



64th National Conference of Indian Academy of Pediatrics

# PEDICON 2027 COIMBATORE

Theme: Transforming Young Lives: Digital to Bedside Pediatric Care



January 27th - 31st 2027 | Codissia Trade Fair Complex, Coimbatore, Tamil Nadu



## FROM STRUGGLE TO STRENGTH - THE RESILIENCE TOOL KIT FOR ADOLESCENTS

**VENUE: Masonic Medical Centre for Children**  
**Date- 27th Jan 2027 | Time- 8:30 am to 3:30 pm**

### HIGHLIGHTS:

- This workshop explores evidence based approaches to foster resilience in adolescents
- This workshop offers insight on case based scenarios giving hands on training for Paediatricians to deal with difficult adolescents.
- Anticipatory guidance for the otherwise healthy adolescents
- Brief resilience counseling during routine opd visits.
- Strength based communication with adolescents addressing modern day challenges and life skills training.
- Resilient Tool Kit will be provided to participants.

### WHO CAN ATTEND?

This workshop is intended for

- General Paediatricians
- Adolescent Health Specialists
- Postgraduate students
- Medical officers from ARSH, AFHC and RKSK

WORKSHOP  
REGISTRATION FEE  
**DELEGATE: 2500/-**  
**PG: 2000/-**



### CO-ORDINATORS:

National Co-ordinator: Dr. Sudhir Mishra | State Co-ordinator: Dr. R. Sripriya

Local Co-ordinators: : Dr. Lavanya Srikanth | Dr. Sukanyaa

**FACULTIES:** Dr. Sudhir Mishra | Dr. Swathi Ghatge | Dr. Chitra Dinakar | Dr. Prashant Kariya | Dr. Newton Luiz |

Dr. Deepa Janardhanan | Dr. M. Vijayarani | Dr. Jeyashree Ashwath

Expert Faculties: Dr. Sowmya | Dr. Niveditha - Child and Adolescent Psychiatrists

# FROM STRUGGLE TO STRENGTH - THE RESILIENCE TOOL KIT FOR ADOLESCENTS

**PARTICIPANT GROUPING:** Participants will be divided into 5 groups of approximately 10 participants each. Each group will rotate across all stations in a structured manner to ensue uniform exposure of interaction.

**SCHEDULE:**

| Time                                       | Session                                              | Faculty                                    |
|--------------------------------------------|------------------------------------------------------|--------------------------------------------|
| 08.30am – 09.00am                          | Registration                                         |                                            |
| 09.00am – 10.00am                          | Recap of online & Ice Breaking Session - Interactive | Dr. Sudhir Mishra                          |
| 10.00am – 10.30am                          | Work Stations - Hands on learning                    |                                            |
| 5 - Work Stations by rotation - 40 minutes | 1. Anger Management & Emotional Regulation           | Dr. Deepa Janardhanan<br>Dr. R. Sripriya   |
|                                            | 2. Academic Stress                                   | Dr. Newton Luiz<br>Dr. Lavanya Srikanth    |
|                                            | 3. Body image                                        | Dr. Sowmya Bhaskaran<br>T.S<br>Dr. Sukanya |
|                                            | 4. Addiction - Screen / Substance                    | Dr. Jeyashree Ashwath<br>Dr. Nivedhitha    |
|                                            | 5. Dealing with Relationship issues                  | Dr. M.Vijayarani<br>Dr. Sudhir Mishra      |
| 10.45am – 11.00am                          | Tea Break                                            |                                            |
| 01.30pm – 02.15pm                          | Lunch Break                                          |                                            |
| 03.00pm – 03.30pm                          | 1. Q & A session with expert faculties               |                                            |
|                                            | 2. Adolescents sharing their experience              |                                            |
|                                            | 3. Certificate distribution                          |                                            |

ONLINE SCHEDULE : 24-01-2027

| Time                | Session               | Faculty             |
|---------------------|-----------------------|---------------------|
| 11.00 am – 11.45 am | Resilience            | Dr. Swathi Ghatе    |
| 11.45 am – 12.30 pm | Anticipatory Guidance | Dr. Chitra Dinakar  |
| 12.30 pm – 01.15 pm | Life Skills           | Dr. Prashant Kariya |

**Note:** Online schedule only for the workshop where the theory part to be discussed prior to the physical meeting

