



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

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 SHOULD ATTEND?

This workshop is intended for

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

VENUE: Masonic Medical Centre for Children
Date- 27th Jan 2027 | **Time-** 8:30 am to 3:45 pm

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 Ghate | Dr. Chitra Dinakar | Dr. Prasanth Kariya | Dr. Newton Luiz | Dr. Deppa Janardhanan | Dr. M. Vijayarani | Dr. Jeyashree Ashwath | Dr. Sowmya | Dr. Nivedhitha
Expert Faculties: Dr. Sowmya | Dr. niveditha

RESILIENCE - in - ADOLESCENTS

Building inner strength.
Bouncing back.
Moving forward.

Stronger together.



GROW MINDSET
Embrace challenges
and keep learning.



MANAGE STRESS
Build healthy ways
to cope and recharge.



OVERCOME SETBACKS
Learn from tough times
and come back stronger.



BUILD CONNECTIONS
Support, trust and
belonging matter.

*Resilient today.
Ready for tomorrow.*



SELF-AWARENESS



CONFIDENCE



SUPPORT



HOPE

You have the strength. We'll help you grow it.



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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 ensure 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 Dr. R. Sripriya
	2. Academic Stress	Dr. Newton Luiz Dr. Lavanya Srikanth
	3. Body image	Dr. Sowmya Bhaskaran T.S Dr. Sukanya
	4. Addiction - Screen / Substance	Dr. Jeyashree Ashwath Dr. Nivedhitha
	5. Dealing with Relationship issues	Dr. M.Vijayarani Dr. Sudhir Mishra
10.45am - 11.00am	Tea Break	
01.30pm - 02.15pm	Lunch Break	
03.00pm - 03.30pm	Wrap up Session & Discussion	
03.30pm - 03.45pm	Certificate distribution	

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ONLINE SCHEDULE : 24-01-2027

Time	Session	Faculty
11.00 am - 11.45 am	Resilience	Dr. Swathi Ghate
11.45 am - 12.30 pm	Anticipatory Guidance	Dr. Chitra Dinakar
12.30 pm - 01.15 pm	Life Skills	Dr. Prasanth Kariya

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

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