

St. Edmund's College, Shillong

# Awareness Programme on Adolescent Reproductive and Sexual Health

Organized by the Department of Social  
Work-PG in collaboration with The Birds &  
Bees Talk Programme and Adolescent  
Friendly Corner, Ganesh Das Hospital

21th April 2023

Centenary Programme



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## Contents

|  |   |
|--|---|
| Introduction .....                     | 2 |
| Objectives of the Programme .....      | 3 |
| Technical Sessions.....                | 3 |
| Ice-Breaking Session .....             | 3 |
| First Session .....                    | 4 |
| Second Session.....                    | 4 |
| Feedback/Evaluation .....              | 5 |
| Conclusion.....                        | 6 |
| Annexure 1: Event Poster .....         | 7 |
| Annexure 2: List of Participants ..... | 8 |

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# AWARENESS ON ADOLESCENT REPRODUCTIVE AND SEXUAL HEALTH

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## Introduction

An Adolescent Reproductive and Sexual Health program was organized by the Department of Social Work-PG, St Edmund's College on the 21st of April 2023 in collaboration with Birds and Bees Talk Program, Plan International (India Chapter), and Adolescent Friendly Corner, Ganesh Das Hospital for students in classes 9 & 10, at Mawshut Secondary School. An opening speech was delivered by one of the student social workers from St. Edmund's College's MSW department who participated in the Birds and Bees Talk Program. A total of 15 males and 17 females between the ages of 13 and 17 participated in class IX. Among the class X students, there are eight males and twelve females between the ages of 15 and 19. The student's involvement consisted of 52 participants who attended the session.





## Objectives of the Programme

1. To provide instruction to students on matters related to Sexual and Reproductive Health during their adolescence.
2. To provide students with comprehensive knowledge and understanding regarding safe sexual practices in the prevention of sexually transmitted infections, particularly those related to HIV/AIDS

## Technical Sessions

The individual who will be serving as the facilitator for this particular session is Ms. Christy Najair, a counselor, is associated with the Adolescent Friendly Corner located at Ganesh Das Hospital.

## Ice-Breaking Session

An ice-breaking session was conducted by the 4<sup>th</sup> semester MSW students of the Department of Social Work-PG, St. Edmund's College, to welcome and warm up the conversation among participants. In this session they conducted a game called dumb charades, which is a word guessing game in which two participants form a team and are given a character name, or perhaps it is an animal name, and they are instructed to guess the character name. In this game, one person must give the gestures while the other two must guess the name.





## First Session

Following the ice breaking session, Miss Christy Najair, the resource person, introduced herself as the counselor of the adolescent child-friendly clinic at the Ganesh Das Hospital, Shillong. During her lecture, she discussed the nature and physical development of adolescents (10-19 years of age).



Aside from that, she discussed teenage pregnancy, which is mainly focused on the under-18 age group because teenage pregnancy is very prevalent in the state and, at the same time, carries a high risk of low birth weight, premature birth, and severe neonatal conditions. Furthermore, she discussed the POCSO Act (Protection of Children from Sexual Offenses) and several punishments imposed under the Act, and finally, she explained how to prevent HIV (Human immunodeficiency virus) and AIDS (acquired immune deficiency syndrome) by practicing safe sex or choosing only one intimate partner.

## Second Session

After the interactive session between the resource person and the students, separate rooms were provided between the boys and the girls for writing queries or doubts regarding



Adolescent Reproductive and Sexual Health on a piece of paper. Many students requested information about puberty and safe sexual practices during this stage. In response to their questions, the resource person provided them with answers and clarified all their doubts.



## Feedback/Evaluation

After the session feedback was collected from the students. It was noticed that all the students expressed very positive opinions about the resource person: Christy Najair the counsellor at Ganesh Das Hospital and the content of the programme. The evaluation found that students understood more about “Adolescence Sexual Health” and related topics that were spoken to them.

The following are some of the positive comments received from students:

- The resource person exhibited a commendable level of preparation and exhibited proficiency in their delivery.
- The majority of students rated the overall program a perfect score of 5 out of 5.
- In addition to providing an engaging experience, the program effectively disseminated critical information regarding the reproductive and sexual health of adolescents.



## Conclusion

"Adolescence Sexual Health" awareness programme for students addressed some of the current issues faced by them and offered some guidance to prevent any sort of harm or danger, either physically or psychologically. The period of adolescence is widely recognized as a crucial phase in the critical development of an individual's life, particularly among



students. It is during this period that they are making choices that will impact their lives for the rest of their lives. In addition, adolescence can be a time when the negative effects of abuse experienced during childhood begin to take effect, contributing to adolescent pregnancy and



substance abuse. In addition to increasing illegal activity, substance use disorders can have physical and social health consequences, such as poor academic performance, decreased health status, and altered brain structure. The awareness programme was a successful one and provided valuable information to the participants involved concerning the topic Adolescent Reproductive and Sexual Health.

As a result, students were able to learn about adolescent reproductive health and safe sexual practices in order to prevent teenage pregnancy or the transmission of sexually transmitted infections, including HIV/AIDS.



## Annexure 1: Event Poster

**Date: 21 April 2023**  
**Time- 11:00 AM**

# Awareness Programme on Adolescent Sexual Health

**Resource Person:**  
**Christy Najair, Counsellor, Adolescent Friendly Corner**  
**Venue: Mawshut Secondary School**

**Organized by -**  
Department of Social Work-PG, St. Edmund's College in  
collaboration with The Birds & Bees Talk Programme and  
Adolescent Friendly Corner, Ganesh Das Hospital



## Annexure 2: List of Participants



### Awareness Programme on Adolescent Sexual Health

Date: 21<sup>st</sup> April 2023

Time: 11:00 AM

Venue: Mawshut Secondary School

| Sl. No. | Name                       | Gender | Age | Class | Signature     |
|---------|----------------------------|--------|-----|-------|---------------|
| 1       | Ban lam Phyang             | M      | 17  | IX    | B. Hujon      |
| 2       | E. Robinson                | M      | 15  | IX    | E. Marwein    |
| 3       | Jakitem                    | M      | 15  | IX    | F. Rani       |
| 4       | Roberto                    | M      | 17  | IX    | R. Kyngeloh   |
| 5       | Kitbori                    | M      | 14  | IX    | K. Marwein    |
| 6       | mat Skhem                  | M      | 15  | IX    | m. wethlary   |
| 7       | Tonangsan                  | M      | 15  | IX    | T. Lmaunai    |
| 8       | Ronjit                     | M      | 15  | IX    | R. Kyngeloh   |
| 9       | mebalawan pyinkun          | M      | 13  | IX    | M. Marbaniang |
| 10      | Dalun Khin Hsoon Rani      | M      | 16  | IX    | D. Rani       |
| 11      | Nathamal Rani              | M      | 16  | IX    | N. Rani       |
| 12      | Bawan byn Hsoon Lmaunai    | M      | 14  | IX    | B. Lmaunai    |
| 13      | Mewanmail Phang L. Haulong | M      | 15  | (IX)  | M. L. Haulong |
| 14      | Ebnneten wathlary          | M      | 14  | (IX)  | E. wathlary   |
| 15      | Fillbackstone Kurbat       | M      | 14  | IX    | F. Kurbat     |
| 16      | Bain pyinkun L. Haulong    | F      | 14  | IX    | B. L. Haulong |
| 17      | Danipynkun Hujon           | F      | 13  | IX    | D. Hujon      |
| 18      | Queestynsethy wathlary     | F      | 17  | IX    | Q. wathlary   |
| 19      | Ilairis Tilamawli          | F      | 16  | IX    | T. marli      |





