

**AWARENESS PROGRAM ON
ADOLESCENT HEALTH**

**ORGANIZED BY
DEPARTMENT OF SOCIAL WORK-PG,
ST. EDMUND'S COLLEGE
IN COLLABORATION WITH
ADOLESCENT FRIENDS CORNER,
ADOLESCENT REPRODUCTIVE AND SEXUAL
HEALTH (ARSH) CLINIC,
GANESH DAS HOSPITAL SHILLONG**

**VENUE: ST MARY'S SECONDARY SCHOOL
PAHAMMARDALOI**

DATE: 8TH JUNE 2023

Introduction

The Department of Social Work-PG, St Edmunds College, Shillong in collaboration with Friends Corner, Adolescent Reproductive Sexual Health (ARSH) Clinic, Ganesh Das Hospital, Shillong organized an Awareness Program on Adolescent Health on 8th June 2023 in St. Mary's Higher Secondary School, Pahammardoloi Village. The awareness program was organized with objectives to impart knowledge on life skills training based on personal hygiene and sexual reproductive health and to sensitize the teenage boys and girls about teenage pregnancy. The program was conducted for the target groups of the Secondary Section from Class 9 to 10 for both boys and girls. The Resource Person of the Workshop was Ms. Christy Najjar, a Counsellor of Friends Corner, Adolescent Reproductive Sexual Health (ARSH) Clinic, Ganesh Das Hospital, Shillong.

About the Programme

At the very outset, the MSW 2nd semester, Department of Social Work-PG, St Edmund's College started the program with the welcome address by the MSW 2nd semester students whereby she warmly welcomed the Headmistress of St. Mary's Higher Secondary School, Sr. Linda Manih, the Resource Person, Ms. Christy Najjar, the MSW students of Indian Institute of Professional Studies (IIPS), Shillong, and the participants of Class 9 and 10 students of St. Mary's Higher Secondary School, Pahammardoloi Village. After that, the resource people were felicitated as a token of appreciation by the MSW 2nd semester student.

Furthermore, the program commence with a Role Play on Teenage Pregnancy which was performed by MSW 2nd Semester students along with the MSW student of IIPS, Shillong. The role play was performed with an objective to disseminate the message on the impact of teenage pregnancy and to handle peer pressure from any substance abuse. The role play with different character was portraying in the play with the narration of the story name ***"Ka Lawei ba Kordor"*** meaning ***'The Future is Precious'***. This role play is a story of 16 year old girl who is the only Child of the Family coming from a low socio-economic background in the rural village. She is smart and intellectual having excellent percentage in her SSLC exams and being the only child in the family who got through the exams, which was a proud moment for the entire family. She moved to a city for further studies with the support of her family. Living the life in the city is totally different from the life in the village. In the school she met lots of friends and she having a good time in the school. As times goes by, she is in a relationship and her friends invited her to a birthday party where she felt trapped with varieties of drinks and alcohol for which she was offered by her friends and she denied initially. However, seeing her friends enjoying she could not resist from taking it as most of her friend were forcing her to take and eventually, she got intoxicated and drunk.

Later her boyfriend took the advantage of her intoxication and he slept with her and as a result she ended up being pregnant. When she came to know about it she was devastated and shocked

and she told her boyfriend but her boyfriend denied that it was not his responsibility of her pregnancy. This makes her more stressful and worried about the reaction of her parents back in the village which she could not resist but go back to her native place and confess her mistakes to her parent. Her parents were shocked and anxious about the news of her pregnancy for which they did not expect her to become pregnancy at a very young age and eventually ruined her goal and ambition for her further studies.

After the role play, the Resource Person facilitates the moral and learning of the role play to make the students understand the about the effect of teenage pregnancy. She further, started the session the by highlighting the important of taking a preventive measures to prevent from Teenage Pregnancy, since it is very common among teenager in schools and colleges. She further, explain the impact and the risk of teenage pregnancy which can results in Infant Mortality and Maternal Mortality and even in single mothers among those teenage mothers. She also highlighted the four preventive methods of teenage pregnancy and these are as follows:

1. Abstinence (Abstain from sex before marriage)
2. Be faithful (being faithful to a partner)
3. Contraceptives (using contraceptives measures by using condom during sexual intercourse).
4. Danger

Therefore, it is essential to make the student aware on the importance of sexual health and sex education at the school level as to educate them about the importance of Reproductive and Sexual Health among adolescent both boys and girls

She also mentioned that it is understood that at this age (teenage) both boys and girls would develop feelings and started liking each other and even have a relationship. However, friendship is encouraging but a relationship with sex before marriage is absolutely not encouraging. Moreover, she mentioned about sex before marriage and she highlighted the using of preventive measure by using contraceptives such as condom during sexual intercourse as it serves as preventive measure from unwanted pregnancy and protecting from Sexual Transmitted Diseases/Infection.

Besides, she also mentioned about the importance of Menstrual Hygiene among adolescent girl. She explained to them about the needs of personal hygiene during menstruation and it should not be a taboo in our society and she also highlighted the importance of using a sanitary pad during menstruation as to keep them clean and healthy. Besides that, she highlighted the effect of pornography among teenager which is a danger and a risk towards their mental well being of the students.

In addition, the discussion with the students during awareness program on adolescent health was to promote and to sensitize awareness. Hence, numerous question were asked by the participants to clarify their doubt and uncertainty about Sexual Reproductive Health, Drug Abuse, Sexual Violence and Harassment and Menstrual Hygiene

In conclusion, the vote of thanks was proposed by the MSW 2nd semester student to all the participants for being cooperative and attentive in the program. Hence, the program ended with a group picture to mark the memories of the important event conducted in the school.

ANNEXURE 1

List of participants

St. Edmund's College
"Fides Non Verbo"

Rural Camp 2023
Pahammardoloi Village

Name of the Programme: Adult Science Health
Date: 5/11/2023
Venue: St. Mary's School, Pahammardoloi

List of Participants

Sl. No.	Name	Gender	Occupation/Class	Signature
1.	Danisha Maki	Female	Class - IX	Danisha
2.	Larissa Moring	Female	Class - IX (new)	L. Moring
3.	Joydita Maki	Female	class - IX (new)	J. Maki
4.	Haricygul Maki	Female	class - IX (new)	M. Maki
5.	Marydammalang Syngdoh	Female	class - IX (new)	M. Syngdoh
6.	Sara Nasibang	Female	class - IX (new)	S. Nasibang
7.	Naphtakhat Moring	Female	class - IX (new)	N. Moring
8.	Somyita Moring	Female	class - IX (new)	S. Moring
9.	Pitlum Syngdoh	Female	class - IX (new)	P. Syngdoh
10.	Daisirah Maki	Female	class - IX (new)	D. Maki
11.	Risha Syngdoh	Female	class - IX (new)	R. Syngdoh
12.	Stela Maki	Female	class - IX (new)	Stela

ANNEXURE: 1.1

Name	Gender	class	Signature
TAVIAT MAKI	male	IX	T. Maki
K. tenet MAKI	male	IX	K. Maki
Shankhatoy Syngdoh	Male	IX	S. Syngdoh
Rammond Syngdoh	male	IX	R. Syngdoh
Lithos Syngdoh	Male	IX	L. Syngdoh
Ruel Maki	Male	IX	R. Maki
Preshan Syngdoh	male	IX	P. Syngdoh
Sandip Thangkhaw	male	IX	S. Thangkhaw
Hirsho Maki	male	IX	H. Maki
Sam		IX	

ANNEXURE: 1.2

No - Name	Gender	class	Signature
0 Name	Gender	class	Signature
0 Khatia Maki	F	IX	K. Maki
0 Sandip Thangkhaw	F	IX	S. Thangkhaw
0 Larissa Moring	F	IX	L. Moring
1) Anika Syngdoh	F	IX	A. Syngdoh
2) Rishita Maki	F	IX	R. Maki
3) Babita Moring	F	IX	B. Moring
4) Bismillah Maki	F	IX	B. Maki
5) Balarama Syngdoh	F	IX	B. Syngdoh
6) Badarsha Maki	F	IX	B. Maki
7) Risha Maki	F	IX	R. Maki
8) Maryland Syngdoh	F	IX	M. Syngdoh
9) Thirisha Moring	F	IX	T. Moring

ANNEXURE: 1.3

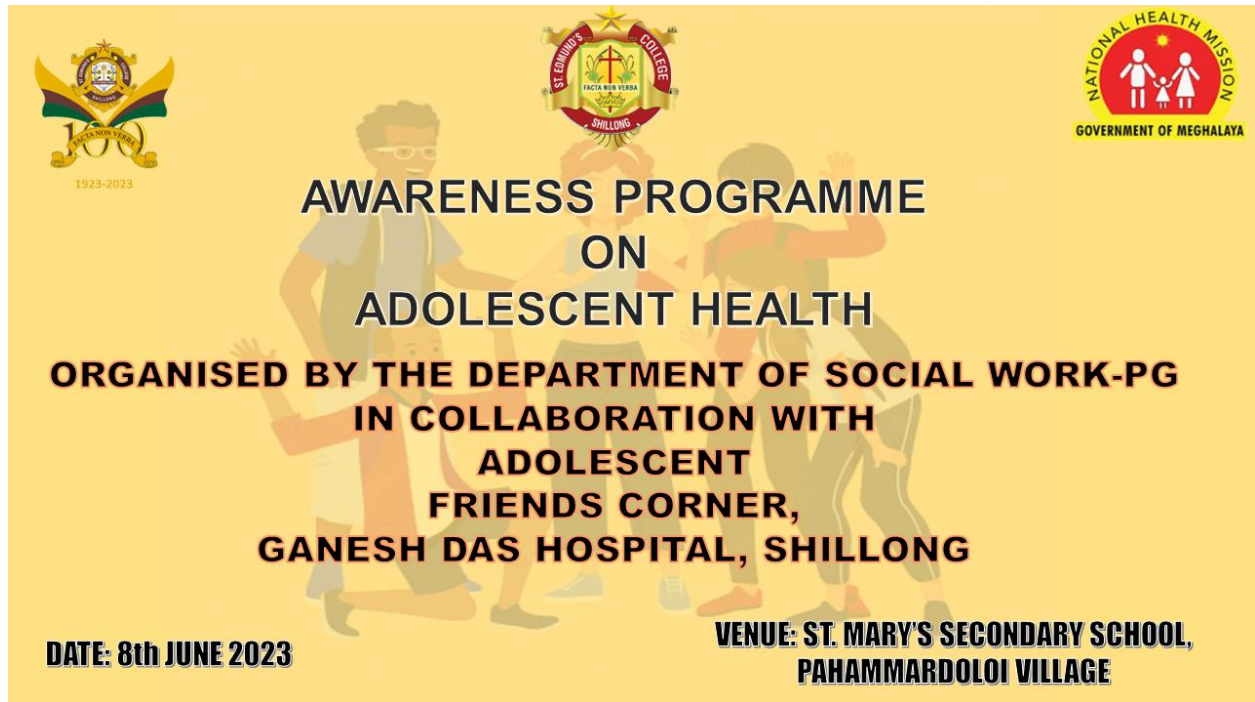
No - Name	Gender	class	Signature
1) Josph Maki	male	IX	J. Maki
2) Tony Maki	Male	IX	T. Maki
3) Benedil Maki	Male	IX	B. Maki
4) Ramon Syngdoh	male	IX	R. Syngdoh
5) Josph Maki	male	IX	J. Maki
6) Damartha Maki	male	IX	D. Maki
7) Niveshita Moring	male	IX	N. Moring
8) Khiravari Syngdoh	Male	IX	K. Syngdoh
9) Banker Maki	Male	IX	B. Maki
10) Tavis Moring	Male	IX	T. Moring
11) Proccas Thangkhaw	male	IX	P. Thangkhaw
12) Dorel Syngdoh	male	IX	D. Syngdoh
13) Edwin Maki		IX	E. Maki

ANNEXURE: 1.4

Name	Gender	class	Signature
Mandoy Moring	Student female	IX	M. Moring
Larissa Moring	Student female	IX	L. Moring
Sandip Syngdoh	Student female	IX	S. Syngdoh
Marydammalang Maki	Student female	IX	M. Maki
Daiton Maki	Student female	IX	D. Maki
Susan Moring Thangkhaw	Student female	IX	S. Moring
Anika Syngdoh	Student female	IX	A. Syngdoh
Banker Maki	Student female	IX	B. Maki
Banyla Babita	Student female	IX	B. Babita
Bismillah Maki	Student female	IX	B. Maki
Daisirah Maki	Student female	IX	D. Maki
Pitlum Syngdoh	Student female	IX	P. Syngdoh
Risha Syngdoh	Student female	IX	R. Syngdoh
Stela Maki	Student female	IX	Stela
Naphtakhat Moring	Student female	IX	N. Moring
Somyita Moring	Student female	IX	S. Moring
Sara Nasibang	Student female	IX	S. Nasibang
Marydammalang Syngdoh	Student female	IX	M. Syngdoh
Larissa Moring	Student female	IX	L. Moring
Haricygul Maki	Student female	IX	H. Maki
Joydita Maki	Student female	IX	J. Maki
Daisirah Maki	Student female	IX	D. Maki

ANNEXURE: 1.5

ANNEXURE 2



Annexure 2: Banner of the Program