

L.I.G.H.T

Let's Ignite Good Health Together



The Kids Clinic
Child Health Care Expert



DID YOU KNOW??



53% children in India are subjected to sexual abuse



India reportedly ranks highest in the number of teenage suicides



80% urban Indian girls hit puberty at the age of 11



51.2% only kids get their vaccinations done



20% Studies show that in India of children are overweight

Sexual abuse:

A survey conducted by Ministry of Women and Child Development in association with Unicef found that more than 53% of children in India are subjected to sexual abuse, but most don't report. In 50% of child abuse cases, the abusers were known to the child or were in a position of trust and responsibility.

Source: Times of India

Peer pressure:

India reportedly ranks highest in the number of teenage suicides. In fact statistics reveal that suicide rates among young teens and young adults have increased by almost 300 per cent.

Source: DNA: Student suicides: Is academic pressure sole reason?

Puberty:

More than 80 per cent of urban Indian girls hit puberty at the age of 11. And now experts say this comes with a risk of behavioural issues. And its not just girls, boys too are maturing faster than before.

Source: Indiatoday.in: Puberty much earlier.

Vaccination:

Only 51.2% of the kids get their vaccinations done.

Source: Wikipedia: Indian states ranking by vaccination coverage

Obesity:

Studies show that in India, nearly 15 to 20% of children are overweight. Another important concern is that as high as 60 to 70% may continue to be overweight or obese in adulthood.

Source: Hindustan times: Give weight to obesity



L.I.G.H.T Let's Ignite Good Health Together Program

Dear Sir/ Madam,

Greetings from TKC.

We are pleased to offer you a very special & unique program, which can cater to the needs of modern day parents and their children.

A BRIEF INSIGHT:

L.I.G.H.T is a program which confronts the new age socio-medical challenges with a strong execution platform. So be it bad nutritional habits, child sexual/ physical abuse, early puberty, peer pressure, adolescent counselling, parental challenges, we have designed an engaging way of resolving these challenges. We seek the participation of the three most important pillars which influences a child's mind and body. i.e. School : Parents : Doctors.

We on your behalf would engage with parents and kids alike and take the baton to ignite good health and knowledge which can help the school to represent itself also as a community leader.

L.I.G.H.T as a program is designed and executed by a team of professionals from the field of medicine. This team is a part of THE KIDS CLINIC.

We seek your appointment for explaining our proposition better.

Kindly Contact Us: Ahmedabad: 814-01-01-333, Mumbai: 865-55-245-55. Write to us: light@thekidsclinic.in



The Kids Clinic (TKC) is a venture of Kids Medical Systems Pvt Ltd. A company based out of Mumbai and Ahmedabad. We are the first pediatric clinic chain in the country and our vision is to offer the best of services in child health.

- A pioneer in child healthcare • Across two locations and eight clinics • Fully equipped with modern technology
- 10000+ parents engaged and served

Best Pediatric Clinic Chain
(Western India)



We Are



Supported by



We Support



In Media



THE APPROACH

The L.I.G.H.T Program has been designed based on an extensive research and study to create a holistic bucket of offerings.

Its objective is to understand the requirements as well as the tools which can enable effective learning and communication with the young minds and parents across diverse age groups.

Working Methodology: Engagement tools for an interactive learning

1. **Animated Videos:** Kids relate, enjoy and learn. Duration: 5 minutes
2. **Activity/Game based learning:** Participation creates easiness. Both for kids and parents. Duration 20 minutes
3. **Doctor/Education counselor participation:** Subject presentation. A credible authority on the proposed subject(s). Duration: 45 minutes
4. **Questions please?:** The real answers that parents seek. Duration : 45 minutes
5. **Feedback:** A way to judge our execution of the program at your disposal. Duration 15 minutes
6. **L.I.G.H.T Pledge:** A song which creates a ease of communication and connects the group emotionally. Duration: 5 minutes.

Total duration per session 2 -2.5 hours.

Suggested Pedagogy: Sessions which completes a cycle of effective learning

For each quadrant defined, the professionals in the team have designed specific set of sessions on subjects which create a 360 degree conduit of communication for its effectiveness to transform into the kids and parents alike.

L.I.G.H.T Program Calender of Events

Sr	Category A (2-5 years)	Sub Topics	Attendees		Additional Topics
			Parents	Children	
1	Nutrition	Fussy eaters - Methods	Parents		EIP (Special Child Service) Deworming
2	Vaccination	Additional Vaccines	Parents		
3	Parent Skills	Inculcating good habits e.g. eating @dinning table	Parents		
Category B (6-8 years)					
1	Nutrition	Balanced diet/limitation/avoidance of junk food, etc.	Parents	Children	EIP (Special Child Service) Deworming Nocturnal enuresis/Asthma/ Obesity
2	Protection from physical/sexual abuse	Bad touch / Good touch	Parents		
3	Parent Skills	Promoting Physical Activities	Parents		
Category C (9-12 years)					
1	Nutrition	Balance diet / Junk food	Parents	Children Children	EIP (Special Child Service) Nocturnal enuresis/Asthma/ Obesity
2	Peer Pressure	Educating the child/Learn to say no			
3	Parent Skills	Early Puberty	Parents		
Category D (13-16 years)					
1	Adolescent Counselling	Early puberty, sexual orientation		Children Children	EIP (Special Child Service) Child Behaviour Nocturnal enuresis/Asthma/ Obesity
2	Peer Pressure	Learning how to say no			
3	Parent Skills	Safety practices:-seat belts, helmets Generation Gap	Parents		

DOCTORS & EDUCATIONISTS

OUR L.I.G.H.T TEAM



Dr. Ramesh S. Iyer
Executive Director-
Pediatrics & Neonatology



Dr. Pragnesh Vachrajani
M.D Senior Family Physician,
Ex President - IMA,AHM



Dr. Nimish Shah
MD Paediatrics & Neonatologist



Dr. Karuna Singh
B.P.Th.,C/NDT, MIAP, FNR)
Pediatric Physiotherapist



Dr. Nischal Bhatt
M.D.- Pediatrics, P.G.D.- Adolescent
Pediatrics. P.G.-Pediatric Nutrition(Boston)
(Child Specialist and Teenagers' health consultant.
Adolescent Health Ambassador)



Dr. Grivita Raikkar
MBBS DCH



Niyati Shah
Trained Adolescent Counsellor
& Sex Educationist



Dr. Himanshu Desai
M.D, D.PM
Consultant Psychiatrist



Dr. Sudesha Bondre
MBBS DCH



Snehna Manchanda
MA(cp). DPC. PhD(r.a.)
Clinical Psychologist



Dr. Abhay Dikshit
MBBS, FCGP
Senior Family Physician



Sapna Kedia
Educationist &
Image Consultant



Dr. Jaswant Darbar
MBBS
Senior Family Physician



Dr. Swarupa R. Iyer
M.D, DGO, Obsterician,
Gynecologist and Fertility Specialist
Founder: Thane Garbhasankar
Kendra



Dr. Mehul Shelat
MBBS
Senior Family Physician



Jahnvi Shah
C/NDT,CCE
Consultant Occupational
Therapist



Dr. Sunil Chand
MBBS, MD



Shivani Amrute
B.Sc - Dietitics/ Nutrition,
PGD Medical & Lab Technology,
PGD Dietitics

IN THE NEWS

Sexually harassed girl succumbs to burns

dna AHMEDABAD

16-year-old 'quiet' student hangs self in classroom

AHMEDABAD, THURSDAY, APRIL 23, 2015
Ahmedabad Mirror

City under Meow Meow attack, NCB proves it's not

The cat's whiskers

While youths in Ahmedabad are losing their head over cheap party drug 'meow meow' that is delivered to their doorsteps, NCB in Gujarat fails to walk the talk

THE TIMES OF INDIA India

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Hyderabad girls go for shot to delay puberty

Bushra Baseerat, TNN | Oct 19, 2010, 06:26 AM IST

THE  NEW
INDIAN EXPRESS

Sexual Abuse of Minor: Parents Protest, Staff Being Questioned

By IANS | Published: 22nd October 2014 06:04 AM Last Updated: 22nd October 2014 12:45 PM

1000 PARENTS & KIDS & Counting...



BENEFITS FOR THE KIDS:

- Being more aware of their mind and body
- Strong orientation on protecting themselves from:
(1) Abuse (2) Peer pressure (3) Puberty (4) Parental expectations

BENEFITS TO THE PARENTS:

- Knowing the hard facts can help them being better prepared
- Being more connected to their responsibilities ahead.

BENEFITS TO THE ORGANIZATION:

- Being proactive rather than being reactive
- Taking the responsibility to lead from front
- Serious issues countered by senior professionals



www.thekidsclinic.in

In Mumbai:

Domivli (West): 83-83-83-83-84 | Dombivli (East): 86-555-74-555
Kalyan: 92-090-67-000 | Thane: (Hiranandani) 022-25316292
Thane: (Harinivas) 86-555-47-555

In Ahmedabad:

South Bopal: 83-47-72-24-44 | Anandnagar: 76-98-80-13-33
Jodhpur Cross Roads: 76-98-80-03-33