



**19
OCT
2025
SUNDAY**



SOUTH ZONE ADOLESCON 2025

"Adolescents - Learn with them"



Meitra Hospital, Kozhikode

Organised By:

**Central AHA, AHA Kerala,
IAP Kerala , IAP Kozhikode**

Invitation

Dear Colleagues,

Warm greetings from the Adolescent Health Academy (AHA) Kerala and the Indian Academy of Pediatrics (IAP) Kerala & Kozhikode

We are thrilled to announce the Southzone Adolescon conference at Meitra Hospital, Kozhikode Kerala on October 19 2025. This event coincides with the **International Adolescent Health Week (October 13-19, 2025)** highlighting the importance of adolescent health and well being.

“Learn with them” emphasizes the need for pediatricians to understand and connect with Generation Z by learning alongside them. This approach helps healthcare professionals stay updated on emerging trends, improve communication and engagement, and also helps create targeted interventions. By adopting this mindset, pediatricians can remain empathetic, effective, and responsive, ultimately ensuring better health outcomes for adolescents and a brighter future for this generation....

Best Regards

Organising Committee

Team SZ Adolescon 2025

**Observing International Adolescent Health Week 2025
from October 13-19**



Theme for the year 2025:

Thriving Inside and Out :

Strengthening Adolescent Physical and Mental Health

IAHW

**INTERNATIONAL
ADOLESCENT
HEALTH WEEK**

Organising Committee

Organising Chairpersons
Dr. Shibu K & Dr. Ranjith P

Organising Secretary
Dr. Parvathy S

Joint Organizing

Scientific Committee

Secretaries

Chairperson

Dr. Sreela P & Dr. Vidhu Ashok

Dr. Deepa Janardhanan

CENTRAL AHA

Dr. Himabindu Singh
Chairperson

Dr. Prakash Vir Arya
Secretary

Dr. Shibu K
SZ EB Member

Dr. Chenthil A
SZ EB Member

AHA KERALA

Dr. Deepa Janardhanan
Chairperson

Dr. Vidhu Ashok
Secretary

Dr. Swetha B Ram
Treasurer

IAP KERALA

Dr. Riaz I
President

Dr. Nandakumar M K
President Elect

Dr. Gopimohan
Secretary

Dr. Binukuttan
Treasurer

IAP KOZHIKODE

Dr. Rajesh TV
President

Dr. Sajna Saeed
Secretary

Dr. Jishin Ahmed
Treasurer

Scientific Program

8:30 AM - 9:00 AM - Registration

9:00AM - 9:20 AM
(15 Mins + 5 Mins)

"The Power of One- Navigating the Single Parent Journey" Dr.Newton Luiz

9:20AM - 9:40 AM
(15 Mins + 5 Mins)

"More Than A Meal- Addressing Eating Disorders in Teens" Dr.Geeta Patil

9:40AM - 10:00 AM
(15 Mins + 5 Mins)

"Healing the Family, Healing. the Teen: A Proactive Approach to Teen Health" Dr.MKC Nair

10:00AM - 10:30 AM

ORATION

Dr. P Ashok Kumar

10:30AM - 11:30 AM

INAUGURATION

11:30AM - 11:50 AM
(15 Mins + 5 Mins)

"Building Unbreakable Teens: A Blueprint for Resilience" Dr. Chenthil A

11:50AM - 12:30 PM
(40 Mins)

PANEL DISCUSSION:
"The Hormone Highway: A Panel Discussion on Adolescent Endocrinology"

Moderator:

Dr.M Vijayakumar

Panelists:

Dr.Riaz I

Dr.Dhanya Soodhana

Dr.Vidhu Ashok

Dr.Rajesh TV

Dr.Anand Bharani

Scientific Program

12:30 PM - 12:50 PM
(15 Mins + 5 Mins)

"Beyond labels- Fostering open communication with LGBTQ+ Youth"

Dr.Preeti Galagali

12:50 PM-1:30 PM

LUNCH BREAK

1:30 PM-2:10 PM
(40 Mins)

PANEL DISCUSSION:

"The Shield of Health: A Panel Discussion on Vaccinations for Adolescents"

Moderator :

Dr.Mohandas Nair

Panelists:

Dr. Ashraf TP

Dr. Parvathy S

Dr. Shibu K

Dr. Priya Velayudhan

Dr.Sajna Saeed

2:10 PM - 2:30 PM
(15 Mins + 5 Mins)

"The Future is Now: Unlocking AI in Adolescent Pediatrics"

Dr.Pradeep Kumar

2:30PM - 2:50 PM
(15 Mins + 5 Mins)

"Healthy Skin, Happy Teen"

Dr. Smitha Murali

2:50PM - 3:30 PM
40 Mins

"The Teen Talk: Let's Meet Our Teens"

Moderators

Dr.Swetha B Ram

Dr.Sreela P

WORKSHOP- 12 October 2025

Online Platform at 4 pm

**“Empowering Teens with Chronic Illness :
A Guide for Paediatricians”**

Topics

Speakers

Quick Checks for Mental Health

Dr. Piyali Bhattacharya

**Building Bridges, Not Walls:
Winning Over Adolescents**

Dr. Prashant Kariya

**Your Role in Group
Counselling:
What Every Paediatrician
Should Know**

Dr. Sushama Desai

**Keeping Them on Track :
The Power of Motivational
Interviewing**

Dr. Poonam Bhatia

**The Great Transition: Moving to
Adult Care**

Dr. Manmeet Sodhi

Workshop registration is free but mandatory

Click here



to join the Workshop group

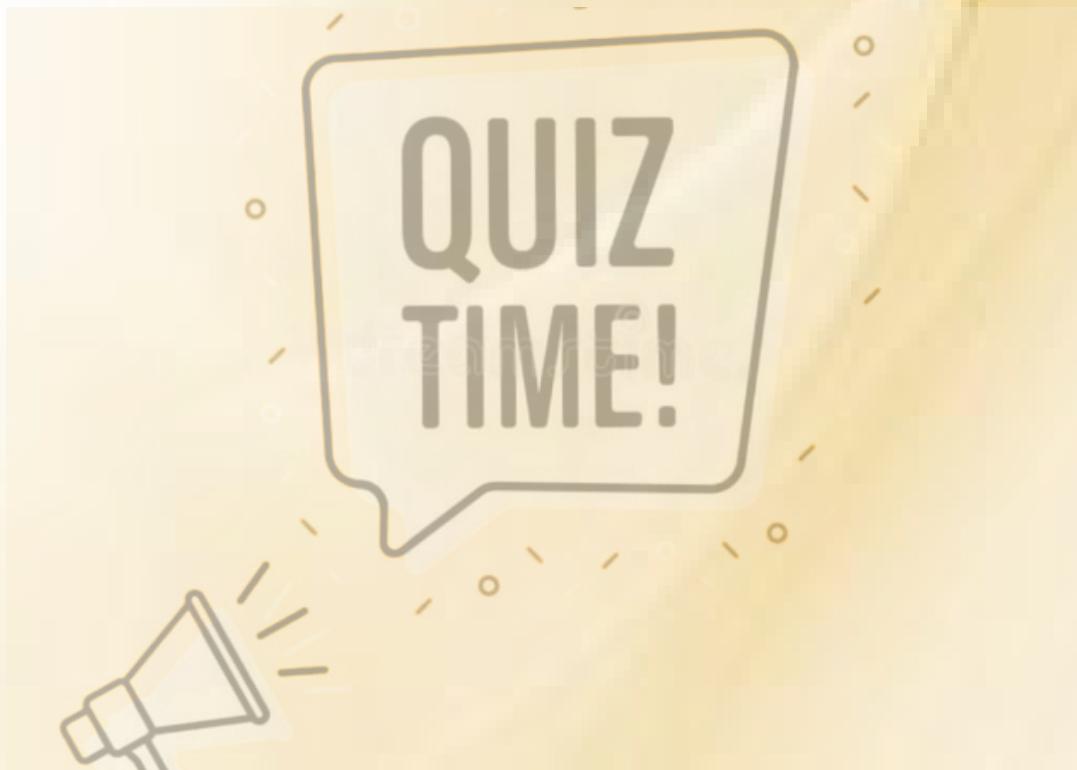
E- Poster Guidelines

- Students pursuing postgraduation in Paediatrics- MD/DCH/DNB from Kerala, Karnataka and Tamil nadu can participate with bonafide certificate from the Head of Department.
- *Format* : One slide Ppt under 10 MB in Landscape orientation
- *Design* : Title, Introduction, case report/case series, discussion, conclusion and references
- *Font* : Minimum 24 pt
- Presenters must be present at the time of evaluation
- Send your e-poster abstract to the mail ID : posteriapcal@gmail.com (Word limit : 250)
- Last date for sending abstract is 30/09/2025 (before 5 pm).
- For queries, please contact : 9496365276 (Dr. Sreela P)



Adolescon Online Quiz 2025

- Students pursuing postgraduation in Paediatrics-MD/DCH/DNB from Kerala, Karnataka and Tamil Nadu can participate in the Quiz Competition.
- 1 team per college (Team of 2) can join the quiz with bonafide certificate from the Head of Department
- Preliminary round will be held online on **07/10/2025** at 8:00 pm
- Quiz finals on **10/10/2025**. Details will be shared after the preliminary round.
- For quiz registration, please contact :
9496365276 (Dr. Sreela P).
9847337700 (Dr. Sathyajith).



CONFERENCE REGISTRATION TARIFF

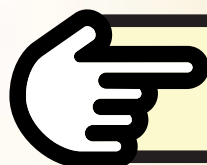
DATE	IAP MEMBER	NON IAP MEMBERS	PG STUDENTS AND NURSES
TILL SEP 20(EARLY BIRD)	750/-	1000/-	500/-
SEP 20-OCT 18	1000/-	1500/-	750/-
SPOT	1500/-	2000/-	1000/-

ACCOUNT DETAILS

IAP Kozhikode, Calicut branch
Branch : State Bank Of India
Account name : Calicut Medical College
A/C No : 10067191800
IFSC : SBIN0002206

For queries, please contact :

Dr. Sreela P : 9496365276
Dr. Sajna Saeed : 7907867614
Dr. Jishin Ahmed : 9946588888



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REGISTRATION



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