

## **CURRICULUM VITAE**

### **PERSONAL DETAILS**

Name Dr Preeti Manmohan Galagali

Current Designation Consultant Adolescent Health Specialist and Paediatrician  
Director, Bengaluru Adolescent Care and Counselling Centre

KMC Registration 47370

Residence Address # 26,Gruhalaxmi Layout, Stage-1,  
Basaveshwaranagar, Bengaluru - 560079.  
Phone No: 080 23226535

Office Address **Bengaluru Adolescent Care and Counselling Centre**  
A unit of **Radha Ortho and Paediatric Centre**  
#528, 10<sup>th</sup> Main, Rammandir Road, 2nd Block, Rajajinagar,  
Bengaluru - 560010. (India)  
Phone No: 080 23420250

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### **ACADEMIC QUALIFICATIONS**

<b>Degree</b>	<b>College/ University</b>	<b>Year of passing</b>	<b>Marks obtained</b>
Post Graduate Diploma in Adolescent Pediatrics PGD AP	University Of Kerala	2006	65%
MD (Paediatrics)	B.J.Medical College, Pune, Pune University	1992	<b>Gold Medallist</b>
M B B S	Lady Hardinge Medical College, New Delhi. Delhi University	1988	68%

## **SPECIAL TRAINING IN CHILD AND ADOLESCENT MENTAL HEALTH**

- June 2024 Training Course in Working with Children in Conflict with Law, Integrated Interventions for Mental Health, Protection and Law, NIMHANS, Bengaluru
- May 2022 Training Course in Working with Children with Disability, NIMHANS, Bengaluru
- Feb 2022 Training Course in Essential Interventions and Skills for Working with Child Sexual Abuse, NIMHANS, Bengaluru
- June 2020 Training in Trauma Informed Approach to Psychological Interventions by Muktha Foundation, Bangalore
- May 2017 Training Course in Solution Focussed Therapy by Mukta Mental Health Association, Bangalore
- Nov 2012 Training Program on dealing with Juveniles with Sexual Behaviour Problems by International Society for Prevention of Child Abuse and Neglect at Chennai
- May 2012 The International Transactional Analysis Course TA 101 at Bangalore
- Aug 2009 Advanced Course in Adolescent Counselling at Child Development Centre, Trivandrum
- Aug 2009 Training and Observership in Department of Child and Adolescent Psychiatry, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore
- Aug 2007 National Adolescent Mental Health Training at Child Development Centre, Trivandrum

## **SPECIAL COURSES COMPLETED**

- Aug 2023 Antibiotic Prescription Made Easy Online Course, IAP IDC
- Jan 2021 Scientific Writing and Analysis, Online Course, Paramsukhwani Medical College, Bhaikaka University, Karamsad
- Aug 2016 Research Methodology Course, Indian Pediatrics at Lady Hardinge Medical College, New Delhi
- April 2007 Pediatric Advanced Life Support Course (PALS) At Command Hospital, Bangalore- **Stood 1<sup>st</sup> In The Course**
- Aug 2005 Asthma Training Module held at Bangalore
- June 1998 Paediatric Advanced Life Support (PALS) Course held at St. John's Medical College, Bangalore Organised by IAP in accordance with American Heart Association Standard
- May 1998 Neonatal Advanced Life Support (NALS) Course held at St. John's Medical College, Bangalore. Organised by NNF (Karnataka)

## **PROFESSIONAL EXPERIENCE**

Feb 24 to date	Clinical lead, Adolescent Clinic, Manipal Hospital, Old Airport Road, Bengaluru
Jan 04 to date	Established Bangalore Adolescent Care and Counselling Centre and is currently the Director and Consulting Adolescent Specialist of the centre
Dec 92 to date	Private Pediatric Practice in a Self-Owned Clinic- Radha Ortho and Pediatric Centre, Bangalore
Oct 92 to Dec 92	Senior Resident in Department Of Paediatrics. Kalawati Saran Children's Hospital (Lady Hardinge Medical College) New Delhi
July 92 to Sep 92	Registrar at Apollo Hospital, Hyderabad
July 89 to June 92	3 Year Residency at Sasoon Hospital, Pune in Department Of Paediatrics and Resident Doctor in the ICMR Centre for Genetic Diseases, B.J Medical College, Pune
April 89 to May 89	Junior Resident in Department Of Medicine, Srimati Sucheta Kripalani Hospital, New Delhi
Jan 88 to Jan 89	Internship at Lady Hardinge Medical College Srimati Sucheta Kripalani Hospital, New Delhi

## **TEACHING EXPERIENCE**

February 2021	Guest faculty for training 1900 Midlevel health workers of Wellness Centres SIHFW, Bangalore on Child and Adolescent mental health
March 2010	Guest faculty for training Senior Medical Officers in Adolescent Health Care- Current Status and National Programs at SIHFW, Bangalore
July 2009	Guest faculty for Orientation Program for newly recruited medical officers at SIHFW, Bangalore. Conducted a session on Adolescent Friendly Health Services
May 2009	Expert committee member for formulating syllabi for MA in Life Skills and diploma courses in Life Skills and Adolescent Care and Counselling at Rajiv Gandhi Institute of Youth Development (deemed University), Sriperumbdur, Chennai
August 2008	Master Trainer for Training of Trainer program for Medical Officers on Adolescent Reproductive and Sexual Health under Reproductive and Child Health Program-II, Government of India at State Institute of Health and Family Welfare (SIHFW), Bangalore

March 2008	Facilitator for a session on Adolescent Health for District Health Officers, Government of Karnataka at State Institute of Health and Family Welfare, Bangalore
July 2007	Conducted Post Graduate Teaching Program on Adolescent Medicine at Department of Pediatrics, St Philomena's Hospital, Bangalore
Oct 92 to Dec 92	Taught Paediatrics to Undergraduates at Lady Hardinge Medical College, New Delhi
July 89 to Dec 91	Taught Paediatrics to Medical Undergraduates at BJ Medical College, Pune

### **ORATIONS, AWARDS AND PRIZES**

2024	Pioneers of Pediatrics-Dr PC Bopaiah Endowment Lecture by IAP Bengaluru
2024	Society of Adolescent Health & Medicine International Chapter-Northern Hemisphere Award
2023	Karnataka Women Achievers Award for excellence in Medical Field
2022	Dilip Patgiri Oration awarded by IAP Assam
2021	IAP Bangalore Felicitation for outstanding contribution to Child Health
2021	IAP Adolescent Health Academy 2 <sup>nd</sup> Prize for maximum number of Individual Activities
2021	IAP Adolescent Health Academy 1 <sup>st</sup> Prize for International Adolescent health week-maximum number of Individual Activities
2020	IAP Adolescent Health Academy awarded the Best Chapter Award- As Chairperson AHA
2019	Special IAP Award for outstanding contribution to adolescent health and well being
2019	Fellow of Indian Academy of Pediatrics (FIAP) Award
2018	Awarded by Adolescent Health Academy the 2 <sup>nd</sup> Prize for Outstanding Activities by an Individual Member
2018	Jagdish Dubal Oration awarded by Pediatric Academy Trust, Kutch
2017	Award and Felicitation Adolescon for designing the Best Theme for the Conference 'Adolescent Pediatrics: Basics and Beyond'
2017	MKC Nair Oration awarded by Kerala Adolescent Health Academy
2017	International Travel Scholarship, Society for Adolescent Health and Medicine, USA
2015	IAP Adolescent Health Academy awarded the Best Chapter Award 2015- As Secretary AHA

2014	IAP Adolescent Health Academy awarded the 2 <sup>nd</sup> best Chapter Award 2- as Secretary AHA
2011	First Prize for the Best Paper in IAP National Adolescent Conference Adolecon
2005	First Prize for The Best Paper in IAP National Adolescent Conference Adolecon
2005	Prize in IAP Bangalore Annual CMEP Quiz Competition
1998	Winner of The Bangalore Phase of 2 <sup>nd</sup> IAP Pediatric Quiz For Practicing Pediatricians
1992	Awarded Indian Academy of Paediatrics (IAP) Gold Medal And Cash Award in MD (Paed) Examination
1992	Awarded 'Best Resident Doctor' Prize, Sassoon Hospital Pune for Outstanding Service towards patients in 1992
1987	Merit Scholarship in 3rd Professional MBBS Exam
1986	Certificate of Award in Microbiology in the 2nd Professional MBBS Exam
1986	Merit Scholarship in 2nd Professional MBBS Exam

## RESEARCH WORK AND PUBLICATIONS

1. Hooper L, Framson C, Donaldson A, Cifra N, Dave S, Weiss AL, **Galagali P**, Kumar MM. The American Academy of Pediatrics Guideline for Obesity: An Adolescent Health Perspective. Journal of Adolescent Health 2024. In press.
2. **Galagali P**, Pemde HK. Section Editors. Adolescent Health. In IAP Color Atlas of Pediatrics. Ed: Nair MKC. Jaypee Bros Medical Publishers Pvt Limited 2024. Pg 347-378
3. Jayashree K, **Galagali PM**. Office management of substance Use. In Adolescent Friendly Pediatric Practice. Ed: Pemde H, Ratna Kumari TL, Galagali PM, Velmurugan. Jaypee Bros Medical Publishers Pvt Limited 2024. Pg 301-314
4. **Galagali PM**, Aroor AR. Management of Adolescent suicidal behaviour in office practice. In Adolescent Friendly Pediatric Practice. Ed: Pemde H, Ratna Kumari TL, Galagali PM, Velmurugan. Jaypee Bros Medical Publishers Pvt Limited 2024. Pg 256-267.
5. **Galagali PM**, Luiz N. School Performance in Adolescence. In Adolescent Friendly Pediatric Practice. Ed: Pemde H, Ratna Kumari TL, Galagali PM, Velmurugan. Jaypee Bros Medical Publishers Pvt Limited 2024. Pg 225-236.
6. Jayashree K, **Galagali PM**. Adolescent Sleep problems. In Adolescent Friendly Pediatric Practice. Ed: Pemde H, Ratna Kumari TL, Galagali PM, Velmurugan. Jaypee Bros Medical Publishers Pvt Limited 2024. Pg 153-161.
7. Aroor AR, **Galagali PM**. Adolescent Headache. In Adolescent Friendly Pediatric Practice. Ed: Pemde H, Ratna Kumari TL, Galagali PM, Velmurugan. Jaypee Bros Medical Publishers Pvt Limited 2024. Pg 139-152.

8. Jayashree K, **Galagali PM**. Media usage in adolescents. In Adolescent Friendly Pediatric Practice. Ed: Pemde H, Ratna Kumari TL, Galagali PM, Velmurugan. Jaypee Bros Medical Publishers Pvt Limited 2024. Pg 50-59.
9. Aroor AR, **Galagali PM**. Body image during adolescence. In Adolescent Friendly Pediatric Practice. Ed: Pemde H, Ratna Kumari TL, Galagali PM, Velmurugan. Jaypee Bros Medical Publishers Pvt Limited 2024. Pg 18-29.
10. Manoj Sharma, Senthil Amudhan, Ravish H, **Preeti Galagali** et al. Anticipatory Guidance for Pregnant Women for Healthy Use of Mobile Phone. *Authorea*. January 31, 2024. DOI:10.22541/au.170667925.52333008/v1.
11. Galagali P. Interviewing a teenager and anticipatory guidance using basic counselling skills. In IAP- AHA Textbook of Adolescent Medicine. Jaypee Bros Medical Publishers Pvt Limited 2024. Pg 40-44
12. Galagali P. Child abuse: Recognition, Response and Counseling. In Safe Childhood- Right of every Child. Ed: Ashok Kumar, Rajeev Seth, Aby Dany Verghese. Published by Indian Child Abuse, Neglect and Child Labour Group of IAP 2024. pg 59-73.
13. Galagali P. Drug addiction and substance abuse. In IAP Textbook of Growth Development and Behavioral Pediatrics. Ed: Anjana Thadani, Ashok Rai. Jaypee Bros Medical Publishers Pvt Limited 2024 pg 342-352.
14. Lewin ML, **Galagali PM**, Hendricks MR, Ravindran GD, Lewin S. Ethics of Managing an Adolescent Living with Disability. *Indian Pediatr*. 2024;61(2):175-178.
15. Turetsky R, **Galagali PM**, Churchill RD, Jansen DDEMC, Sawyer SM, Klein JD. Answering the Call: International Policy Statement Provides the Framework for Adolescent Health Care Professional Education Globally. *J Adolesc Health*. 2024;74(3):400-401. doi:10.1016/j.jadohealth.2023.11.017
16. Galagali P. Adolescent Nutrition. *Child India*. October 2023
17. Galagali P. Global Forum for Adolescents. *Adolescent today* 2023: 6 (3)
18. Galagali PM. Study Skills. in Behavioral Problems in Children and Adolescents. 2<sup>nd</sup> Edition Ed: Jaydeep Choudhry JP Bros Medical Publishers 2024 pgs 249-264
19. **Galagali P**, Mukerjee S. Sexually Transmitted Infections in Adolescents. In IAP Textbook of Pediatric Infectious Diseases. 3rd edition. Ed: Jaydeep Choudhry, Digant Shastri, Ritabrata Kundu, Vijay Yewale JP Bros 2023 pg 725-734
20. Galagali P. Down the memory lane. *Pediscan* 2023. Issue 5 pg 2
21. **Galagali P**, Ghosh S. First Response to Suicidal Behaviour. In Adolescent Pediatrics Ed Nair MKC. Noble Publishers. 2023 **Section Editor: Counselling Scenarios**
22. Lau M, Tebb KP, Baca MA, Desrosiers F, **Galagali PM**, Kanbur N, Karandikar GM, Klein DA, Maria SD, Hwang LY. Promoting Sexual Consent Principles in the Sexual and Reproductive Health Care of Adolescents and Young Adults- Position statement, Society for Adolescent Health and Medicine, USA. *J of Adol Health*, 2023. <https://doi.org/10.1016/j.jadohealth.2023.04.002>

23. Kanbur N, Harrison A, **Galagali P**, Meglio G, International Perspective on Abortion Access for Improving Reproductive Rights and Freedom of Adolescents and Young Adults, Journal of Adolescent Health 2023. <https://doi.org/10.1016/j.jadohealth.2023.03.014>.
24. **Galagali P**. HEEADSSS psychosocial history. In A Short Textbook of Adolescent Health Ed Pemde H. Centre for Adolescent Health. WHO Collaborating Centre. Dept of Pediatrics, Kalawati Saran Children's Hospital, New Delhi. 2023
25. **Galagali P**, Rathi N, Roy S, Dutta S. Screen Time Guidelines for Parents. In Mission School Uday IAP Parenting Guidelines for Adolescents. Jaypee Brothers Medical Publishers. 2022, pg 20-27
26. **Galagali P**, Dalwai SH, Ghate SA. Psychosocial Concerns during Pandemic. In Mission School Uday IAP Parenting Guidelines for Adolescents. Jaypee Brothers Medical Publishers. 2022, pg 20-27
27. Sidhu NS, **Galagali P**, Dinakar C. Online Education and Media use in adolescents: Clinical perspectives related to the COVID pandemic. Int J Ed Sci Research 2022;12 (1):71-80
28. Kashyap V, **Galagali P**. Telecounselling in clinical Practice. Ind J Pract Pediatr 2022; 24(3):327-331
29. Trutesky R, **Galagali PM**, Churchill R et al. Policy statement: Education and Training of Healthcare Workers. International Association of Adolescent Health Education Committee 2022 <https://iaah.org/resources/policy-statements/>
30. **Galagali PM**, Ghate S, Sai Prasad KVS. Teen Depression and Suicide Prevention. IAP Standard Treatment Guidelines 2022. Jaypee Bros 2023. Pg 911-919
31. **Galagali PM**, Kinikar AA, Kumar VS. Vaccine Hesitancy: Obstacles and Challenges. Curr Pediatr Rep. 2022 Oct 8:1-8. doi: 10.1007/s40124-022-00278-9. Epub ahead of print. PMID: 36245801; PMCID: PMC9546747.
32. Jayashree K, Shivaprakash P, **Galagali P**. Adolescent Substance Use Management in Office Practice. Child India. August 2022. Pg25-31
33. Aroor A, Bojappen , **Galagali P**. Magnitude of Substance Use. Child India. August 2022 pg 9-14 <https://iapindia.org/pdf/child-india/2022/CHILD-INDIA-AUGUST-2022.pdf>
34. **Galagali P**, Ghosh S, Elizabeth KE. Global food fads: An adolescent from India. In Fad Diets and Adolescents : A Guide for Clinicians, Educators, Coaches and Trainers. Ed: Maya Kumar, Alicia Dixon. Springer Nature 2022 pg 93-98
35. AlBuharan F, **Galagali P**, Rosawan A. Fad diets beyond the Western World. In Fad Diets and Adolescents: A Guide for Clinicians, Educators, Coaches and Trainers. Ed: Maya Kumar, Alicia Dixon. Springer Nature 2022 pg 41-50
36. **Galagali P**. The art of communicating with children- practical tips for parents. 9<sup>th</sup> Bangalore Pedicon Souvenir 2022. Pg 39-42
37. Nandakumar S, **Galagali P**. Back to school- Focus on Adolescence. Challenges and Solutions. Adolescan 2022. 6: 2-10

38. Holder N, Coyne Beasley T, Zimet G, Eisenstein E, Skinner R, **Galagali P**, Kanbur N Society for Adolescent Health and Medicine. COVID Vaccines in Adolescents and Young Adults. *J Adolesc Health*. 2022 Jun;70(6):1002-1005.
39. Lathia T, Joshi A, Behl A, Dhingra A, Kalra B, Dua C, Bajaj K, Verma K, Malhotra N, **Galagali P**, Sahay R, Mittal S, Bajaj S, Moorthy S, Sharma S, Kalra S. A Practitioner's Toolkit for Polycystic Ovary Syndrome Counselling. *Indian J Endocrinol Metab*. 2022 Jan-Feb;26(1):17-25.
40. Singh P, Kumar Sharma M, **Galagali PM**. Esports: What Do Pediatricians Need to Know? *Pediatr Ann*. 2022 Jun;51(6):e254-e256. doi: 10.3928/19382359-20220407-04. Epub 2022 Jun 1. PMID: 35667099.
41. **Galagali PM**, Rao C, Dinakar C, Gupta P, Shah D et al. Indian Academy of Pediatrics Consensus Guidelines for Adolescent Friendly Health Services. *Indian Pediatr*. 2022; 59:477484.
42. Gupta P, Shah D, Bedi N, **Galagali P**, Dalwai S, et al; IAP Guideline Committee On Digital Wellness And Screen Time In Infants, Children, And Adolescents. Indian Academy of Pediatrics Guidelines on Screen Time and Digital Wellness in Infants, Children and Adolescents. *Indian Pediatr*. 2022 Mar 15;59(3):235-244.
43. **Galagali PM**, Dinakar C, Bala P, Shah D, Gupta P, et al. Indian Academy of Pediatrics Consensus Guidelines on Prevention and Management of Suicidal Behavior in Adolescents. *Indian Pediatr*. 2022 Apr 26:S097475591600420. Epub ahead of print. PMID: 35481486.
44. **Galagali P**, Jaber N, Wokoma W, Offut L. International Adolescent Health Week. *International Association of Adolescent Health Newsletter* 2022, 5: 5-6
45. **Galagali P**, Jaber N, Wokoma W, Offut L. International Adolescent Health Week. *Adolescan* 2022, 5: 5-6
46. **Galagali P**. Transitions in Adolescence. *Pediscan* 2022; 3: 4-5
47. Authored chapter on Adolescent Nutrition in Post Graduate Textbook of Pediatrics 3rd edition. Ed Piyush Gupta JP Bros Medical Publishers 2022
48. **Galagali P**, Ghate S, Dalwai S. Psychosocial Problems in Pandemic in 105 IAP Guidelines for Parents and Caregivers 2021 Ed Gupta P, Ugra D, JP Bros
49. **Galagali P**, Rathi NB, Roy S, Dutta S. Screen Time Guidelines for Parents in 105 IAP Guidelines for Parents and Caregivers 2021 Ed Gupta P, Ugra D, JP Bros
50. Contributor to IAP Nurture; Nurturing Care for Early Childhood Development Modules 1,2 and 3, JP Bros. 2021
51. Jayashree K, **Galagali P**. Adolescent Sleep Problems. *Ind J Pract Pediatr* 2021;23(4):412-415
52. Seth R, **Galagali P**, Greenbaum J et al. Child Protection in Context of COVID-19 Pandemic: Practice Guidelines of Pediatricians. *Asia Pacific J Ped Child Health* 2021;4:32-43
53. Aroor AR, **Galagali PM**. Body image during adolescence. *Ind J Pract Pediatr* 2021;23 (3): 305-310

54. **Galagali PM**, Ghosh S, Bhargav H. The Role of Telemedicine in Child and Adolescent Healthcare in India. *Curr Pediatr Rep.* 2021 Oct 8:1-8. doi: 10.1007/s40124-021-00253-w. Epub ahead of print. PMID: 34642611; PMCID: PMC8499609.
55. Oketah N, Wokoma C, Klein JD, **Galagali P**, Simpson T, Offutt L. International Adolescent Health Week: Nothing About Them Without Them. *J Adolesc Health.* 2021 10:S1054-139X(21)00023-9. doi: 10.1016/j.jadohealth.2021.01.012. Epub ahead of print. PMID: 33582016.
56. Sharma MK, Sunil S, Roopesh BN, **Galagali PM**, Anand N, Thakur PC, Singh P, Ajith SJ, Murthy KD. Digital failure: An emerging reason of anger expression among adolescents. *Ind Psychiatry J.* 2020 Jul-Dec;29(2):335-338. doi: 10.4103/ipj.ipj\_81\_19.
57. **Galagali PM**. Polycystic Ovarian Syndrome in Adolescence. *Karanataka Pediatr J* 2020;35(2): 95-9
58. Coauthored SAHM Position Paper on Society for Adolescent Health and Medicine. Medication for Adolescents and Young Adults With Opioid Use Disorder. *J Adolesc Health.* 2021;68(3):632636.
59. Aroor AA, Galgali PM. Management of Adolescent Suicidal Behaviour. *Ind J Pract Pediatr* 2020; 22(4):450-57
60. Co authored SAHM Position Paper on Preventing Nutritional Disorders in Adolescents by Encouraging a Healthy Relationship With Food. *J of Adolescent Health* 2020 ; 67(6) : 875-87
61. Editor, Karpedicon Souvenir 2020, Voices
62. Co authored article on Adolescent Acne: A Guide for General Pediatricians in *Pediscan* Nov 2020;11:1-5
63. Authored chapter on International Considerations in Adolescent Nutrition, Ed: Evans, Docter Springer 2020 pg 301-16
64. Authored article on Office management of substance use in adolescence in *Indian Journal of Practical Pediatrics* June-September 2020 Vol 22 Pg 337-42
65. Authored article on Mindfulness Meditation in *AOGSE-Times* June-August 2020. Pg 8
66. Clippings on Child Abuse and Neglect. *Indian Pediatrics.* August 2020. Pg 782
67. Co authored Position paper on Improving Integration of Behavioral Health into Primary Care for Adolescents and Young Adults Society for Adolescent Health and Medicine. *Journal of Adolescent Health* 67 (2020) 302-306
68. Co authored article on Psychological care in low-resource settings for adolescents *Clinical Child Psychology and Psychiatry* 2020  
<https://journals.sagepub.com/eprint/XWBH9RDNKF9JKM84A5SZ/full>
69. Associate Editor. Partha's Comprehensive Manual for Pediatric and Adolescent Practice 2020. JP Bros
70. Authored article on Parenting in IAP Awesome AYA Module 2020

71. Editor IAP Awesome Adolescent Young Adult Module under President Action Plan 2020
72. **Galagali PM.** Indian Journal of Adolescent Medicine: Need and Importance. Ind J Adol Med 2019, 1(1); 3-4
73. Authored article on Media usage in adolescents in Indian Journal of Practical Pediatrics 2019, 21 (4) pg 338-342
74. Authored article on Headache in adolescents in Indian Journal of Practical Pediatrics 2019, 21 (3) pg 266-272
75. Authored article on Angry Adolescent in Indian Journal of Practical Pediatrics 2019, 21 (2) pg 170-176
76. Authored chapter on Teen Aggression in Recent Advances in Pediatrics. Hot Topics. Ed. Gupte S. JP Bros 2018 pg165-73
77. Authored chapter on Drug Use in Adolescence in Mission Kishore Uday Module 2018-19, Comprehensive Adolescent Health Module on Teen Suicide Prevention and Intervention
78. Editor IAP Mission Kishore Uday Module under President Action Plan 2018-19
79. Authored chapter on Adolescent Nutrition in Post Graduate Textbook of Pediatrics 2<sup>nd</sup> edition. Ed Piyush Gupta JP Bros Medical Publishers 2018
80. Authored The Society for Adolescent Health and Medicine, USA, Position paper on Addressing Nutritional Disorders in Adolescents. Journal of Adolescent Health 2018, 63, pg120 -123
81. Authored article on Life Skill Education in IAP Karnataka Parenting Module 2018
82. Authored article on Adolescent Communication in IAP Cradle to Crayons Workshop Module 2018
83. Clippings on Adolescent Pediatrics. Indian Pediatrics. August 2017. Pg 695
84. Authored article on Scholastic Skills and High Risk Behaviour in IAP Parent and Parenteening Module 2017
85. Clippings on Adolescent Pediatrics, Indian Pediatrics, August 2016. Pg 756
86. Authored article on Adolescent Nutrition in Pediscan, Official Journal of IAP BPS. April-June 2016. pgs 10-14
87. Authored chapter on Adolescent Vaccination in Essentials of Vaccination. 2<sup>nd</sup> edition. JP Publishers 2016. pgs 258-271
88. Authored chapter on Adolescent Parenting in IAP Manual of Parent Care. Pee Pee Publishers 2016. Pgs 344-351
89. Authored chapters on Adolescent Neurobiology and Setting up Adolescent Services in Bhave's Textbook of Adolescent Medicine 2<sup>nd</sup> edition Pee Pee Publishers 2016
90. Authored article on Poor School Performance in Adolescence, Indian Journal of Practical Pediatrics 2015; 17: 116-122

91. Authored chapter on Adolescent Nutrition in Post Graduate Textbook of Pediatrics Ed Piyush Gupta JP Bros Medical Publishers 2015 pgs 992-998
92. Authored chapter on Defiance in Adolescence in Parenting from Womb to Adolescence Ed Suchit Tamboli CBS Publishers 2015. Pgs 367-373
93. Authored two chapters on History taking for Obesity in Adolescent Clinics and Sleep and Obesity in Obesity In Children and Adolescents. Ed Swati Bhave. IJCP Group of Publications 2014 pgs 60-68 and 106-112 respectively
94. Authored chapter on Common Adolescent Problems in Pediatrics for Practitioner Ed Sharad Thora, VP Goswami JP Bros Medical Publishers 2014 pgs 195-202
95. Authored chapter on Study Skills in Behavioral Problems in Children and Adolescents Ed Jaydeep Choudhry JP Bros Medical Publishers 2014 pgs 203-214
96. Editor IAP Mission Kishore Uday Module under President Action Plan 2013
97. Articles titled 'Approach to an Adolescent in Office practice' published in IAP Mission Kishore Uday Module 2013 pgs 96-106
98. Adolescent Sleep Problems and Behavior: A School Survey Dinakar C, **Galagali P**, Kumar S A, Abhishek HA. Published in Indian J Pediatr. 2013 Mar 29. [Epub ahead of print]
99. Authored chapter on Adolescent Health in Pediatric Textbook- Partha's Fundamentals of Pediatrics 2<sup>nd</sup> edition JP Bros Med Publishers 2013 pgs 465-475
100. Article titled 'Approach to an Adolescent in Office Practice' published in IAP Mission Kishore Uday Module 2013 pgs 96-107
101. Editor Module on Practical Approach to a Difficult Adolescent in Office Practice under President Action Plan 2012
102. Articles titled 'HEEADSSS Psychosocial Interview' and 'Adolescents and Road Safety' published in AHA IAP Trainers Module 2012 pgs 1-16
103. Case scenarios published in Adolescent Health and Medicine section of IAP Color Atlas of Pediatrics JP Bros Med Publishers 2012 pgs 328, 330
104. Article titled 'Adolescent Care in office Practice' published in AHA IAP Trainers Module 2011 pg 5-16
105. Ten case scenarios published in the book Adolescent Health Case Scenarios ed. Dr Swati Bhave published by Byword Books Private Limited 2011 pgs 25, 69, 92, 116, 163, 260, 270, 283, 314, 315
106. Article titled 'Adolescence and Life Skill Education' published in Recent Advances in Adolescent Health 2011 JP Bro Med Publishers pg 209-16
107. Adolescent Sleep Problems and Behaviour: A School Survey by Dinakar C, **Galagali P**, Kumar SA, Abhishek HA- Paper presented at Adolecon 2011, Calicut 2011. Was adjudged the Best Scientific Paper

108. Articles titled 'Communication with Children' and 'Scholastic Skills' published in IAP Parenting Module 2010 'Stepping Stones' pg 23-34 and pg 67-82
109. Authored article on 'Role of Pediatricians in Child Protection' in IAP CANCL group journal Dec 2007.
110. Authored 4 Articles in Adolescent Today, official journal of IAP Adolescent Chapter in 2007- Sexuality and sex education- a practical approach, Medicolegal aspects of Adolescent Practice and Article on Comprehensive Sexuality Education in 2009 issue and on Substance Abuse in 2010 issue
111. Authored Five Articles on Adolescent Medicine In The IAP Bangalore Journal Pediscan from 2002 to 2007- Adolescent Clinic, Adolescents and Smoking, Office based approach to an Adolescent Smoker, Study Skills, Life Skills
112. Authored Three Chapters in the 1<sup>st</sup> Indian textbook on Adolescent Medicine 'Bhave's Textbook of Adolescent Medicine' JP Bros 2006 pgs 9-16, 897-906, 920-928.
113. Recommendations on Recognition and Response to Child Abuse and Neglect in the Indian Setting- Aggarwal, Dalwai, **Galagali**, Mishra, Prasad, Thadani- Published in Indian Pediatrics June 2010 Volume 47, No.6 pg 493-505
114. 'Adolescent Life Skill Education. The Bangalore Experience'- Paper published in Indian Journal of Life Skills Education Volume 1 No.2 Jan 2010 pg 124-144
115. 'Menstrual Problems In School Going Adolescents- Is There Cause For Concern?'-Paper published in American Academy of Pediatrics Section on Adolescent Health Newsletter Volume 31 No. 2 Winter 2008 issue pg 9-12
116. 'Adolescent Life Skill Education. The Bangalore Experience'- Paper presented at International Conference of Life Skills 2009, Sriperumbdur
117. 'Menstrual Problems In School Going Adolescents- Is There Cause For Concern?'-Paper Presented At Adolecon 2006, Bangalore
118. 'Spectrum Of Adolescent Problems: A One Year Experience at a Newly Established Adolescent Clinic In Bangalore City'-Paper Presented At Adolecon 2005, Kolkata.-- Adjudged The Best Paper
119. 'Adolescent Care and Counselling'-A Dissertation prepared for PGD AP Degree under the Guidance Of Dr PP Maiya, Prof. and HOD, Pediatrics, MS Ramaiah Hospital, Bangalore
120. 'Clinical Study of Foreign Bodies In The Respiratory Tract Of Children' (A Study Of 100 Cases)- A Dissertation prepared for MD (Paed.) Degree under the guidance Of Dr. M K Karve, Assoc. Prof. Paediatrics, B.J. Medical College, Pune

## **PARTICIPATION IN NATIONAL AND INTERNATIONAL CONFERENCES/ SEMINARS AS / FACULTY/ SPEAKER**

1. Speaker and Moderator, Adolescent Counselling- Decoding the Adolescent Mind with Role Play, South Zone Mid Adolescon, Coimbatore, 14 July 2024.
2. Speaker, Digital Exploration in Children and Adolescents- To Be or not to Be, Webinar AHA Raigad and IAP Palghar, 4 July 2024.
3. Speaker, Polycystic Ovarian Syndrome in Adolescents, Federation of Obstetrics and Gynaecology Conference, Hotel Capitol, Bengaluru, 30 June 2024.
4. Speaker, Effective Communication and HEEADSSS, Webinar Series on Adolescent Counselling, AHA Chattisgarh, 27 June 2024
5. Panellist, Violence Against Children- Bullying and Cyberbullying, Pedicon, IAP Bengaluru, NIMHANS Auditorium, Bengaluru, 16 June 2024.
6. Speaker, Art and Science of Adolescent Healthcare, Dr PC Bopaiah Endowment Lecture, Pedicon, IAP Bengaluru, NIMHANS Auditorium, Bengaluru, 15 June 2024.
7. Speaker, HEEADSSS An Adventure through Adolescent Mind. Webinar by Association of Gynecologists of Delhi, 23 April 2024.
8. Speaker, Stress Management in Adolescence. Tete a Tete Women Pediatricians' Forum Webinar, 29 March 2024.
9. Speaker, International Chapter Round Table on Education and Innovations in Adolescent Health, Annual SAHM Conference 2024, San Diego, 14 March 2024.
10. Speaker, Workshop on Food Security. Annual SAHM Conference 2024, San Diego, 14 March 2024.
11. Speaker, Workshop on Dialectical Behaviour Therapy for Primary Care physicians. Annual SAHM Conference 2024, San Diego, 14 March 2024.
12. Speaker, Framing a position paper on counselling adolescents with higher weights, Nutrition Committee Special Interest Group. Annual SAHM Conference 2024, San Diego, 14 March 2024.
13. Speaker, Adolescent healthcare in Primary Care Settings in India- An experience of two decades. Boston Children's Hospital, Harvard Medical School, Boston, USA, 5 March 2024
14. Speaker, Adolescent healthcare in Primary Care Settings in India- An experience of two decades. Massachusetts General Hospital, Harvard Medical School, Boston, USA, 5 March 2024
15. Speaker, Stress and Adolescence, Mental Health of Adolescents Webinar, International Rotary, 18 February 2024.
16. Panellist, Consequences of Pressure Cooker Environment for Adolescents- Critical thinking on killing fields of coaching centres in India. Paediatric Conclave. Pedicon 2024, Kochi, 26 January 2024.

17. Speaker, Effective communication strategies between parents and adolescents. Pedicon 2024, Kochi, 25 January 2024.
18. Speaker, Non-communicable Diseases- the rising demon- origin in Adolescence. Pedicon 2024 Kochi, 24 January 2024.
19. Speaker, Basics of Adolescent Counselling. Central AHA and West Bengal AHA Webinar, 17 January 2024
20. Speaker, Strengthening Competencies in teaching adolescent health- a workshop, Online International symposium on Innovations and Updates in Education & Training in Adolescent Health, International Association for Adolescent Health, 15 November 2023
21. Speaker, Introduction to Adolescent Health & Adolescent Nutrition, Kolar, State level CME on Adolescent Health, 9 November 2023
22. Speaker, Management of Suicidal Behaviour in Clinical Practice, Bhilai, Chattisgarh Pedicon 23, 4 November 2023
23. Speaker, Life Skills in Clinical Practice, Adolescent Workshop, Bhilai, Chattisgarh Pedicon 23, 3 November 2023
24. Chief Coordinator and Speaker, Life Skills, Effective Communication & Counselling, Parenteening Workshop, Bidar, Karnataka State India Medical Association Conference, 27 October 2023
25. Speaker, Effects of Climate Change on Adolescents, Session on Our Planet, our well being, our say: Youth led action and the climate crisis, Online Global Forum For Adolescents, 11 October 2023
26. Speaker, Legal Issues in Adolescent Pediatrics Practice, Amritsar, Adolescon 2023, 8 October 2023
27. Speaker, Adolescent Well-being, National Forum on Adolescent well-being, Global Forum for Adolescents, National Event, Amritsar, Adolescon 2023, 8 October 2023
28. Speaker, Life skills & Adolescent Counselling, Workshop on Adolescent Well being for Doctors, Parents & Teachers, Global Forum for Adolescents, National Event, Gulbarga, Karpedicon 2023, 6 October 2023
29. Speaker, Sports Nutrition, Webinar, IAP Non-Communicable Disease Prevention Academy, 13 September 2023
30. Panellist, Polycystic Ovarian Syndrome Management- A multidisciplinary approach, PCOS Society of India Conference at Taj MG Road Bengaluru; 3 September 2023
31. Speaker, Indira Gandhi Institute of Child Health BAHA PG Program, Bengaluru; Introduction to Adolescent Health; 26 August 2023
32. Speaker, Webinar, IAP Adolescent Health Academy; Mental Health assessment in Adolescents; 20 July 2023
33. Speaker, Durgapur Pedicon and Mid Term CME AHA, Citi residency, Durgapur, West Bengal; Adolescent Behavior Problems; 16 July 2023

34. Speaker, Dr Nirmala Kesaree Oration Lecture and 13 Annual CME, SSIMS, BCH, JJMC, Davangere; Demystifying Adolescent Behaviour; 24 June 2023
35. Chairperson and Panellist, National Workshop in Child and Adolescent Psychiatry; St Johns Medical College and Hospital; Consultation Liaison in CAP; 8 April 2023
36. Speaker, PATH Program on Adolescent Health, MAHA IAP & AHA Nashik; HEEADSSS Interview; 2 April 2023
37. Speaker, E Gurukul Pathshala, NHL Medical College, Gujarat, IAP Screen time Guidelines; 25 March 2023
38. Judge, One Minute Video Competition on Positive Self Talk, IAP Navi Mumbai, International Adolescent Health Week; 25 March 2023
39. As an Expert at Life Skills Webinar, International Adolescent Health Week; 25 March 2023
40. As an Expert at IAP Navi Mumbai Webinar, International Adolescent Health Week, Anxiety and mood Swings in Teens; 21 March 2023
41. Speaker, Annual SAHM Conference, Chicago, Medical Improv Workshop; 10 March 2023
42. Speaker, Annual SAHM Conference, Chicago, Management of Complex Cases of Adolescent Suicide in Primary Care Workshop; 9 March 2023
43. Speaker, Annual SAHM Conference, Chicago, Impact of Social Media on Adolescent Nutrition Workshop; 8 March 2023
44. Moderator, Annual SAHM Conference, Chicago, Hybrid Special Interest Group Meeting International Adolescent Health Week; 7 March 2023
45. Speaker, IAP Webinar Indian Pediatrics Journal Ki Baat; Journal Club on the February Issue; 26 February 2023
46. Speaker, IAP 1<sup>st</sup> National Conference (online) of Non-Communicable Diseases Prevention Academy 2022; Building a healthy microbiome; 10 December 2022
47. Speaker, IAP Child Rights, Safety and Child Protection Program 2022; Webinar; Recognition, Response and Initial Counselling in Pediatric Clinic for cases of Child Sexual Abuse; 4 December 2022
48. Speaker, IAP National Medical Education Conference, St Johns Medical College, Bengaluru; TOT Workshop on Adolescent Health: Strengthening faculty competencies to Teach; Teaching HEEADSSS and Counselling, 24 November 2022
49. Lead Faculty, IAP Child and Adolescent Health Week, Bangalore Adolescent Health Academy, Rangadore Memorial Hospital, Bengaluru, Adolescent Counselling Workshop, 19 Nov 2022
50. Faculty, IAP Early Childhood Development Workshop, Gulbarga, Responsive Caregiving, 13 November 2022
51. Faculty, International Conference on Lifestyle Medicine, New Delhi, Adolescence Matters, 5 November 2022

52. Faculty, Adolescon, Kolkata, Panel on setting adolescent friendly health services, Experts session, Success stories from Adolescent Friendly Health Clinics, 4-5 November 2022
53. Convener and Faculty, Preconference Workshop, Adolescon, Kolkata, IAP Adolescent Counselling Workshop, 3 November 2022
54. Faculty, South Zone Pedicon, Belgaum, Yoga and Spirituality, 15 October 2022
55. Convener and Faculty, Preconference Workshop, South Zone Pedicon, Belgaum, IAP Adolescent Counselling Workshop, 14 October 2022
56. Faculty, South Zone Adolescon, Kochi, Adolescent Friendly Clinical Practice, 21 August 2022
57. Faculty, Preconference Workshop, South Zone Adolescon, Kochi, IAP Adolescent Counselling Workshop, 20 August 2022
58. Faculty, IAP Adolescent Counselling Online TOT, Adolescent Counselling, 8 August 2022
59. Lead faculty, IAP Early Childhood Development Workshop, Davangere, Responsive Caregiving, 17 July 2022
60. Faculty, Mid Term CME, IAP Assam, Dibrugarh, Patgiri Oration on Transitions in Adolescence, 3 July 2022
61. Speaker, IAP Journal ki Baat Webinar, Adolescent Friendly Health Guidelines, 26 June 2022
62. Moderator, Prime Time Conference, NHS UK and SNMC Bagalkot, Session on Adolescent Health, 2 June 2022
63. Faculty, IAP Early Childhood Development Workshop, Tirupati, Responsive Caregiving, 29 May 2022
64. Panelist, Cancer Research International, RTI UK Webinar, Future of HPV Vaccination in India, 25 May 2022
65. Speaker, AHA Nagpur, BAHA, IAP Amravati, Chandrapur Webinar, Basics of Counselling - Child Sexual Abuse, 27 April 2022
66. Speaker, IAP Ahmedabad Connect Golden Webinar, Adolescent Transitions, 20 April 2022
67. Moderator, IAP Ahmedabad Connect Series, Webinar, Panel on Adolescent Transitions, 6 April 2022
68. Speaker, IAP Chattisgarh AHA and Durg Bhilai Academy of Pediatrics, Webinar, Case Based Adolescent Health Issues, 31 March 2022
69. Speaker, Meet the Stalwarts Webinar, IAP Kerala, Adolescent Relationships, 30 March 2022
70. Moderator, IAP Pedicon 2022, Noida, Psychosocial issues in Pandemic and Disaster, 23 March 2022
71. Panelist, IAP Pedicon 2022, Noida, Youth Engagement, 23 March 2022
72. Speaker, Inaugural Ceremony, International Adolescent Health Week 2022, IAP Webinar, 17 March 2022

73. Speaker, Inaugural Ceremony, International Adolescent Health Week 2022, IAP Karnataka Webinar, 17 March 2022
74. Speaker, Legends and Legacies Webinar, IAP Bangalore, Webinar, Adolescent Health Today and Tomorrow, 7 March 2022
75. Speaker, Society for Adolescent Health and Medicine Conference, USA, Webinar, Workshop on Youth Engagement, 10 March 2022
76. Speaker, Society for Adolescent Health and Medicine Conference, USA, Webinar, Workshop on Suicide Prevention and Nutritional Disorders, 9 March 2022
77. Speaker, IAP NCD Academy World Obesity Day Webinar, Screen Time guidelines, 5 March 2022
78. Speaker, Society for Adolescent Health and Medicine Conference, USA, International Adolescent Health Week SIG Meeting, Webinar, 28 February 2022
79. Speaker, IAP Child Rights and Safety Program 2022, Webinar, First response of paediatricians, 27 February 2022
80. Speaker, IMA Women's Doctor Wing Webinar, Empowering Adolescents for Life, 26 February 2022
81. Speaker, IAP Karnataka Annual Conference, Vijayanagara, Adolescent Counselling, 4 December 2021
82. Moderator, IAP Karnataka Annual Conference, Vijaynagara, Panel on Substance Use in Adolescents, 3 December 2021
83. Speaker, CME, Mysore Adolescent Health Academy, Substance Use in Adolescents, 27 November 2021
84. Speaker, Beyond Horizons Meet the Doyens Webinar, IAP Kerala, Anger management in Adolescents, 25 November 2021
85. Speaker, Rangadore Hospital, Bangalore, Digital media use by children and adolescents, 19 November 2021
86. Speaker, National E Adolescon 2021. Medicinal value of meditation. 14 November 2021
87. Speaker, Chattisgarh AHA Webinar, Anger management in adolescents 30 October 2021
88. Faculty, National IMA Standing Committee for Child Health with IMA Pimpri Chinchawad Bhosari. Coping strategies: pandemic and beyond 27 October 2021
89. Faculty, IMA KSB Webinar series on COVID-19. COVID-19 & Schooling- Myths and Facts 5 October 2021
90. Faculty, Mission School Uday, IAP Jammu and Kashmir, Screen time- how much is too much? 18 September 2021
91. Faculty, IAP Bangalore Pedicon 2021, Expanding the use of pneumococcal vaccine in 6-17 years 18 September 2021

92. Faculty, Mission School Uday, IAP Karnataka, Screen time- how much is too much? 22 August 2021
93. Faculty, Children and Screen Time, Teen Fest, 1<sup>st</sup> IMA Adolescent health state conference Maharashtra, 14 August 2021
94. Faculty, Anger Management, IAP Durg Bhilai & AHA Chattisgarh, 14 August 2021
95. Faculty, Psychosocial issues during the Pandemic, Annual conference of Clinical Society, Tata main hospital, Jamshedpur, 8 August 2021
96. Faculty, Pediatric Update on adolescent health, IAP Maharashtra, 7 August 2021
97. Faculty, Parenteening Teens, AHA & IAP Hubballi, 30 July 2021
98. Faculty, IMA & IAP Coimbatore Virtual CME on Covid, Psychological issues in covid. 28 July 2021
99. Faculty, Mission School Uday, South zone TOT, Screen time- how much is too much? 19 July 2021
100. Chairperson, Psychosocial impact of pandemic on children- how to emerge stronger. IAP Mysore, 14 July 2021
101. Faculty, IAP Dysbiosis module, IAP Karnataka, Gut microbiome and its developmental changes, 13 July 2021
102. National Faculty, Mission School Uday National TOT, Screen time- how much is too much? 4 July 2021
103. Faculty, EPIC 1000 Empowering parents in childcare in first 1000 days, IAP Karnataka, Premarital counselling, 2&3 July 2021
104. Faculty, Mind Matters- during the pandemic & beyond. IAP Bangalore, 29 June 2021
105. Faculty, Covid & unlocking schools. IAP PATS &TCB. 27 June 2021
106. Faculty, Protective value of traditional healthcare approaches for children, NIMHANS, Ministry of Culture, 7<sup>th</sup> International Day of Yoga, 22 June 2021
107. Faculty, Adolescence update, AOP Gujarat, Approach to adolescent, 30 May 2021
108. National coordinator and faculty, Medicolegal management of CSA, Online workshop, 22 May 2021
109. Faculty, Awesome AYA Workshop, Coimbatore, 16 & 17 April 2021
110. Faculty, Awesome AYA Workshop, Bihar, 8 & 9 April 2021
111. Moderated a panel on Menstrual issues in Adolescents, IAP Bangalore, 16 March 2021
112. Faculty, SAHM Annual Meeting Virtual 2021, USA, Workshop on Nutritional Disorders in pandemic and Integrated behavioural health, 10-12 March 2021
113. Faculty, IAP Kerala & Kochi, AHA Kerala, Minds of the Future, International Virtual CME on Adolescent Health, Substance Use in Adolescence, 21 Feb 2021

114. Faculty, IAP Vadodra E Program on National Reproductive & Sexual Health Awareness Day, Adolescent Sexuality, 13 February 2021
115. Faculty, Bangalore Medical College & IAP Bangalore Program on National Reproductive & Sexual Health Awareness Day, 12 February 2021
116. Faculty, IAP Pathanamthitta E Program on National Girl Child Day , 27 January 2021
117. Faculty, IAP Raichur E Program on National Girl Child Day, 24 January 2021
118. Faculty, E CME on Adolescent Pediatrics, IAP Tamilnadu State Chapter, Approach to adolescent mental health issues, 9 January 2021
119. Faculty, Growth and Development Behavioural Pediatrics E Conference, Prevention of Adolescent Behavioral Problems, 22 November 2020
120. Faculty, National Adolescon , Motivational Interviewing,7 November 2020
121. Faculty, UP E Adolescon, Clinical Management of Adolescent Substance Use, 2 November 2020
122. Faculty, South Zone Adolescon, Adolescent Parenting, 4 October 2020
123. Moderated session on Digital Wellness in the age of COVID, International Webinar, Karnataka IAP, 27 September 2020
124. Faculty, Delhi AHA E Adolescon, Gynaecomastia, 26 September 2020
125. Faculty, AHA Nagpur Adolescent Health Webinar, Role of Pediatricians in Adolescent Suicide Prevention, 11 September 2020
126. Moderated session on Digital Wellness, IAP North Zone Pediweek 2020, 4 September 2020
127. Faculty at Bangalore Pedicon 2020, How to make an Excellent Presentation, on 29 August 2020
128. Faculty at FOGSI International Adolescent Health E- Conference, Role of Mindfulness in Adolescence, 28 August 2020
129. Moderated parenting webinar on Yoga for Mental Health Disorders, 14 August 2020
130. Faculty, AHA Nagpur Adolescent Health Webinar, Clinical Management of Substance Use in Adolescence, 30 July 2020
131. Faculty IAP Course on Mental Health and Adolescence, July 2020
132. Moderated webinar on Adolescent Mental Health and Immunisation by Bangalore Adolescent Health Academy on 16 July 2020
133. Faculty at ICANCL Digital Webinar, June 2020
134. Faculty at Digital Awesome AYA Program, Lucknow, Delhi, Jalandhar, Bangalore, Jaipur, Nagpur, Agra, May-June 2020
135. Faculty at Adolescent Mental Health Webinar by Lucknow AHA, Life Skills on 28 June 2020

136. Faculty at Digital Parenting Webinars on Sexuality by Surat IAP and AHA on 13 and 19 May 2020
137. Faculty at Digital IAP Platform and Parenting Forum on Golden rules of Parenting, 13 April 2020
138. Faculty at Digital IAP Platform on Psychological Effects of COVID -19, 11 April 2020
139. Faculty at Awesome AYA Program, Bijapur, February 2020
140. Faculty at Pedicon, Indore, January 2020
141. Faculty at Adolescon, Bangalore, August 2019
142. Faculty at Mission Kishore Uday Program, Kolkata, June 2019
143. Faculty at Mission Kishore Uday Program, Raichur, June 2019
144. Faculty at Bangalore Pedicon, Bangalore, June 2019
145. Faculty at Mission Kishore Uday Program, Dharwad, May 2019
146. Faculty at Teachers Training Workshop, VVS School, Bangalore, April 2019
147. Faculty at Annual SAHM Meeting 2019, Washington, March 2019
148. Faculty at National TOT, Mission Kishore Uday, February 2019
149. Faculty at Pedicon, Mumbai, February 2019
150. Faculty at Mission Kishore Uday Program, Bidar, January 2019
151. Faculty at Mission Kishore Uday Program, Mangalore, December 2018
152. Faculty at Mission Kishore Uday Program, Surat, December 2018
153. Faculty at Mission Kishore Uday Program, Rajnandgaon, December 2018
154. Faculty at Mission Kishore Uday Program, Bangalore, November 2018
155. Faculty at Mission Kishore Uday Program, Mysore, November 2018
156. Faculty at Adolescon 2018, November 2018
157. Faculty at Karnataka Pedicon, Dharwad, October 2018
158. Faculty at Pre conference Workshop Karnataka Pedicon, Hubli, October 2018
159. Faculty at Mission Kishore Uday TOT, Mumbai, September 2018
160. Faculty at IAP Karnataka Parenting Workshop, Chitradurga, August 2018
161. Faculty at IAP Karnataka Parenting Workshop, Mangalore, July 2018
162. Faculty at Cradle to Crayon Workshop and Behavioral CME, Kolkata, June 2018
163. Faculty at Bangalore Pedicon, Bangalore, June 2018
164. Faculty at Adolescent Health CME, Davangere, May 2018

165. Faculty at Adolescent Health CME, Bareilly, April 2018
166. Faculty at Annual Conference Society for Adolescent Health and Medicine March 2018, USA, Seattle
167. Faculty at IAP Karnataka Parenting Workshop, Dharwad, January 2018
168. Faculty at Preconference Workshop Pedicon 2018 under IAP Presidential Action Plan 2018 Cradles to Crayon
169. Faculty at Pedicon 2018, January 2018
170. Faculty at Adolescon 2017, Khajuraho, October 2017. Presented Adolescent Health Academy's White Paper on Age of Pediatric Care to Mr Ashwini Chaubey, Minister of State Health and Family Welfare, Government of India
171. Faculty at Pre Conference workshop, Tamilnadu State Conference, August 2017
172. Faculty at Bagalkot IAP Parenting Workshop, July 2017
173. Faculty at Bangalore IAP Parenteening Workshop, July 2017
174. Faculty at Hyderabad IAP Parenteening Workshop, May 2017
175. Faculty at Bangalore Pedicon, May 2017
176. Faculty at SAHM Conference, USA March 2017
177. National faculty at Pedicon 2017, January 2017
178. National faculty at Tamilnadu State Conference, 14 August 2016
179. National faculty at Pedicon 2016, 20 to 24 January 2016
180. National faculty at Gujarat Pedicon 2015, 19 December 2015
181. Faculty at Kerala State Level Workshop on Adolescent Health, 5 December 2015
182. Faculty at Karnataka Pedicon 2015, 24 to 27 September 2015
183. Faculty at Webinair, Chennai, 13 September 2015
184. National Coordinator School Health Program AHA, Adolescon 2015, 13 August 2015
185. National faculty at Adolescon 2015, Mangalore, 13 to 16 August 2015
186. Faculty at Adolescent Health CME, Gauhati, 14 June 2015
187. Faculty at Bangalore Pedicon 2015, 8 to 10 May 2015
188. Faculty at Punjab Pedicon 2015, Jalandhar, 19 April 2015
189. Faculty at Mission Kishore Uday, Chennai, 12 April 2015
190. Faculty at Mysore CME, 9 February 2015
191. National faculty at Pedicon 2015, 22 to 25 January 2015
192. National faculty at Adolescon 2014, Ludhiana, 15 November 2014

193. faculty at Adolescent Health Workshop, Karnataka Pedicon 2014, 31 October 2014
194. Faculty at Mission Uday Program, 15 October 2014
195. Faculty at Karnataka State Level Conference on Community Medicine, Belgaum, 11 October 2014
196. Faculty at Adolescent Health CME, JSS Medical College, Mysore, 9 October 2014
197. Faculty at Kerala Adolescon 2014, 28 September 2014
198. Faculty at Bangalore Pedicon, June 2014
199. Faculty at Adolescent Health CME, BR Ambedkar Medical College, Bangalore 8<sup>th</sup> March 2014
200. Speaker and represented IAP at launch of Government of India's National Adolescent Health Strategy, Rashtriya Kishor Swasthya Yojana 8-10 Jan 2014
201. Represented IAP at the WHO Regional Meet on Quality of Care under RMNCH+A strategy 16-18 Dec 2013, New Delhi
202. Faculty at SAARC summit of Pediatric Associations 2013, New Delhi
203. Faculty at Adolecon 2013, Pune
204. Faculty at South Zone and Karnataka State Pedicon 2014, Belgaum
205. Chairperson of an academic session on Typhoid, Karnataka State Pediatric Infectious Disease Chapter Conference 2013, Bangalore
206. Faculty at Vidharbha State Adolescent Conference 2013, Nagpur
207. Faculty at Adolescent Health CME 2013, Shimoga
208. Faculty at IAP Bangalore CME 2013
209. Faculty at Adolescent Health CME 2013, Bagalkot
210. Chairperson of an academic session at 1st IAP Allergy and Applied Immunology National Conference 2013, Bangalore
211. National faculty at Pedicon 2013, Kolkata
212. Faculty, Mysore PG and Refresher Course, Dept of Community Medicine 2012
213. National faculty at Adolecon 2012, Goa
214. Faculty, Approach to Difficult Adolescent in Office Practice. at Gurgaon, Jaipur, Hubli, Indore, Mumbai workshops
215. National Trainer, IAP and Adolescent Health Academy Program 2012, Workshop on Practical Adolescent Care
216. Faculty at IAP Bangalore CME 2012
217. National faculty at Pedicon 2012, Gurgaon

218. National faculty at Asia Pacific Conference on Child Abuse and Neglect 2011, New Delhi
219. Faculty at Karnataka Pedicon 2011, Bagalkot
220. National faculty at Adolecon 2011, Calicut
221. National faculty at Pediatric Pearls Program, IAP Shimoga 2011
222. National faculty at Lakeside Hospital CME 2011, Bangalore
223. Faculty at IAP BPS CME 2011
224. National Trainer, IAP Adolescent Health Chapter Program 2011, Workshop on Adolescent Care in Office Practice. Faculty at South Zone, East Zone and Central Zone Workshops
225. Faculty at International Adolescent Health CME 2011, Bangalore
226. National faculty at Pedicon 2011, Jaipur
227. National faculty at Adolecon 2010, Gurgaon
228. National faculty at the National Adolescent Resource Team Consultative Meet, Rajiv Gandhi National Institute of Youth Development, Sriperumbdur, April 2010
229. National faculty for The Adolescent Chapter Session at the IAP Satellite Subspecialty CME, October 2009, Hassan
230. Judge for the Award Paper Session at Adolecon 2009, Belgaum
231. Faculty at Life Skills Workshop and national faculty at Adolecon 2009, Belgaum
232. Faculty at Life Skill Workshops for pediatricians and adolescents and national faculty at Mid Adolescon 2009, Nagpur
233. Faculty at Pre Conference Pedicon 2009 workshop on ‘Clinical Assessment of child Physical and Sexual Abuse: A Pediatrician’s Guide’
234. Faculty at Pedicon 2009, Bangalore
235. Faculty at Adolecon 2008, Hyderabad
236. Faculty at Pedicon 2008, Bhuvaneshwar
237. Faculty at Indian Academy of Pediatrics- American Academy of Pediatrics CME December 2007, Bangalore
238. Faculty, IAP AAP CME 2007
239. Faculty at UNICEF- Tulir’s interdisciplinary seminar of medical professionals on Detection and Management of Child Abuse 2007, Institute of Child Health, Chennai
240. Moderator 10<sup>th</sup> National Conference of Pediatric Infectious Diseases 2007
241. National Faculty IAP CRPP 2007 and 2008
242. National Faculty IAP Adolescent Friendly School Initiative (AFSI) Under IAP Vision 2007

243. Faculty at IAP Adolescent friendly health services- AFISI trainers workshop in Mumbai 2007
244. Faculty for Adolescent Counselling Skills Workshop, IAP BPS Annual CMEP 2007
245. Faculty at Adolecon 2006, Bangalore
246. Faculty at Adolescent care CME 2005, St Johns Medical College, Bangalore
247. Faculty for Indian Academy of Pediatrics- Bangalore Pediatric Society (IAP BPS) Annual CMEP 2005 Workshop on Adolescent Care.

### **EDITORIAL COMMITTEE MEMBER/REVIEWER FOR SCIENTIFIC PUBLICATIONS/ JOURNALS**

- Chief Editor, We Connect, Official Publication of Women Pediatricians' Forum 2024
- Associate Editor, AHA IAP IJPP Adolescent Friendly Pediatric Practice 2024
- **Reviewer** Indian Pediatrics, Journal of Health and Research, Christian Medical College, Ludhiana, Clinical Child Psychology and Psychiatry, International Journal of Life Skills Education, Journal of Postgraduate Medicine, Pediatrics, BMJ Pediatrics 2022 to date
- **Review Editor**, Frontiers Pediatrics 2022 to date
- Editorial committee member, IAP Mission School Uday Module 2021
- Editorial committee member, IAP Early Childhood Development Module 2021
- Chairperson, Karpedicon Souvenir Editorial Committee 2020
- Chief Editor, IAP Awesome Adolescent Young Adult Health Module 2020-21
- Editor in Chief, Indian Journal of Adolescent Medicine 2019
- Chief Editor, Mission Kishore Uday Module 2018-19, Comprehensive Adolescent Health Module on Teen Suicide Prevention and Intervention
- Editorial Committee Member 2018-19, Child India, IAP Electronic newsletter
- Souvenir Editorial Committee Member, Bangalore Pedicon 2018
- Chief Editor, Souvenir Karnataka Pedicon 2015
- Chief Editor, Electronic Souvenir Karnataka Pedicon 2015
- Associate editor, Adolescent Today, official e-newsletter of Adolescent Health Academy 2014-2017
- Editor, E bulletin Jan- March issue 2013, news bulletin of IAP Bangalore
- Editorial board member 2011, Adolescent Today, official journal of Adolescent Health Academy
- Editorial Committee Member 2006, Pediscan, IAP Bangalore Journal

### **LIFE MEMBERSHIP OF PROFESSIONAL ORGANISATIONS**

- Indian Academy of Pediatrics (IAP)
- Indian Medical Association (IMA)
- Indian Academy of Pediatrics Bangalore
- IAP Adolescent Health Academy
- Bangalore Adolescent Health Academy
- IAP Chapter on Growth, Development, Behavioral Pediatrics
- IAP Child Abuse and Neglect Child Labour Group

- National Neonatology Forum Karnataka
- IAP Respiratory Chapter Karnataka
- Society for Adolescent Health and Medicine, USA
- Indian Association of Life Skills Education
- International Association of Adolescent Health
- IAP National Communicable Disease Prevention Academy (IAP NCDPA)
- IAP Environment and Child Health Chapter
- Women Pediatricians' Forum

## **POSTS HELD IN NATIONAL PROFESSIONAL ORGANISATIONS**

- Convener, Webinar Series on Adolescent Counselling- Basics and Beyond, AHA Chattisgarh 2024
- Advisor, Adolescent Health Academy IAP 2023, 2024
- Advisor, International Adolescent Health and IAP Child and Adolescent Health Weeks, AHA 2023
- Scientific Committee Member, Adolescon 2022
- State Convener, Adolescent Health Committee, IAP Karnataka 2022
- National Coordinator, IEC Material Committee, IAP NCDPA 2022
- National Joint Convener, IAP Child Rights and Safety Program 2022
- National Convener, IAP Adolescent Counselling Program 2022
- Central Executive Board Member IAP 2021
- Chairperson, Psychosocial care guidelines, IAP Karnataka Pediatric Covid Care Response Task Force 2021
- Convener and Lead, Screen Time Guidelines, IAP Parental Guidance Project 2020-21
- National Coordinator, IAP Digital Wellness and Screen Time Guidelines Committee 2020-21
- Editorial Committee Member 2020, Teens, AHA Lucknow E- Bulletin 2020-21
- National Scientific Convener, IAP Awesome Adolescent Young Adult Health Program 2020-21
- Chairperson Adolescent Health Academy 2019
- National Convener, IAP Clinical Guidelines, Adolescent Health Care 2019
- Chairperson, Scientific Committee, Adolescon 2019
- National Convener, IAP Mission Kishore Uday 2018-19, Teen Suicide Prevention and Intervention Program
- Scientific Committee Member, Adolescon 2017
- National Convener, Adolescent Health CME, Pedicon 2017
- Joint Organising Secretary and Chairperson, Souvenir Committee, Pedicon 2017
- Advisor, Bangalore Adolescent Health Academy 2013-2024
- Patron, Indian Association of Life Skill Education, Karnataka Chapter
- Scientific Committee Member, Adolescon 2016
- National Convener, Adolescent Health CME, Pedicon 2016
- Scientific Committee Member, Bangalore Pedicon 2015, 2016, 2017, 2018
- Chairperson, Souvenir Committee, Karnataka Pedicon 2015
- National Coordinator School Health Program AHA, Adolescon 2015
- National Coordinator, IAP DIET Program 2015
- Secretary, Adolescent Health Academy IAP 2014-15
- Convener Adolescent Health Workshop, Karnataka Pedicon 2014

- National Coordinator, Promoting Emotional Intelligence in Children IAP Program 2014
- National Convener, IAP Mission Kishor Uday, Comprehensive Adolescent Health Care Program 2013
- Founder Chairperson, Bangalore branch of Adolescent Health Academy IAP 2013
- Convener, IAP Karnataka Parenting Program 2013
- IAP Central Executive Member 2013 and 2021
- Convener of award winning IAP Bangalore Child and Adolescent Week 2012
- Convener of IAP Teen Day, Breast Feeding Week, ORS day and week, Child and adolescent Week Celebrations of IAP BPS 2012
- Academic Committee Member 2012-13, IAP Adolescent Health Academy
- South Zone Convener 2012-18, IAP CANCL Group
- Academic Coordinator AHA South Zone Workshop 211, Bangalore
- Convener, International Adolescent Health CME 2011
- Vice President 2011, IAP Bangalore
- Member of the National Adolescent Resource Team 2010, Rajiv Gandhi National Institute of Youth Development, Sriperumbdur, Ministry of Sports and Youth Affairs, Government of India
- Governing council member of Indian Association of Life Skill Education 2009
- Convener, Life Skills Workshop at Adolecon 2009, Belgaum
- Convener, Life Skill Workshops for pediatricians and adolescents Mid Adolecon 2009, Nagpur
- Convener, Pre Conference Pedicon 2009 workshop on ‘Clinical Assessment of child Physical and Sexual Abuse: A Pediatrician’s Guide’
- Organising Committee Member Pedicon 2009
- Convener IAP Bangalore Teen Day and Child and Adolescent Week Celebrations 2008-IAP BPS won the National Award for Best Celebrations
- Convener IAP Bangalore (BPS) School Health Education Program 2008
- Executive Committee Member 2007, 2008 IAP Growth and Development Chapter
- Executive Committee Member 2007, 2008, 2009 IAP Bangalore
- Organising Committee Member IAP AAP CME 2007
- South Zone Coordinator IAP Child Rights And Protection Program (CRPP) Under IAP Vision 2007
- Convener IAP AFSI Workshops 2007, Bangalore and Mysore
- Scientific Committee Member IAP Adolescent Friendly School Initiative (AFSI) Under IAP Vision 2007
- Coordinator Teen Day Celebrations 2007- IAP BPS won the National Award for Best Celebrations
- Convener for Adolescent Counselling Skills Workshop, IAP BPS Annual CMEP 2007
- Organizing Committee Member Adolecon 2006, Bangalore
- Convenor IAP BPS Teen Day Celebrations 2006 – IAP BPS won the National Award for Best Celebrations
- Coordinator IAP BPS Adolescent Week 2005
- Chief Coordinator for Indian Academy of Pediatrics- Bangalore Pediatric Society (IAP BPS) Annual CMEP 2005 Workshop On Adolescent Care.

## **POSTS HELD IN INTERNATIONAL PROFESSIONAL ORGANISATIONS**

- Member, Adolescent Health Program Committee, International Pediatric Association 2023-26
- Co- Chairperson, Nutrition Committee, Society for Adolescent Health and Medicine, USA 2023-2026
- Secretary, International Chapter, Society for Adolescent Health and Medicine, USA 2023-26
- Scientific Program Committee Member, Annual SAHM Conference 2021-25
- Co-lead, International Adolescent Health Week, Special Interest Group, Society for Adolescent Health and Medicine, USA, 2021-2023
- Member, Committee for Selection of Youth Ambassadors, International Adolescent Health Week Celebrations 2020-22
- Member, Nominations Committee, International Association of Adolescent Health 2021-23
- Co-Chairperson, Education Committee, International Association of Adolescent Health 2021-23
- Member, Youth Engagement Committee, Society for Adolescent Health and Medicine, USA 2021-2024
- Member, Committee on Mental Health, Society for Adolescent Health and Medicine, USA 2019-2025
- Member, Committee on Nutrition and Obesity, Society for Adolescent Health and Medicine, USA 2016-18, 2019-2022
- Convener, Task Force on Adolescent Health, Asia Pacific Pediatric Association, 2016-18
- Member, Media and Communication Committee, Society of Adolescent Health and Medicine, USA (SAHM) 2013-2015

## **PARTICIPATION IN COMMUNITY HEALTH PROGRAMMES**

Conducted over 2500 community programs on holistic health and life skills and workshops on various adolescent health issues for over 1million teachers, college lecturers, parents, college and school students, NGOs in different Indian states. Published many articles in national newspapers like Times of India, Deccan Herald, DNA and Bangalore Mirror on child and adolescent care. Appeared on national television as an expert on child and adolescent health issues.

## **MEDIA PUBLICATIONS/ PROGRAMS**

### **(a) International**

1. ‘Maximising Adolescent Health through Structure and Agency’ Essay in SAHM Matters, Society for Adolescent Health and Medicine, USA, Newsletter, August 2023
2. ‘ SAMH Annual Meeting 2017- A memorable learning experience as a winner of International Travel Scholarship’ in Society for Adolescent Health and Medicine, USA 50<sup>th</sup> Anniversary Souvenir Tribute Book. March 2018
3. ‘Reflections’ in Society for Adolescent Health and Medicine, USA Newsletter. April 2017

(b) **National**

S.No	Topic	Media House	Date
1	Teamwork makes the dream work: Benefits of co-learning for parents and children <a href="https://www.happiesthealth.com/articles/parenting/benefits-of-collaborative-learning">https://www.happiesthealth.com/articles/parenting/benefits-of-collaborative-learning</a>	Happiest Health	11 June 2024
2	Elon Musk is talking about AI-driven ‘Dopamine trap’ on social media; Here’s how it impacts children <a href="https://thesouthfirst.com/health/elon-musk-is-talking-about-ai-driven-dopamine-trap-on-social-media-heres-how-it-impacts-children/">https://thesouthfirst.com/health/elon-musk-is-talking-about-ai-driven-dopamine-trap-on-social-media-heres-how-it-impacts-children/</a>	The South First E newsletter	29 May 2024
3	Sting of contempt, lecture on sexual morality: Why unmarried women dread a visit to the gynaecologist <a href="https://thesouthfirst.com/health/sting-of-contempt-lecture-on-sexual-morality-why-unmarried-women-dread-a-visit-to-the-gynaecologist/">https://thesouthfirst.com/health/sting-of-contempt-lecture-on-sexual-morality-why-unmarried-women-dread-a-visit-to-the-gynaecologist/</a>	The South First E newsletter	25 May 2024
4	Iyurved’s choco-laced claims of addressing speech delay, hyperactivity are dubious, say experts <a href="https://thesouthfirst.com/health/iyurveds-choco-laced-claims-of-addressing-speech-delay-hyperactivity-are-dubious-say-experts/">https://thesouthfirst.com/health/iyurveds-choco-laced-claims-of-addressing-speech-delay-hyperactivity-are-dubious-say-experts/</a>	The South First E newsletter	25 April 2024
5	Opinion: Pornography a dangerous source of sex education for adolescents	The South First E newsletter	24 Jan 2024
6	Karnataka has a teen pregnancy problem: more than 28500 underage girls reported pregnant in 11 months <a href="https://thesouthfirst.com/health/karnataka-has-teenpregnancy-problem-more-than-28500-underage-girlsreported-pregnant-in-11-months/">https://thesouthfirst.com/health/karnataka-has-teenpregnancy-problem-more-than-28500-underage-girlsreported-pregnant-in-11-months/</a>	The South First E newsletter	20 Jan 2024
7	Teen UK Girl virtually gangraped in metaverse: Are Indian laws equipped to handle similar cases <a href="https://thesouthfirst.com/news/teen-uk-girl-virtually-gangraped-in-metaverse-are-indian-laws-equipped-to-handle-similar-cases/">https://thesouthfirst.com/news/teen-uk-girl-virtually-gangraped-in-metaverse-are-indian-laws-equipped-to-handle-similar-cases/</a>	The South First E newsletter	7 Jan 2024
8	Micronutrient deficiencies in children <a href="https://www.happiesthealth.com/articles/parenting/micronutrient-deficiencies-in-children">https://www.happiesthealth.com/articles/parenting/micronutrient-deficiencies-in-children</a>	Happiest Health Newsletter	28 Nov 2023
9	Handling Adolescent issues- Parenting Program <a href="https://youtu.be/sBrMbn9uvv4?si=4_hNWgHCPF_R2">https://youtu.be/sBrMbn9uvv4?si=4_hNWgHCPF_R2</a>	Jandhwani radio 90.4FM	20 Aug 2023
10	Why we need to parent our adolescents differently?	Live Mint	25 Feb 2022
11	Schools reopening	Vijay Karnataka	24 June 2021
12	This isn’t the last wave- schools must reopen	Times of India	23 June 2021
13	Hospitals disturbing question to COVID positive parents: What about your children now?	Indian Express	8 May 2021

14	Combating COVID 19- Parenting Tips	Dainik Hindustan	13 May 2020
15	Why are Teens Depressed?	Bangalore Mirror	19 Oct 2016
16	Spike in Chickenpox Cases amongst adults	Bangalore Mirror	4 Aug 2016
17	Tackle Bully with Diplomacy	Bangalore Mirror	6 July 2016
18	From Canes to Caring Hands	Deccan Herald	25 June 2016
19	A needle that could save kids' lives if produced indigenously	Bangalore Mirror	16 Jan 2016
20	Babies hurting as shortage hits painless DPT Vaccine	Times of India	22 June 2015
21	Viral Infection Spreading among kids	Bangalore Mirror	14 Oct 2013
22	Race to nowhere: Adolescent Sleep	Telegraph	23 July 2012
23	Students Burning Midnight Oil: Good or Bad?	DNA	20 June 2011
24	Chickenpox vaccine	DNA	10 Jan 2011
25	Flu Vaccine	DNA	10 Aug 2010
26	Food for thought and your child	DNA	9 Aug 2010
27	Kawasaki Disease	DNA	1 April 2010
28	Caring for Teens Future	Deccan Herald	28 May 2007

### **WEBINARS AND HEALTH EDUCATION PROGRAMS FOR PARENTS, TEACHERS, GRANDPARENTS AND ADOLESCENTS DURING COVID 19 PANDEMIC AND BEYOND**

1. Stress Management for Adolescents. Workshop for 65 Secondary School Teachers, Silicon City Academy for Learning, Kanakpura Road, Bengaluru, 30 May 2024.
2. Stress Management for Adolescents. Workshop for 50 PU College Teachers, BASE, Basvangudi, Bengaluru, 5 May 2024.
3. Nurturing open dialogue. Sexuality education. Workshop for 60 parents and 10 school teachers. Vidyanjali Academy for Learning, RT Nagar, Bengaluru, 10 February 2024.
4. Sexuality education- Why, what, what not, when and how. Key note address at the TEACH seminar organised by Bangalore Sahodya School Complex Association and Address Health for 150 school principals, Bengaluru, 14 December 2023.
5. Adolescent Behaviour, Interactive session for 350 students of National Public School, Chikbannavar, Bengaluru, 6 December 2023
6. Thriving through adolescence- Resilience and Well being Session- A workshop on Sexuality Education- Grades 7 to 10, IPA IAP AHA National event for Global Forum for Adolescents for 150 students of Vidyanjali Academy for Learning, RT Nagar, Bengaluru, 25 November 2023
7. Be kind to your body and mind- A workshop on Navigating puberty- for grades 5 and 6, IPA IAP AHA National event for Global Forum for Adolescents for 150 students of Vidyanjali Academy for Learning, RT Nagar, Bengaluru, 25 September 2023

8. Understanding adolescence, Empowering teachers- A teacher training workshop as a run up IPA IAP AHA Swami Vivekananda Youth Movement event for Global Forum for Adolescents for 60 teachers of Swami Vivekananda PU College, Saragur, Mysore 20 August 2023
9. PERMA model of Happiness for 800 parents and students of 1<sup>st</sup> PU of BASE PU College, 4 June 2023
10. Healthy lifestyle for 70 students of 10<sup>th</sup> std, Sreeram public School, Nagasandra, 16 November 2022
11. Demystifying Adolescence for 100 parents of 8<sup>th</sup> to 10<sup>th</sup> std. Vidyanjali School, RT Nagar, 29<sup>th</sup> October 2022
12. Comprehensive sexuality education, 6 interactive talks, for 215 students of 6<sup>th</sup> to 10<sup>th</sup> std, Vidyanjali School, RT Nagar, 2<sup>nd</sup> to 12<sup>th</sup> August 2022
13. Early Childhood Development, for 100 parents of VVS GCS, Bangalore, 30 June 2022
14. Adolescent Parenting- Golden Rules, for 300 parents of VVS Sardar Patel PU College, Bangalore, 23 June 2022
15. Stress and Time Management, for 500 students of VVS Sardar Patel PU College, Bangalore, 10 June 2022
16. Growing up Issues and Menstrual hygiene for 350 students of VES Public School, Tavakere, 23 March 2021
17. Building resilience in pandemic and beyond for 35 students of BASE School , Bangalore 28 September 2021
18. Preparing for the 3<sup>rd</sup> Wave for 250 parents of Vidyanjali Public School, Bangalore 29 August 2021
19. Building resilience in pandemic and beyond for 2000 students of BASE School and PU College, Bangalore 24 August 2021
20. Personality development. For 200 young adults. Navodaya dental college and hospital. 15 June 2021
21. Building resilience in children and adolescents. For 100 parents. Fincare bank. 12 June 2021
22. Menstrual hygiene. For 150 adolescents and young adults. Gyan Ganga, Rewa Madhya Pradesh, 11 June 2021
23. How woman should deal with COVID times? Myths and musts. Katalyst Annual Alumni Meet 29 May 2021
24. Menstrual hygiene for 500 adolescents from villages of North India on World Menstruation Day, 28 May 2021 organised by World Vision
25. Resilience in face of COVID, IAHW session with 25 adolescents, 21 March 2021
26. IAP AHA IAHW Yoga session for adolescents, dIAP Platform, 750 viewers 27 March 2021
27. Graduation ceremony, Primary Montessori, Vidya Niketan School, Bengaluru on 11 April 2021
28. Handling Challenges of Pandemic and Beyond- Adolescent empowerment program for 120 students of Aurbindo PU College, Bangalore on 12 November 2020

29. Building Resilience in Childhood and Adolescence- Parenting and grandparenting program for 40 members of the NGO, The Awakening Group on 11 November 2020
30. Adolescent Mental Health-Vital role of Parents- Parenting program for 450 parents of Delhi Public School East on 10 October 2020
31. Nurturing Adolescence: Challenges of Pandemic and Beyond- Teacher Empowerment Program by Bangalore Adolescent Health Academy for 157 teachers on 26 September 2020
32. Motivating Adolescent Learners during Pandemic- Smart Strategies for Teachers for 475 teachers of Sahodya Group of Institutions, Bangalore, 18 September 2020
33. Mental Health and COVID-19 for 50 students of CMS School, Lucknow on 23 August 2020
34. Be your Own Friend for 150 students of Vidyanjali School, Bangalore on 19 August 2020
35. Securing Children Online for 80 parents of Vidyanjali School, Bangalore on 16 August 2020
36. Dealing with Stress and Anxiety during lockdown for 45 parents of Gopalan School, Bangalore on 1 August 2020