

#### Monthly e-Newsletter of IAP Chapter of Neurodevelopmental Pediatrics

#### IAP CHAPTER OF NEURO DEVELOPMENTAL PEDIATRICS

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#### **Editorial**

Respected Seniors and dear friends,

Autistic children and motivate them.

Greetings from Neurodevelopmental chapter of IAP!

2nd April is international Autism awareness day. Lots of awareness programs have been conducted by our chapter members in April. Glimpses are given in the end



We are increasingly coming across kids with Autism who have had exposure to screen from an early age. So I think it's very important for all Paediatricians to tell the parents to follow zero screen time till 2 years of age and after that if the speech and communication is normal then only show screen maximum 1 hour/day of educational programs. I think it is extremely important that this message goes to all the parents.

Jai Hind!

Long live IAP and our Chapter!

Dr. Lata Bhat

Chief Editor





#### Chairperson's Message

Dear Reader,

Season's Greetings to all of you!

The autism awareness month of April ushers in innovative and creative ideas for the children of autism. Last year, around this time, there was a nationwide awakening of early detection of autism through Diap platform and individual programmes. This year, our focus is on the paediatrician's role in its management. This issue covers individual and organisational efforts, in our care and promotion of an inclusive society. Our years of experience with children have shown the uniqueness of this neurodivergent group, their heterogenicity

However, with the human intensive nature of teaching, two questions arise in our minds: are we prepared to handle the situation? and, how far have we been able to take them within the existing management design? This calls for a rethink in the prevailing overload of instructional teaching, and head towards a more inclusive setting and let them grow.

and the individual interventional planning that are required.

Our learning continues. We continue to hear of many success stories, and this issue carries one such anecdote of a child of autism.

Happy reading,

Dr. Shabina Ahmed MD, FIAP

National Chairperson

Neurodevelopmental Pediatrics Chapter of IAP





#### **Snippets from the Secretary**

Respected Seniors and dear friends,

Greetings from the Neurodevelopmental chapter.

Hope this issue of newsletter find you all and your families in good health. The spring season brings with it colours and freshness after cold winters and we hope that you all are feeling the same. The positive vibes of the Pedicon held at Noida are still fresh in everybody's minds. We hope to build on the momentum generated. The chapter website is ready (www.iapndp.org) and I request all to visit the site and give us feedback on the email/ mobile listed on the website to help us improve it further. The future issues of the



newsletter will be uploaded on the chapter website only and will not be mailed as was being done earlier.

The national conference of the IAP Neurodevelopmental chapter will be held at Kolkata this year from 2-4 Sep and we look forward to meeting you all there in the city of Joy for an academic feast and a memorable experience. The conference details and registration link is at the end of the newsletter and all are requested to use the early bird discounts and get their travel bookings done. The theme for this year's conference is: 'Neurodevelopmental pediatrics - an idea whose time has come' and we aim to focus on the current issues of rising cases of NDDs and ethical issues in management of these cases.

02 April is World Autism Awareness day and this year, the theme for the day is "Inclusion in the workplace" which is the need of the hour as more and more cases are being diagnosed early these days and multidisciplinary therapy initiated early. The ultimate aim of all therapies is to bring all autistic cases to mainstream society which needs excellent care, coordination and understanding between doctors, parents and society. Studies have shown that there are multiple factors causing poor adulthood transition in autism: uncertainty of parental roles, poor person-environment fit, lack of integrated services, etc to name a few. There is a need for collaboration between government, society, businesses, parents and doctors to identify the barriers to successful transition in India and add these to the multidisciplinary management of autism. This will help all involved parties to start working early in life of the child towards overcoming these barriers and help autistic children become useful members of the society.

World health day 2022 is celebrated on 07 April every year and this year's theme is "Our planet, our health". The focus is on clean air, water and food which closely affect our lives at various levels. Many Neurodevelopmental conditions can be prevented by ensuring clean air, water and food and this in turn will help reducing the burden on the planet. We all should contribute at our personal levels towards these as Together Everyone Achieves More.

In this issue of newsletter, we have brought you some interesting articles on research and some of the issues/personal experiences faced by doctors, therapists and parents and lessons learnt from the last two years of Covid pandemic.

Happy reading...

Jai Hind! Jai IAP!

Long live IAP!

Wg Cdr (Dr) KS Multani

**National Secretary** 

IAP Chapter of Neurodevelopmental Paediatrics





#### **Journal Scan**

# Association Between Screen Time Exposure in Children at 1 Year of Age and Autism Spectrum Disorder at 3 Years of Age The Japan Environment and Children's Study

Megumi Kushima, Reiji Kojima, Ryoji Shinohara, Sayaka Horiuchi, Sanae Otawa, Tadao Ooka, Yuka Akiyama, Kunio Miyake, Hiroshi Yokomichi, Zentaro Yamagata, and the Japan Environment and Children's Study Group

JAMA Pediatrics April 2022 Volume 176, Number 4 384-391.

#### **Abstract**

**IMPORTANCE**: It is unclear to what extent the duration of screen time in infancy is associated with the subsequent diagnosis of autism spectrum disorder.

**OBJECTIVE**: To examine the association between screen time in infancy and the development of autism spectrum disorder at 3 years of age.

**DESIGN**, **SETTING**, **AND PARTICIPANTS**: This cohort study analyzed data from mother-child dyads in a large birth cohort in Japan. This study included children born to women recruited between January 2011 and March 2014, and data were analyzed in December 2020. The study was conducted by the Japan Environment and Children's Study Group in collaboration with 15 regional centers across Japan.

**EXPOSURES**: Screen time at 1 year of age.

**MAIN OUTCOMES AND MEASURES**: The outcome variable, children diagnosed with autism spectrum disorder at 3 years of age, was assessed using a questionnaire administered to mothers of the participating children.

**RESULTS**: A total of 84030 mother-child dyads were analyzed. The prevalence of children with autism spectrum disorder at 3 years of age was 392 per 100 000 (0.4%), and boys were 3 times more likely to have been diagnosed with autism spectrum disorder than were girls. Logistic regression analysis showed that among boys, when "no screen" was the reference, the adjusted odds ratios were as follows: less than 1 hour, odds ratio, 1.38 (95 % CI, 0.71-2.69; P = .35), 1 hour to less than 2 hours, odds ratio, 2.16 (95 % CI, 1.13-4.14; P = .02), 2 hours to less than 4 hours, odds ratio, 3.48 (95% CI, 1.83-6.65; P < .001), and more than 4 hours, odds ratio, 3.02 (95% CI, 1.44-6.34; P = .04). Among girls, however, there was no association between autism spectrum disorder and screen time.

**CONCLUSIONS AND RELEVANCE**: Among boys, longer screen time at 1 year of age was significantly associated with autism spectrum disorder at 3 years of age. With the rapid increase in device usage, it is necessary to review the health effects of screen time on infants and to control excessive screen time.



#### Success story of a 13 year old girl with Autism

# "13 year old Mumbai autistic girl swims across Palk Strait, sets record"

When Jiya was a little over two years old, she was diagnosed with Autism spectrum disorder. A few months later her doctor noticed that her repetitive knocking could be purposely applied in water sport as therapy. This worked wonders as Jiya seemed comfortable and develop a passion for swimming.

At the age of 13-years she has set a new record by swimming across the Palk Strait from Talaimannar in Sri Lanka to Dhanuskodi in Tamil Nadu, covering a distance of 29 km in 13 hours and 10 minutes on Sunday 20th March 2022.

By achieving the feat, Jiya Rai, daughter of Master Chief of Arms of INS Kunjali, became the youngest and fastest female swimmer in the world to swim across the Palk Strait. The previous record was held with Bhula Chowdhary who covered the distance in 13 hours and 52 minutes in 2004. The swimming commenced at 4.22



11-year-old Jiya Rai creates world \_ currentaffairs.adda247.com



13-year-old autistic TN girl swims .



India's Little Wonder: Jiya Rai Crea... www.zenger.news



Jiya Ral is fastest & youngest swi...
newzhook.com



India's Little Wonder; Jiya Rai Crea... www.zenger.news



Meet Jiya Rai, 12-Year-Old Girl Wit... thelogicalindian.com





Jiya Rai (Swimmer) Biography, Age... www.mixindia.com





#### Success story of a 13 year old girl with Autism

am on Sunday from Talaimanar and concluded at Dhanushkodi at 5.32 pm. The event was conducted and guided by the Para-Swimming Federation of India (PSFI).

Lankan Navy provided the search and rescue (SAR) cover to Jiya while swimming in Lankan waters while the Indian Navy and Indian Coast Guard ensured her safety in Indian water. Goa Shipyard Ltd provided financial support for this event.

Jiya Rai was earlier bestowed the "Pradhan Mantri Rashtriya Bal Puraskar (PMRBP) - 2022, the highest honour given to citizens below 18 years. She is the youngest and the first autistic girl to Swim from Worli sea link to Gateway of India, covering a distance of 36 km in February 2021.

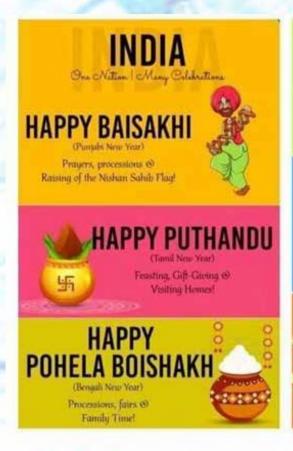
Jiya is the world record holder in the open water swimming. She is on a mission to become the first and youngest para swimmer in the world to swim seven oceans. In February 2021, Jiya became the youngest (12 years) and first girl with an autistic spectrum disorder to swim 36 km in 8 hours and 40 minutes from the Worli sea link to Gateway of India. In January 2021, Jiya became the first para swimmer to swim from Arnala Fort to Vasai Fort, covering a distance of 22 km in 7 hours and 04 minutes. In February 2020, Jiya became the first autistic spectrum disorder girl in the world to swim 14 km in 3 hours and 27 minutes from Elephanta Island to Gateway of India. Her name has been recorded in Asia Book of Records and India Book of Records. In March 2021, Jiya had won 3 Gold Medal in the Twentieth National para-swimming Championship-2020. She has won 24 Gold Medal and 1 Silver Medal in the National and State Swimming/Open Water Sea Swimming Championship.





April 2022

## **Month in pics**





Wishing you and your family Happiness God Bless

What his some





#### **Month in pics**



#### Indian Academy of Pediatrics West Delhi City Branch





# WORLDAUTISM



INCLUSIVE EDUCATION

2ND APRIL 2022 TIME - 2:30PM - 4PM





DR. SAMIR DALWAI

Development Paediatrician New Horizons Child Develop Centre, Mumbai. Treasurer CIAP 22

TOPIC - "CASE BASED LEARNING IN AUTISM"



DR. NEETA KEJRIWAL

Consultant Pediatrician Manipal Hospital Moderator



AUTISM- WHAT PAEDIATRICIAN NEEDS TO KNOW



(President)



"Holistic understanding of Autism"
World Autism awareness day program at
Mahavir mahavidyalay, Kolhapur, Maharashtra
conducted by Kolhapur Academy of Pediatrics
in association with INSPIRE Child Development
Center on Friday 1st April 2022.

Close to 120-130 Psychology students and teachers from Kolhapur and Sangli distric, Maharashtra attended the session.

Keynote speaker:

Dr. Dipti Chavan

Developmental Pediatrician

Inspire Child Development Center, Kolhapur,

Maharashtra

Speaker:

Dr. Kimaya Shah

President.

Kolhapur Academy of Kolhapur

The students did poster presentations and a small skit explaining about Autism!





**April** 2022















April 2022

#### **Month in pics**



# Autism awareness program

Free screening, activities for children parent education







## **Month in pics**











A street camp on autism awareness organised at bright beginnings CDC







April 2022

#### **Month in pics**











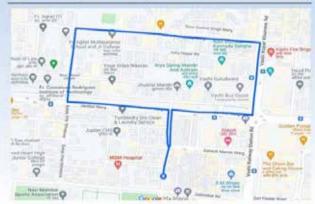


Sunshine Education Society in association with
Navi Mumbai Association of Pediatrics and
Forum For Autism invites you to the

#### RUN 4 AUTISM TO COMMEMORATE

World Autism Awareness Day on 2nd April 2022 from 7am to 8:30am.

Venue: Sunshine School, Sector-02, Vashi <u>Dress Code</u>: Blue colour to promote Autism Awareness Week.































Parents training workshop at SMIH Dehradun





#### **Month in pics**





World Autism Awareness Day every year celebrated on April 2nd worldwide to create awareness among people and to remove stigma from the society related to children and families with Autism. There was an event planned and celebrated similarly yesterday and 35 children with their parents (in toto 100) participated in the event with their cultural performances and talent from as young as 18 months to 12 years of age along with Doctor Parent discussion. Kids were distributed the goodie bags of the areas where parents need to work upon on their child made by a special parent of a special health care need.





#### **Month in pics**





World Autism Awareness Day celebrated at PROUDS CHILD DEVELOPMENT CENTRE in association with ACADEMY OF PEDIATRICS, NAGPUR on 02/04/2022. Esteemed speaker Dr Swati Panbude a mom, briefed parents on an important topic -" Diet in Autism spectrum Disorder". Chief guest Dr Smita Pakhmode madam delivered a motivational talk to parents. All queries of parents were answered by both faculties. President Dr Ramkumar Kiratkar & hon. Secretary Dr Pritesh Khatwar extended their valuable blessings. Vote of thanks delivered by Dr Dinesh Saroj. The entire program was meticulously managed by Mrs.Pragya Saroj. Around 60 parents & 12 therapists attended the program. Both faculties felicitated the team members. Attractive gifts & snacks distributed amongst kids with ASD.























**April** 2022



# EVELOPMENTAL | EDIATRICS | ODAY



#### **Month in pics**



The Child Conservation Foundation Rashtriya Sewa Bharti Presents



# NATIONAL WEBINAR - 92



Dr. Zafar Meenai Developmental Paediatrician Sub.: How does autism affect a Child's Development



Dr. Ritu Sharma Editor-in-Chief (Being Mindful) Sub.: How to control stress during exams





Chairman

Google Meet Link: meet.google.com/qhn-dzpd-wck

Toll Free No.: 1800 309 0404 WhattsApp: 9300628989

e-Mail: ccfindiaofficial@gmail.com www.ccfcare.in



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April 2022









Parent training workshop for autism for aims gorukhpur

Dr Shruti from Dehradun













April 2022



























Autism fun run today - Organized at Dehradun In association with IAP Dehradun and SGRR Medical College 100 participants ran 5 km. 1 child on spectrum performed a beautiful piano





**April** 2022

#### **Month in pics**



IAP Raigad



IAP Raigad





April 2022

#### **Month in pics**











Worried about your child's behaviours?

#### Learn to be a FAB Parent

Functional Analysis of Behaviour





Sunday- 10th April, 2022 10am to 1pm

iCAN Child Development Centre Deshpande Child Care Clinic Row House 1, Soni CHS, Plot No, F-83, Sector 12, Kharghar, Navi Mumbai, Maharashtra 41021

More details to follow!

For any queries contact us on - 98198 83002/9833135109 Limited spots only!

**Workshop for parents** 





#### **Month in pics**





On World Autism day 2022 live streaming of interview of Dr.Lata Bhat about parenting a child with Autism













**Autism awareness rally with IAP Pune** 













autism awareness and training children on communication using puppet show at saveetha CDC





**April** 2022

#### **Month in pics**



Autism awareness program On April 13, 2022 7:30-8:30 pm On Zoom teering ID: 821 7357 9493

12 th Foundation Day

#### **Parent Interaction**

#### Common queries, simple answers

How do I play with my child ?

My child has lot of behaviour issues !

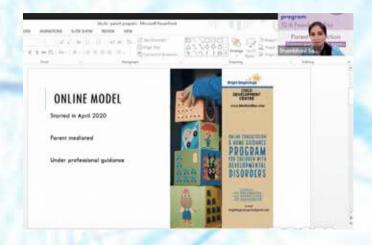
How do I encourage social behaviour in my child ?

How do I help my child with toilet training ?

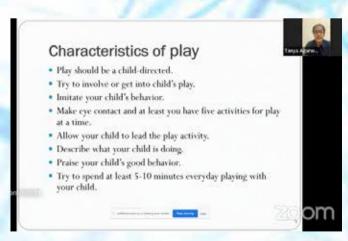
My child does not like to eat or try new food , what can I do ?

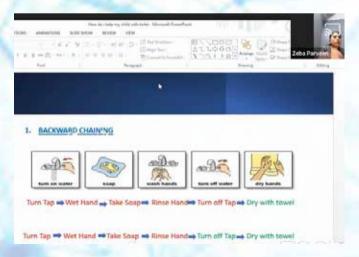
Our Experience with tele consultation and intervention

WWW.BBCDCONLINE.COM













April 2022

#### **Month in pics**



Screening Tools in Autism



+91 9819162191 info@enablemychild.org



**Live Zoom Webinar for Doctors!** 

zoom



15th April 2022, Friday 9 pm



Dr. Samir Dalwai Developmental Pediatrician NHCDC



Dr. Barkha Chawla Developmental Pediatrician NHCDC



Dr. Hilla Sockhadwalla Developmental Pediatrician NHCDC







# IAP PALGHAR DISTRICT BRANCH OBSERVES WORLD AUTISM DAY 2022

#### AUTISM SPECTRUM DISORDER IN MY OPD



THURSDAY 14 th April 3.30-5 pm

SPEAKER

Dr Leena Deshpande
Developmental Paediatrician
Navi Mumbai



MODERATOR

Dr Shailesh Barot

Dr Anjali Gokarn Presideni IAP Palghar Dr Vaibhavi Barot Secretary IAP Palghar

Dr Anuradha Palwankar Treasurer IAP Palghar





# **Month in pics**









Please enroll your child
For details & Registeration, Plz WhatsApp on
9819883002







