



**APOLLO INSTITUTE OF
MEDICAL SCIENCES & RESEARCH**

HYDERABAD

The Apollo Medical College



CME on Adolescent Health

STRATEGIES FOR PROMOTING RESILIENCE, MENTAL HEALTH AND
NUTRITION AMONG ADOLESCENTS - A PUBLIC HEALTH PERSPECTIVE



Organised by

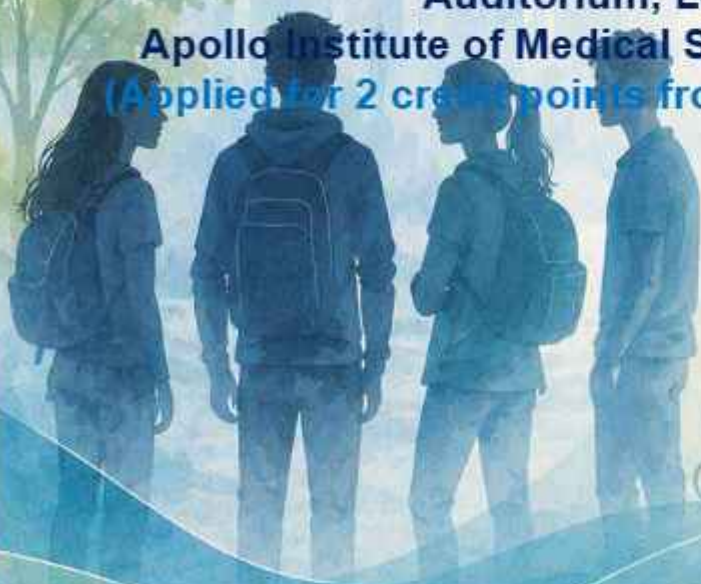
Department of Community Medicine, AIMSAR

On Saturday, 18th July, 2026

Auditorium, Lecture Hall Complex,

Apollo Institute of Medical Sciences and Research, Hyderabad

(Applied for 2 credit points from Telangana State Medical Council)



Since its inception, Apollo Institute of Medical Sciences and Research, Hyderabad has been committed to delivering healthcare of international standards and making quality medical services accessible to all. The Department of Community Medicine is delighted to invite you to a scientific academic session aimed at broadening knowledge and providing insights into **ADOLESCENT HEALTH**.

The Department of Community Medicine, AIMS, Hyderabad is organizing a one-day Continuing Medical Education (CME) programme featuring expert discussions on **'Strategies for promoting resilience, mental health and nutrition among adolescents.'**

It gives us great pleasure to invite you to be a part of this enriching academic event and join us for a day of learning, interaction, and professional development.



PROGRAM SCHEDULE



TIME	EVENT	RESOURCE PERSON
08:00 – 09:00 am	Registration of delegates	
09:00 – 09:45 am	Epidemiological Determinants of adolescent health	Dr Saba M Yahoo Professor & HOD Dept of Community Medicine, AIMS
09:45 – 10:30 am	Digital Mental health & Screening tools for mental health conditions	Dr. Ashok K. Alimchandani Professor & HOD Dept of Psychiatry, AIMS
10:30 – 10:45 am	Tea break	
10:45 – 11:30 am	Trends and awareness on healthy dietary patterns among adolescents	Dr. SubbaRao M Gavaravarapu Scientist-G & Head NICHE ICMR-NIN, Hyderabad
11:30 – 12:15 pm	Resilience - Understanding adolescent resilience	Dr. Sri Krishna S Professor & HOD Dept of Pediatrics, AIMS
12:15 – 01:00pm	Power of positivity	Speaker from Brahma Kumaris, Hyderabad
01:00 – 02:00 pm	Lunch break	
02:00 – 03:00 pm	Panel discussion – Road map on strategies for adolescent resilience and mental health	Psychiatrist, Community physician, Pediatrician, UG Students Moderator: Dr Pavani Varma Professor, Dept of Community Medicine, AIMS
03:00 – 03:30 pm	Addressing Body dysmorphia -understanding body image issues	Dr. Neha Gala Associate Professor Dept of Psychiatry, AIMS
03:30 – 04:00 pm	Public Health programmes to address Adolescent health	Dr. Neeta Mathur Professor, Community Medicine, AIMS
04:00 – 05:00 pm	Quiz for PG students	Dr. Vijayashree & Dr Faraha Naaz Associate Professors, Dept of Community Medicine, AIMS
05:00 pm	Vote of thanks	

Organizing Committee

Chief Patron: **Dr. Manohar**
Dean, AIMS

Patron: **Mrs. K. Aparna Reddy**
COO, AIMS

Organizing Secretary: **Dr. Saba Mahmood**
Professor & HOD, Community Medicine

Joint Secretaries:
Dr. Neeta Mathur, Professor,
Community medicine
Dr. Pavani Varma, Professor
Community medicine

Organizing team: **All Faculty, SRs and PGs from the Department of Community Medicine, AIMS, Hyderabad**

Registration details

Registration fee: ₹ 500/-

REGISTRATION IS MANDATORY, LATEST BY 10th, JULY 2026

For more details, Please Contact:

Dr. Anusha Vaskarla	Mobile: 9347082843
Dr. Asiya Sami	Mobile: 9849740088
Dr. Y. Harichandana	Mobile: 9701687431
Dr. Aysha Ahmed	Mobile: 9515946115
Dr. Lekha Komarapu	Mobile: 9666621369

Online registration:

<https://docs.google.com/forms/d/e/1FAIpQLSeKUVsBfhjJWYfx0WfPykXHEwpLyg9LYsS1h-yX5i6eBuhctA/viewform?usp=dialog>

PG Quiz Competition

Registration for Quiz is included in the google form

Topics: National health programmes, Recent advances, Diseases of public health importance and Adolescent health