

Adolescent Reproductive and Sexual Health Programme (ARSH)

Himachal has a huge population of Adolescents and Youth comprising about 30 % of our population. To cover the needs of this age group State runs Adolescent Reproductive Sexual health programme. The aim of this programme is to provide right guidance and perspective in the various issues of growing children.

To succeed in this endeavour regular trainings of MOs is carried out to sensitize and train them to deal with and manage Adolescent health issues. We have trained more than 150 MOs and more than 200 paramedical staff in the above programme.

Yuva Paramarsh Kendras are set up at the level of DH & CH in all districts. We have about 90 functioning YPKs in our State which are working very closely with the adolescent population both in Health Institutions as well as by outreach activities in their Schools and Colleges, Teen Clubs, Health Melas and Youth Festivals.

In FY 2012-13 more than Eleven thousand Adolescent Clients visited our YPKs. Commonest issue to be discussed at these YPKs was found to be those related to Nutrition, Skin Problems and RTI/ STI symptoms.

State is partnering with University of Lund, Sweden and Mamta NGO, Delhi to work intensively on Adolescent issues and their relationship with the onset of Non Communicable Conditions later in life; in three districts of Chamba, Mandi and Shimla. Himachal is the first State to undertake such a study in India.

To increase awareness about Adolescent Health issues the Deptt. carries out various outreach activities both at State and District level by interacting with School and College going boys and girls.