



FOGSI ICOG Masterclass on Let's work together for the Youth



Friday, 19th December 2025 | 4.00 to 7.00pm

3 ICOG CREDIT
POINTS

Chief Guest



Dr. Sunita Tandulwadkar
President FOGSI ICOG

Guest of Honour



Dr. Parag Biniwale
Chairperson ICOG



Dr. Sheela Mane
Chairperson Elect ICOG



Prof. Ashok Kumar
Vice Chairperson ICOG



Dr. Suvarna Khadilkar
Secretary General FOGSI



Dr. Sarita Bhalerao
Secretary ICOG

CONVENORS



Dr. Suchitra N Pandit
Representative to SAFOG (2024-25)



Dr. S. Shantha Kumari
Past President FOGSI



Dr. Supriya Jaiswal
Chairperson Adolescent Health
Committee FOGSI 2023-25

COORDINATORS



Dr. Girish Mane
Past Chairperson Of Adolescent
Health Committee FOGSI 2019-22

MOCS



Dr. Supriya Arwari



Dr. Priti Vyas

4.00 - 4.15 pm

Welcome address by Dr. Sunita Tandulwadkar, President FOGSI
& Dr.Parag Biniwale Chairperson ICOG

4.15 - 5.15 pm

Session 1

Chairpersons: Dr. Vidya Thobbi, Dr.Manju Puri

Time	Topic	Speakers
4.15 - 4.30 pm	Why communication skills are important for today's world	Dr. Sarita Bhalerao
4.30 - 4.45 pm	How can you present yourself better	Dr. Suchitra Pandit
4.45 - 5.00 pm	Time is important ...Manage it well	Dr. Ragini Agrawal
5.00 - 5.15 pm	Building resilience in Youth	Dr. Priya Ganesh Kumar
5.15 - 5.20 pm	Q and A	

5.20 - 6.25 pm

Session 2

Chairpersons: Dr. Shyam Desai, Dr. Charmila Ayyavoo

Time	Topic	Speakers
5.20 - 5.35 pm	Preventing substance abuse	Dr. Narendra Malhotra
5.35 - 5.50 pm	Are you depressed..speak up n ask for help	Dr. Chinmayee Ratha
5.50 - 6.05 pm	Preventing sexual, physical & psychological abuse in adolescents	Dr. S Shantha Kumari
6.05 - 6.20 pm	Self defence	Dr. Priti Vyas
6.20 - 6.25 pm	Q and A	

6.25 - 7.00 pm

Session 3 Panel Discussion

Time	Topic	Panelists
6.25 - 6.55 pm	How to maintain wellbeing of youth Moderators: Dr. Supriya Jaiswal, Dr. Girish Mane	Dr.Dipak Bhagde Dr.Soma Dutta Dr.Sudhir Shah Dr.Ami Surti Dr.Aakash Patki Dr.Supriya Arwari Dr.Mihir Balsarkar Mr.Aditya Vyas Dr.Bharti Maheshwari

6.50 - 7.00 pm

Vote of Thanks by Convenor



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