

# YOUNG DOCTORS' MOVEMENT NEWS

## THE SPICE ROUTE SOUTH ASIA REGION



### YDM Webinars



Date: Sunday, 28th March 2021  
Time: From 13:00 - 14:30 GMT



"Healthy Eating"  
Ore Taiwo Makinde  
Nigeria



"Physical Activity"  
Abdul Hadi B Abdul Manap  
Malaysia



"Reducing Stress"  
Hella Al Othman  
Saudi Arabia



"Avoiding Harmful Habits"  
Marina J. Ivanovic  
Bosnia and Herzegovina

Register: <http://www.wonca.net/ydm-webinar-03>

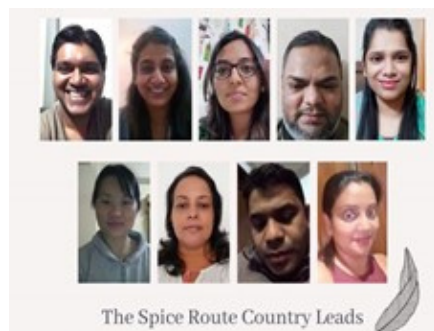
Co-organized by:



The WONCA Young Doctor Movement hold regular webinar sessions every other month and the Spice Route Movement made active contributions in organizing these webinars. Also Dr. Serin Kuriakose (the Spice Route Chair India) contributed in the first webinar. The recent webinar on **"Lifestyle Medicine: A leap towards a healthy life"** was hosted by the Spice Route and AfriWon on 28th March 2021.

### Module on Leadership Skills

Dr Kinley Bhuti (ASPIRE programme representative/Chair Spice Route Bhutan) designed a module with series of presentations on **"Leadership Skills."**



These presentations were informative, also reflected the qualities of a true leader and presented in regular council monthly.

### The Spice Route Website

The Spice Route designed a website by the name of [woncaspiceroute.org](http://woncaspiceroute.org) and was launched in April 2021.

### Commemoration of Important Days

The Spice Route commemorated some important days by circulating social media messages or videos benefiting the general public as well as family doctors. Some of the important messages circulated were, **International Day of Education** on 24th January by Bangladesh, **International Women's Day** on 8th March by Bhutan, **International Day of Happiness** on 20th March by India and **World Water Day** on 22nd March by Nepal.

### The Spice Route Council Meetings & CPD Activities

The Country leads of the Spice Route Council regularly meets virtually via Skype every first Sunday of the month to discuss and plan the future activities. Also regular CPD activities for young doctors of their respective countries have been organized by Sri Lanka, India and Pakistan by the name of GPs' Café, Spice Route Classroom and The Lounge, respectively.

**Zainab. M. Anjarwala, Secretary - The Spice Route**