



**TEERTHANKER MAHAVEER MEDICAL COLLEGE &
RESEARCH CENTRE
Delhi Road, Moradabad – (U. P.)
DEPARTMENT OF OBG**

Phone No.: **Extn. No. 1651**

Ref. No. TMMC & RC/OBG

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ADOLESCENT HEALTH TAKING CHARGE FOR AWARENESS AND DEVELOPMENT.

Module one: Introduction to adolescent female's health:

Objectives -

Realizing importance of delaying age at marriage, reducing incidence of teenage pregnancy, meeting unmet contraception need, reducing the maternal mortality, reducing STI incidence and reducing HIV prevalence.

1. Define adolescence
2. Components and objectives for adolescence health and Goals for adolescent females.
3. Indicators of health

Module two: Sensitization towards national program, scheme, facility available

Objectives- Realizing importance of influencing health-seeking behavior of adolescents and demographic dividend.

- How to Address Adolescent Health issues, when to refer clients to health facilities, or other service delivery points such as Integrated Counselling Testing Centre (ICTC), Non Communicable Diseases clinics etc.
 - Role of service providers MO, ANM, ASHA and Counsellors at AFHCs located at Primary Health Centers (PHCs), Community Health Centers (CHCs) and District Hospitals (DHs) and Medical Colleges
 - Services provided by government - Understanding in detail
1. Rastriya Kishore Swasthya Karyakram (RKSK)
 2. school health and wellness program,

3. RMNCH-A (Reproductive, Maternal, Newborn, Child and Adolescent Health),
 4. Mahila Samakhya Program, 6.
 5. The Adolescence Education Programme (AEP), 7.
 6. YUVA- Youth Unite for Victory on AIDS
 7. Balika Samridhi Yojana
 8. Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG): SABLA
 9. Kishori Shakti Yojna (KSY)
- Equitable, Accessible, Acceptable, Appropriate, Effective, Comprehensive services for adolescents.

Module Three : Menstrual health and pubertal care

Objective - creating Awareness about menstrual hygiene and health, role of nutrition in females,

- To increase awareness among adolescent girls on Menstrual Hygiene
- To increase access to and use of high quality sanitary napkins to adolescent girls in rural areas.
- To ensure safe disposal
- Nutrition - Dietary and supplements
- Eating disorder

Module 4 - Adolescent mental health, its determinants and influencers and Adolescent Friendly health clinic

Objectives - understanding initiatives of GOI, WHO strategies, role of physical activity / YOGA

1. Mental health and its facilitators, addressing risk taking behaviour
2. Promotion and prevention strategy for early detection and treatment of mental disorders
3. Substance abuse , LIVE LIFE - guide for suicide prevention
4. Knowing Protection of Children from Sexual Offences (POCSO) Act 2012

Module: 5 - School visit

Objective - interactions to Understand the issues of school going children, various other concerns expressed by the school

Total: 16 hours

Note:

- This course will be done over the period of 3 months with lectures and practical including field works

References-

1. Kishori Shakti Yojana, Ministry of Women and Child development, gov. of India. wcd.nic.in/kishori-shakti-yojana
2. Nutrition Programme for Adolescent Girls (NPAG)-ICDSWCD. icds-wcd.nic.in/npag/npag.htm
3. Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG): SABLA. wcd.nic.in/schemes/rajiv-gandhischeme-empowerment-adolescent-girls-rgseag-sabla
4. Balika Samriddhi Yojana by the Ministry of Women and Child development. <https://india.gov.in/balika-samriddhiyojana-ministry-women-and-child-development>
5. Adolescent Reproductive and Sexual Health (ARSH).
6. NRHM. pipnrhm-mohfw.nic.in/index_files/high_focus_non_ne/orissa/arsh.pdf.
7. Nath A, Garg S. Adolescent friendly health services in India: A need of the hour. Indian J Med Sci. 2008 Nov;62(11):465-72.
8. Mahila Samakhya Program. Ministry of Human Resource development, Gov. of India. mhrd.gov.in › School Education
9. The Adolescence Education Programme (AEP). hrd.gov.in/adolescence_programme
10. RMNCH+A - Government of India - National Health Mission. www.nrhm.gov.in/nrhm-components/rmnch-a.html
11. Rashtriya Kishor Swasthaya Karyakaram. nrhm.gov.in/rashtriya-kishor-swasthaya-karyakram.html
12. Protection of Children from Sexual Offences (POCSO) Act 2012. <http://indiacode.nic.in/amendmentacts2012/> .