

AICOG 2026  
15<sup>th</sup> January 2026, Thursday

## FOGSI COMMITTEE WORKSHOP

### POST-LUNCH WORKSHOP

## Adolescent Health Committee FOGSI Workshop On Adolescent Sexuality & Social Media

MOGRA HALL - 4<sup>th</sup> FLOOR - ROOM NO. 404 | CC BUILDING

**Convener:** Dr. Supriya Jaiswal

**Co-ordinator:** Dr. Jyoti Bhaskar

**Master of Ceremony:** Dr. Charu Modi, Dr. Supriya Arwari, Dr. Shradha Chakaiyar

| Time                                                                                                    | Topic                                                                                                                                                                                                                                                                                                                                  | Speaker                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Session: 1 - Panel Discussion</b>                                                                    |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                  |
| 02:00 PM - 02:30 PM                                                                                     | <p>The impact of Social Media on Adolescent Mental Health and Sexuality</p> <p><b>Panelists:</b><br/>Dr. S. Sampath Kumari, Dr. Arup Kumar Majhi, Dr. Ajay Mane, Dr. Vrishali Mane, Dr. Chandan Kachru, Dr. Sujata Deo, Dr. Nibha Mohan, Dr. Ranjana Sinha, Dr. Amita Sinha, Dr. Sowmaya Mani, Dr. Mousumi Das, Dr. Yogini Rolekar</p> | <p><b>Moderators:</b><br/>Dr. Girish Mane<br/>Dr. Supriya Jaiswal<br/>Dr. Supriya Arwari</p> <p><b>Experts:</b><br/>Dr. Ashwini Bhalerao<br/>Dr. Anita Singh</p> |
| <b>Session: 2 - Debate</b>                                                                              |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                  |
| <b>Judges:</b> Dr. Abha Rani Sinha, Dr. Vinita Singh, Dr. Usha Kumari, Dr. Charu Modi                   |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                  |
| 02:30 PM - 02:45 PM                                                                                     | Social media is corrupting adolescent minds and promoting unhealthy Sexuality                                                                                                                                                                                                                                                          | <p><b>For:</b> Dr. Prerna Keshan<br/><b>Against:</b> Dr. Shehla Jamal<br/><b>Expert:</b><br/>Dr. Rishma Dhillon Pai<br/>Dr. Shobha Gudi</p>                      |
| 02:45 PM - 03:00 PM                                                                                     | Should Parents Monitor Their Teen's Online Activities To Prevent Sexual Exploitation?                                                                                                                                                                                                                                                  | <p><b>For:</b> Dr. Neharika Malhotra<br/><b>Against:</b> Dr. Sheeba Marwah<br/><b>Experts:</b><br/>Dr. P. K. Shah<br/>Dr. Pragya Mishra Choudhary</p>            |
| <b>Session: 3 - Keynote Address</b>                                                                     |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                  |
| <b>Chairpersons:</b> Dr. Kumkum Sinha, Dr. Rajrani Choudhary, Dr. Lata Shukla Dwivedy, Dr. Meena Samant |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                  |
| 03:00 PM - 03:10 PM                                                                                     | Adolescent Sexuality                                                                                                                                                                                                                                                                                                                   | Dr. Suchitra Pandit                                                                                                                                              |
| 03:10 PM - 03:30 PM                                                                                     | Sex Education in Schools: Is it Effective in Reducing Teenage Pregnancies                                                                                                                                                                                                                                                              | Dr. Narendra Malhotra                                                                                                                                            |
| 03:30 PM - 03:40 PM                                                                                     | Screen Time limits for Adolescents                                                                                                                                                                                                                                                                                                     | Dr. Jaydeep Tank                                                                                                                                                 |
| 03:40 PM - 03:50 PM                                                                                     | Tips to handle your teens                                                                                                                                                                                                                                                                                                              | Dr. Nandita Palshetkar                                                                                                                                           |
| 03:50 PM - 04:00 PM                                                                                     | <b>Inauguration and Prize Distribution by AHC 2022 - 2025</b>                                                                                                                                                                                                                                                                          |                                                                                                                                                                  |