

# **Adolescent Health Programmes in India**

# Rashtriya Kishor Swasthya Karyakram (RKSK)

- The Ministry of Health & Family Welfare
- Launched on 7th January, 2014.

# Objectives:

- Improve Nutrition
- Improve Sexual and Reproductive Health
- Enhance Mental Health
- Prevent Injuries and violence
- Prevent substance misuse
- Prevent non communicable disease

# Services provided

- WIFS
- Clinics and counselling
- Peer Educator & Adolescent Health Day
- Menstrual Hygiene Scheme

# Kishori Shakti Yojana

- Launched – year 2000
- Key component of ICDS
- Aim–
  - Breaking the intergenerational life cycle of nutritional & gender disadvantage and providing a supportive environment for self development

# Objectives

- To improve nutritional and health status of girls in age group of 11-18 years
- To provide required literacy and numeracy skills through the non-formal stream of education
- To stimulate a desire for more social exposure and knowledge and to help them improve their decision making capabilities
- To train and equip the adolescent girls to improve/upgrade home-based and vocational skills

- To promote awareness of health, hygiene, nutrition and family welfare, home management and child care
- To gain a better understanding of their environment related social issues and the impact on their lives
- IFA supplementation along with deworming
- Education for school dropouts and functional literacy among illiterate adolescent girls
- Non-formal education to adolescent girls. Emphasis on life education aspects including physical, developmental and sex education is given.

# Beneficiaries

- Adolescent girls who are unmarried and
- Belong to families below the poverty line
- School drop-outs



# Nutrition Programme for Adolescent Girls (NPAG)

- It was initiated as a pilot project (2002-03)
- Centrally sponsored scheme
- 51 identified districts across the country
- Aim - address the problem of under-nutrition among adolescent girls.
- 2004-2005 (Stopped)

- Objectives

- To improve nutritional status
- To create gender awareness and development of adolescent girls.

- **Beneficiaries:**

- Adolescent girls (11-15 years) with body weight less than 30 kg
- Adolescent girls (15-19 years) with body weight less than 35 kg

- **Eligibility criteria:**

- Adolescent girls (11-19) - registered in an Anganwadi Centres irrespective of financial status of the family to which they belong.

# Benefits

- Improvement of nutritional and health status of girls.
- Training and equipment of adolescent girls to upgrade home based vocational skills.
- 6 kg of free food grain (rice) per month per beneficiary.
- Promotion of health, hygiene, nutrition, family welfare, home management and childcare.
- Better understanding of their environment related social issues and its impact on their lives.

# Balika Samridhi Yojana

- Launched by Government of India in 1997
- Aim - to delay the age of marriage

## **Objectives:**

- To change negative family and community attitudes towards the girl child at birth and towards her mother.
- To improve enrollment and retention of girl children in schools ,to increase the age of marriage of girls and to assist the girl to undertake income generation activities.

# Beneficiaries

- Girl children belonging to families below the poverty line.
- Who are born on or after 15th August, 1997.
- The benefits are restricted to two girl children in a household irrespective of number of children in the household.

- A post birth grant amount of Rs. 500
- **Payment**
  - Attaining 18 years of age
- **Withdrawl of benefit**
  - Girl getting married<18yrs she will not be given the benefit
  - In case of death all money will be withdrawn

# National AIDS Control Programme

- Under NACO Adolescent Education Programme developed which focuses primarily on prevention through awareness building
- The Adolescent Education Programme is one of the key policy initiatives of NACP
- Relevant messages on sexuality and relationships are developed and disseminated for youth via posters, booklets, panels and printed material.



- **The Adolescence Education Programme (AEP)**
  - Co-curricular adolescence education in classes IX-XI
  - Life skills education in classes I- VIII
  - Inclusion of HIV prevention education in pre-service and in-service teacher training and teacher education programmes.

- Inclusion of HIV prevention education - out-of-school adolescents and young persons
- Incorporating measures to prevent stigma, discrimination against learners/students and educators and life skills education into education policy for HIV prevention.

# Adolescent Friendly Health Clinics (AFHCs)

- ‘Maitri’ in Maharashtra
- ‘Udaan’ in Uttrakhand
- ‘Sneha’ in Karnataka
- **The objective** of it being addressing the stigma behind accessing the adolescent services.

# Services provided

- Counselling and curative services
- **Counselling services-**
  - Nutrition
  - Puberty
  - RTI/STI prevention
  - Contraception and delaying marriage

- **Curative Services available at AFHC**

- Treatment of severe malnutrition
- Treatment of common RTI/STI problems
- Treatment of menstrual disorders
- Treatment for sexual concerns of males and female
- Mental health service/management of depression

- Treatment of non-communicable diseases and other common ailments
- Management of injuries related to accidents and violence
- Management of substance misuse
- Treatment of non-communicable diseases like hypertension, stroke, cardio-vascular diseases and diabetes