



KARPEDICON 2023



Workshop on Adolescent Well-being for Parents & Teachers

Adolescence - Strengthen the Age of Opportunity

FRIDAY 6th OCTOBER 2023 - VENUE: SEMINAR HALL, SAC BUILDING, HKES' HEAD OFFICE

PDA COLLEGE OF ENGINEERING CAMPUS, KALABURAGI

Time	Session	Faculty
09:00 am - 09:30 am	Ice breaking & Introduction to Workshop	All Faculty
09:30am - 10:00 am	Pubertal changes and Menstrual Issues	Dr. Usha Pranam
10:00am - 10:30 am	Psychosocial Development	Dr. Shantala Koujalgi
10:30am - 11:00 am	Romantic Relationships	Dr. Preeti Galagali
11:00am - 11:15am TEA BREAK		
11.15am – 12:00 Noon	Life Skills	Dr. Preeti Galagali
12:00 Noon – 12:30pm	Parenting Adolescents	Dr. Roopa B. Mangshetty
12:30pm – 01:00pm	Counselling	Dr. Preeti Galagali
01:00pm – 01:30pm	Counselling Role Play	Post Graduate Students
01:00 pm - 02:00 pm LUNCH BREAK		
2:00pm – 2:30pm	Digital Wellness	Dr. Usha Pranam
2:30pm – 3:15pm	Poor Academic Performance and Flag Signs of Mental and Neurodevelopmental Disorders	Dr. Shantala Koujalgi
3:15pm-3:30pm	Question and Answers	All Faculty
3:30pm : VALEDICTORY		

