

PEDIKON 2026

63rd Annual Conference of Indian Academy of Pediatrics
16TH JANUARY - 20TH JANUARY, 2026 | KOLKATA



West Bengal
Academy of Pediatrics



 16th - 20th January, 2026

 Biswa Bangla Convention Centre, Kolkata, India

IAP - AHA WORKSHOP CATCH THEM EARLY, KEEP THEM SAFE:

Nurturing Pre-Teens (8-12 Years) With Comprehensive Health Care

WHY SHOULD YOU ATTEND?

- To get equipped with Updated Knowledge & Insight about Health concerns of the most under addressed (though the most vulnerable) age group, the Pre-Teens.
- Understanding Unique Growth Pattern & Developmental aspects of Pre-teens to provide early interventions & anticipatory guidance to the parents as well as children.
- Early Identification of the Risk factors & Timely intervention of potential health problems of Pre-teens to prevent long term complications.
- To get empowered with the strategies to communicate effectively with the pre-teens & their parents, fostering trust & compliance to the management plan.
- The workshop is designed to provide practical knowledge about the important health concerns of Pre-teens

WHO SHOULD ATTEND?

- The Practicing Pediatricians and Adolescent Health Specialists
- The Post graduate students (M.D, D.N.B., D.C.H.)
- Any Health Care providers who are handling Pre teens issues like Medical Officers & staff of ARSH Centers, RKSK, Adolescent Health Care.
- There are separate modules for the Parents, Teachers & other stake holders like those involved in community health care programs.

OUTCOME:

- The trainees will be trained for the effective handling of
 - pre-teens' health issues in office practice.
- They will be certified as "Pre-Teen Health Ambassadors" and will be entitled as:
- Trainers for the Successive Workshops.
 - Community health care provider for the pre-adolescent health care.

JAN 16, 2026
9:00 AM TO 4:00 PM

**CLICK HERE TO
REGISTER**



Venue: B R Singh Hospital, ER

WORKSHOP NATIONAL COORDINATOR, PEDICON 2026

Dr. Mukesh Dhankar
Dr. Kalpana Datta

NATIONAL ADVISOR

Dr. C P Bansal

NATIONAL CONVENOR

Dr. Sushma Desai
Dr. Sukanta Chatterjee
Dr. Piyali Bhattacharya

LOCAL COORDINATORS

Dr. Ashim Ghosh
Dr. Shilpi Siddhanta
Dr. Sayantan Saha
Dr. Santa Chattopadhyay
Dr. Chaitali Patra

**IAP – AHA Workshop – Catch them early, keep them Safe:
Nurturing Pre-teens (8-12 years) with comprehensive health care**

Time	Topic	Name of faculty
8:45 – 9:10	Introduction	Dr. Sushma Desai, Dr. C. P. Bansal
9:10 – 9:25	ROLE PLAY 1	Dr. Deepa Patel, Dr. Sonia Bhatt, Dr. Alpana Shukla, Dr. Shamik Ghosh, Dr. Meghna Sultania
Physical Growth & Development		
9:25 – 10:00	Pubertal Growth & Development	Dr. Swati Ghate,
	Sexual/Reproductive Health and Hygiene	Dr. Kiran Pabri Meena,
	Q & A	Dr. Shamik Ghosh
Healthy Life Style & Life Style Diseases		
10:00 – 10:35	Nutritional Needs in Late Childhood and Early Adolescence	Dr. C. P. Bansal, Dr. Sunita Manchanda, Dr. Amog Shahane, Dr. Kalpana Datta
	Healthy Life Style	
	Addressing Faulty and Disordered Eating, Preventing Childhood Obesity and Poor Body Image	
	Q & A	
School Health & Study Skills		
10:35 – 11:05	Promoting Healthy Peer Relationships	Dr. Shubhada Khirwadkar,
	Academic Stress Management	Dr. Shilpi Siddhanta,
	Q & A	Dr. Nishikant Kotwal
Behavioral, Emotional, & Mental Health		
11:05 – 11:40	Early identification of Mental, Emotional and Behavioural Problems	Dr. Preeti Galagali, Dr. Vaishali Deshmukh, Dr. Chhaya Prasad
	Early identification of Neurodevelopmental Disorders	
	Q & A	
11:40 – 11:55	Inauguration & TEA BREAK	
Essential Life skills & Resilience building		
11:55 – 12:30	Self Awareness, Resilience Building, Thinking Skills Interpersonal Skills Coping Skills Q & A	Dr. Swati Y. Bhave, Dr. Piyali Bhattacharya, Dr. Neeti Soni, Dr. Neha Singh, Dr Prashant Kariya
Challenges in Digital Age		
12:30 – 13:00	Unhealthy Media use	Dr. Samir Shah,
	Cyber Safety & Security	Dr. Sonia Bhatt,
	Q & A	Dr. Kalyani Patra

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Preventive and Routine Health A30:C40en Visits)		
13:00 – 13:15	Concept, Component & Check list	Dr. Manmeet Sodhi, Dr. Himabindu Singh
13:15 – 13:30	Comprehensive Sexuality Education	Dr. Geeta Patil, Dr. Sukanta Chatterjee, Dr. Asim Ghosh
13:30 – 13:45	ROLE PLAY 2	Dr. Sonia Bhatt, Dr. Jigen Shah, Dr. Shamik Ghosh, Dr. Kalyani Patra, Dr. Amog Shahane
13:45 – 14:15	LUNCH	
	WORKSTATION 1 – 2 – 3 BY ROTATION	
14:15 – 15:45	WORKSTATION 1 – Growth & Development:	Dr. Sangeeta Yadav, Dr. Himabindu Sing, Dr. Mohit Vohra, Dr. Kiran Pabri, Dr Shilpi Siddhanta
	WORKSTATION 2 – Emotional & Behavioral Health:	Dr. Piyali Bhattacharya, Dr. Subhada Khirwadkar, Dr. Chhaya Prasad, Dr. Pratik Kumar Dey
	WORKSTATION 3 – Immunization	Dr. Rashmi Gupta, Dr. Surya Sethi, Dr. Manmeet Kaur, Dr. Sayanthan
15:45 – 16:00	Way Forward – Road Map of One year plan	Dr. Sushma Desai
16:00 – 16:30	POST TEST & FEEDBACK	