

Department of Pediatrics - DHAKSHIN AHA CON -2026

Rajarajeshwari Medical College & Hospital, Bengaluru, in association with IAP AHA Central, Karnataka & Bangalore, successfully hosted DAKSHIN AHA-CON 2026 – South Zone Adolescent Health Conference on 29th and 30th August 2026. The conference was centered around the theme “Advanced Approach to Holistic Teen Wellness”, bringing together pediatricians, adolescent health specialists, psychiatrists, psychologists, postgraduate students, researchers and healthcare professionals to address the diverse and evolving health needs of adolescents.

The conference was conducted with the support of our beloved Founder Chancellor Dr. A. C. Shanmugam, Founder Chancellor. Dr. M. Singaravelu, President-Elect, IAP 2027, graced the occasion as the Chief Guest. The Other guests were Dr Sushma Desai Chairperson AHA Central, Dr Ravishankar president, Karnataka IAP, Dr Piyali Bhattacharya Chairperson elect AHA 2026, Dr Kushal Kumar Karnataka IAP Secretary, Dr Rajendra Salagare Karnataka AHA Chairperson.

The academic programme was meticulously planned under the leadership of Dr. R. Prema, Organizing Chairperson, and Dr. Padmavathi, Organizing Secretary, with Dr. Rajanish K. V., HOD, Department of Pediatrics, RRMCH, serving as the Co-Organizing Secretary. Dr. Rajendra Salgare, Co-Organizing Chairperson, along with the advisory, scientific, registration and reception committees, played an important role in the successful conduct of the event.

The two-day academic programme commenced with a dedicated pre-conference workshop on 29th August 2026, with “Addressing Common Emotional Challenges in Adolescents: Practical Skills for Pediatricians” as theme

The workshop was organized by the Departments of Pediatrics and Psychiatry, Rajarajeshwari Medical College & Hospital. It focused on practical approaches to recognizing emotional dysregulation and behavioral problems, differentiating non-suicidal self-injury (NSSI), suicidal ideation, suicide attempts and other self-harming behaviors, effective communication and emotional containment, brief psychotherapy-informed strategies and identification of red flags requiring referrals to child and adolescent mental health services. Interactive and case-based learning formed an important component of the programme, allowing delegates to translate theoretical concepts into practical clinical skills.

The main conference on 30th August 2026 featured a diverse scientific programme addressing multiple dimensions of adolescent health. The sessions included adolescent physical health, mental health and emotional well-being, sexual and reproductive health, preventive and community care, endocrinology, adolescent sports, cosmetic concerns and the future of adolescent healthcare.

Among the prominent scientific sessions were:

Mind–body interaction in adolescents, Endocrine chemical disruptors, Legal and ethical aspects of adolescent care, School absenteeism, Today's voices: Dialogue with Gen Z and Gen Alpha, Gut biotics, Polyendocrine Metabolic,

Teen bone metabolic health, Supplements – protein and beyond, Gym and workouts, Cosmetic awareness among adolescents, ocular changes among adolescents and Orthodontics.

A major strength of DAKSHIN AHA CON 2026 was its emphasis on interactive and practical learning rather than conventional didactic lectures alone. The programme incorporated expert lectures, interactive panel discussions, case-based learning, practical workshops and multidisciplinary discussions, encouraging meaningful participation and exchange of clinical experiences.

The conference also provided an academic platform for paper and poster presentations, with postgraduate students, residents, faculty and researchers invited to present their work across areas such as adolescent growth and nutrition, mental health, reproductive health, substance use and risk behaviors, chronic illness and transition care, and immunization and preventive health. The theme for the presentations was “Empowering Adolescents Through Comprehensive Care, Innovation, and Compassion.”

DAKSHIN AHA CON 2026 served as a valuable forum for strengthening awareness and clinical competence in adolescent healthcare. The programme successfully brought together multiple disciplines to emphasize that adolescent wellness extends beyond physical health to encompass mental, emotional, nutritional, reproductive, social and developmental well-being.

The conference received highly encouraging and positive feedback from delegates across country, who appreciated the relevance of the topics, the quality of the scientific sessions, the interactive nature of the workshops and discussions, and the practical clinical insights provided by the faculty. The enthusiastic participation and feedback from delegates reflected the success of the conference in achieving its objective of promoting comprehensive and evidence-based adolescent healthcare.

The organizing team, led by Dr. R. Prema, Dr. Padmavathi and Dr. Rajanish K. V., along with the entire organizing, scientific and support committees and department of Pediatrics RRMCH Staffs and postgraduates, deserves appreciation for their dedicated efforts in making DAKSHIN AHA CON 2026 a memorable academic event and an important milestone in advancing adolescent health education and practice.