

**INTERACTIVE LEARNING FOR ADOLESCENTS BY PEHAL KIT**

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Adolescence is a period of acquiring new capacities. During this period adolescents face new challenges physically, mentally and emotionally. It is not only a time of opportunity but also of vulnerability to risky behavior, which can have life long consequences, especially on education, career and health. The world's youth Data Sheet 2006, which portraits the well being of youth (people aged 10-24 yrs) across the globe, indicates that many of these young people are at great risk for health problems ranging from sexually transmitted infections (STIs) to complication from smoking.

Life skill education has been identified as key strategic approach for bringing behavioral changes in reference to reproductive and sexual practices among adolescents therefore many methodologies have been identified for imparting the life skill education to adolescents.

Considering the same objective of imparting the life skill education to adolescents a special PEHAL kit was developed under the project- "Adolescent Initiatives Uttaranchal". Himalayan Institute Hospital trust, Deharadun implemented this project in the three districts of Uttaranchal viz Deharadun, Udham Singh Nagar & Nainital. One block in each of these districts had been selected, to cover about 32,000 adolescents.

Under this project Pehal Kit was developed with the aim of sensitizing the adolescents on issues concerning themselves right from pubertal

changes to sexual and adult life. Considering the gender sensitivity separate male and female kits had been developed. They were known as Shankar kit and Paro Kit, which were facilitated by male and female trainers respectively. The kit uses games (card game, a family spacing board game, a jigsaw puzzle game), activities, flipbooks, models etc. Adolescents had been given Pehal in the form of 5 Days packsge.

A pre-designed questionnaire was administered for Pre & post training assessment. Analysis of Pre and Post training assessment data of 4322 adolescent shows that after 5 days of training through Pehal Kit correct knowledge level used to reach up to 90-94% in many areas of reproductive health issues. Maximum improvement of 40.4% was observed regarding Antenatal care. Adolescent girls showed maximum improvement in their knowledge, regarding importance of TT for pregnant women. Among adolescent boys maximum improvement was observed in their knowledge of emergency contraception. These results indicate that adolescents learning remains high for the issues of immediate concern. A second post evaluation was done after six months of training, results of which showed 70% correct responses.

Hence it can be concluded that interactive learning not only makes the learning process easier but also enhances the knowledge retention.

S. No	Issues	Pre Training Evaluation	Post Training Evaluation
1	Harmful effects of early marriage	69.5%	94.1%
2	symptoms of RTI	66.2%	92.4%
3	Methods for protection from HIV	69.8%	91.6%
4	Right Age of Pregnancy	68.6%	91.4%
5	Sources of Iron rich food	77.0%	91.1%
6	Methods to avoid pregnancy	49.5%	83.7%
7	Usage of emergency contraceptives	31.2%	69.2%
8	Importance of TT for adolescents.	38.7%	78.4%
9	Iron and TT for pregnant woman.	50.0%	89.5%
10	Five cleans for Safe Delivery.	48.8%	83.4%
Total		56.9%	86.5%



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