Press Release:

City Clinic Group conducted the first ever International Conference on Adolescent Health titled ‘Sense and Essence of Adolescence’ 25,26,27th of October 2023.

Day 1: 25th October,2023

A CME on Adolescent Health was organized under the patronage of Kuwait Medical Association and Kuwait Pediatric Association. Over 200 doctors registered for the conference. The team of Medical Experts included those from CMC Vellore India and senior consultants in Kuwait. Dr. Maha Boursely, Vice president, Kuwait Pediatric Thalassemia Board offered the opening remarks and declared the CME open. Dr. Boursely appreciated City Clinic Group for pioneering this initiative and becoming the first institute in healthcare sector to address the needs of Adolescent health in Kuwait. Lectures highlighting every aspect of the adolescent medicine was taken. The best medical practices were communicated. The need of adolescent care was emphasized. It was highlighted that general practitioners and Pediatricians were important cornerstones for offering health care to adolescents. The relevance of the lectures was specially noted and the team was congratulated for the same. The whole show went flawless and everyone gained in knowledge and perspective.

Day 2: 26th October ,2023

The Indian Community School, Khaitan 8th&9th standard students took benefit of the workshop. There were 350 participants. There was an introductory lecture on adolescent Health followed by panel discussion with the experts. The students opened up their minds and hearts and were a curious lot wanting to learn and improve and correct. Separate sessions for girls and boys was conducted too. The whole staff of the school especially the Principal went out of the way to help us organize the event.

Day 3: 27th October,2023

The student workshop was conducted in Carmel School Auditorium. Over 350 participants attended the conference which included students, parents, teachers and counselors. The conference highlights were panel discussions, roleplays and focused discussions. There was a lot of interaction between the distinguished speakers and the participants. The Chief Guest for the valedictory function was His Excellency Dr. Adarsh Swaika, Indian Ambassador in Kuwait. He appreciated City Clinic for their novel idea of Adolescent Health awareness for schools.

As an offshoot of the conference Adolescent Clinic is being started in City Clinic Fahaheel.

Team of Medical Experts:

Dr Mona Basker Senior Professor, Adolescent Medicine Vellore, Dr Reshmi Assistant Professor, Adolescent Medicine CMC Vellore, Dr. Sathya Professor, Child and Adolescent Psychiatry, CMC Vellore, Dr Valsan Philip Verghese Senior Professor, Pediatric Infectious Diseases CMC Vellore, Dr Christina Irwin Consultant Gynecologist, KOC Kuwait.