamaraj Matriculation School	Dr. C. Veni	300
3	11.02.2017	M. K. Nursing Home	Dr. C. Veni	50
4	23.02.2017	Velaankanni Matriculation Higher Sec School	Dr. D. Geetha	280
5	24.02.2017	Raphael's School	Dr. D. Geetha	120
6	27.02.2017	Blind School	Dr. D. Geetha	100
	27.02.2017	Vidyaodaya School, T Nagar	Dr. S. Sampathkumari	150
7	25.02.2017	Vivekanandha CBSC School Thiruvotriyur	Dr. C. Veni	232
8	01.03.2017	Tagore Dental College, Chennai	Dr. S. Sampathkumari Dr.PB.Premalatha	250 Girls
9	03.03.2017	Ananda Marga School, Chennai	Dr.Geethalakshmi, Dr. D. Geetha	200 students
10	8.03.2017	Ramakrishna School for Boys	Dr. S. Sampathkumari	210 Boys
11	18.03.2017	Thiyagaraya College, Old Washermenpet	Dr.C.Veni	270
12	01.04.2017	Balaji Medical College, Chromepet	Dr.S. Sampath Kumari	150
13	02.04.2017	Thiruvallur Engineering College, Vandavasi	Dr. C.Veni, Dr.S. Sampath Kumari, Dr. P. B. Premalatha	800
14	21.06.2017	KGH Auditorium, Triplicane, Chennai.	Dr.C.Veni, Dr.S.Vijaya Dr.T.Srikala Prasad, Dr.A.Geethalakshmi, Dr.D.Geetha	350 Students
15	01.07.2017	St. Raphael's School, Mylapore	Dr.S. Sampath Kumari	200 Students
16	06.07.2017	St. Mary's Matric. Higher Sec School, Chengalpet	Dr. C. Veni, Dr. S. Sampath Kumari	400 Students
17	07.07.2017	Govt Higher Sec School, Rathinamangalam	Dr.PB.Premalatha	50 Students
18	11.07.2017	Dhanalakshmi Girls Higher Sec School, Royapuram	Dr. C. Veni	430 Students
19	11.07.2017	Kalaimagal Vidhyalaya School, Royapuram	Dr. C. Veni	85 Students
20	11.07.2017	St. Angel's Higher Seondary School, Tondiarpet	Dr. C. Veni	200 Students
21	11.07.2017	Shri Shankartal Sundarbai Shasun Jain College, T. Nagar	Dr. S. Sampath Kumari, Dr. Vijayalakshmi Gnanasekaran	300 Students
22	13.07.2017	BCS Jain Matric Higher Sec School, Ch -21	Dr.C. Veni	230 Students
23	14.07.2017	Govt Higher Sec School, Pallikaranai	Dr. D. Geetha	108 Students
24	18.07.2017	St. Theresa's Girls Higher Sec School,Ch-13	Dr. C. Veni	187 Students
25	18.07.2017	Maria Matric Higher Sec School, Ch-13	Dr.C.Veni	510 Students
26	18.07.2017	Model Matric Higher Sec School, Ch -21	Dr.C.Veni	210 Students
27	19.07.2017	Panchayat Middle School, Jalladayanpettai	Dr. D. Geetha	102 Students
28	19.07.2017	Govt Higher Sec School, Kandigai	Dr. PB. Premalatha	50 Students
29	20.07.2017	Revoor Padmanabha Chetty Mat.School, Kaladipet, Thiruvotriyur	Dr.C. Veni	480 Students

**Adolescent Programs by OGSSI, Chennai.**

S.NO	DATE	VENUE		
30	26.07.2017	Sathya Sai Medical College Ammapettai, Vandalur	Dr. S. Sampath Kumari	100 Students
31	28.07.2017	Chennai Middle School, Bells Road, Triplicane, Chennai	Dr.D. Geetha, Dr.A. Geethalakshmi	85 Students
32	31.07.2017	St Joseph School, Chengalpet	Dr. S. Sampath Kumari	150 Students
33	05.08.2017	Arumuga Nadar Higher Sec School, Royapuram	Dr. C.Veni	283 Students
34	07.08.2017	St Joseph Engineering College, Semmancherry	Dr. S. Sampath Kumari	250 Students
35	08.08.2017	Dharam Hinduja Matriculation Higher Secondary School, Thiruvottiyur	Dr. C.Veni	65 Students
36	08.08.2017	Our Lady's Higher Scondary School, Thiruvottiyur,	Dr. C.Veni	400 Students
37	08.08.2017	Vivekananda Vidyalaya Higher Secondary School, Thiruvottiyur	Dr. C.Veni	630 Students
38	08.08.2017	Vidyaprasanna School, Chengalpet,	Dr. S. Sampath Kumari	100 Students
39	08.08.2017	Vidya Prasanna Boys School	Dr. S. Sampathkumari	80
40	08.08.2017	St. Josephs School for Girls	Dr. S. Sampathkumari	250
41	08.08.2017	Gurukulam School, Chennai	Dr.Malaraj	200 Students
42	09.08.2017	St. Antony's School, Pallikaranai	Dr. D.Geetha	230 Students
43	16.08.2017	St. Josephs Engg College	Dr. S. Sampathkumari	270
44	16.08.2017	Ethiraj College, Egmore	Dr. Vijayalakshmi Gnanasekaran, Dr. A.Selvi	150 Students
45	17.08.2017	Velammal Metric Higher Secondary School,	Dr. C.Veni, Dr.Malaraj, Dr.S.Vijaya	475 Students
46	17.08.2017	Vidyodhaya Matric Higher Secondary School, Chennai	Dr. K.S.Jeyarani Kamaraj	250 Students
47	22.08.2017	P. T. Rajan Matric Higher Secondary School, Old Washermanpet	Dr. C.Veni	350 Students
48	22.08.2017	Chennai Corporation Higher Secondary School, Chennai.	Dr. C.Veni	350 Students
49	30.08.2017	Ramakrishna Mission Hr Sec School, Chengalpet	Dr. S.Sampath Kumari	250 Students
50	31.08.2017	Sriram Institute of Technology, Tambaram	Dr. D.Geetha	200 Students
51	31.08.2017	Kamaraj Matriculation Higher Secondary School, Chennai	Dr. Vijayalakshmi Gnanasekaran, Dr. A.Selvi"	186 Students
52	15.09.2017	M.K. Nursing Home, Washermenpet	Dr. C.Veni	28 Nursing Students
53	16.09.2017	Alpha Matriculation School, Sembakkam	Dr. D.Geetha	150 Students
54	22.09.2017	Udhi Nursing College	Dr. S. Sampathkumari	89
55	10.10.2017	Tagore Dental College for Boys & Girls	Dr. S. Sampathkumari, Dr. P B Premalatha"	310
56	27.10.2017	N K T Govt Hr Sec School, Triplicane	Dr. S. Sampathkumari Dr. D Geethat	340
57	22.11.2017	Govt Hr Sec School, Ambattur	Dr. S. Sampathkumari	100

**Nagerkovil Society**  
- Dr. Annie & Dr. Susan



**Trichy Society**  
- Dr. Ramani & Dr. Sripriya



**Theni Society**  
- Dr. Shantha Devi & Dr. Shanthi Rani



**Salem Society**  
- Dr. Sumathi, Dr. Subha & Dr. Thangarani

		School Programs in Other States and in other Districts of Tamilnadu	By Dr. S. Sampathkumari	
1	11.08.2017	Holy Angels School,	Salem	Tamilnadu
2	1.11.2017	Presentation Convent	Kozhikode	Kerala
3	29.07.2-17	Army School	Darapur, Patna	Bihar
4	17.11.2017	Govt School, Bhiwandi	Thane	Maharashtra
5	23.12.2017	S S V M School	Coimbatore	Tamilnadu
6	29.12.2017	Karpaga Vinayagar Nursing College	Maduranthagam	Tamilnadu



**Adolescent activities report of Kerala State** - by Dr. Suchitra Sudhir, Adolescent Chairperson, Kerala Federation of Obstetrics and Gynaecology

We are grateful to FOGSI Adolescent Committee Chairperson Dr S. Sampathkumari, our FOGSI President Dr Rishma Pai and our Kerala Federation of Obstetric and Gynaecology for their valuable guidance and motivation. We are 8 societies extremely active in implementing Adolescent Health Awareness programs. **115 sessions have been conducted, covering nearly 25,000 students** with several special programs like walkathons, poster competitions, self defense sessions, explaining the POSCO laws to parents, teachers and adolescents.

**1. The CANNANORE OBG SOCIETY** - 35 sessions in various schools. A special program, called THALIR (meaning tender sapling) acronym for Teenage Health And Living It Right, was conducted, including parents, teachers and teenage students from 5 schools. Poster competition on Good touch, Bad touch, Drug abuse, Menstrual problems, Obesity and Stress brought out their problems picturesquely. An interactive session between parents and students, brought to light the gaps in communication. Talk on sexual problems and internet traps was an eye opener. District Police Chief and a young celebrity singer spoke to them and flagged off a Walkathon of the teenagers. We often conduct free Haemoglobin checkup prior to the classes, to pick out the anaemic girls. About 40% have Hb below 10gm%. The OBG Society Doctors took time off to present an interesting skit highlighting teenage problems and their remedies.

**2. The THRISSUR OBG SOCIETY** conducted a program for students of various schools during the South YUVA FOGSI Conference, including a 'stall competition', wherein each school used innovative ideas to create stalls, with models, puppet shows, posters and talks to explain the pros and cons of teenage life. A skit competition for the students giving various topics was a hit. This function was graced by Dr. S. Sampathkumari and FOGSI office bearers.

SAMANVAYAM, a program to create awareness about POCSO act and sexual abuse was conducted around 20 sessions in different high schools.

**3. CALICUT OBG Society** Conducted a mega program in the presence of Dr Sampathkumari, called ARSH (Adolescent Reproductive & Sexual Health). Around 500 students attended this very informative session. Regular adolescent health awareness classes were done in various schools.

**4. COCHIN OBG Society** concentrates mainly on premarital and Reproductive Health sessions for youngsters. They also conducted practical sessions on self defense for adolescent girls. Many young girls willingly donated the tresses for creating wigs for cancer patients following an inspiring talk by a gynaec oncologist. This created waves in the media.

**5. MALANADU OBG CLUB** conducts regular sessions in the hilly areas of Idukki and surrounding areas.

**6. KASARAGOD OBG Society:** A small but active society created a land mark by sincere efforts, has so far conducted 10 sessions, covering around 1,200 students.

**7. KOTTAYAM OBG Society** has a regular adolescent clinic attached to the Medical College, where students can freely approach the Doctors. Also, the numerous schools in their area are covered by the doctors who take classes for the Adolescents.

**8. TRIVANDRUM OBG Society:** Classes are being conducted in various schools. The Medical college staff advises the Adolescents in their Adolescent clinic.

☒The adolescent girls of today are the mothers of tomorrow..., and as we often say, it is the hand that rocks the cradle that rules the world! Healthy adolescents become healthy mothers, who mould a brilliant and beautiful generation of the future.





## December'17 Last week Adolescent Programs

### Coimbatore OG Society

23.12.17 - Organised a Rally at SSVN School, followed by a combined Counselling Session for students, parents and teachers.



23.12.17- Dr. Asha Rao, President COGS, organized an Adolescent CME at Coimbatore Medical College. Inaugurated by the Dean, CoMCH. Dr. Suchitra Pandit, Past FOGSI President was the Chief Guest.



28.12.17 - An Adolescent CME at Dr. Mehta Hospitals, Chennai. Dr. Shaanthy Gunasing, Dr. Veni, Dr. Vijaya, Dr. Geethalakshmi, Dr. Sujata and Dr. R. Preamalatha - HoD of OG Dept participated. About 60 doctors, PGs and DNB trainees took active part.



29.12.17 - A CME was conducted at Karpaga Vinayaka Institute of Medical Sciences, Maduranthakam. for 120 delegates from various medical colleges. Dr. Shaanthy Gunasing, Dr. Vijayalakshmi Gnanasekaran, EC Member, Dr. Anjalakshi and Dr. Sampathkumari were the resource persons.



**Surat Obstetric & Gynecological Society - Dr. Manisha Jhanwar**

In an effort to know the experiences & feelings of the girls about the changes of adolescence and to motivate creativity Surat Obstetric & Gynecological Society Educational & Charitable trust organized a Girls 4 Girls Mega Health Show, where nearly 320 girls from 22 institutes creatively presented the physical & psychological changes of adolescence. It was overwhelming to see participation of school dropout tribal girls through two vocational institutes which is nearly 150 km. away from Surat. About 1200 girls viewed the program live & a DVD of the program will be distributed to all the institutes to spread the message further. Around 700 forms were collected as a part of PCOS survey. Gujarat Mitra a popular news paper dedicated all 16 pages of its weekly "Sannari" edition to "Teenage". 50,000 copies are circulated in and around Surat.



**Another Year begins with a wonderful program for the Adolescent Health Committee !**

**6.1.2018 FOGSI DAY Celebrations by OGSSI & FOGSI Adolescent Health Committee**

The celebrations commenced with a RALLY on 'SAVE THE GIRL CHILD' by Nursing College students. An interactive session followed which was very lively as many interesting questions emerged and practical answers were given by resource persons.

In the afternoon a YouthMela at Govt Ambedkar Arts College for Women at Wannarpet, North Madras was also organized. About 450 students and college faculties participated. Dr. Veni, Dr. Srikala and Dr. S. Sampathkumari conducted the sessions. Here too the Q & A session was very lively.

These programs were organized by OGSSI - Obstetric and Gynaecological Society of Southern India in association with FOGSI Adolescent Health Committee.



**Yavatmal OBGY Society conducted an Adolescent Health Care Workshop in collaboration with UNICEF on 7th January 2018 at Yavatmal.**

The District coordinator UNICEF Mr Arun Kamble, Aakashwani Coordinator and Social Worker Mrs Mangala Malvi, Psychologist and Counsellor Mr Chaudhari, Gynaecologist from Amravati Mrs Lalita Lokhande who is doing a great work in Adolescent Health Care at Amravati, YOGS member and great orator Mr Girish Mane were the experts at this workshop. Students from various schools, parents and teachers were the audience.

Students gave feedback that it was an eye opener workshop along with many take home messages.





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