

# Understanding Adolescence



Rural Development Institute  
Himalayan Institute Hospital Trust

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Himalayan Institute Hospital Trust,  
Swami Ram Nagar,  
P.O: Doiwala  
Dist: Dehradun -248140, Uttarakhand, India  
Telephone 0135-2471426, Fax 0135-2471427  
[hihtrdi@gmail.com](mailto:hihtrdi@gmail.com)

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## Foreword

*During adolescence a person undergoes several physical, mental and emotional transformations. Many doubts and questions arise in young minds during this phase of life, but many times adolescents are unable to seek solutions to these queries. This could be attributed to a shy nature or to society's attitudes, which often have strict boundaries of right and wrong. With simple information youngster can have clarity of mind that will help them become strong individuals & face life's issues creatively.*

*The booklet is divided into five parts, which deal with the physical and mental changes occurring during adolescence, balanced nutrition and personal hygiene, reproductive and sexual health, safe motherhood and childcare and emotional health related to adolescents.*

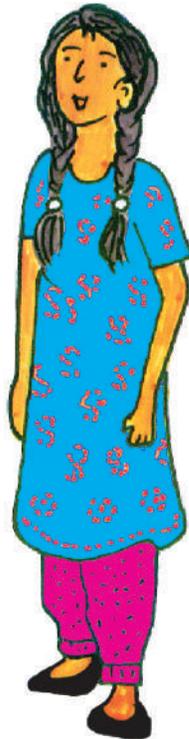
*This book is designed to address the information needs of the adolescents which will help to translate into meaningful actions. Habit formed during this time will help to determine the future course of events in their lives. With this booklet, we are attempting to answer certain questions that arise in adolescents' minds. We hope that it will help in answering the queries in young minds and help them in their future lives.*

*The booklet had been developed with the combined efforts of Ms. B. Maithili, Director, Rural Development Institute (RDI), Himalayan Institute Hospital Trust (HIHT) Dr. Dartika Saxena, Programme Officer, RDI, Assistant Professor, Dept. of Community Medicine Dr. Shweta Gupta (Consultant), and Ms. Shruti Swamy, as well as other staff members of RDI-HIHT and medical students.*



## Part I

### Physical And Psychological Changes During Adolescence



### Physical & Mental Changes During Adolescence

*Adolescence is a dynamic stage in a young person's life, and it involves several physical and mental changes. Because of the physical and mental transformations young people experience during this time, many questions and doubts can come up. This section of the book deals with these questions and makes a humble effort to address them.*

#### What is Adolescence?

*The stage of life that falls between childhood and adulthood is called adolescence. Young people between the ages of 10-19 years are called adolescents. This period involves a number of physical, mental and emotional changes. Young boys and girls become mature men and women once they have undergone these changes.*

#### What are the physical changes that occur during adolescence?



*Several physical changes occur in boys and girls during adolescence. The changes that occur in boys are deepening of voice, increase in height and weight, broadening of chest and shoulders, muscular development, strengthening of bones and overall physical development. This stage also leads to skin changes such as emergence of pimples and acne, and appearance of facial hair in the form of beard and moustache. Genital organs as penis and scrotal sac develop and skin color darkens.*



*Several physical changes occur in girls also. These changes are increase in oil content of the skin, increase in sweating, increase in height and weight, broadening of hips, development of breast and nipples, growth of pubic hair, development of reproductive organs, and the commencement of menstruation.*

**What are the mental and emotional changes occurring during adolescence?**

*Adolescence brings about a variety of mental and emotional changes along with it. Boys and girls start demanding more independence and privacy. There is a change in the thinking process of the individual, leading to the development of new values and habits. New relationships also start developing. All this brings about greater maturity in the person.*

*However, at this time some negative changes may also occur, such as frequent changes of thoughts and ideologies leading to clashes and arguments with elders, heightened alienation and anger, increased irritability, mood swings, rebellion, insecurity and opposition to others.*

*At this stage, youngsters may also experience attraction to the opposite sex. Sexual attraction or desire can take the forms of thoughts or dreams. These feelings are completely normal.*

**What causes these changes?**

*A small gland called the pituitary gland, located in the brain, produces several hormones. These hormones are known as pituitary hormones, and they control the action of other glands of the body such as, thyroid, adrenals, testis, ovaries etc. This leads to the release of testosterone from testis and estrogen from ovaries. These hormones lead to the above-mentioned physical and mental changes.*

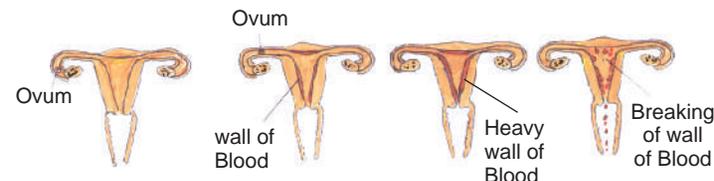
**Do these physical and mental changes occur at the same time in all adolescents?**

*It is not necessary that the changes occur at the same time in all individuals. Changes occur naturally at different times in different individuals and should not be a cause of concern for anyone. Some boys and girls may experience the changes earlier than others. However, the changes usually start between the ages of 10-13 years in girls and around 12 years in boys.*

**What is menstruation? What happens during menstruation?**

*Menstruation is bleeding through the vagina. This bleeding occurs for 2-7 days every month and is in the form of drop-by-drop oozing through the vagina.*

*The ovaries release an egg or ovum every month inside the female body. There*



*is a possibility that this egg may fertilize by fusing with a sperm. Simultaneously, the uterus prepares itself to receive the fertilized egg by forming a thin lining of tissue on its inner surface. This tissue is very vascular or rich in blood supply. However, if the egg does not get fertilized, the tissue lining breaks down and is released from the body in the form of bleeding through the vagina. This bleeding is called menstruation.*

**Does the bleeding occur regularly every month?**

*Yes, this bleeding occurs for 2-7 days at an interval of 28-35 days. Menstruation may naturally be irregular for the first two years and should not be a cause of concern. Menstruation commences at adolescence and continues to the age of 45-50 years. Termination of menstruation at the above mentioned age is called Menopause.*

*However, the bleeding may stop intermittently due to several reasons, the most important of which is pregnancy. It may also stop due to stress or illness. In cases of irregularity in the menstrual cycle, the adolescent girl must visit a doctor.*

**Is menstruation a disease, especially one that is spread through contact (chooth)?**

*Menstruation is a normal occurrence. It is not a disease, chooth or shameful incident. During a menstrual period, the girl should not be restricted from carrying out her daily life activities within her house and outside. She should wash her hair, bathe, enter the kitchen, and go to school as she would on any normal day.*

*During bleeding or sometime before the bleeding occurs, the girl may experience pain or stress in her lower back, stomach and thighs. She may also suffer from headaches. If any of these symptoms occur before menstruation, they are called Pre-menstrual Syndrome (PMS). These symptoms are not an indication of any illness and disappear on the commencement of menstruation. But, if these*

*symptoms increase in intensity or cause too much of discomfort during or even after menstruation the adolescent must visit a doctor.*

**What precautions must be taken by the girls during menstruation?**

*The girl must use pads made of clean, soft cloth or sanitary pads available in the market to absorb the blood. This pad should be changed at least twice or thrice a day (according to the amount of blood loss). She should bathe daily and maintain complete cleanliness of her private parts. The dirty pads should be wrapped in paper and discarded in the dustbin.*



**What should an adolescent girl do in case she has pain during menstruation?**

*Pain during menstruation is a very common complaint among adolescent girls. Girls should never stick to bed when menstruation starts, instead they should keep on doing their routine activities and after each hour should take some hot liquid. If excessive pain occurs in the lower part of the abdomen, She should rest and apply hot compress by a hot water bottle to her lower abdomen. These methods usually help in relieving pain. However, if the pain becomes unbearable, medication must be taken on the advice of a doctor.*

**Should adolescent girls be immunized against Tetanus?**

*As per the National Immunization Schedule all those who have received DPT immunization should be given Tetanus Toxoid injection at 10 yrs. & another at 16 yrs. if there is no proper history of DPT or TT immunization than all adolescent girls who is between the ages of 10-16 years should be immunized against Tetanus two times, at an interval of one month. She should maintain good personal hygiene during bleeding. The immunization helps to prevent against Tetanus that may otherwise occur in the lack of personal hygiene during menstruation or during labor, in case the girl becomes pregnant.*



## Part II

# Balanced Diet And Personal Hygiene



## Balanced Diet & Personal Hygiene

Adolescence is a period where physical growth and development occurs at a very rapid pace. Thus, it becomes essential for adolescents to take proper balanced diet and pay attention to their personal hygiene. These measures would help in preventing malnutrition and other diseases. This part of the booklet discusses these issues briefly.

### What is balanced diet? Why is it important during adolescence?

A diet that contains carbohydrates, fat, proteins, vitamins, minerals, fibre and water in the adequate proportions, is called a balanced diet. Carbohydrates can be obtained from grains such as wheat, rice, bajra, etc. Carbohydrate provides energy to our body. Protein, which is very important for the development of our bodies, is obtained from pulses, milk, curd, eggs, meat etc. Fat is obtained from ghee, butter, mustard oil, peanut oil, etc. Green vegetables, milk and eggs are important sources of vitamins and minerals. Vitamins help in preventing our bodies from various diseases.



It is essential to consume a balanced diet during adolescence. Deficiency of any of the essential food elements could lead to diseases in the body. If such diseases occur during adolescence, growth of the body could be hampered and the individual may suffer from malnutrition. Adolescents should consume all grains, pulses, fruits and vegetables available during the season. Non-vegetarians should also consume eggs, meat, fish etc. A balanced diet helps in improving health and also leads to proper increase in height and weight. It is advisable that there be no disparity between boys and girls regarding the food they eat.

Adolescent girls and boys gain 35-50% of the adult weight and 20-25% of the adult height during adolescence. The National Family Health Survey (N.F.H.S) statistics has set standards of height and weight of adolescent boys and girls according to the age, details of which is illustrated opposite:

Age (years)	Adolescent boys		Adolescent girls	
	Height (Cms)	Weight (Kgms)	Height (Cms)	Weight (Kgms)
10.0	137.5	31.4	138.3	32.5
11+	140	32.2	142	38.7
12+	147	37.0	148	38.7
13+	153	40.9	155	44.0
14+	160	47.0	159	48.0
15+	166	52.6	161	51.4
16+	171	58.0	162	53.0
17+	175	62.7	163	54.0
18+	177	65.0	164	54.4

Source: Indian Council of Medical Research

24 Hour Diet Recommendations						
	Adolescent Boy			Adolescent Girl		
	10-12 yrs	13-15 yrs	16-18 yrs	10-12 yrs	13-15 yrs	16-18 yrs
Energy (K Cal)	2200	2500	2700	2000	2100	2100
Protein (gms)	54	70	78	57	65	63
Calcium (mgms)	600	600	500	600	600	500
Iron (mgms)	34	41	50	19	28	30

Source: Indian Council of Medical Research

## What should be kept in mind while you eat?

*Food must be consumed in a calm atmosphere. It is advised to say a small prayer before eating. This also helps to create a calm atmosphere. The individual must sit comfortably. Food must be thoroughly chewed into a smooth paste, which can be swallowed easily.*

*Anemia is a very common problem during adolescence. It can be found in both boys and girls. It occurs when the hemoglobin concentration in blood becomes lower than the normal concentration. The normal concentration of hemoglobin in blood for girls is 12 gms/100mgs and for boys it is 13 gms/100mgs or more. An adolescent suffering from anemia is said to be anemic.*

## What are the symptoms or indicators of anemia?

*An anemic person tires easily, feels dizzy, has shortness of breath. In addition he/she suffers from headaches and lack of sleep (insomnia). There is yellowish discoloration of finger and toenails, hair loss and loss of appetite. Swelling of the feet occurs on prolonged standing. In severe cases of anemia, there is generalized swelling of the entire body.*

## What are the causes of anemia?

*Anemia occurs due to many reasons, the most important of which is deficiency of iron in daily food intake. Other causes are worms in the intestine, malaria, dysentery or bleeding from any part of the body. Excessive menstrual blood loss and deficiency of iron in daily diet are the main causes of anemia in adolescent girls.*

## How can anemia be prevented?

*To avoid anemia, adolescents must consume green leafy vegetables in adequate quantities. Apart from this, iron can be added in the daily diet through grains, sprouted pulses, jaggery, dates etc. Food rich in vitamin C as amla, lemons, oranges, etc. should be consumed with iron rich foods so that the intestines are able to absorb the iron better. Use of iron utensils for cooking food is also an important method of obtaining iron. Non-vegetarians should consume meat and fish, as they are rich sources of iron. Adolescent girls should also take*

*one iron folic acid tablet per week to avoid anemia caused due to menstrual blood loss. This tablet should not be consumed with milk or tea, as intestines will not be able to absorb iron properly. The iron tablet may produce some side effects as nausea, vomiting or heartburn. If these occur, the tablet can be taken at bedtime or half an hour after dinner. If the symptoms do not subside, a doctor should be consulted.*



**What is the importance of iodine? What happens when iodine becomes deficient in the body?**

*Iodine enables proper growth of the brain and body, and consumption is very important for the body in all stages of life. Iodine deficiency leads to swelling in the neck, which is commonly called goiter. Lack of iodine in children can lead to physical and mental growth retardation. Iodine deficiency during pregnancy can lead to miscarriage, or physical and mental retardation of the baby.*

**What is the importance of iodine fortified salt in our diet?**

*Use of iodine-fortified salt in our daily diet is the easiest way to avoid iodine deficiency disorders. This salt is like any common salt. It is very important to use iodine-fortified salt in hilly areas like Uttarakhand because the incidence of iodine deficiency disorders is higher in such areas.*



**What is Night Blindness? How can it be prevented?**

*Night Blindness, most commonly found in young children, is a disease caused by the deficiency of Vitamin A. Its main symptom reduced vision during the dark. This temporary blindness can lead to full time blindness if the disease is left untreated. Consuming green leafy vegetables,*



yellow fruits like ripe papaya, pumpkin and mangoes, carrots, milk, eggs and fish can prevent the disease. Vitamin A deficiency leads to symptoms of conjunctival xerosis, bitot spots, corneal xerosis and keratomalasia. Every child should be immunized against Night Blindness by vitamin A according to the table given below:

Schedule of Vitamin A administration		
Age of child	S. No	Dosage
9-12 months	First	1,00,000 I.U (half spoon)
13-36 months	Second to fifth dose at 6 monthly interval	2,00,000 I.U (one spoon)

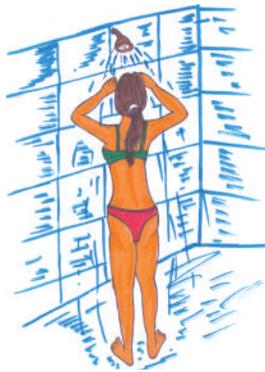
What is personal hygiene?

The act of keeping oneself clean is called personal hygiene.

How can personal hygiene be practiced?

All adolescents must pay attention to the following points in order to maintain personal hygiene:

- ★ Teeth should be brushed twice daily, once after waking up in the morning and once before going to bed at night.
- ★ Adolescents should bathe daily with soap so that all dirt, sweat and bad odor are washed away.
- ★ Penis, vagina and anus should be cleaned during bathing and kept dry. Clean clothes should be worn after bathing with special emphasis on clean and soft underwear.
- ★ Towels and undergarments should not be exchanged with anyone.
- ★ The face should be washed with water a number of times so that excess oil is washed off. This helps in preventing pimples and acne.



Which are the diseases caused by drinking contaminated water? How can they be prevented?

Consumption of dirty water can lead to a number of illnesses. These are diarrhea, dysentery, typhoid, hepatitis, cholera etc. To prevent these diseases it is essential to drink pure water from safe sources like taps, covered wells or water supplied through pipelines. It is important to remember to cover the stored water in your homes. When water container is handled, care must be taken that fingers are not dipped in the water container. Use of a cup with a long handle (doli) for taking out water from the container helps in keeping water safe and clean. If there is any doubt on the cleanliness of water, chlorine tablets/alum should be used to sterilize the water. Only then should the water be used for drinking.



## Part III

### A. Reproductive Health & Related Information

### B. Basic Information on Common Diseases



### A. Reproductive Health & Related Information

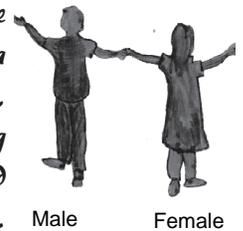
*It is the fundamental right of every individual to have the freedom to decide on issues of family planning and to choose a method of contraception. In this part of the booklet, we discuss reproductive health, which will benefit adolescents in the future course of their lives.*

What is the right age to get married?

*The correct age of marriage for adolescent boys and girls is different. For girls it is 18 years and above and for boys it is 21 years and above. The legal systems of our country has specified these ages, as it is believed that it is at these ages and beyond that adolescent girls and boys mature into adults and attain the capability to understand and take on the responsibilities of marriage.*

What are the emotional preparations required for marriage?

*Before getting married, one should understand the meaning and reasons for marriage. Marriage is a relationship between two people of the opposite sex, which is based on love, trust, mutual understanding and respect. With continued support and understanding, the bond between the two strengthens. Mutual Concern and sharing of responsibilities enhances growth in a marriage. There are some important tips to ensure a happy married life:*



- \* *Love is foundation of marriage and imparts meaning to married life. It also helps in transforming people.*
- \* *Love means giving without expecting anything in return.*
- \* *It is very important to understand your partner and continue strengthening your bond with your partner.*
- \* *Respect is very important in a relationship.*

\* Partners should provide emotional support to each other. Mutual praise and admiration increases interest in married life.

What is the right age of pregnancy?

A girl should avoid getting pregnant before the age of 20 years. It is only after this age that a girl acquires both physical and mental capability to understand and bear the responsibilities of bringing up a child. It is advisable for the couple to know all about family planning methods and the use of contraceptives in case the wife is less than 20 years of age.

The first child should preferably be born after 20 years and the second child should be born only after a gap of 3-4 years. This is essential for the good health of both the mother and the child. Pregnancy at an early age might lead to miscarriage, premature labor, low birth weight baby (<2.5 kgs) or stillborn baby.

How does pregnancy occur?

Pregnancy occurs only when there is a union between the reproductive organs of male (penis) and female (vagina). There are hundreds to thousands of sperm in a male's semen. During ejaculation, the sperm enters the vagina of the female and moves towards the fallopian tubes, going through the uterus. If at the same time, one of the ovaries releases an egg, a sperm enters the egg and unites with it.

This process of the egg fusing with a sperm is called fertilization. The fertilized egg moves from the fallopian tube to the uterus, where it gets implanted to the inner lining of the uterus. This entire process leads to pregnancy.

What preparations should a couple make before pregnancy occurs?

The birth of a child brings a lot of happiness. However, there is a great deal of emotional and financial responsibility involved with the birth of the baby. Both the husband and the wife must be aware of these responsibilities and be mentally prepared for them. It is advisable that couples start saving for their baby long before the birth of the baby to meet up to their increased expenses later on.

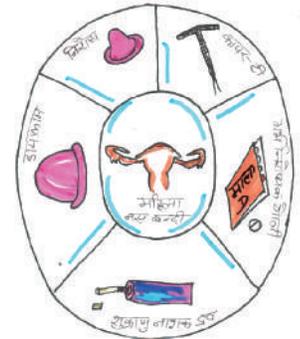
Both the parents must be ready to make sacrifices in their respective careers in order to bring up the baby.

Pregnancy also demands a great deal of understanding between husband and wife. Hormonal changes occurring in the woman bring about a change (often a decrease) in sexual desire. Both partners should understand the other's feelings. In case married couples have any problems between them, they should sort out their problems before planning a family.

Prior to conception, the female's health is also a very important issue. Her hemoglobin level should be at least 11gm/100ml. She should eat a balanced diet. If the female smokes or takes any other intoxicants, the growth of the fetus will be negatively affected. Therefore, the women's system should be cleared of all intoxicants.

What is contraception?

Contraception is prevention of the occurrence of pregnancy. There are many methods of family planning and preventing unwanted pregnancy. Thus, couples can decide when to have a baby. The most effective method of contraception is abstaining from sexual intercourse.



What are the different methods of contraception?

The different methods of contraception are:

Condom: The condom is a thin rubber sheath or covering. Males wear it on their erect penis during intercourse. On ejaculation, the semen collects inside the condom and prevents the entry of sperm into the vagina. Condoms that have spermicidal jelly inside them are especially effective.

Contraceptive pills: There are different types of contraceptive pills of which, Mala N and Mala D are very popular. Mala N is distributed free of cost at all health and family planning centers and government hospitals.

(Note: the above two methods of contraception are most suited for newly married couples and for couples who do not have any children.)

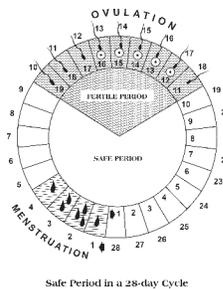
**Copper T:** *Copper T is a T shaped object around which a copper wire is wrapped. It is placed inside the uterus. Copper prevents the movement of sperm inside the vagina.*

**Male sterilization or vasectomy:** *This is a permanent method of contraception. It is a safe, simple and very effective method in which both the vas deference of the male are cut and tied such that sperm cannot enter the semen.*

**Female sterilization or tubectomy:** *This is also a permanent method of sterilization. The fallopian tubes of the female are cut and tied.*

**Natural methods:**

**Rhythm Method:** *Couples have intercourse only during the safe period and avoid intercourse on days during which the woman is fertile—when the egg released from the ovaries can be fertilized by sperm. The safe period can be determined by keeping track of the menstrual cycle. The shortest cycle minus 18 days gives the first day of the fertile, or “unsafe” period. The longest cycle minus 10 days gives the last day of the fertile period. For example, if a woman's menstrual cycle varies from 26 to 31 days, the “unsafe” period would be from the 8<sup>th</sup> day to the 21<sup>st</sup> day of the menstrual cycle, counting day one as the first day of the menstrual period. If practiced correctly, this method is 90% effective.*



**Breast feeding:** *The mother exclusively breastfeeds her baby after delivery. This method is very effective until menstruation returns.*

**Coitus interruptus:** *The male withdraws the penis from vagina before ejaculation. This method is not very effective, as it is often difficult to withdraw the penis at the necessary time.*

**Emergency contraceptive:** *Emergency contraception is used to prevent pregnancy that may arise due to unprotected sex contraceptive failure. Contraceptive pills or D.U. D are used for this purpose.*

*It is best to consult a doctor and acquire complete knowledge of*

*contraceptives before using them.*

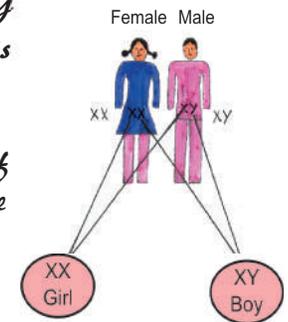
**Under what circumstances can woman have an abortion? Who can carry out the procedure?**

*Women can undergo an abortion in cases of unwanted pregnancy that may arise due to failed contraception or due to sexual harassment or rape. Apart from these, abortion can also be carried out if the mother's life is in danger due to the pregnancy, if the fetus is detected to have physical or mental abnormalities or if the resulting pregnancy endangers the life of the mother and the child due to emotional or financial reasons. Only a trained doctor, in a safe place, can perform abortions. Health centers, district hospitals and medical college hospitals are safe to carry out abortions.*

**Who is responsible for the birth of a male or female baby, the mother or the father?**

*The sex of the baby depends on the type of sperm of the father that fuses with the egg of the mother. Sperm has two different types of chromosomes, X and Y and the egg has only one type of chromosome, the X chromosome. If sperm with X chromosome fuses with the egg, then a girl (XX) is born and if a sperm with Y chromosome fuses with the egg, a boy (XY) is born.*

*A large number of sperm are present in the semen during ejaculation. These sperm are of both X and Y types. It is a matter of chance and it is very difficult to predict which sperm would fuse with the egg. So, neither the father nor the mother should be held responsible for the sex of the child. Parents should not discriminate between their children on the basis of sex.*



**What is Reproductive Tract Infection (RTI)?**

*Infection of the reproductive organs and system is called Reproductive Tract Infection. This occurs due to entry of infectious agents (virus) in the reproductive system. Some viruses are found naturally in the body*

*but they too can cause infection under special circumstances.*

**What are the causes of Reproductive Tract Infection?**

*There are several causes of RTD-*

- \* Lack of hygiene in the reproductive organs*
- \* Intercourse with previously infected person*
- \* Delivery or abortion carried out under unhygienic conditions or insertion of unclean Copper T*
- \* The infection of wounds caused by childbirth, sex, or allergic reaction to chemicals (like detergent) in underwear.*

*Women are more susceptible to RTD due to the structure of reproductive organs and their functions such as menstruation, pregnancy and childbirth. During these conditions, viruses enter into the body easily and multiply rapidly.*

**What is a Urinary Tract Infection?**

*Urinary Tract Infection is caused due to lack of personal hygiene, use of dirty toilets, or not drinking enough water. The symptoms of this illness are burning sensation while passing urine, passage of pus along with urine, high fever with chills, stomach pain, or vomiting. To treat this disease one must drink plenty of water, eat light non-oily and non-spicy food and maintain personal hygiene. One must also visit a doctor for appropriate medication.*

**What is pruritis or itching around the vagina? What are its causes?**

*Vaginal itching is a tingling or uneasy irritation of the skin of the vagina and the surrounding area (vulva). The itching may cause a desire to scratch the affected area. Common causes of vaginal itching include: vaginal yeast infection, Vaginitis or inflammation by other infections (including sexually transmitted diseases), chemical irritants such as detergents, ointments, contraceptive foams or jellies, menopause and stress.*

*To prevent vaginal itching, always keep your genital area clean and*

*dry.*

*Wear only cotton underwear. Clean yourself by washing from front to back (vagina to anus) after urinating or having a bowel movement. Avoid cratching, as it will aggravate the problem. Consult a doctor and take appropriate medications.*

**What are Sexually Transmitted Infections (STI's)?**

*Infections that are transmitted during intercourse like AIDS, Gonorrhoea, Syphilis, Chlamydia etc are called Sexually Transmitted Infections. These infections can be transmitted from the pregnant mother to her baby.*

**What are the symptoms of RTI's and STI's?**

*The symptoms of RTD's and STD's vary in males and females. The symptoms found in females are: foul smelling vaginal discharge, pain in lower abdomen (between the umbilicus and genital organs), small pimples or sores in the sexual organs which may or may not be painful, painful swelling in the thighs, pain and bleeding during intercourse, pain and burning sensation during urination, pain or itching in the genital organs, changes in the menstrual cycle which maybe in the form of increase or decrease in the bleeding etc.*

*The symptoms found in males are pimples or redness in the genital organs, wound on the penis, pus discharge from the penis, painful swelling in the thigh, difficulty in urination, or pain during intercourse.*

**How do sexually transmitted diseases spread?**

*Sexually transmitted diseases spread by having unprotected sex with a previously infected person. The disease spreads through all kinds of sex, which may be vaginal, anal or oral. Vagina, penis, anus and mouth are the routes by which viruses causing STD's enter the body.*

**How can sexually transmitted diseases be prevented?**

*There are no medicines or vaccines to prevent sexually transmitted diseases. However, there are some precautions to be taken in daily life by which STD's can be prevented. One should never have sex with strangers, have sex only with your partner and always use a condom during intercourse. Examine your genital organs regularly so that any infection can be detected and treated at the earliest. On case illness of any one*

partner, both the partners should undergo complete treatment.

Why is it essential that RTI's and STI's be treated at the earliest sign?

Very serious complications occur in case RTI's and STI's are not treated at the earliest. There is an 8-10 times increased risk of HIV and AIDS. The risk of cancer of the cervix also increases. RTI's and STI's affect the fertility of men and women to the extent that untreated infections can lead to infertility. In the case an infected woman gets pregnant, she may have a miscarriage or a stillborn baby. Alternately, the baby may have physical deformities. During labour the baby may acquire eye infection from the mother, which can lead to blindness.



Is it natural for a girl to have white discharge before and after menstruation or is it an indication of STI?

An odorless white discharge in small amounts is natural and should not be a cause of concern. However, if the discharge continues for a long time, has foul smell, is dirty yellow or greenish in color, it could be an indication/symptom of STI. In this case, consult a doctor immediately and take appropriate medication.

What is HIV?

HIV or Human Immunodeficiency Virus is the infectious agent, which causes AIDS. A person suffering from HIV may not be aware that he/she is suffering from the infection as the symptoms take time to appear. HIV infection leads to a decrease in immunity. This means that there is a decrease in the capacity of the body to fight against different types of diseases. When immunity is completely destroyed, the person suffers from AIDS.

What is AIDS?



You might have heard of AIDS from the radio, television or newspapers. Today, a very large number of people are suffering from AIDS across the world. AIDS or Acquired Immunodeficiency Syndrome is the name given to a disease complex that arises when immunity of the body is destroyed completely. It spreads by a virus called HIV. With AIDS, very common diseases increase to life threatening proportions.



How does HIV infection spread?

HIV infection spreads through unprotected sex, infected blood, infected needle, infected blade or infected surgical instruments. This infection may also spread from the pregnant mother to her baby. Adolescents should remember that the infection does not spread by touching, eating together and shaking hands, hugging each other or through clothes. This infection does not spread through flies, or mosquito, dog or cat bite. Family members of HIV positive persons should also remember that this illness does not spread simply by living together or by using the same toilet.

What are the symptoms of HIV/AIDS?

HIV infection leads to gradual weakening of the body's immune system. As the immunity decreases, symptoms of various illnesses start appearing. This symptom complex is known as AIDS. An HIV infected person may not have any symptom for almost 3-10 years. If the defense mechanism of the body is strong, this period may extend even longer. Even at the time when the HIV infected person does not have any complaints, he/she is capable of spreading the infection to other people. As immunity of the body decreases, symptoms such as prolonged diarrhea (for one month or more), sharp fall in body weight, continuous fever, and increased sweating at nights start arising. The infected person may also suffer from prolonged cough, which may not improve on treatment. The lymph nodes of the body enlarge, oral ulcers as

*Candidiasis occur and the person may also suffer from Herpes and Tuberculosis.*

How can HIV infection be prevented?

*To prevent HIV infection, one must avoid unprotected sex. Always use condoms while having intercourse and use sterilized needles and syringes for injections. Disposable needles and syringes are easily available in the market and are a good option if total sterilization is not possible. Whenever blood has to be transfused, it should be checked for HIV. Adolescents should always use their own shaving kit and should not share their blades and razors with anyone.*

What should an HIV positive person do?

*An HIV positive person should always keep the following in mind:*

- ✧ *A complete medical check up in a health center or hospital is essential. One must remember to get Tuberculosis and STD examination and tests done.*
- ✧ *One must inform the partner of his/her HIV status.*
- ✧ *One must ensure all measures to avoid re-infection.*
- ✧ *One must stay away from all intoxications and addictions. One must eat healthy food and stay away from any kind of stress.*
- ✧ *In order to gain emotional support, one can join groups of people going through a similar experience.*
- ✧ *One can also go in for counseling from experts or confide in very close friend or relative.*
- ✧ *One must remember not to donate blood, plasma, semen, organs or tissues.*



*In Uttarakhand, counseling and testing centers for AIDS and HIV are present at various locations where information, counseling and testing facilities are available at very nominal charges (Rs. 10/-*

Location	Telephone Number
Doon Hospital, Dehradun	95-135-2659355
Himalayan Institute Medical College	95-135-2412081 to 86
District Hospital, Haridwar	95-1334-222210
Suman Hospital, Narendra Nagar, Tehri	95-1376232093
District Hospital, Pauri	95-1368-223102
District Hospital, Gopeshwar, Chamoli	95-1372-252245
District Hospital, Uttarkashi	95-1374-222103
District Hospital, Rudrapur, Udham Singh Nagar	95-5944-241422
Base Hospital, Haldwani, Nanital	95-4946-251088
District Hospital, Almora	95-5962-236558
District Hospital, Pithoragarh	95-5964-225687
CHC, Lohaghat, Champawat	95-5965-235145
BD Pandey District Hospital, Nanital	5942-235012; 235022
Base Hospital, Srinagar, Pauri	95-1346-252342
Community Health Centre, Bageshwar	95-5962-220136
Community Health Centre, Rudraprayag	95-1364-233236

Toll Free Helpline Number  
Dial 1097 in Dehradun for free information on HIV/AIDS

## B. Basic Information on Common Illnesses

What is a fever and what are the symptoms?

*When the temperature of the body rises above the normal temperature (98.4°F) the person is said to be suffering from fever. Fever is an indication of some infection in the body. A person suffering from fever feels hot and his/her pulse beats faster. A doctor should be consulted and the patient can be given Paracetamol tablets to reduce the fever.*

What is pain and what are some causes of pain?

*Pain is a common symptom for many diseases. The nature and site of pain can vary, for example: headache, body pain, back pain, toothache, pain in the throat, pain due to boils, pain in the stomach and pain due to cuts and bruises. The cure for pain depends on the intensity of the pain. A pain killer tablet can be taken after consulting the doctor.*



What is pain in the stomach? What are the symptoms?

*Very often pain in the stomach is due to gas or acidity. This causes a gripping pain in the stomach. Adolescent girls experience pain in the stomach during menstruation, which is normal. However, in case the pain is intense, a doctor must be consulted.*

How do we get worms in our stomach? How can they be prevented?

*Eating with dirty hands or without washing hands, eating food that is not covered, eating unwashed and raw vegetables, going to the field or to the toilet barefoot and eating meat that is not fully cooked are some of the routes by which worms eggs reach the intestine. Worms cause several problems like anemia, malnourishment, pain in the stomach, vomiting, itching around the anus and loss or increase of appetite.*

*To prevent contracting worms, do not walk barefoot out in the fields or in toilets. Wash your hands properly before eating*

*and after going to the toilet, and keep finger and toe nails short and clean. Do not eat half-cooked meat, wash leafy vegetables thoroughly and cook them well, use only clean water for drinking and use proper toilets for defecation. If adolescents have symptoms of worms, they should go to a doctor and take appropriate medication.*

What is the cause of ulcers/blisters in the mouth? How can they be cured?

*Blisters or ulcers in the mouth are caused by a deficiency of vitamin riboflavin, which is a component of the Vitamin B group. Blisters are formed on the inner lining or mucosa of the tongue and cheek. The tongue becomes smooth and shiny in appearance. A person suffering from mouth ulcers experiences a loss of taste sensation and difficulty in eating spicy food.*

*To prevent ulcers in the mouth, it is very important to maintain oral hygiene. The mouth should be rinsed and teeth brushed after dinner. Vitamin B complex should be taken for a week. If the ulcers do not improve, a doctor should be consulted.*

What are skin related diseases? What are their symptoms?

*Lack of personal hygiene and cleanliness leads different types of skin diseases such as scabies, exema, boils, pimples etc.*

**h** *Scabies is caused by a particular parasite. This disease can occur in any child or adult and occurs usually in the winter months. The*



*disease spreads because of clothes and towel sharing, through bed sheets, bedding etc. All the infected family members should scrub themselves thoroughly while bathing and use medicated soap. Dirty clothes should be washed, boiled and dried properly in hot sunlight. The bedding used by patients should be dried in hot sun also. Benzile Benzoate lotion can be used after*

consulting a doctor.

**h** Boils and pimples occur due to lack of personal hygiene, for example, if dirty water has been used to bathe or dirty clothes are worn. The symptoms are redness and swelling on the skin along with pain and itching. Maintenance of proper hygiene can prevent boils.



The cure is to take antibiotics and painkillers after consulting a doctor.

Adolescents may have pimples due to increase in the activity of oil glands of the skin. This should not be a cause of excessive concern, however, adolescents must maintain proper hygiene and cleanliness.

**What is Tuberculosis (TB)? What are the symptoms?**

Tuberculosis is an illness of the respiratory system and is spread by coughing and sneezing. Anyone can contract TB but it generally affects people who are weak and under or malnourished. If a person has cough for 3 weeks or more, mucoid discharge on coughing, fever that rises every evening, sudden fall in weight and loss of appetite, he/she may have TB of lungs.

BCG inoculations should be given to babies to prevent them from contracting TB. Any patient with TB must cover their mouths and noses while sneezing and coughing. Sputum test must be carried out at the nearest diagnostic center at the slightest suspicion of TB. It takes a long time for the disease to be cured completely but patients must take the full course of medicines. Every government health establishment distributes medicines for TB free of cost.

**What is Jaundice? What are the symptoms?**

Jaundice is a symptom of Hepatitis, an illness caused by a virus that affects the liver. This is a dangerous illness and can result in death. The cure should be undertaken seriously and people should not depend on

superstitions and magic to cure the illness.

Hepatitis A is spread through contaminated water. It is also caused by unhygienic surroundings and lack of personal hygiene, unwashed fruits and vegetables or fruits and vegetables washed with contaminated water. Hepatitis B is spread through the use of infected needles, infected blood and intercourse with a person infected with Hepatitis B.

The symptoms of this illness are fever, loss of appetite, malaise, vomiting and dark yellow discoloration of urine. In serious forms of the illness there is yellow discoloration of skin, eyes, soles of feet and palm of hands.

To prevent this illness, special care should be taken regarding personal hygiene. Clean water must be used for drinking purposes. Fruits and vegetables should be washed well with clean water before consumption. Blood should be tested for hepatitis A and B before transfusion.

**What is Polio? What are the symptoms?**

Polio is a disease found in young children and is spread by a virus. Children can become crippled and even die when they contract Polio. Every newborn child should get three doses of Polio vaccine at the ages of one and a half months, two and a half months and three and a half months. Apart from this, every newborn baby should be given the zero dose of polio vaccine. All children under the age of 5 years should also take Polio drops (vaccine) given under the Pulse Polio Program.



**What is cancer and what are the symptoms?**

Cancer is an illness that can affect any part of the body. In this illness, the cells of the body start multiplying very rapidly and affect the functioning of the organ or body part. If a person starts bleeding from the mouth, nose, ears or anus suddenly, there is a sudden drop in body weight, lumps begin to appear suddenly (especially in a woman's breast), the shape of moles on the body change or if there is thickening / increased hoarseness of the voice, a doctor should be consulted immediately as all of the above-mentioned problems could be symptoms of cancer.

## Part IV

# Safe Motherhood and Child Care



## Safe Motherhood and Child Care

*Only if a woman is healthy during her pregnancy, will she give birth to a healthy child. In this section we try to provide information on safe motherhood, which will be important to know for both adolescent boys and girls in their future lives.*

What do you mean by safe motherhood?

*Safety and good health of the mother and the baby is known as safe motherhood. For this the woman should take special care before pregnancy, during pregnancy, during delivery and after delivery so that she gives birth to a healthy child and is able to take good care of her child also.*

*The following points should be kept in mind for safe motherhood:-*

- I** Before pregnancy: *a girl's health and physical development should be taken care off from childhood, so that she can become a good mother in the future.*

*During pregnancy three health checkups are necessary for pregnant women, which should be done in the third, sixth and ninth months. Two TT injections and approximately 100-iron folic acid tablets should be taken. Apart from these, pregnant women should take proper rest, 2 hours during the day and 8 hours at night. A well-balanced diet is also essential during pregnancy. The diet should include wheat, pulses, green vegetables, milk, curd etc. Food should be eaten in small amounts during the entire day.*



- I** During delivery: *a five-point cleanliness formula should be kept in mind at the time of delivery. These points are:*

1. Clean place (where the woman would give birth)
2. Clean hands (doctor and the person assisting her)
3. Clean thread (to tie the cord)
4. Clean blade (to cut the cord)
5. Clean umbilical cord (nothing should be applied to the umbilical cord)

A trained doctor should be present at the time of delivery. Only a delivery heeding these guidelines can be considered a safe delivery.

- ★ After delivery: a woman's body requires six weeks or forty-two days to come back to the pre-pregnant state. This is the time for her to rest and regain strength. During this period, a woman should take special care of her hygiene, eat nutritious food and take iron folic acid tablets. The woman should have 2 health check ups during this time.
- ★ Care of the newborn child: after delivery, the mother should breast feed the baby as soon as possible (within half an hour, if possible). The first milk of the mother is called Colostrum and is complete nutrition for the baby.



Here are some very important points regarding childcare, which should always be kept in mind:

- ★ Protect the child from cold.
- ★ Do not apply any medications on the umbilical cord and keep it absolutely clean.
- ★ Keep the eyes clean and do not apply kajal to them. Take care that the child gets all the vaccinations and inoculations.
- ★ The baby should be exclusively breastfed at least for the first six months. It is advisable to continue breastfeeding the baby till the baby is 2 years old.
- ★ Water, honey, digestive mixtures and solid diet should be given only after 6 months of age.

For which diseases is immunization carried out free of cost under the National Immunization Program?

According to the National Immunization Program vaccines for 6 life-threatening diseases are given free of cost. These diseases are Tuberculosis, Polio, Tetanus, Measles, Diphtheria and Whooping Cough.

What is the schedule of immunization under the National Immunization Program?

Age	Vaccine
Birth to One month	BCG
Six weeks (one and a half months),	DPT-1, OPV-1
Ten weeks	DPT-2 OPV-2
Fourteen weeks	DPT-3, OPV-3
Nine months	Measles vaccine
Between 16 months to two years	DPT and OPV
Between five to six years	Second booster injection of DT
Between ten to sixteen years	Tetanus Toxoid *
Pregnant women—early in pregnancy	TT-1 or Booster
One month after TT-1	TT-2

\* If DPT/DTP injection has not been given, then two injections of Tetanus Toxoid should be given at the interval of one month.

What measures should be taken to control and cure Diarrhea?

*Generally, to cure Diarrhea, an ORS (Oral Re-hydration Solution) is given. Liquid diet should be increased. The child should be given rice water, fruit juices, thin Khichdi (rice and pulses cooked together as a thin mixture), dalia (wheat porridge) etc. Liquids should be given over and over again. The child should be given the same food that he/she eats on any normal day. Improper and insufficient diet can prove to be fatal for the child. If the mother breastfeeds the child, she should continue to do so during the illness also. If the situation does not come under control or worsens, the child must be taken to a doctor or to the nearest health center.*



## Part V

# Emotional Health



## Emotional Health

*Adolescence is a time of emotional transformation and maturity. This part of the booklet deals with various aspects of adolescent emotions.*

**What is happiness?**

*Satisfaction of all the senses leads to happiness. Some people are happy about acquiring an object and some are happy about completing a particular task. However, a more lasting experience of happiness comes to many by living in the present, considering oneself to be complete and by trying to accept and being satisfied with the existing circumstances.*

**What is love?**

*There are many kinds of love—the love a person feels for their families, for their country, or for their friends. One kind of love that young people begin to experience during adolescence is the feeling of romantic love. Since everybody experiences these emotions differently, it is hard to define love. Generally, however, love refers to a deep feeling of fondness, attraction, respect, caring and understanding for another person, despite his or her weaknesses. In the case of romantic love, these feelings are accompanied by a strong sense of desire or attraction.*



*During adolescence, it can be difficult to tell the difference between romantic love and infatuation or physical desire. So adolescents should not be hasty in deciding on one's life partner.*

**What is the importance of friendship / love in one's life?**

*Love and friendship have immense importance in life. Love is an emotion,*

*which helps in preventing a person from loneliness. Loved ones and friends provide encouragement and support in all phases of life. When you have people around you, with whom you can share your happiness, it increases. Likewise, sorrows decrease in magnitude once you share them. Friendship and love help people in being sensitive towards others, support others in times of need and understand others' problems and sorrows as your own.*



**What is loneliness / depression? How can one overcome loneliness?**

*Many young people feel lonely during adolescence, especially due to physical and mental changes they undergo. Due to maturity of thoughts, they identify themselves with elders and try to spend more time with them. However, elders still consider them to be children. Thus, adolescents lack appropriate company. Negative thoughts towards life and society arise in the young minds and they withdraw from family and friends. This may lead to lack of interest towards work. Adolescents may indulge in criticizing others and feel that everything happening around them is wrong.*

*Adolescents gripped with loneliness should try to help themselves feel happier by involving themselves in hobbies or activities of interest. It is also helpful to start meeting people and socializing. When friends notice these feelings in their companions, they should reach out to them. A psychiatrist can be consulted, if required.*

**What is stress? How can stress be reduced or eliminated from daily life?**

*Stress is a negative reaction to external stimuli, which maybe physical, mental or emotional. If we do not like and accept a particular situation and try to change it, stress results. Similarly, if a person is forced to do something, which he/she considers to be unwanted, stress is created within that person's mind. Stress presents as nervousness, increased sweating, irritability, anger and negative thought process. Prolonged stress can lead to high blood pressure.*

Accepting oneself, others and life situations as they are, is the best method to reduce stress. Talking frankly can also help reduce stress. Of the above do not work, it is best to move away from the situation.

Other effective methods for stress reduction are:

1. Practicing aerobic exercises daily
2. Practicing Yoga (breathing and relaxation exercises)
3. Taking out time for meditation
4. Recitation of mantras and listening to music
5. Taking part in hobbies and activities of interest

What is masturbation?

Due to the mental and emotional changes that occur during adolescence, young people discover that they experience pleasure by touching the private areas of their own bodies. This act is called masturbation, and it is natural. The body relaxes after the act and the state should not be confused with any kind of weakness.

Does masturbation have any negative effects on the body?

The saying, "everything in moderation" should always be kept in mind. Masturbation normally does not have any negative effects on the body, but it should not affect the social behavior and daily routine of the person.

Adolescents should also remember that all living beings share certain characteristics/basic necessities of their lives. These are food (hunger), sex, sleep and self-preservation or the desire to protect oneself. But only man has the mental capacity to understand these four aspects and create a balance between them.

Another very important aspect of man's life is self-realization (the desire to know and understand oneself). Therefore, it is very important that a person understands these aspects and acts accordingly.

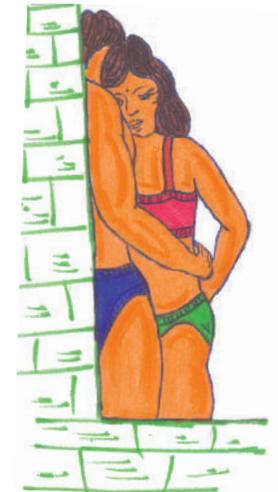
What is nightfall/emission in adolescent boys?

Ejaculation that occurs during sleep is called nighttime emission. This is a normal phenomenon that occurs during adolescence. Sperm produced in the testis cannot remain in the body for very long. When the number of sperm increases to a great extent, they are ejected from the body along with semen. It is not necessary that every adolescent boy will experience nighttime emission. It is also not necessary for nighttime emission to be related to stimulating dreams.



What is physical intimacy (sex)?

Physical intimacy (sex) is not just a relationship between two bodies but it is the meeting of two souls and emotions. In India, physical relationships are only recognized after marriage. Sex helps in relaxation of the mind and body and helps in strengthening the relationship between two individuals.



Both the husband and the wife should be faithful and loyal towards each other. This helps in establishing a greater bond and nurturing a stronger relationship between the two. It also prevents couples from contracting dangerous diseases like HIV and AIDS.

Physical relationships and family planning are very closely associated. A responsible person should take this very seriously. It is advisable that adolescent boys and girls stay away from sex till they are married and have gained complete knowledge of birth control measures.

Is physical interaction or sex must for life?

The urge for sexual activities first and foremost occurs in our mind. The major causes for the increase in sexuality and uncontrolled expressions are tension, insecurity and emotional conflicts in life. There are two important factors that determine human sexual behavior :- instinctive drive and human social influences. Our sex conduct has been predominantly controlled and determined by society, which usually results in an emotional conflict between desire and inhibitions. To overcome with this challenge is possible through Discipline and psychosomatic techniques. Discipline in terms of diet, daily routine and physical exercises are helpful. The applicable strategy for both Discipline and Psychosomatic technique is 'Yoga'. The various asanas that are physical in nature helps to maintain the balance in the hormonal secretions. At the same time with the practice of Pranayama and Meditation the mental and emotional nature of human being is substantially enhanced. Yoga streamlines the nervous system that is responsible for the physical aspect of sexual life. Once mental and emotional equanimity is achieved through constant practice of yoga, sexual feelings and conduct can be balanced.

What do we mean by homosexual and heterosexual relationships?

*The sexual relationship between man and woman is called a heterosexual relationship. A sexual relationship between two men or between two women is called a homosexual relationship. Homosexual males are also called "gay" while homosexual females are called "lesbians".*

What is intoxication / addiction? What are the symptoms and effects of intoxication?—

*When a person becomes physically and mentally dependent on something, the person is said to be an addict. Under the influence of intoxicants, a person can lose his/her intellect and sense of reasoning and is surrounded by negative thoughts. An addict is weak both in mind and body. He/she likes to stay alone and is very irritable. Addiction has an impact on several organs of the body like the heart, lungs, kidneys and liver. To recover from or prevent further addiction a psychiatrist must be consulted. It takes a very strong will to get over an addiction. Addictions found commonly among adolescents are gutka (tobacco) chewing and smoking. Both of these addictions are injurious to health.*

What is the negative impact of rebellion? How can adolescents present their view without getting angry?

*The mental and emotional changes that take place during adolescence lead to an increased desire for independence and privacy. Dissatisfaction of this emotion usually leads to rebellion. Rebellion can have a negative impact on one's personality and lead to irritability, high blood pressure, mental instability and inability to make decisions. Self-control can help manage rebellion. To enhance their self-control, adolescents need to develop their self-confidence. A self-confident person is able to balance out issues and think positively. Learning to stay calm in difficult situations is important, and it can help to think about the person and circumstances causing the problem in a rational way and if possible, move away from the issue until you feel less angry.*

What is required to rise above negative peer pressure?

*Friends often pressure us in several ways, and this can have a negative impact. One way to avoid peer pressure is to be very careful in choosing your friends. Put your views and reasoning before your friends. Learn to say "no" to them, when you feel uncomfortable with the situation. Always be clear of your goals and intentions and keep your feelings, wants and excitement under control. Create a positive peer group that does creative and constructive work.*

What are the qualities of a successful personality? How can we achieve these qualities?

*It is very important to start developing moral values right from childhood, so that the person is able to maintain his/her mental balance when confronted by greed and materialist desires (as wish for more wealth and worldly possessions) in later life. Desire and greed can be destructive forces. If you want to live life to the fullest, you must do everything in a planned and structured way. It can be helpful to remember God every morning, who has given us this wonderful world to live in. Many people pray to God to give them strength and the opportunity to help others.*

*Go to the toilet every morning, clean your teeth and then bathe. After freshening up, do some yoga exercises, pray to God and meditate. Then, eat your breakfast. Before eating, remember to thank God for the food you eat. Eat light food for dinner. Before eating, introspect on all that you have done during the day. Think about the mistakes made during the day, and see if you can learn from them, and try not to repeat them. Sleep for at least six hours so that your mind and body rest fully and you are ready for the next day's work.*

*To be successful in life you must have a strong determination, firm belief and single-minded and focused approach towards your goal. Use time effectively. Try to work in the present moment. Do your best and work with a happy mind. Be careful that you don't hurt anybody with your words, thoughts or actions. Recognize yourself and try to forgive others. Respect those who are older than you. The above-mentioned practices will help you become successful in whatever you want to do.*

How can adolescents plan for the future?

*During adolescence, young people develop the desire to be independent and self-sufficient. To achieve this independence, having a plan for the future is essential. It is helpful to do a lot of research to determine which career they would like to pursue. Adolescents must increase their general knowledge by reading books on different topics, newspapers, watch informative television programs and discuss the issue with parents, teachers and friends. After that, they'll be prepared to decide on their future career. It is important not be hasty and to give themselves enough time to work honestly on their interests and talents. It is possible that with passing time, their interests may change and they may take up a completely different career.*

**Why is it necessary for adolescents to take on vocational training?**

*On this competitive age, it is essential that adolescent boys and girls undergo some form of vocational training. There are several vocational training courses run by several vocational training centers like computer training, carpentry, tailoring, farming, English speaking courses, and other vocational trades. These courses will help adolescents in deciding on a profession even before they complete educational degree courses. These courses also benefit adolescents who are not financially independent, as they would help in paying for their education. These days, adolescents can attend vocational training along with their normal studies.*

**What are the laws passed by the government to prevent exploitation of women (for women's safety)?**

*There are several sections under the Indian Penal Code that prevent women from exploitation. Several special laws have been passed as*

- ⊙ *Section 509 – sexual harassment, dirty gestures, writing dirty messages directed at a particular person*
- ⊙ *Section 354 – to use force or to attack woman to shame or harass her*
- ⊙ *Section 376 – rape*
- ⊙ *Section 494 – second marriage while first wife is still alive*
- ⊙ *Section 495 – hiding a first marriage to enter into a second marriage*
- ⊙ *Section 498 A- violence by husband or any relative of husband, towards the wife*
- ⊙ *Section 312/ 313/ 314/ 315 - to abort a child without the woman's consent*
- ⊙ *Section 363/ 366 – abduction of women*
- ⊙ *Section 372/ 373 – to sell, buy or take the services of a minor for prostitution*
- ⊙ *The Anti Dowry Act passed in 1961 against taking or demanding dowry*
- ⊙ *The PCPNDT Act 1994 (Pre Conception, Pre Natal Diagnostic Act) to prevent selective sex abortion*
- ⊙ *The Anti Child Marriage Act 2004, to prevent the marriage of a girl below the age of 18 years and a boy below the age of 21*



## Himalayan Institute of Medical Sciences

### Available Courses

Syllabus	Total Seats	Duration
M.B.B.S	: 100	4½+1 Year = 5½ Year
Diploma in General Nursing : and Midwifery (G.N.M.)	60	3½ Year
B.Sc. Medical Laboratory Technology (B.Sc.M.L.T.)	: 30	3½ Year
B.Sc. Radiodiagnosis and Imaging Technology (B.M.R.I.T.)	: 30	3½ Year
Bachelor of Physiotherapy (B.P.T.)	: 30	4½ Year

For more information contact :-

**Principal Office**

Himalayan Institute of Medical Sciences

P.O. Doiwala, Dehra Dun.

Ph. : 0135-2471220

website : [www.hihtindia.org](http://www.hihtindia.org)

email : [pb@hiht.org.in](mailto:pb@hiht.org.in)

Rural Development Institute (RDI) carries out the outreach activities of Himalayan Institute Hospital Trust. Since inception in 1991, the Institute has been providing health services and carrying out developmental activities in hard to reach areas of mountaineous Uttaraanchal. Based on locally determined needs and priorities, services have been provided in the areas of primary health, reproductive health, school health and adolescent health. Various programs have also been carried out in the field of education, water and sanitation, and livelihood.

Quality of life is enabled through direct services, capacity building, technical assistance, behavior change communication including audio, video, radio and print media.

This booklet "Understanding Adolescence" is being brought out to cater to the information needs of adolescents. As always the challenge is to bridge the gap between knowing and practice, we hope this booklet assists in knowing in a holistic manner which then can be translated by concerned individuals to live healthy lives.



For further information please contact :



**GRAMIN VIKAS SANSTHAN, HIMALAYAN INSTITUTE HOSPITAL TRUST**

Swami Ram Nagar, Doiwala, Dehradun-248 140

Tel.: 0135-2471426, Tele Fax: 2471427, e-mail: [hihtrdi@gmail.com](mailto:hihtrdi@gmail.com)