

National Activities

Adolescent Health Activities carried out by IAAH-Gujarat Branch

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I N F O

Adolescent Health Sessions at School

1. Adolescent health education session for school adolescent girls was conducted at UHTC Petlad on 27th March 2018. 30 Adolescent girls participated in the session. Dr. Hemshree Parmar (Third year resident) conducted session on menstrual hygiene, hand hygiene and nutrition.



- Adolescent health session was conducted for girls, age group 12-16 years of Bhadran Kanya Shala on 4th July 2018 at Bhadran by Dr Manisha Gohe, Professor, Community Medicine department, PSMC. 150 girls participated in the session. Session was focused on to create awareness about Reproductive system, menstrual hygiene and changes (physical and emotional) occurring during adolescence stage. Girls students were motivated to discuss the issues during the session.



- Adolescent health sessions were conducted for 9th and 10th standard girls in Kasturba Kanya Vidyalaya, Anand by Dr. Hemshree Parmar on 7th August 2018. Total 50 girls participated in sessions. The topics which were included in the session were Anatomy of female reproductive system, Physiology of menstruation, menstrual hygiene and changes with puberty. Girls participated enthusiastically in the sessions.
- Adolescent health session was conducted for 9th and 10th standards school girls in Piplav high school at Piplav on 14th August 2018. Total 50 girls participated in sessions. The topics which were included in the session were growing up, problems faced by adolescents, menstruation and menstrual hygiene.
- Adolescent health was conducted for female students of Jagnath Mahadev Gurukul, Anand on 19th September 2018, Total 75 girls, age group of 15-18 years participated in session and also asked questions enthusiastically. The topics included adolescence, puberty and menstrual hygiene.
- Community Medicine department celebrated World AIDS Day with school children at Bhadran on 1st December 2018. Dr Uday Shankar Singh talked about HIV/AIDS with school children. Medical and Nursing students performed a skit on HIV/AIDS topics to explain the mode of transmission, prevention and treatment of HIV/AIDS, guided by Dr Manisha Gohe. Dr Deepak Sharma conducted quiz in school on HIV/AIDS and winners were felicitated on World AIDS Day celebrations at Bhadran school.



7. A session on Adolescent health was conducted for School girls, age group 12-16 years of Sarol Shala on 26th December and Bhadran Kanya Shada on 28th December 2018 by Dr Chitra Pandya, First year PG, Community Medicine, PSMC. 30 girls participated in the session. It included interactive session covering the topics like Female Reproductive Tract system, menstrual practices and hygiene, myths surrounding menstruation, good touch-Bad touch and emotional and Physical changes occurring during adolescence. The session on Hygiene was conducted for girls in the age group 7-10 years. The session mainly focused on hand washing and personal hygiene. A brief introduction to menstruation was given. In total 4 sessions, spanning 1.5 hours each were conducted over a span of two days. The sessions ended with personal interaction with the girls and they were encouraged to ask questions in private or open, as convenient to them.

Adolescent Health clinic at Bhadran (RHTC of Community Medicine Department)

8. We have started Adolescent Health clinic at Bhadran in 2017. We run a clinic on a regular basis at RHTC center. Our observations are anemia is still prevalent problem among adolescent. We perform Hemoglobin ad provide anemia treatment to students having anemia. White discharge is second next problem among adolescent girls. We conduct adolescent health education session before a day of clinic in school. After the session, Adolescents having issues or problem visit the clinic next day and get treatment & counselling accordingly. Dr Manisha Gohel runs clinic for girls and Dr Deepak Sharma for boys at RHTC at Bhadran, District Anand.