

Annexure

Indicative Activity Framework

Indicative List of Thematic Areas for Youth Wellness Days on 18th of Every Month

(Activities will continue throughout the week and extend from 18th to 25th of every month to expand the reach to maximum adolescents)

1. Sexual and Reproductive Health & HIV with special focus on awareness on RTI/STI including HIV
2. Promoting Healthy Lifestyle - Prevention of Non- Communicable Diseases & Metabolic Wellness
3. Nutrition Health including anemia
4. Preconception Care with focus on impact of teenage pregnancies
5. Mental Health & Emotional Wellbeing
6. Prevention & Management of Substance Abuse
7. Water, Sanitation & Hygiene (WASH) practices
8. Injuries & Violence - with special focus on Road Safety, First Aid and active bleeding control
9. Menstrual Health
10. Promotion of Safe Use of the Internet, Gadgets and Media
11. First Aid/Cardiopulmonary Resuscitation
12. Violence Against Women
13. Any other topic as relevant to adolescents

Trainings will actively include information on Government of India helplines such as NACO helpline, Child Line, Women helpline, Tele-Manas, Substance Abuse; any Adolescent Health Helplines/ telemedicine services such as the AIIMS Mangalagiri; information on adolescent websites such as the NHM resources for adolescents, www.apshwp.ap.gov.in etc in order to guide them to authentic sources of information and strengthen referral mechanisms.

Indicative Criteria for Awards for Individuals / Institutions:

The following parameters will be monitored monthly in order to award individuals/institutions that actively participate in adolescent health activities.

Individual Awards:

- ✓ Number of Adolescents Reached – National Chapter (3 awards)
- ✓ Number of Adolescents Reached – State Chapter (3 awards)
- ✓ Number of Sessions Conducted – State Chapter

Institutional Awards

- ✓ Departments/Institutions with dedicated Adolescent Health Interventions - National Chapter (3 awards)
- ✓ Departments/Institutions with dedicated Adolescent Health Interventions - State Chapter (3 awards)

Indicative Monitoring/Coordination Mechanism:

Nodal Officers designated by professional associations will meet online on a quarterly basis and share updates on No. of Adolescents/ Institutions reached, other innovative activities undertaken and future plan of action. IAP- AHA, AIIMS Mangalagiri & UNICEF will be responsible for organizing quarterly meetings.