



GURU NANAK COLLEGE (AUTONOMOUS)

Affiliated to University of Madras and Re-Accredited at "A" Grade by NAAC
Guru Nanak Salai, Velachery, Chennai – 600042.

FOGSI International Youth Day Women Students' Forum Guru Nanak College Outreach Program

Event Title	E-CONCLAVE Preventable Adolescent Health Education	
Category	UG/PG Students, Staff, General Public, Corporates	
Date	From : 10/08/2020	To :10/08/2020
No. of Resource Person	10 doctors in different fields	
No. of Participants	1,20,000 total, GNC : 500	

(1) Report Description

FOGSI celebrated August 2020 month as an adolescent month. FOGSI organized E-Conclave on 10th August for the adolescent girls and Youth of India between the age of 13-23 years, to sensitize them for the PREVENTABLE HEALTH DISORDERS & PROBLEMS in ADOLESCENTS (PHD in ADOLESCENTS).

(2) Report

Report On E-Conclave Preventable Adolescent Health Education

FOGSI organized E-Conclave on 10th August for the adolescent girls and Youth of India between the age of 13-23 years, to sensitize them for the PREVENTABLE HEALTH DISORDERS & PROBLEMS in ADOLESCENTS (PHD in ADOLESCENTS), through the stalwarts of FOGSI who are dedicated for the betterment of Adolescents.

On this occasion FOGSI planned competitions for

A) FOGSI MEMBERS and B) Adolescent and Youth between 13-23 years:

- 1) POSTER COMPETITION
- 2) SLOGAN COMPETITION

The event involved 1,20,000 participants for the webinar from across all walks of life, 3000 slogans and Posters were enrolled and 10000 questions by students were received.

Resource persons were all doctors from FOGSI. The resource person's details and topics are shown below:



Dr. Alpesh Gandhi
President FOGSI



Dr. Jaydeep Tank
Secretary General FOGSI



Dr. Nandita Palshetkar
Past President FOGSI
President AMOGS



Dr. Shantha Kumari
President Elect FOGSI



Dr. Chandrawati



Dr. Suvarna Khadilkar
Treasurer FOGSI



Dr. Sunil Shah
Joint Secretary FOGSI



Dr. Duru Shah
Past VP FOGSI
President RCO India



Dr. Pratima Mittal
Past VP FOGSI



Dr. Ashwini Bhalerao
Past VP FOGSI

CELEBRATES International **YOUTH DAY**

E-CONCLAVE PREVENTABLE ADOLESCENT HEALTH EDUCATION

Date for E-Conclave: 10th August'2020
Time: 9.15 am - 1.00 pm

Session:1 Inauguration: 9.15 am - 10.05 am

- To call all office bearers on the dais- MOC
 - Prayer - 3 min
 - Observing silence for the corona warriors who lost their lives-1 min
 - Lamp lighting - 1 min
 - Introduction of Dr Alpesh Gandhi, President FOGSI - 1 min
 - Welcome and FOGSI, vision by Dr Alpesh Gandhi - 7 min
 - Introduction of Chief Guest - 2 min
- Inauguration, Motivational Message to adolescents and youth, and blessings from Honourable chief guest- 30 min

Session: 2 10.05 am - 11.10 pm

- Obesity: Emerging problem (13 + 2 min)
- PCOS: Importance of prevention and early diagnosis (13 + 2 min)
- Anaemia: Prevalence and it's prevention (13+2 min)
- Vaccines: Saves the lives and it's schedule (13 + 2 min)

Session: 3 11.10 am -12.20 pm

- Personal Hygiene (Including Menstrual Hygiene) - (13 + 2min)
- Say "NO" to smoking, drugs abuse, Social media abuse, marriages < 18 years - (13 + 2 min)
- Lifestyle management- Diet, Nutrition, Exercise, Yoga etc. (13 + 2 min)
- Psychological disorders in Adolescence - (13 +2 min)

Session: 4 12.20 pm - 12.35 pm

- Releasing of reading material of E-conclave - 2 min
- Declaring results of Posters/Slogans - 3 winners - 3 min
- Declaring results of skits (each of 2 min)- 3 winners - 7 min

Session: 5 12.35 pm - 1.00 pm

- Interaction - Q&A - 20 min
- Vote of Thanks - 3 min
- National Anthem

Live webinar link: <http://fogsi.onference.live/IYD>

Facebook link: <https://www.facebook.com/FOGSI2020/live>

YouTube link: <https://youtu.be/7rHieO7OQME>



Dr. Ragini Agrawal
Vice President FOGSI



Dr. Girish Mane
Chairperson Adolescent



Dr. Rajal Thaker
National Coordinator



Dr. Sampath Kumari
National Coordinator
VP Elect South FOGSI



Dr. Kalyan Barmade
National Coordinator
Chairperson PAC FOGSI



Dr. Rakhi Singh
National Coordinator
Chairperson Endocrinology
Committee FOGSI



Dr. Neharika Malhotra
National Coordinator
YTP Committee Chairperson



Dr. Chandan Kachru
National Coordinator



Dr. Hafizur Rehman



Dr. Rosa Olay
Past VP FOGSI



Dr. Kawita Bapat
VP Elect FOGSI



Dr. Nita Dhabai



Dr. Ragini Singh



Dr. Susan William

(3) Invitation Copy



**FOGSI
CELEBRATES
International
YOUTH DAY**



**E-CONCLAVE
PREVENTABLE ADOLESCENT HEALTH EDUCATION**

**Date for E-Conclave: 10th August'2020
Time: 9.15 am - 1.00 pm**

Session: 1	Inauguration: 9.15 am - 10.05 am
	To call all office bearers on the dais - MOC
1.	Prayer- 3 min
2.	Observing silence for the corona warriors who lost their lives- 1 min
3.	Lamp lighting - 1 min
4.	Introduction of Dr Alpesh Gandhi, President FOGSI- 1 min
5.	Welcome and FOGSI's vision by Dr Alpesh Gandhi - 7 min
6.	Introduction of Chief Guest - 2 min
7.	Inauguration, Motivational Message to adolescents and youth, and blessings from Honourable chief guest – 30 min

Session: 2	10.05 am – 11.10 pm
1.	Obesity: Emerging problem (13 + 2 min)
2.	PCOS: Importance of prevention and early diagnosis (13 + 2 min).
3.	Anaemia: Prevalence and it's prevention (13 + 2 min)
4.	Vaccines: Saves the lives and it's schedule (13 + 2 min)

Session: 3	11.10 am – 12.20 pm
1.	Personal Hygiene (Including Menstrual Hygiene) - (13 + 2 min)
2.	Say "NO" to smoking, drugs abuse, Social media abuse, marriages < 18 years – (13 + 2 min)
3.	Lifestyle management- Diet, Nutrition, Exercise, Yoga etc. (13 + 2 min)
4.	Psychological disorders in Adolescence- (13 + 2 min)

Session: 4	12.20 pm - 12.35 pm
1.	Releasing of reading material of the E-conclave - 2 min
2.	Declaring results of Posters/Slogans - 3 winners - 3 min
3.	Declaring results of skits (each of 2 min)- 3 winners - 7 min

Session: 5	12.35 pm - 1.00 pm
1.	Interaction - Q & A - 20 min
2.	Vote of Thanks - 3 min
3.	National Anthem

(4) Certificate Copy



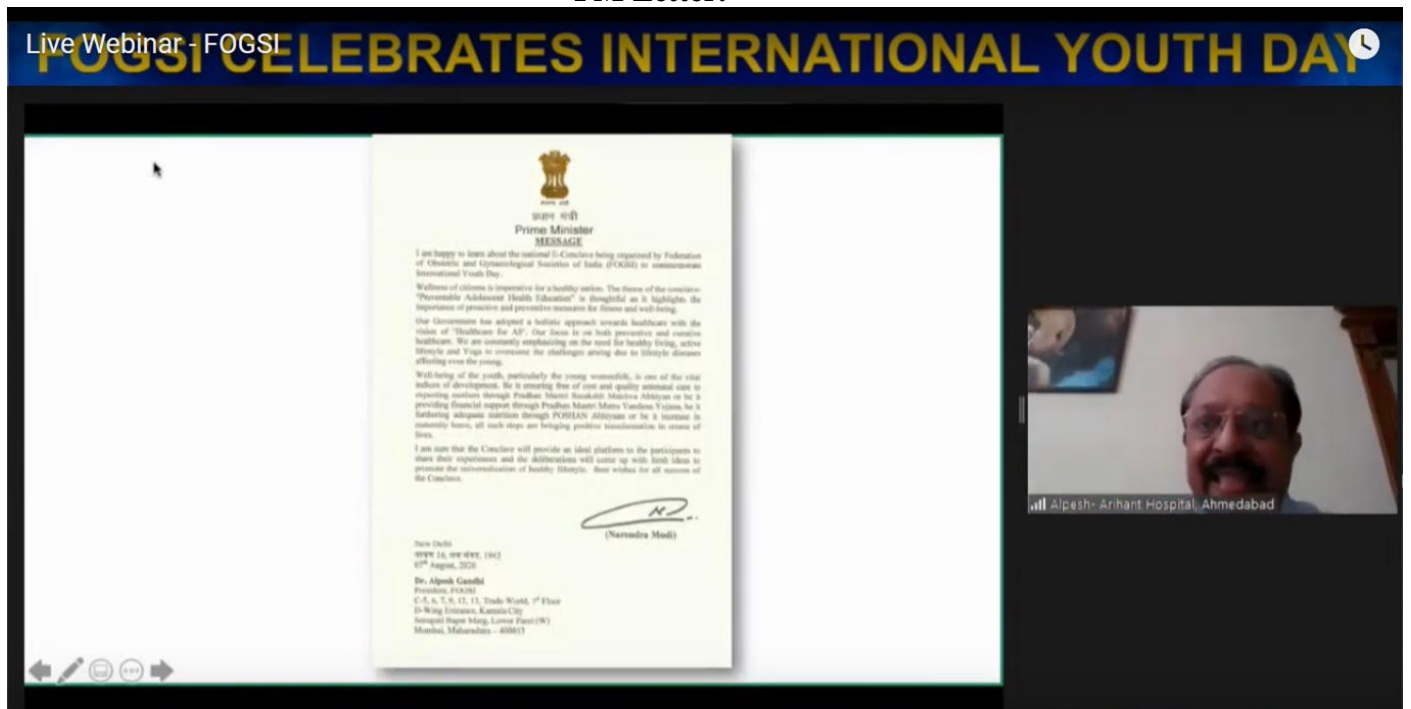
(5) Photos

The entire event was Live streamed on YouTube and Facebook

YouTube Link: <https://www.youtube.com/watch?v=7rHieO70QME>

Facebook Link: <https://www.facebook.com/FOGSI2020/live>

PM Letter:



Recording

ADOLESCENTS ARE THE GREATEST RESOURCE FOR A SOCIETY TO THRIVE

Investments in adolescents bring a triple benefit:

स्वस्थ किशोर अब भविष्य में स्वस्थ वयस्क स्वस्थ भविष्य की पीढ़ी

Thanks all

Dr. Rajal Thaker

Recording

Prevention

Personal hygiene and sanitation, food hygiene

Dr. Sampath Kumari

Recording

ragini agrawal, DR. GIRISH M., Nehanka Ma..., RAJESH Punjabi, Ajesh- Ari..., Laxmi Shrikh...