

AWARENESS PROGRAMME FOR ADOLESCENTS **ON HEALTH, NUTRITION AND LIFESKILLS**

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Highlights:

Introduction:

An Awareness Programme on Health, Nutrition and Lifeskills for Adolescents was organized by the State Resource Centre for Women (SRCW) in collaboration with Urban ICDS on 26th April, 2014 at Community Hall, Wahingdoh.

An Awareness Programme was conducted to educate adolescents on reproduction and Health Issues, Services and Life Skills and Malnutrition.

AWARENESS PROGRAMME FOR ADOLESCENTS

ON HEALTH, NUTRITION AND LIFESKILLS

Date: 26th April, 2014

Venue: Community Hall, Wahingdoh

Anchor	Smt. S. Marbaniang Lady Supervisor ICDS
Welcome Speech	Smt. S. Marbaniang Lady Supervisor ICDS
Speech	Smt. R. War Nutritionist ICDS
Speech	Ms. M. Kharkongor Asst. Coordinator SRCW
Speech	Smt. C. Najer Cousellor Ganesh Das Hospital
Vote of thanks	Smt. S. Marbaniang Lady Supervisor ICDS

Welcome Speech:

Smt. S. Marbaniang
Lady Supervisor
Urban ICDS



Smt. S. Marbaniang welcome all the participants who were present on that day. She also welcome all the resource persons present inspite of their busy Schedule, they spared their valuable time to be apart of the programme. The awareness programme on Health, Nutrition and Life Skills for the adolescent girls have been conducted with a view to equip the girls about health and hygiene, about various nutritious food that they should take while they are still growing physically and also how to overcome stress and tensions in their early age.

She also mentioned that through collaborated efforts like these, the need to spread awareness programme to adolescent girls of the state and also rural areas is very important.

Speech:

Smt. R. War
Nutritionist
ICDS



Smt. R. War gave an important speech on Food and nutrition for the adolescent girls. She talked on the importance of food and nutrition in human – being. We cannot live without food and water. But also we need nutritional food to built up our body and also the immunity. She also mentioned the three functions of food which are as under:

1. It gives us strength
2. It help us to built up the immune system to fight against diseases
3. It help to maintain the bodily growth especially among babies

The nutritionist described about balance diet which is the kind of food which we have to include in our meals everyday the six essential nutrients, that is carbohydrates, proteins, vitamins, fats, minerals and water. She also presented the food pyramid chart required mostly by the adolescent girls. She taught about the disadvantage of junk food and the methods of cooking so as not to destroy the essential nutrient present in food grains like rice, potatoes, dal etc.

Balance diet is very important for adolescent girls which is also the crucial age for them. It is also known as the second Growth Phase. But there are reasons for poor nutrition on adolescent girls which can be described as follows:

1. Lack of knowledge in the family and community about the importance of nutrition during adolescent stage
2. Lack of food because of Socio – economic circumstances
3. Poor dietary intake of vegetables and fruits
4. Bad and unhygienic cooking habits
5. Dieting/Fasting as adolescents are concerned about their body figure.
6. In equitable distribution of food in the family with the female adolescents being denied nutritious food
7. Lack of appetite due to stress and strains

The nutritionist stressed about the importance of Iron because it is the stage that the adolescent girls undergo menstruation cycle. If the amount of iron is not taken, the adolescent girl may become anaemic and that too because of poor nutritional food in the body.

Speech:

Ms. Metilda Kharkongor
Asst. Coordinator
State Resource Centre for Women



Ms. M. Kharkongor at the outset gave a brief explanation about State Resource Centre for Women (SRCW). She stated that at the National Level, the Mission has a National Mission Authority under the Chairmanship of the Prime Minister and is assisted by the Mission Directorate and National Resource Centre for Women (NRCW). At the State Level the Mission has the State Mission Authority (SMA) under the Chairmanship of the Chief Minister and is assisted by the State Resource Centre for Women (SRCW). She further gave a

brief introduction about the function of SRCW, its aims and objectives and the Mission Purna Shakti.

Further Ms. M. Kharkongor explained to the participants that teenage pregnancy is pregnancy in a woman at 19 years of age or younger. A woman can get pregnant if she has vaginal sex with a man at any age after she has started having regular monthly period.

Causes of teenage pregnancy:

1. Lack of sex education
2. Feeling of embarrassment from the side of parents to discuss any topic related on “sex” with their children, henceforth make the children unaware of the harmful effects of it.
3. Lack of knowledge regarding contraception and other preventions available to protect pregnancy at an early age.
4. Having boyfriend or girlfriend at a very early age.
5. Lack of will power how to deal with peers who pressure them into having sex.

Effects of Teenage Pregnancy:

➤ Physical effects:

- Increase in body weight
- Increase in foot size
- Increase in breast size
- Darkening of cheeks and foreheads

- Teenage girls faces a lot of complications during pregnancy and delivery time since body is not yet well develop
- Teens are at a higher risk for pregnancy related high blood pressure and its complications than older mothers. Risk for the baby include premature birth, low birth weight and still birth.
- Pregnant teens also have a higher chance of becoming anemic. Anaemia is a reduction in the number of red blood cells. This can make you feel weak and tired and can affect your babies development.
- Young girls do not go for medical checkup during pregnancy because they feel shy or because no family members know that they are carrying a child, hence they do not get proper medication such as injections and vitamins which are very important for their health as well as for the baby they are carrying.

➤ **Psychological effects:**

- **Confusion:** They are confused and at a loss on what to do. They are too young and many have no idea about bearing a child.
- **Afraid:** Some are scared. They think of questions like “How should I tell my parents?”, “ How will I face my classmates?” or “What is the best thing to do to solve the problem”. They are afraid to answer these questions and are scared on how will be the reaction of their parents.
- **Frustrations:** Frustrations comes later. Pregnant teens will realize they are not yet ready to bear a child. Thus leads to abortion and suicide.
- The drugs with the strongest evidence linking to teenage pregnancy are alcohol, cannabis and amphetamines.

➤ **Social Effects:**

- Stigma in society
- Tend to have low income are unemployed, i.e, reduced earning potential
- Tend to have abusive relationships and broken relationships
- Many teenagers drop out of school and some never complete their education. That means, a lot of mothers who get pregnant as teenager lived in poverty
- Women who first got pregnant as teens are more likely to have more than one child. A Woman with little education and multiple children to care will find it very difficult to earn a living.

➤ **Prvention:**

- It is avoidable, by abstaining sex, one never risk getting pregnant.
- Don't give in to peer pressure
- Learn to say "No" to "Sex", Standing up for yourself
- Arm yourself with the facts and lower your chances of pregnancy the safe, smart way
- One should understand the effectiveness of different form of birth control
- ASHA and Anganwadi workers can be trained in the form of group providing sexual health information in a lively, realistic and entertaining manner to youth in schools as well in youth and community centres
- No laws can curb teenage pregnancy, this issue can only be addressed through awareness among students and parents

Speech:

Smt. C. Najer
Counselor
Ganesh Das Hospital



It was an interesting topic especially for the adolescent girls. The topic contained self – awareness, anger management and legal rights. She started the session first by introducing herself as the adolescent counselor in Ganesh Das Hospital, Shillong. She enlightened the session by asking the participants by asking them so many questions regarding cooking, sewing, knitting, drawing etc. Life skills means learning through life or in other term, how to

live. Adolescent ages is very crucial because of so many changes in the life of the adolescent girls and boys.

Self awareness is one part of life skills which can be termed as knowing oneself and define oneself like for example I am a girl/boy.

There are many changes during adolescent period between the age of 10 – 19 years like physical changes such as growth in height, weight and other growth as well. Emotional changes like changes in the mood of an adolescent boys and girls like happy, sad, anger, stress etc. Life skills taught us different methods which can be described as under:

- i. Try to express the feeling
- ii. Positive attitude towards others
- iii. Communication

How to deal with anger or what is known as anger management?

- i. Step back from the problem
- ii. Avoid exaggerating and threatening
- iii. Avoid blaming the other persons
- iv. Know your responsibility
- v. Avoid negative responses

She also stressed on the legal rights of an adolescent girls which are based from the health point of view. Some of them are as under

- i. Adolescent health primary centre which include free check – up, medicine etc.
- ii. Right to know the health status for example what kind of diseases they are suffering from etc.
- iii. Right to know about contraceptive methods.
- iv. Besides the above mention rights, she also added that each and every adolescent girls/boys should seek elders help when it comes to decision – making, or whatever happen in their life etc.

Vote of thanks:

Smt. S. Marbaniang
Lady Supervisor
Urban ICDS



Smt. S. Marbaniang offered the vote of thanks on behalf of the State Resource Centre for Women (SRCW) and Urban ICDS. She express special thanks to the resource person Smt. R. War nutritionist, Smt. C. Najer Adolescent Counselor and Ms. M. Kharkongor Asst. Coordinator, SRCW for sharing their inputs at the technical session for enlightening the adolescent girls on various issues pertaining to their growth, development and self awareness. She also thank Smt. B. Rynjah, the anganwadi workers and helpers for their help and support in making the programme a success. A big thank you to all the participants and each one of you present here.