

FRIEND'S CORNER JANUARY 2022 NEWSLETTER



WELCOME TO OUR SECOND EDITION OF THE NEWSLETTER!



Words from the Mission Director Ram Kumar S IAS, Mission Director, NHM

Welcome to our second edition of the Newsletter!

We have had a great response to our first edition of the FRIENDS CORNER – NEWSLETTER, I extend my appreciation to all our readers, partners especially the youths for taking the time to write or talk to us. We really appreciate your feedbacks and suggestions on what we do and seek to accomplish.

This edition highlights various collaborative activities organised by the Department of Health & Family Welfare, NHM with the Education Department for promoting Adolescent Health. Community engagements and felicitation of Peer Educators in their communities. This issue also covers a story of an adolescent battling with addiction to recovery with the support of the adolescent counsellors.

The newsletter not only seeks to spread awareness among target audience but also work towards educating and share valuable knowledge to adolescents, parents and community as a whole. We look forward to highlighting relevant issues, initiatives and programmes to further inform, apprise the masses to achieve the desired goal of spreading awareness and building a better future for our adolescents.

Happy reading !!

INSIDE THIS ISSUE

AHRC Launched
at Nongstoin

World Heart Day
Observed

Early Marriage
and Customary
Law

Church joins
in promoting
Adolescent Health

Battling Addiction
to Recovery - A
Success Story

EXPERTS SPEAKS

School Health &
Programme (SHP) in Meghalaya

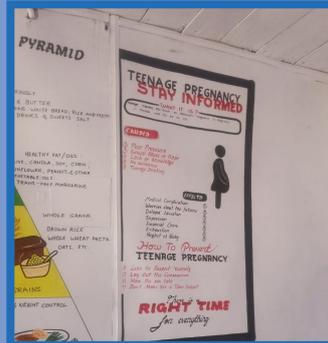
For eNEWSLETTER log on to www.nhmmeghalaya.nic.in

Adolescent Health Resource Centre Launched at Nongstoin

Adolescent Health Resource Centre (AHRC) WKHD was launched on 16th of December 2021 in the premises of the Urban Mission of the New Nongstoin Presbyterian Church at Mawbyrshem, New Nongstoin by Shri H.K Thabah, Additional Deputy Commissioner, West Khasi Hills District in the presence of Dr. S. A. Lyngdoh, DMHO, WKHD, Nongstoin, Dr. M. Tongper, Member Managing Committee Urban Mission, Shri. W. Shabong, District Child Protection Officer, WKHD, Nongstoin, Smt. B. Nengnong, District Program Officer ICDS, WKHD, Nongstoin, Smt. L. Syiemlieh, District School Education Officer, WKHD, Nongstoin, Smt. R. Kongwang, Joint Director of School Education & Literacy, Dr. W. Sutnga, Jr. Specialist, O/o District Medical & Health Officer, WKHD, Nongstoin, Smt. P. Nongbri, Adolescent Counsellor AFHC, Civil Hospital Nongstoin among others. The programme was chaired by Dr. Rap Marwein, District Nodal Officer, RBSK, RKSK & DMHP, O/o the District Medical & Health Officer.

Other attendees included members of the managing committee Urban Mission, staffs, teachers and students of Nongstoin College and St. Francis College, Nongstoin.

Beside highlighting the background and objective of AHRC, the programme stressed on various key topics such



as Early Marriages and maternal deaths, Family planning, schemes and counselling services available at AHRC, drug abuse and alcoholism. Shri H. K Thabah stressed on the challenges of every adolescent and access to service for proper guidance from counsellors.

Outreached programme for adolescent organised at SWGH

Many youth participated at the Outreach Programme for Adolescents organized by a church in collaboration with RKSK & DMHP under SWGH. Among many adolescent the programme was attended by Pastors, representatives of the church & Parents. The programme was organised with an aim to raise awareness on the importance of adolescent health. During the feedback session it was overwhelming to see many adolescents open up to share their experience and challenges. Following the programme, the adolescents approached the health representatives to discuss on various health issues which was addressed immediately. Parents too contributed to the discussion, where they raise on the importance of awareness on effects of early adolescent pregnancy or Teenage pregnancy. As parents do not wish to see that their children would end their youthful life at the age of 20 by getting pregnant and have a child. They wish to encourage their adolescent children to focus on their studies and become self-reliant and successful.

WORLD HEART DAY OBSERVED



To increase public awareness of cardiovascular diseases, their prevention and their global impact, Meghalaya observed the World Heart Day at Nomiwell Secondary School, Nongpoh. Dignitaries present in the programme was Dr. Kitboklanf Kurbah, MO, RBSK, Dr. A. Mukhim, BNYS (Yoga Instructor)

Speaking in the occasion, Dr K.Kurbah stressed on the signs of Heart Disease and advised the students on how to recognise them. He also emphasized on regular physical activity which reduces the risk of having a heart attack or developing heart disease.

Dr A.Mawthoh, BNYS(Yoga instructor) demonstrated steps of Yoga exercises that can strengthen

the heart. He encouraged the students to make it a regular practice as it can ensure a healthy heart.

The participants also Pledged against Teenage Pregnancy followed by pledge on World Heart Day by Adolescent Health Counsellor, DH. To strengthen the knowledge of the students an open Quiz Competition was also held which was hosted by DEIC Manager, RBD

Health Screening was also conducted by RBSK Team, Umling Block.

The celebration concluded with a prize distribution to the winners of the Open quiz competition.



EARLY MARRIAGE AND CUSTOMARY LAW IN A MATRILINEAL SYSTEM OF KHASI SOCIETY – A Discussion

Jharna Foundation under its Student Vertical-Youth Parley conducted a first of its kind discussion on 18th Dec, 2021 at Lady Hydari Park. The topic of discussion was - Customary Law-with reference to Matrilineal System of Meghalaya – through gender lens.

Youth from various colleges like Women's College, Martin Luther College and University actively participated in the discussion. The event was supported by a team of the Adolescence Counselling NHM Civil Hospital, Shillong.

The Team in its services to young adolescents advocated on the issues of Early Marriage and Teenage

Pregnancy, to abstain oneself from becoming young mothers. The importance of education and good health is being instigated as a top priority for adolescents.

Founder/President of the Jharna Foundation, Km Satrupa Bhattacharjee led the discussion, one of the interns from Jharna Foundation highlighted the role of women in a matrilineal society followed by discussion on what are the responsibilities of a woman according to the matrilineal system of Meghalaya and its impact (positively/negatively) in the present scenario. The role of men were also defined and what entails their duty as a part of the system.



CHURCH JOIN HANDS TO PROMOTE ADOLESCENT HEALTH



Awareness programme on Adolescent Health was organized at various Churches under SWGH District in collaboration with the RSKS & DMHP. The awareness programme was initiated in discussion with the church representatives and Pastors in-charge. The programmes witnessed an overwhelming participation of the adolescents and youth members. Some of the key discussions are in relation to health issues by the RSKS nodal officer, Counsellor & Clinical Psychologist. During the interaction round many feedbacks were received from

the adolescents who shared their problems and seek help and guidance on different health issues. Some of the other topics that were raised were on Substance misuse, Teenage pregnancy, Adolescent Mental Health, Depression & Suicide prevention. The programme was well accepted and appreciated by the Church Pastors and members and look forward to organising many more in the near future. The youth were also encouraged to visit the AFHC for counselling needs.

Village Peer Educators well appreciated in Mawkyrwat Block, South West Khasi Hills District Held

Four Adolescent Girls and Boys have been selected as Peer Educator from each village to guide and help other adolescents in their communities. They were selected during a special Program to encourage fellow Adolescents to participate in the Adolescent Health Days (AHDs) and to help organise and assist the programme. They also help in referring young people to the Adolescent Friendly Health Clinic (AFHC).

As a token of appreciation and encouragement, during an RSKS Programme at Mawkyrwat Block, South West Khasi Hills District, Peer Educator



incentives were distributed which include a school bag labelled as Peer Educator, South West Khasi Hills District with a Logo of RSKS on it. This initiative has been a positive strike as positive feedbacks have poured in from the Peer Educators expressing joy and happiness as most of them cannot even afford to buy a school bag.



EXPERTS SPEAKS - School Health & Programme (SHP) in Meghalaya

By Dr Ramellind Kynta, Senior Grade Lecturer, DERT, Shillong



Schools cannot achieve its primary objective of education if students are not healthy and fit-physically, mentally, and socially. Children who are weak, sick, abused, using drugs or having behavioural problems are unlikely to learn well. Educational reforms are bound to be of limited effectiveness unless health-related barriers to learning are addressed to. As Harriet Tyson writes, "First among those barriers are poor physical and mental health conditions that prevent students from showing up for school, paying attention in class..." UNESCO's Strategy on Education for Health and Well-Being is to promote better health and well-being for all children and young people contributing to the Sustainable Development Goals.

It is against this backdrop that a comprehensive, integrated set of planned strategies, activities, services and well-coordinated school health programme is the need of the hour to promote optimal physical, mental, emotional, social, and educational development of students.

A joint initiative of the Ministry of Education and Ministry of health and Family Welfare under Ayushman Bharat-'a school health program' Recognizes schools as a useful platform. "School Health Program"



that envisions to equip, motivate and support children to actively contribute towards the development of self and society.

The main objective of the programme is organised under 11 themes:

1. Growing Up Healthy
2. Emotional Well-being and Mental Health
3. Interpersonal Relationships
4. Values and Citizenship
5. Gender Equality, Nutrition, Health and Sanitation
6. Prevention and Management of Substance Misuse
7. Promotion of Healthy lifestyle
8. Reproductive Health and HIV Prevention
9. Safety and Security against Violence and Injuries
10. Promotion of Safe Use of Internet
11. Social Media Behaviour

Teachers designated as "Health and Wellness Ambassadors" will be conducting interesting activity-based sessions covering all the 11(eleven) themes. The teachers will be supported by two students of each class designated as Health and Wellness Messenger to help facilitate the activities. the teachers may seek the help of MO from PHC/CHC, Block Health Coordinator or the RBSK team Doctor for any assistance.



Activities undertaken under School Health and Wellness Programme in Meghalaya

Under the collaborative efforts of the Department of Health and Family Welfare (NHM) and Education Department, Government of Meghalaya, the following activities have been conducted so far:

- Online Training Programmes for State Resource Group
- Online Training Programmes for District and Block Level Trainers
- Online State Level Orientation Program
- Online Training for Mentors
- Translation of School Health and Wellness Posters into local languages
- Trained Health and Wellness Ambassadors in the five selected Districts of the State viz. West Khasi Hills, South West Khasi Hills, West Garo Hills, South West Garo Hills and Ri Bhoi.
- Media: A TV programme hosted by Doordarshan Kendra Shillong and a radio discussion programme aired through All India Radio, Shillong.
- IEC materials have been distributed to those schools whose teachers have already been trained for the implementation of the programme in their schools.



BATTLING ADDICTION TO RECOVERY

– A Success story:

“It all began with smoking ganja with a group of friends”, says Shankar, an 18 year old boy, who visited the Adolescent Friendly Health Clinic along with his mother seeking for solution to end his drug addiction problem. Initially, the boy denied using Heroin (a highly addictive analgesic drug producing euphoria).

Going back, he was an ordinary boy who enjoys school and playing with his friends. When he was in Class-10, he presented himself as bright student, who was sincere in his studies and work his way to climb the ladder of success. At 16, he met a few friends who introduced him to a cannabis substance called Ganja or Weed. The boy soon got addicted and was constantly yearning for it. Two years later, he tried Heroin and slowly got hooked to it. With time, his heroin dosage increased and felt he cannot live without it.

Situation at home took an unpleasant turn, his father was diagnosed with cancer and his mother needed to support the family. Soon his aunt starts to blame him for everything wrong that is happening in the family. Unable to cope with all the pressure at home and constant nag from his aunt, he decided to vent his emotions on the drug. His mother soon realized money was missing from her purse every day. One day she caught her son stealing money from her purse. It was only then that the mother needed to seek professional help to end her son's addiction problem.

Not long after Shankar was being counselled, he felt the need of taking Opioid Substitution Therapy (OST). He was referred to the Integrated Counselling and Testing Centres (ICTC) for HIV testing. When the results came out, a teary-eyed mother came to visit

the Clinic with her son. The boy's results showed he is reactive to the HIV tests.

Shankar was heartbroken and loss the will to live. He was being made aware at the clinic that the disease should not stop him from living a normal life. The Adolescence Clinic connected Shankar to KRIPA FOUNDATION a Rehabilitation De Addiction Centre with a scheme for children below 18 years of age where he could get free detoxification at a hospital and a free three month stay at a rehabilitation centre. With a strong purpose to leave his addiction, the boy accepted these treatment privileges given to him. The Clinic also has devised a plan to connect the boy with other network of recovering drug users for source of support to him.

**Ki jing mlien dih
duma bad ia
ki jing dih
pynbuaid
kin shim
ia ka jingim
jongphi lada ym
mynta hyrai haki
sngi ban wan**



design: john chhana & the manna and quail foundation

NATIONAL HEALTH MISSION
For detailed counselling PLEASE visit your nearest adolescent clinic in any District Hospital, CHC and PHC.
ISSUED IN PUBLIC INTEREST BY NATIONAL HEALTH MISSION

RKSK
Rajiv Gandhi Kalyan Sanstha

HEALTHY EATING = HEALTHY LIVING



Consume small, frequent meals rather than large infrequent portions

Consume a wide range of healthy foods

Avoid foods that contain a lot of fat or sugar

Eating too much can make you overweight

NATIONAL HEALTH MISSION
For detailed counselling PLEASE visit your nearest adolescent clinic in any District Hospital, CHC and PHC.
ISSUED IN PUBLIC INTEREST BY NATIONAL HEALTH MISSION
MEGHALAYA

RKSK
Rajiv Gandhi Kalyan Sanstha

design: john chhana & the manna and quail foundation