किशोर–किशोरी स्वास्थ्य
पर
पीयर शिक्षक प्रशिक्षण मॉडल
About Adolescent Module

With India’s adolescent population as large as 253 million (census 2011), adolescent health is a national priority after RMNCH+A strategy was put in place in 2012. With poverty, child marriage, mental illness, substance misuse, anaemia, unwanted pregnancy, STIs, HIV, adolescent health needs a multi-sectoral response. With the launch of a comprehensive program – Rashtriya Kishor Swasthya Karyakaram (RKSK) by the MoHFW, the vision is to increase adolescent participation, leadership, gender inclusion and intersectionality across various stakeholder.

The transition from adolescence to adulthood varies across gender, class, region, culture and above all where are they now. These changes have enormous influence and any neglect of these changes has a huge impact on young people and the society as a whole. Adolescent health needs special attention and to be fully integrated into all the existing sustainable development goals (SDGs). Comprehensive integration with gender equality, sexual and reproductive health and rights, mental health, nutrition need to involve young boys and girls to sustain and attain the goals faster.

The adolescent age being difficult to reach subset, becomes further distant from services and care especially when they have mental health and SRH needs and concerns. Hence, we need to provide a platform where Mental health needs are woven together with sexuality education to bind the relationship of understanding their bodies with their minds.

There is a huge human resource gap in Mental healthcare and that also limited to urban centric population. We need to invest in preventive and promotive mental health care needs and simultaneously invest in institutions to build capacities by training counsellors and health functionaries to address the huge burden of mental health in adolescent population.

MAMTA in collaboration with Phillips- India is working in four districts- Bihar, Jharkhand, Bangalore and Maharashtra to integrate Mental wellbeing and SRH to improve nutrition, promote gender equality, improve menstrual hygiene, increase access to IFA, contraception and sanitary napkins. In this regard we aim to engage young adults to empower them, provide support and functional help to improve their psychological wellbeing for improved sexual and reproductive health outcomes.