Review of IEC Material for General and Reproductive Health of Adolescent Girls

- A Report

Vacha Resource Centre for Women and Girls

(in partnership with Narotam Sakhseria Foundation)

2011

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Preface

Discrimination against girls in India cannot be overemphasized. It starts from before their birth in prayers for a son and use of medical technology in sex selection and gender selected abortions, female infanticide, neglect girls' health and education, child marriage and a whole range of other forms of oppression and discrimination. Girls are survivors in our society. It is essential that special efforts are made for their capacity building and for facilitating them to become agents of change for themselves and for wider social goals.

Vacha Resource centre for Women and Girls has been actively working with girls for last 14 years through various programmes. While working with them the need for IEC material addressing their specific issues was constantly felt. Over the years Vacha has produced a number of booklets, books and CD of songs for girl and collected a lot od material produced by others. We found there were gaps in the available IEC resources and there was a need to fill them with certain kind of resources, especially for health and gender training of adolescent girls.

Adolescence is the stage when concepts of menstruation as a polluting agent are applied to girls. They also have to deal with fear of bleeding, a sense of shame over it, rising interest in boys and romantic feelings and notions. They have very little knowledge of reproductive health though they may have stray information and exposure. This is dangerous at a time when they must learn fully about their own bodies, the biological and psychological processes as well about sexually transmitted diseases and HIV issues. This is the stage when girls need care, nurturance, emotional support, nutritional supplements and acquisition of life skills to create basis for overall growth. Only then they can be participants in their own development and empowerment.

While implementing activities with girls in the second decade of their lives, with special focus on general and reproductive health, there was still a pressing need felt at field leval for resources addressing these issues in a girl friendly, non preachy manner.

As a first phase of a wider project aiming at production of IEC materials for adolescent girls' health and reproduction issues, a review of IEC material in Hindi, Marathi and Gujarati languages was undertaken. The main objective of review was to identify IEC material developed for health and reproductive issues of adolescent; to collate and to review available IEC material to identify issues covered; to analyze and systematically identify gaps, if any, in the existing IEC material.

This report presents the outcomes of the review and details of the process that was followed as well as details of the material that was reviewed.

We hope that the IEC producers, trainers, activists, academicians and, most importantly, adolescent girls will benefit from the findings of this report.

Vacha Team

Acknowledgements

This project was undertaken and completed in partnership with Narotam Sakhaseria Foundation, Mumbai.

Several associates and well wishers of Vacha contributed time and expertise on voluntary basis.

Team members of many NGOs shared with us information about process of production and dissemination of their IEC material and contextualized these for us.

Participation of girls in the review process added their valuable insights to the report.

Experts in area of health and gender have given some important and useful suggestions during a consultation prior to finalization of the report.

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Review of IEC Material for adolescent girls on health: A report

Objectives :

The review was undertaken to identify the gaps, if any, in the existing IEC material for adolescent girls, on Health. The objectives were:

- To identify IEC material developed for health and reproductive issues of adolescent girls in three languages – Hindi, Marathi and Gujarati.
- To collate and review available IEC material to identify issues covered.
- To analyze and identify gaps, if any, in the existing IEC material.

Defining some basic concepts:

Certain concepts, as they appear in the study, will have the following background and meaning.

Health[1]: The World Health Organization (WHO) defined health in its broader sense in 1946 as 'a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity'.

The Platform for Action, which was adopted by 189 delegations at the Beijing Women's Conference, reaffirms the Cairo Programme's definition of reproductive health and advances women's wider interests. Paragraph 96 states: [2]

"The human rights of women include their right to have control over and decide freely and responsibly on matters related to their sexuality, including sexual and reproductive health, free of coercion, discrimination and violence. Equal relationships between women and men in matters of sexual relations and reproduction, including full respect for the integrity of the person, require mutual respect, consent and shared responsibility for sexual behaviour and its consequences."

Reproductive health[3]: Reproductive health, implies that people are able to have a responsible, satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so.

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[1] http://www.who.int/topics/reproductive_health/en/

[2] http://www.un.org/ecosocdev/geninfo/women/womrepro.htm

[3] http://www.who.int/topics/reproductive_health/en/

Adolescent girls: Girls in the second decade of their life, i.e., in the age group 10 to 20 years.

Working Definition of IEC[4]

The study being on IEC material available for adolescent girls, we thought it prudent to understand the scope of what 'IEC' covers. For the purpose of this study, scope of IEC material is as under:

INFORMATION: One-way delivery of messages, facts, statements without the verification of reception, comprehension, and acceptance.

EDUCATION: Instructive delivery of messages, facts, statements, generally including practical application through training/role-modelling, etc with the verification of reception, comprehension, and acceptance.

COMMUNICATION: Two-way exchange of opinions, attitudes, beliefs about messages, facts, statements with the verification of reception, comprehension, and acceptance.

Moreover, the functions that an IEC material is supposed to fulfil are,

- Giving accurate, clear, simple information.
- Delivering information through training, role modelling, etc. with the verification of reception, comprehension and acceptance.
- Listening and learning from clients as it imparts information to understand their values, attitudes, personal/family as well as community situations.
- Motivating people to take appropriate actions within the context of their personal life

[4] IEC: The Power for Change Workshop Report May 5-10, 1996- Mombasa, Kenya-USAID http://pdf.usaid.gov/pdf_docs/PNACB827.pdf

Process of review

This process consisted of four steps:

Step 1: Collection and collation of IEC material.

Step 2: Forming review committee, finalising review criteria and assigning review tasks.

Step 3: Visits, Interviews, Meetings.

Step 4: Compilation of review reports and analysis

Step 5: Consultation meeting with experts

Step 6: Finalisation of the report

Step 1: Collection and collation of IEC material.

The first step involved collecting all the IEC material from different sources. First we looked at the collection that was already with Vacha Resource Centre. Other than this, forty-six NGOs with experience of working with adolescents, youth and women and on health issues were contacted. Appeals were sent through networks such as feministindia, nccindia, jsa and SAForumRSH seeking information about relevant IEC materials. Nineteen organisations were visited and material was procured from thirty two places through visits and by post. The IEC material was then categorised as per format, language and target group.

Step 2: Forming review committee and finalising review criteria:

A committee of in house reviewers was formed. This review committee comprised of eight women. One of them is a veteran health trainer, one a lecturer from a science college, one with media background and one from library science, one a post graduate in sociology and three MSWs, out of whom two have been adolescent health and gender trainers. Criteria for review were discussed and finalised. (annexure 1)

Step 3: Visits, Interviews and Meetings :

Visits:

Visits were made to various organizations to look at IEC material available with them, to acquire such material and, to understand the process of production and use of IEC materials by their team members. Visits were made to eight organizations in Gujarat and twenty one in Maharashtra.

Highlights of visits :

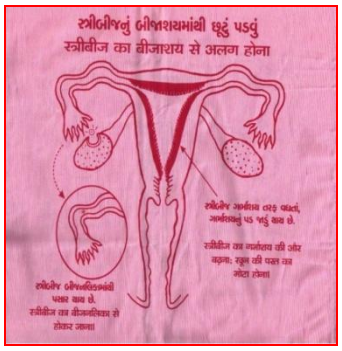
- A prominent health resource library in Mumbai had no material in regional languages for adolescent girls.
- One documentation centre had girl child as a category but had clippings only on child abuse, child marriage and education.
- One popular Marathi book store had 11 books related to adolescence.
- Thane Department of National Rural Health Management (NRHM) had no IEC material including a copy their own module in Marathi.
- Avehi Public Charitable Trust extended much help to us in locating and accessing IEC materials from their resource library.
- Though prior appointment was taken in some places, a reviewer could not meet key persons. Information gathered through interviews with other team members in such places was generally comprehensive.

Information about processes followed by the organisations for developing IEC materials:

- Most of the NGOs had originally prepared material for trainers and peer educators in their own projects.
- Chetna, Setu, Sahej, Tathapi and Vacha Resource Centre had produced material that specially focused on adolescents or girls.
- Most of the IEC materials prepared by these organisations were based on their experiences of working with women and girls.
- Some of them had regular artists who worked on the visuals and designs.
- Almost all the organisations had field tested their IEC materials with the target groups. St. Xavier's Institute of Communication in Ahmedabad mentioned that the material was outcome of sessions with community and, therefore, field testing was not required. Vacha Resource Centre has had similar experience in past. There was a six year project, a major outcome of this was immergence of an active girls' resource centre and production of IEC material.
- Centre for health education, training and nutrition awareness (Chetna), Mahila Sarvangeen Utkarsha Mandal (Masum), Tathapi , Institute of Health Management Pachod(IHMP) shared their experiences about the kind of changes they had to incorporate after field testing. These included simplifying language in some items and using simple known examples for illustrations. In some cases more instructions were added to modules. Some pictures had to

be changed or modified in a few IEC items. For example, the following two items had been revised.

(Picture 1)



(Picture 2)

In the above picture (1) with two women colours of clothes had to be changed to make them look the garments old used. Also walls of their home had to be given a rundown look. In the other picture (2), which is an apron explaining menstruation process, a step in the menstruation cycle had to be added to make it easy for the facilitator to explain the process to girls. Rather than making the cloth apron again, a circle was added to provide needed details.

An Interview/Individual Consultation:

A consultation was held with Ms. Daiwashala Giri, a well known health and gender trainer with a women's perspective. She has been active in the field for over 18 years and conducted trainings in various parts of the country. Giri was consulted for her opinion as a trainer on usefulness of various IEC resources such as training manuals, flip books and charts as well as various aids. Books and booklets on health were not included in the list as these were many and would require her to study over a long time. She was interviewed in detail for her comments. The IEC maerials she commented on were:

- Training Modules: *Shikshakan karita jivan kaushalya dware aarogya vikas karyashala*,- Manual for std 8, 9, 10 by UNFPA , Jeevan Kaushalye- Part I, II, III by IHMP
- Different Aids: Mirror chart on anaemia by Tathapi Trust, Apron on Menstruation by CHETNA and MASUM, *Mahavari chakra* by Vikalp and Tathapi, Menstruation charts by Vacha Resource Centre
- Flipbook *:Kishoriche pahile paul*
- Booklet: Stayfree Parichay
- Educational kit: Sangati kits by Avehi Abacus

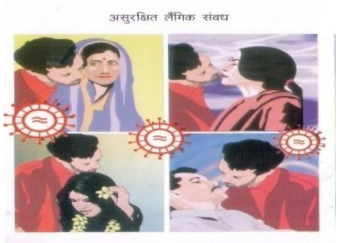
Giri's Comments:

Flip books:

This format requires trainees to first see and then hear what is being said.. Therefore, choice of visuals and proper labels is very important. Flip charts are used by trainers who explain the content. Still, it is necessary to properly caption the visuals as seeing reinforces what you hear. Otherwise excellent and useful flip charts have some elements that are problematic. As an example. Giri pointed that the main objective of one flip book was talking on family health. In this otherwise excellent resource, the visual shown on the cover was problematic. (Picture 3) It showed a happy family with father, mother son and daughter. However, there is a doll in the girl's hand, whereas none of the others is carrying anything that can be construed as an identity mark. Such things only reinforce stereotypes of girls.

In another example from the same book, on topic of HIV, they have not used specific words or terms like *laingik sambandh* (sexual relation). The picture and heading gave wrong message about transmission of HIV_ AIDS as the illustrations in the pictures are not about unsafe sex. Following are the illustrations under discussion.(picture4)

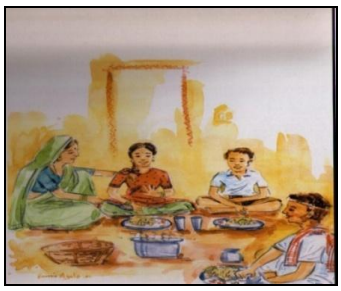
(Picture 3)



(Picture 4)

In illustrations from a module shown below, in one card the mother is serving a meal to husband and son while the girl looks on longingly. As an improvement the next card shows the daughter also sharing the meal with father and brother but the mother still stays behind and continues serving.

(Picture 5)



(Picture 6)

Training Modules:

- IHMP's module has good instructions, Sequence of topics and also has questions to check the reception of messages which is very good.
- Modules which have FAQs and cut outs at the end are useful, such as (IHMP), St. Xavier's Institute of communication(XIC).
- United Nations Population Fund (UNFPA)'s module has good sequence and has covered a lot of topics. But the problem is that it is translated from the origional module created by National Institute of Mental Health and Neuro Sciences (**NIMHANS**), and the translation is too literal, This in places has even lead to change of meaning. Also, as it often happens in translations, words chosen have a dictionary feeling about them. These are not words in common use.
- Many modules cover topics of friendship, love and sexual attraction in a single session. Friendship has special place in adolescence and the topic needs a chapter by itself.
- Background of Trainers/ manual developers need to match. There are perspectives such as feminist, medical and that of social workers. Manuals should specify which kind of trainers are to use their products. Very often trainers' background as feminist, medical professional or social workers/ sociologists lead to different approaches and emphasise on different aspects of menstruation, sexuality or adolescence issues. If there are multiple trainers in the same group with different backgrounds it leads to dissemination of conflicting messages
- Updating information on the topics like menstruation and sexuality is very important. Attitudes and scientific information about sexuality and reproduction are changing and so there is need to adapt the old IEC materials to accommodate these changes.
- Friendship should cover relation between both the sexes. Mostly the chapter has friendship, love and attraction in the same session leading to confusing messages.
- IEC cannot talk about love and sexuality before menstruation. As
- The modules which have references, cut outs, activities with clear instructions are very effective.

Educational kits and different aids:

- Menstruation aprons: Chetna's is very good as it has description on the apron. The positive of Masum's apron is that it comes with a booklet.
- Mahavari chakra: It runs the risk of being either too technical or over simplified.
- Tathapi mirror on anaemia is easy to use. It talks of the problem and gives the solution.
- Chetna's apron is more practical in use and has description. If it had one more panel explaining the entire process of menstruation it would be an excellent iec.

- The one by Masum comes with a booklet. It does not have description and the intercourse panel is a bit confusing. Vacha's panel is old and needs to be updated.

Group meetings with girls:

The Vacha team shared materials with a group of girls to collect their response to IEC materials as these are developed for girls' health. Some of the IEC material was shown to a group of girls between ages 14-19 years, and their opinion was sought. After they gave their general opinion, they were asked specific questions on some categories like visuals, message, and language. There was also a group discussion on their overall feedback. Material the girls reviewed was:
Books :
Beti Kare Sawaal (A girl has questions) Eklavya
Didi Jawaab Dijiye (A girl seeks answers) Vikalp
Hum Tum (Adolescence health issues) – Chetna
Ladki Kya Hai - Ladka Kya Hai, (Gender) Jagori,
Booklets :*Kaash! Mujhe Kisine Bataya Hota* (on incest) Jagori,
Laal Kitab, Taarshi,
Maahavari Ki Jaankari - Chetna,
Masti ki Patshalla - Vacha Resource Centre ,
Kishori Balika - Voluntary Health Association of India ,
Kuchh Baatein Hamari Tumhari - Taarshi ,
Yauvanaavastha…Vastavikta Aur Bhavanaen – FPAI, Manmeet - Vacha Resource Centre
Charts :Maahavaari Chakra – Vikalp and Tathapi, Aaplya Raktachi Laali Aapan Swathahach Tapasa - Tathapi.
Other aids :Jaise-Jaise Hum Badhte Hain - Vikalp.

Following are the responses by girls:
Girls appreciated IEC materials that had simple language, colourful pictures and examples from their day to day lives.
Girls appreciated the IEC materials that were less bulky, used simple day to day language and simple pictures.
They said that mostly the science teachers in their schools are male and do not discuss these kind of topics with them. They also said that their parents too discourage any discussions on this topic, at home they do not get privacy to go through these kind of books.
These girls also responded as:

"I already knew some of the things written here, but now I know even more after reading this, there are many things I didn't know before. Today I understood that there are such things inside my body. The language is simple, I feel like reading more. The pictures are very nice – they are easy to understand." -- *16 year old girl*

"This is for my own good, so I'm reading this. The language is easy. It is about a girl being abused by people she knows. This information is for my own good, so I felt like reading it right after reading the first page. The pictures I liked a lot. The experience of this girl, that she would tell her parents about some person she didn't like, but her parents wouldn't trust her – we also have such experiences. What happened to this girl might happen to me also, so I felt like reading it. The book increased my courage to face such situations."--- *15 year old girl*

"I picked it up because the title says it is about 'Bhavnaen' (feelings). The language is not preachy, but friendly." *15 year old girl*

1. 'Beti Kare Sawaal' – Eklavya - *(She read it with a lot of interest and showed it to the others too, she didn't keep down the book even after I told her she can choose some other book to read as she has finished this one.)*

2. 'Kaash Mujhe Kisine Bataya Hota' – Jagori -*(Read the whole book end-to-end with a lot of interest).*

3. 'Yaun Aavastha…Vastavikta aur Bhavnaen' - FPAI

- About Mahavari Chakra:

A 19 year old girl: "Tathapi's chakra has clear drawings and it explains everything such as - what happens in the eggs and in the uterus"

A 17 year old girl: "Tathapi's has good pictures but Vikalp's language is easier for me to follow."

Another 17 year old girl:" Vikalp's mahavari chakra is good. It is written well and it has good pictures."

Step 4: Compilation of review reports and analysis:

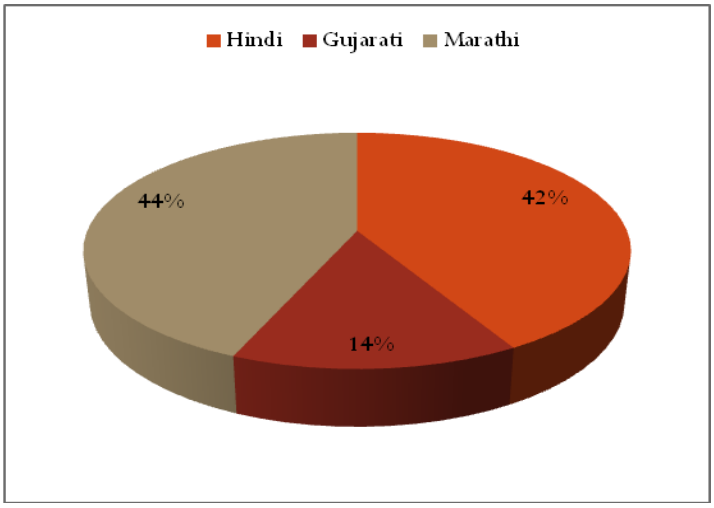
Compilation of review reports of all the IEC materials was done. The total project staff consisting of only one documentation person and a part time coordinator who went through project report with Vacha director and rechecked some of the material. Quantitative and qualitative analysis was done by them with additional voluntary help for the project.

Reviews were compiled on the basis of the format of IEC, Language of writing , Target group and Content category.

Step 5 and 6: A consultation was held on July 7, 2011. Its report forms a separate section. The final report was completed after incorporating suggestions from consultants.

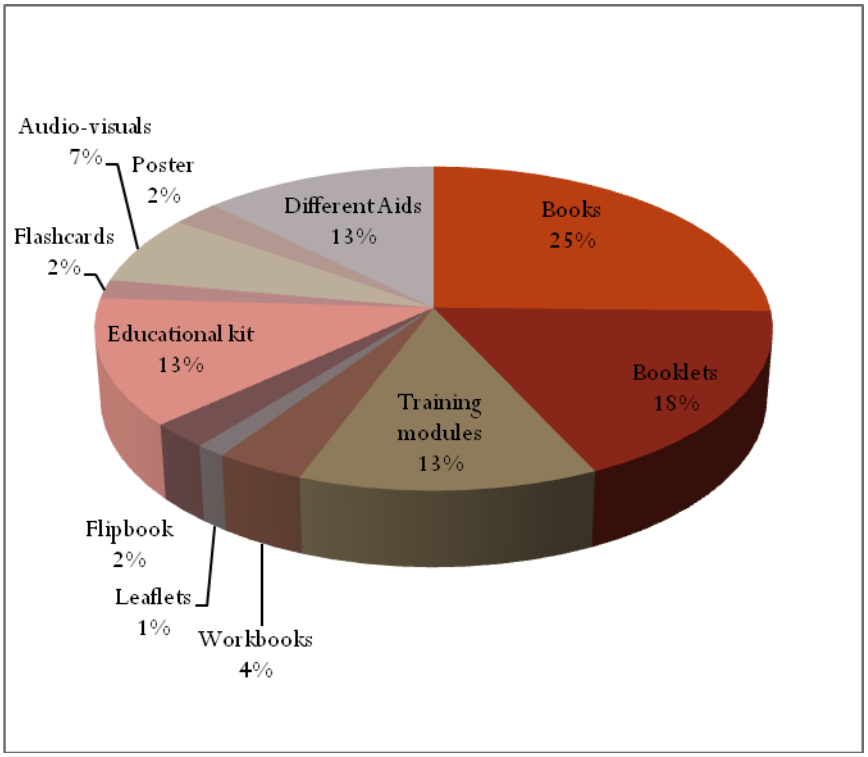
Details of IEC Review findings

Language wise distribution of IEC material



As evident from the chart very little material was found to be available in Gujarati. Maximum was in Marathi at 44%,IEC material in Hindi was 42% and only 14% was available in Gujarati.

Format wise distribution of IEC material



Books, booklets, Training modules form more than 50% of the IEC material available restricting it to only literate population. AV materials and posters are only 10% .

Format wise distribution of IEC material for each target group

Format	Girls	Adolescents	Parents	Facilitators	Girls / Women	General Public	Total
Books	7	14	10	9	9	2	51
Booklets	9	13	3	4	5	0	34
Training modules	0	0	0	20	0	0	20
Workbooks	0	6	0	0	0	0	6
Leaflets	0	0	0	0	1	1	2
Flipbook	1	0	0	1	3	0	5
Educational kit	0	7	0	12	0	0	19
Flashcards	1	0	0	2	1	0	4
Audio-visuals	4	2	1	3	0	4	14
Poster	0	0	0	0	0	4	4
Different Aids	3	0	0	4	9	1	17
Total	**25**	**42**	**14**	**55**	**28**	**12**	**176**

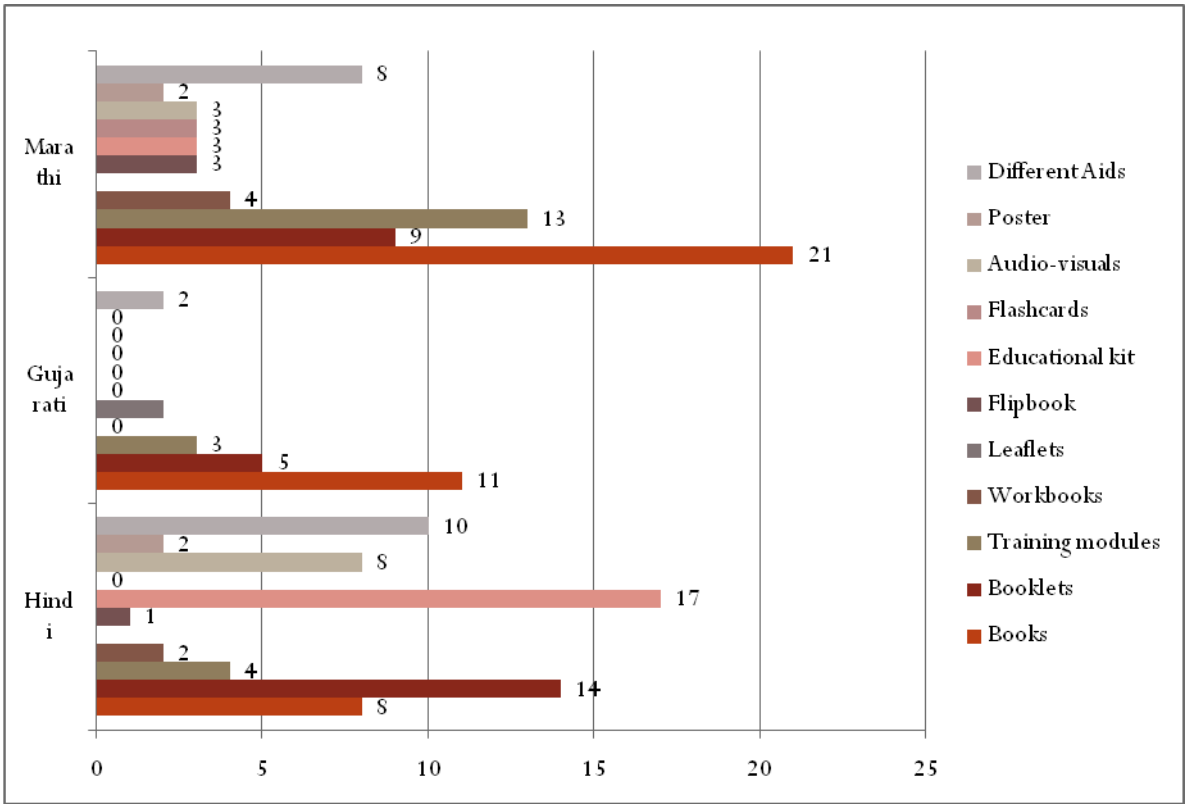
29% of the materials was in form of books which can be accessed only by educated individuals. Most of these books had language which used a lot of medical jargons and sanscritised words, Books had very few pictures.

24% of the materials was in form of Booklets, It had more appropriate language compared to books and more pictures but again restricted to the educated population.

19% of material comprising of Educational kits and Audio- visuals are generally not easily accessible for most of the people they are usually accessed only by NGOs.

Only 14% of the total IEC material was exclusively for girls. Of that 60% is in form of only books or booklets.

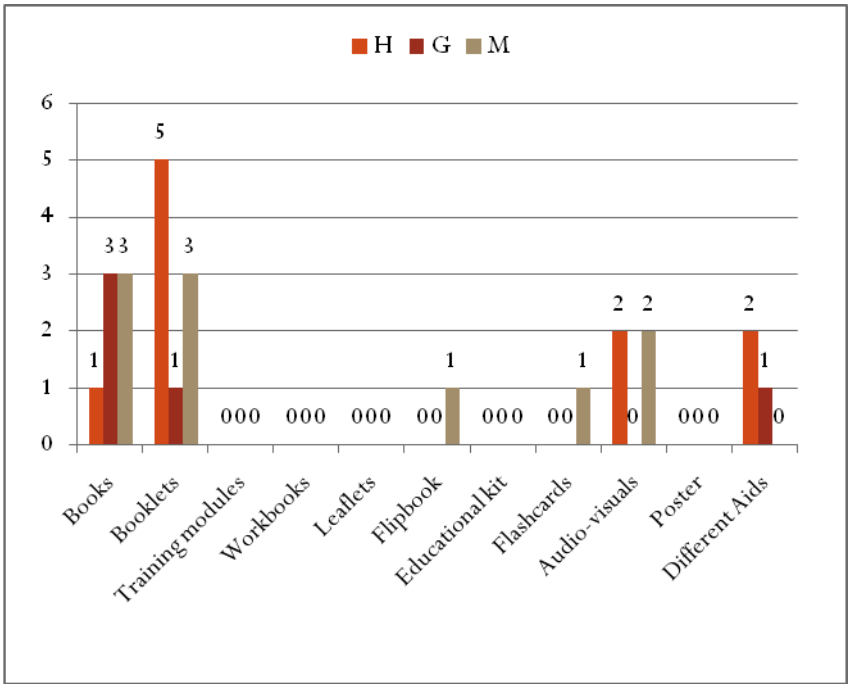
Language wise distribution of IEC material in different formats



Maximum material available was found to be in Marathi followed by Hindi and then Gujarati. IEC materials in Marathi has maximum number of books and training manuals where as Hindi had maximum educational kits and booklets. Leaflets were available only in Gujarati. Flash cards were available only in Marathi and there were 3 flip books in Marathi and 1 in Hindi. Marathi books were easily available in a lot of book store but when we tried to access books in Hindi or Gujarati we could not access them in book stores or the book distributors.

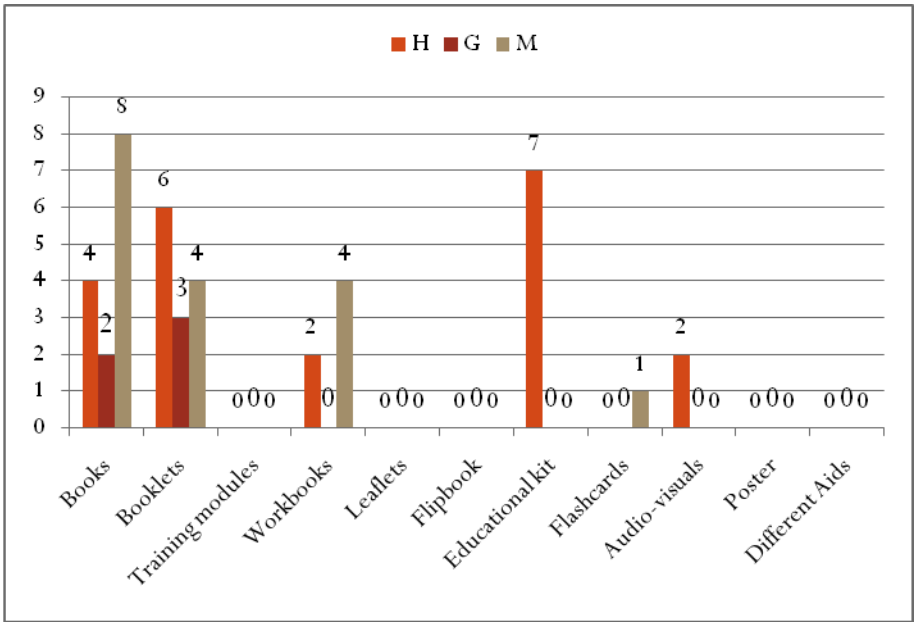
Review findings

IEC material for adolescent Girls



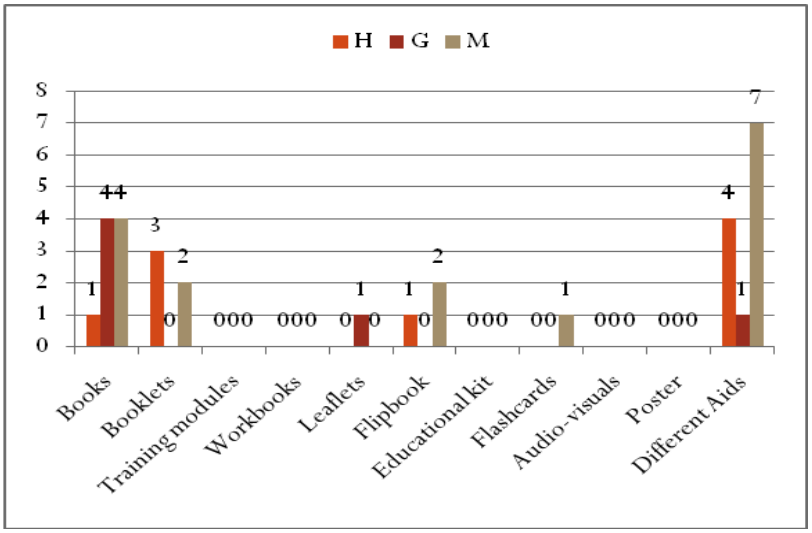
The maximum IEC material in Hindi and Marathi as well as Gujarati was in the form of books and booklets. There were no workbooks, leafles or educational kits produced only for adolescent girls.

IEC material for Adolescent Girls and Boys both



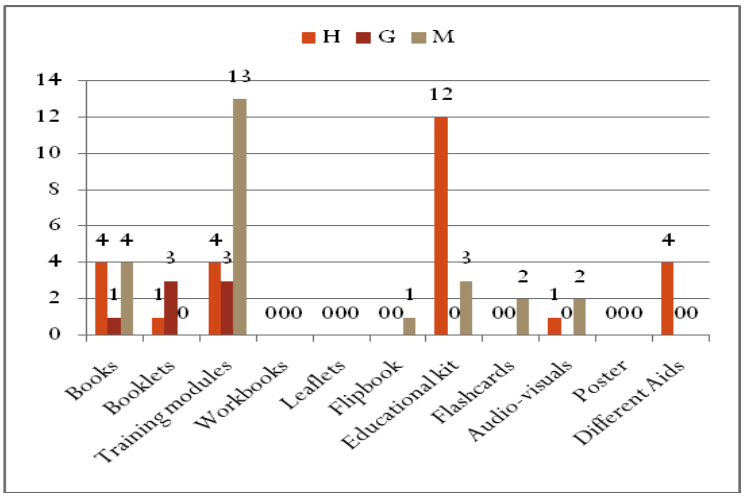
There were 7 Educational Kits, which mostly covered topics like menstruation and physiological changes during adolescence. These kits were available only in Hindi. Out of the 4 Workbooks in marathi, 3 are by Tathapi, and 1 is by Samyak; these cover almost all the topics including gender issues. One workbook in Hindi by Sahyog covers Growing up issues and Gender Discrimination, while the other by Family Service Centre covers only the topics Menstruation and Reproduction.

IEC material for Adolescent Girls and Women both:



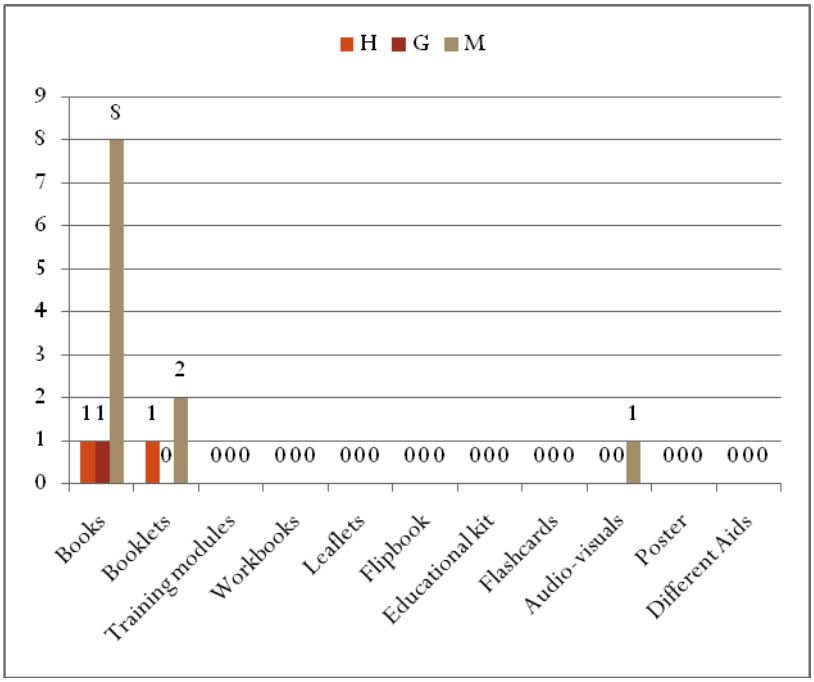
Though this category also had a lot of books and booklets, the positive side is that 12 IEC materials in form of different aids, maximum were in Marathi followed by Hindi and Gujarati. It could be perceived as an advantage as many women are deprived of education and girls in large numbers drop out of school after reaching adolescence.

IEC material for Facilitators:



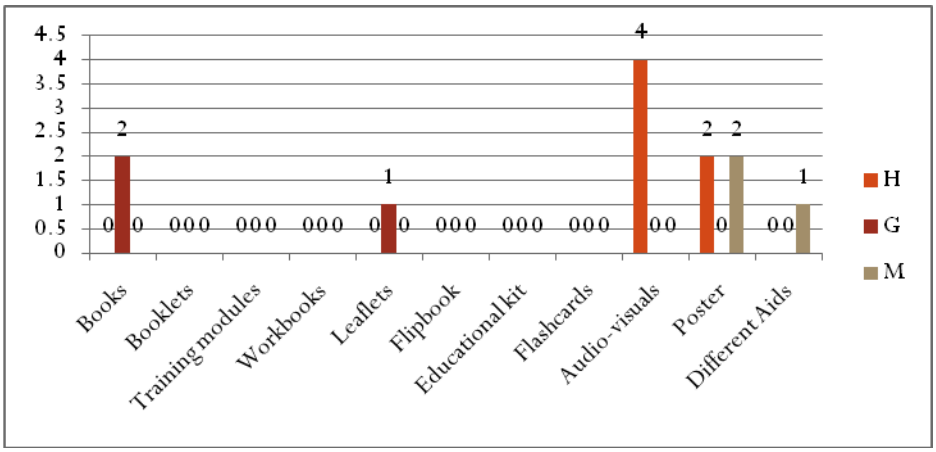
On a positive note, there is a lot of material which covers various topics, for facilitators in Hindi, Marathi and to some extent also in Gujarati. However, this is indicative of the fact that we continue to have the old top-down approach towards adolescents, that is trainers get best material and insights that filter down to targets.

IEC material for Parents:



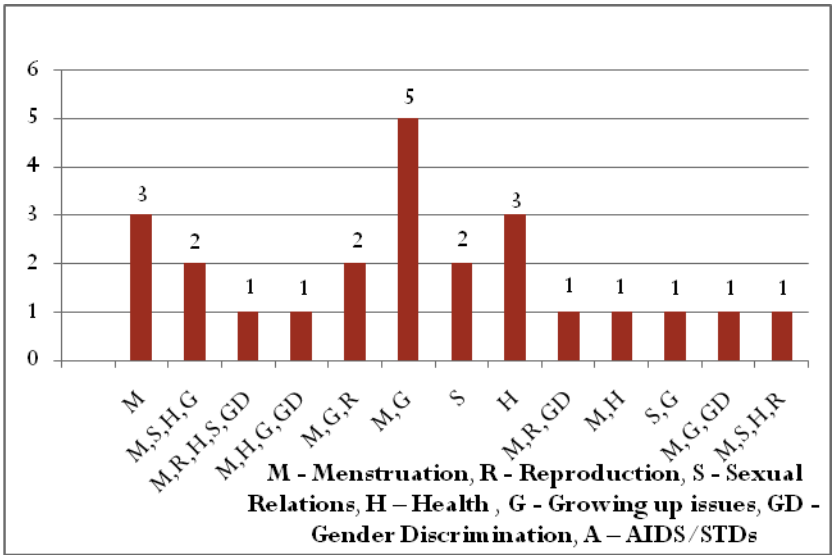
Almost all of the IEC material targeted to parents are books, which are for educated, upper-middle class, Marathi parents. Furthermore, many of the books are addressed only to mothers as parents.

IEC material for General Public:



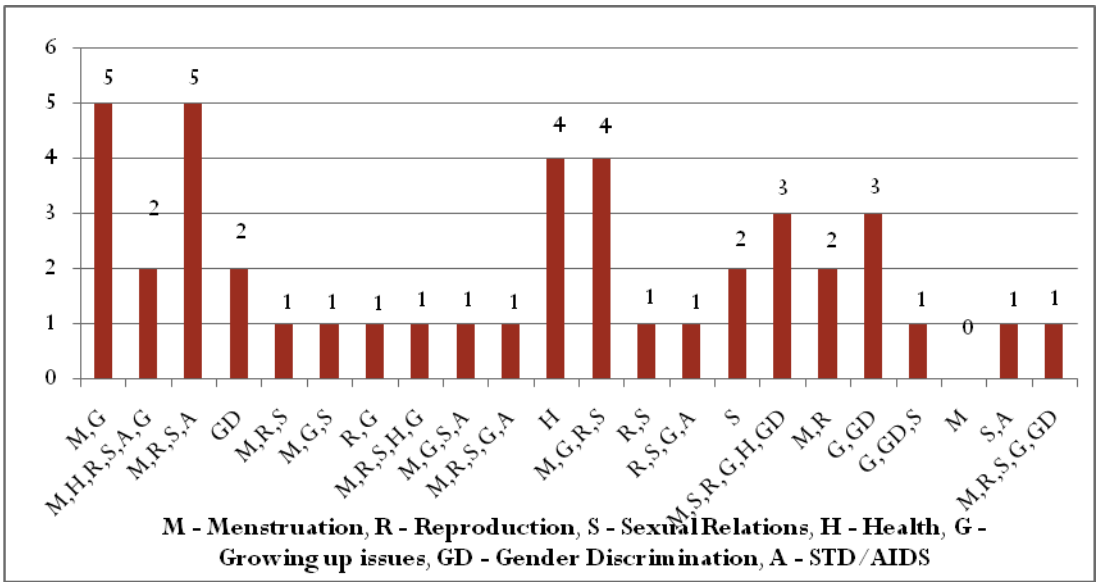
Out of the 4 Audio-visual materials, only 1 talks about Menstruation, which shows continued reluctance to talk about this topic in public. 3 of the 4 posters deal with Gender discrimination, and one with Health.

Content wise distribution of IEC material for adolescent girls:



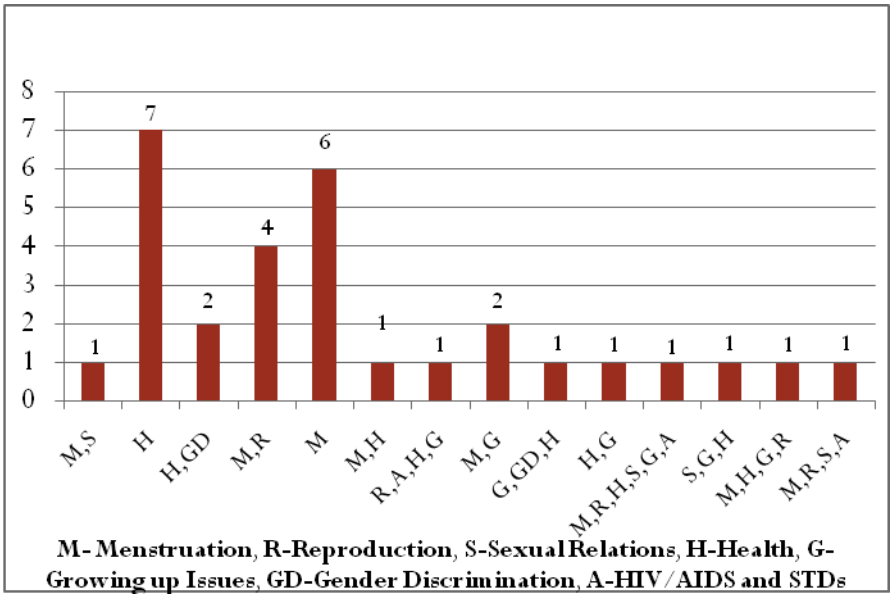
Out of the 5 materials that deal with menstruation and growing up issues 3 are booklets- Phulnarya kalisathi and parivartan ka swagat (FPAI) and Janiye masik chakra(sanchetna) and two are films- Arman (VHI), Kahni Nahan ki (Astha –x'viers). The only one IEC that covers 5 out of 7 topics in in Gujarati in format of book –Sharir ni jankari part I.

Content wise distribution of IEC material for adolescent girls and boys:



In the IEC material for boys a lot more topics are covered. If we compare the material produced exclusively for girls and for boys and girls it is very evident that material for girls focused most on menstruation and reproduction whereas the later covers a lot more aspects of adolescence like health, growing up issues and sexual relations.

Content wise distribution of IEC material for girls and women:



This chart reinforces the point made earlier that when the material has girls or women as targets then it restricts itself mostly in topics related to menstruation and reproduction.

Identified Gaps in existing IEC materials for adolescent girls on health

Content

- Only three books in one language each, , to some extent, documented experiences of girls at the onset of menarche and that too rarely in their own words. *(Eka Shapachi Janmakatha, Beti Kare Sawaal and Kishorioni sangaathe)*
- IEC materials deal with menstruation mainly as a biological process. Only a few deal with emotional and social aspects. Armaan (Hindi, AV) and *Eka Shapachi Janmakatha* (Marathi Book). Several others briefly touch upon them.
- Sexuality and sexual abuse find very little mention in IEC materials. Materials produced in last 4-5 years, do introduce these topics but still more needs to be done.
- Very few IEC materials discuss the hygiene issue of proper disposal of materials used as absorbents.
- Most of the materials for girls are targeted at the age group 16 to 25 and focus mainly on menstruation, reproduction, STDs and HIV/AIDs.
- Only a few IEC materials deal with the taboos attached to Menstruation.
- IEC materials lack in dealing with the impact of socio- religious aspects of menstruation.
- None of the IEC materials deals with humiliation, seclusion and untouchability experienced by girls or women as violation of Basic Human Rights and dignity.
- None of the IEC materials addressed the issues of differently abled adolescent girls/youth/women.

Format and language

- Only four AV materials are created for girls or adolescents. Two were quite dated. A couple more were part of educational kits.
- No songs are available on health issues of girls in recorded format. Only one album of songs of girlhood exists and that is on broader gender issues.
- Maximum materials available are in the form of books. These books fare very low on the use of pictures, and interactive girls friendly language.
- Very few low priced booklets on health are created. Low priced activity books, which the girls themselves can own and access, are not available.
- Most of the material such as books, booklets and training modules forms the maximum chunk of available material. This can be used only by girls and others with relatively high level of literacy.

- Of the total material, there were only 4 posters and 2 leaflets. This may be because posters and leaflets are made by hand often for specific occassions.
- It is well known that films lead to better interaction and discussion with trainees. Many short and specific training films are the need of the hour.

Usefulness of the songs can never be over emphasized for all the three aspects of IEC. Messages are retained best through songs and Music has an emotive appeal .

Dissemination:

- Only Marathi books were easily available in open market.
- Material developed by NGOs is generally not publicly available.
- Awareness and publicity of IEC materials developed by NGOs is required in educational institutions, book stores and for popular distributors. This raises the issue of pricing as book sellers want a sizable margin for themselves.
- IEC material is often not available once the project under which is it is developed is over. No plans are made to reproduce the same for future use, sale etc.

A report of consultation meet on IEC Materials for adolescent girls' health

A half day consultation was organised on 7th June 2011 at YMCA Colaba, Mumbai, by Vacha Resource Centre for Women and girls (Vacha) in partnership with Narotam Sakhseria Foundation (NSF) to share findings with people working actively on issues of adolescent girls' health. Following were the experts from different organizations who were present at the consultation.

A.L. Sharada ,Director, Population First
Amita Pitre, Program officer- Gender Justice, OXFAM
Anand Pawar, Exicutive Director, SAMYAK, Pune
Archana Naik, Coordinator, SAHAYOG, Mumbai
Audrey Fernandes, Coordinator, Tathapi Trust, Pune
Dr. Kamakshi Bhate, A.P., KEM Hospital, Mumbai
Dr. Nayreen Daruwala, Director, SNEHA, Mumbai
Jyoti Mhapsekar, President, Stree Mukti Sanghatana, Mumbai
Manushi Sheth, Health Project coordinator, Sahaj Shishu Milap, Vadodara
Medha Shriram, Independent Health Consultant
Mimansa Shukla, Gender Program, UNICEF
Nina Haeems, Consultant, SETU – Centre for Social Research and Action, Ahmedabad
Padmini Somani, Director, Narotam Sekhsaria Foundation
Pearl Tiwari, V.P., C.S.R, Ambuja Cement Foundation and Consultant, NSF
Sabala, Health Trainerm Member, Forum Against Oppression of Women
Sonal Shukla, Director, Vacha Resource Centre for Women and Girls
Trupti Shah, Director, Sahiyar Stree Sangathan, Vadodara
Vibhuti Patel, Professor- H.O.D. Eco., Director PGSR, SNDT Women's University

Presentation and Interaction:

All IEC materials under the review had been displayed at the consultation venue and time provided in the schedule for participants to explore it.

The consultation started with Ms .Sonal Shukla, Director, Vacha, welcoming the consultants and giving the background of the consultation meet. She introduced Vacha, its various programmes with women and talked about Vacha's work on issues of girlhood. She mentioned the organization's work with girls' in various bastis encouraging their participation in civic life

as well as their 'speak outs' through various mediums to become active in their own empowerment. She also said how Vacha viewed the issue of girls' health education as part of these processes. Shukla then requested Ms. Pearl Tiwari , Consultant, NSF, to speak about the Foundation's work and concerns.

Ms. Pearl Tiwari introduced various initiatives by NSF. She gave an over view of the current focus of NSF health initiative, which is women and girls. She further elaborated that it was in the light of development of this focus that, NFS has started working through round tables. In the previous year NSF had conducted a round table on sexual and reproductive health of adolescents and subsequently has focused on this area. She concluded by saying that she hoped "today's meeting will lead to reviewing the material and finding gaps that exist. It will create a pool of resources addressing health issues of adolescent girls and come up with more interventions to work with them."

Ms. Padmini Somani , Director, NSF spoke next. She elaborated on the need to look into the issues related to various aspects of IEC materials. She said that NSF gets many requests for producing IEC materials and so they at NSF felt it was a good idea to involve experts to find out what needs to be done and make focused efforts to support what is the priority or pressing need. She ended by saying that these kinds of meets become learning opportunities for Funders like them as it helps them to gain more insights and focus on the issue concerned.

Ms. Audrey Fernandez from Tathapi, who has extensive experience on creation and use of health resources for women and girls was requested to make a presentation on need for IEC materials, processes involved in their production and problems with some of the available IEC materials. She shared her experiences and observations on these issues. She began with , "Tathapi does many things and also produces IEC, these other things feed in a great deal into the IEC we produce. I will be presenting what has been our learnings at Tathapi . In 2001 Tathapi had taken up similar work where we visited 140 organations in the state of Maharashtra to look into the IEC material they were using for women and health. Part of it was about adolescent health.' She made following points:

- There is a great need for material and people are using whatever they get their hands on.
- Areas that were problematic were posters, mainly on population control, child marriage and violence.
- Most materials that were developed by Government, were moralistic and preachy, a lot of it was talking down to people.

- IEC material cannot succeed in isolation. It has to be supplemented with information or facilities for the available alternative required for desired behavious.
- There are layers at which IEC will be interpreted at activists' level and field level. There is need for practical information for the workers at field level who are using it.
- Pricing of IEC material is also important as price becomes a main road block in accessing it if the product is expensive.
- The IEC will succeed if it also takes into consideration the larger picture/ context of the issue it is trying to address.
- While producing IEC one has to remember that person to person contact is very essential and cannot be completely done away with.

  (Ms Fernadez's detailed speech is annexure -VI)

Medhavinee Namjoshi, Projects Coordinator, Vacha, made a presentation of findings of the present study, the review report, and analysis. (The Review report is in a section in the main body of this document.) She was assisted by Anu Salelkar and Amruta Dey from Vacha. This was followed by responses by participating experts as well as by additional inputs from their experience.

Responses and other inputs from Consultation participants

Audrey' Fernandez's presentation was followed by the presentation of a review of IEC resources by Vacha. Participants then expressed their views on lack of availability of adequate IEC material and related issues. There was more discussion on the IEC issues and some comments on the presentation. Following points were made by them.:

1. It is a serious matter that general health of girls is neglected and only sexual and reproductive health is emphasized everywhere.
2. There is a need to ensure that gender stereotypes are not recreated in posters and other IEC products. Politics of content must be looked into while creating and reviewing IEC.
3. More IEC resources are needed. (Dr. Kamakshi Bhate said anything can be used as IEC by a resourceful person and like one who used drawings with sexual content on walls of the school toilet as as an aid and discussed with children the concept of body as well as of violation of dignity.)
4. Pretesting on materials is essential.
5. Investing in training of resource persons is essential to inculcate right attitude.
6. There is a need to talk about sports for girls and the joyful activities for of girls. Leisure and recreation issues should be covered by IEC.

7. Policies and programs by governments dominate the production of IEC. Other issues do not get adequate attention.
8. It is necessary to see what is the plan of producers to update and reproduce the material once the project period is over.
9. It is important to use language that the group can identify with to relate to them better and making the IEC material more effective.
10. Pricing of IEC material should be appropriate.
11. Person to person approach in dissemination of IEC messages matter the most. IEC material should have material answering to the more day to day queries rather than the medical or theoretical knowledge
12. IEC material about dreams of adolescent girls is completely missing.
13. A lot of investment is required for training human resources in use of IEC. The need for training in basic negotiation and communication skills is felt. Even the workers at times need to have many negotiations with the community and schools for interventions. Girls also need to be trained for negotiating for their gender space
14. Body is not the main issue but social taboos and restrictions are. The IEC materials need to address these issues in detail.
15. The social aspects of menstruation such as *untouchability* need to be addressed by IEC materials.
16. Now a days BCC- Behaviour Change Communication is the term which is used as against the IEC.
17. There is a need to create guidelines for production of IEC material so that once it is available it can be widely used. Pretesting of IEC material is important and also the cognitive testing of the recipients to ensure that they have gained from interventions is important.
18. If all are ready to share their resources then there can be a pool created online for adolescent girls' health.

Suggestions and Remarks on the review and the Follow up:

1. Dr. Kamakshi Bhate congratulated Vacha team for the efforts behind the review work and for organizing the consultation. Most others agreed with her. She added that the flip chart book mentioned in the review with picture illustrations actually has an accompanying booklet for users.

2. Audrey Fernandez said that more detailed gender analysis should have been done. She also said that she had a problem with a couple of resources that the review had

highlighted as good resources for other reasons. (The material was relooked at once again for gender analysis and the highlighted list was dropped.)

3. Jyoti Mhapsekar was under the impression that *Jidnyasa* manual for health training created by Stree Mukti Sanghata was not included in the list of resources. (It had been included and was pointed out among the IEC resources on display.)

4. Mimansa Shukla said that *Deepshikha* modules of UNICEF in a project of girls' empowerment should have been included. (It has since been included.)

5. Archana Naik said Sahayog's module *Jhula* covers many of these topics and also deals with issue of girls' need for recreation and possible activities in this area. (The project team had written to Sahayog requesting a copy but, had not received a response. Naik said she had been busy and gave a copy immediately. It is now included in the list.)

6. Amita Pitre said NCERT has included growing up in their module so one should also review it. (It is now included.)

The consultation ended with a vote of thanks by Nischint Hora, Administrator, Vacha

List of IEC material covered by the review

(In alphabetical order)

BOOKS

Title: *Aamachya Shariravar Aaamcha Hakka: Garbha Dharana, Garbhapat ani Garbha Nirodhakanchya Sambandhi Mahiti Pustika*

Published by: Centre for Enquiry into Health and Allied Themes (CEHAT)

Year: 1997; pp 64

Language: Marathi

Author: Gupte Manisha / Pisal Hemlata / Bandevar Sunita

Target readers: Facilitators

Available: With CEHAT

Content: Menstruation, reproduction, health

This book is based on the authors' project on abortion, and the focus is on women's health. It includes information on the female reproductive system, menstruation and conception. The topics covered are: physical and emotional changes that occur while growing up, menstruation, hygiene, myths about menstruation, nutrition, use of contraceptives, conception and natural abortion.

Title: *Aplya Muli Vadvitana*

Published by: Manovikas Prkashan

Year: 2008, pp 152

Language: Marathi

Author: Wad Vijaya

Target readers: Parents (and more particularly mothers)

Available: In bookstores

Content: Menstruation, growing up issues, reproduction

The author focuses on the role parents, particularly mothers, play in the healthy growth of daughters. She also deals with questions related to menstruation, reproduction, sexual harassment and body image of self and touches on issues like offenses against women (rape, sexual harassment in the workplace and dowry), marriage and a nutritious diet for girls. Relevant short stories are included in the text.

Title: *Aaple Khel Aarogyache Mel*

Published by: Vacha Resource Centre

Year: 2004; pp 92

Language: Marathi

Author: Giri Daivashala

Target readers: Girls / women

Available: At Vacha Resource Centre

Content: Health, growing up issues

The author describes games traditionally played by women in Maharashtra and gives the lyrics of songs they sing on those occasions. Along with this the author points out the health benefits of each game. The book explains the use of acupressure to reduce mental stress and the importance of understanding one's self as one grows.

Title: *Arogya Pothi*

Published by: Centre for Orientation, Research and Documentation; St. Xavier's College Social Service Society, Ahmedabad.

Year: 2010; pp 358

Language: Gujarati

Author: Compiled by Shah P.C.

Target readers: Facilitators

Available: At St Xavier's College Social Service Dept.

Content: Menstruation, reproduction, health, HIV/AIDS

Topics are divided into 15 major categories. These are safe motherhood, safe abortion, child care, family planning, sexually transmitted diseases, reproductive health education for adolescents, nutrition and nourishment, basic information on infectious diseases, life style based non-infectious diseases[5], mental health, first aid, yoga, and illnesses such as thalassemia and anaemia. Superstitious beliefs and how these affect health, blood groups and blood donation are also discussed.

Title: *Ashachi Katha Bhag 2*

Published by: CORO Saksharata Samiti

Year: Not mentioned; pp 32

Language: Marathi

Author: Sujatha Khandekar

Target readers: Girls/ Women

Available: At CORO

Content: growing up issues, gender discrimination, health

This book, on health and gender, is written in simple language and has attractive illustrations making it also useful for neo literate women.

Title: *Beti Kare Sawaal*
Published by: Eklavya, Bhopal
Year: 1999; pp 74
Language: Hindi
Author: Gupta Anu
Target readers: Girls / Women
Available: At Eklavya
Content: Menstruation, nutrition, growing up issues, reproduction.
The book is a collection of answers to questions raised by teachers and students during Eklavya's sessions on '*hamara shareer va mahavari*'.
In the first part of the book, girls share with the reader their view of themselves (their self image) and their feelings and experiences about menstruation. There are also articles on the menstrual cycle, reproductive system, development of the foetus during the stages of pregnancy, use of sanitary napkins, problems girls and women might face during menstruation, medicines that can be taken during menstruation, yoga asanas and basic principles of good nutrition. The large illustrations and simple language help to explain the menstruation cycle clearly. Some topics are explained in the form of questions and answers.
The second part discusses self image and has stories of gender discrimination faced by girls.

Title: *Deedee Jawaab Deejiye- Yuvaavarga Kee Jidnyasaayen va Shankaaye*
Published by: Laxmi Murthy – Macarthur F. L. Fellowship
Year: 2002; pp 46
Language: Hindi
Author: Sharma Monica
Target readers: Adolescents / Facilitators
Available: At Vikalp Design
Content: The book deals with menstruation, sexual relations, growing up issues, reproduction, STD/HIV-AIDS and sexual abuse, using the question – answer format.

Title: *Eka Shapachi Janmakatha*
Published by: Peoples Book House
Year: 1994; pp 163
Language: Marathi

Author: Deshpande Aruna

Target readers: Facilitators / Parents

Available: In bookstores

Content: Menstruation

This informative book is the outcome of a research project done for the SNDT Women's University. The study covered women and girls of different age groups and socio economic and religious backgrounds, and the respondents speak about their experiences of menstruation.

Title: *Gharachya Ghari Anaemia Tala*

Published by: Institute of Health Management, Pachod (IHMP)

Year: 2006; pp 72

Language: Marathi

Author: Not mentioned

Target readers: Girls / Women

Available: With IHMP

Content: Health

The book deals with anaemia and describes its symptoms. It discusses general nutritional issues and gives low cost, simple recipes using ingredients rich in iron and vitamin C.

Title: *Hamari Betiyan Insaaf ki Talaash me*

Published by: Jagori

Year: 1997; pp 32

Language: Hindi

Author: Bhasin Kamala

Target readers: Parents / Facilitators

Available: With Jagori

Content: Growing up issues, gender discrimination

The book takes into account issues like gender inequality that are compounded by poverty. It shows how discrimination in the family, between sons and daughters, affects the health of the girls. Child marriage is discussed as a health issue in rural and urban India.

Title: *He Saara Mala Mahit Hava: Kishoravastha Olandatana*

Published by: Rajhansa Prakashan, Pune

Year: 2008; pp 118

Language: Marathi

Author: Sathe Anant / Sathe Shanta

Target readers: Adolescent girls and boys

Available: In bookstores

Content: Menstruation, reproduction, sexual relations, STDs/HIV-AIDS, growing up issues are covered taking into account the biological aspects as well as the emotional and psychological changes that occur at coming of age, child birth, early marriage and conception. The book also deals with gender concepts, self image, attraction and love, shared responsibilities of future parents, use of contraceptives, nutrition, general health and hygiene, harmful addictions and HIV/AIDS.

Title: *He Vayach Vede Aste – Arthat Sva Pratima*

Published by: Mehta Publication House

Year: 2010; pp 257

Language: Marathi

Author: Khasnis Shubhangi / Kale Ketki / Rabade Prasanna

Target readers: Adolescents

Available: In bookstores

Content: Menstruation, sexual relations, growing up issues

This is an informative book that addresses questions and confusions adolescents have about their sexuality. The target readers are adolescents above sixteen years. The book discusses the many aspects that contribute to ones self image: physical, emotional, psychological, social, cultural, cognitive, economic, aesthetic and athletic.

Title: *Hitguj Umaltya Kalyanshi*

Published by: Manovikas Prakashan, Pune

Year: 2009; pp 24

Language: Marathi

Author: Palkar Pushpa

Target readers: Adolescent girls

Available: In bookstores

Content: Menstruation, reproduction, growing up issues, pregnancy.

Specifically on women's reproductive system, the book explains the physical and mental changes that take place from childhood to adulthood.

Title: *Jababdar vartanasathi laingik shikshan*

Published by: Saket Prakashan, Aurangabad

Year: 2004; pp 96

Language: Marathi
Author: Dixit Anjali / Dixit Jagannath
Target readers: Adolescent girls and boys
Available: in bookstores
Content: menstruation, reproduction, sexual relations, STDs and HIV/AIDS
This book has fifteen chapters which deal with topics like – why sex education?, adolescence, menstruation, female reproductive system, male reproductive system, how sex of a foetus is determined, negative effects of irresponsible sexual behavior, sexually transmitted diseases, AIDS, contraception, responsible sexual behavior, sexual violence and some important FAQs. These topics cover information about both physical and mental changes and experiences during adolescence and in later years.

Title: *Jya Striyona Doctor naa hoi*
Published by: Trust for Reaching the Unreached (TRU), Vadodara
Year: 2008; pp 610
Language: Gujarati (Marathi version is available)
Authors: Bhatt Nimita and Patel Ashwin, translators from the original in English.
Target readers: Girls/ Women
Available: At TRU
Content: Sexual relations, growing up issues, health, nutrition, gender discrimination.
This book addresses health issues of women, especially rural women. It gives information about women's bodies and reproductive system. It also focuses on health issues of adolescent girls, explains the term 'adolescent' and the importance of this phase. However, the book gives details of physical changes in detail, and only one or two lines on psychological changes. The final section explains menstruation, menstrual hygiene, and use and disposal of sanitary pads.

Title: *Kali Umalatana*
Published by: Raja Prakashan
Year: 2011; pp 192
Language: Marathi
Author: Dharap Smita
Target readers: Girls / Women
Available: In bookstores
Content: Menstruation, health
The book provides answers to often unspoken questions of adolescent girls and their parents. The author gives four general principles of good health and discusses these with particular

reference to adolescent girls. She explains the functions of menstruation and the process that takes place at that time. She has then referred to the general notion of menstruation as a curse and explains that in reality it is a biological boon for women. The author has also covered topics like unprotected sex, STDs, AIDS and the need of premarital counseling.

Title: *Kannyane*
Published by: Abhinav Publisher, Ahmedabad
Year: 1985; pp 106
Language: Gujarati
Author: Mehta Minakshi
Target readers: Girls / Women
Available: Not available
Content: Menstruation, sexual relations, reproduction, STD/HIV-AIDS
The author has written on physical, emotional and psychological changes in girls and boys during adolescence, choice of life partners, and family planning options. She emphasizes the importance of knowing the difference between love and attraction.

Title*: Kishor Balika: Kishoravastha ke Rahasya*
Published by: Voluntary Health Association of India (VHAI)
Year: 1994; pp 26
Language: Hindi
Author: Rama Rao Amala
Target readers: Adolescent girls
Available: With VHAI
Content: Menstruation
The book, based on questions that adolescents asked during VHAI workshops, gives information through comic strips. In one, a girl first learns about menstruation when her friend starts her menses. She asks her teacher and her elder sisters a number of questions but does not get satisfactory answers. Finally a nurse explains menstruation to her in a straightforward way. The book gives information on menstrual hygiene, use of sanitary napkins and sex selection.

Title: *Kishori ni Sangathe*
Published by: SETU and Women and Child Development Department, Gujarat
Year: 1990; pp 52
Language: Gujarati
Author: Not mentioned

Target readers: Girls

Available: Not available

Content: Menstruation, health, growing up issues, gender discrimination

Menstruation is explained through letters exchanged between an aunt and her adolescent niece. In her letter the girl asks her aunt why so many restrictions are being placed on her and why she is suddenly experiencing so many physical changes. In her reply her aunt explains menstruation, physical and emotional changes. The biological function of menstruation, myths related to it and the importance of menstrual hygiene are also discussed.

Title: *Laingik Shikshan*

Published by: Diamond Publications, Pune

Year: 2010; pp 103

Language: Marathi

Author:. .Chaudhari A.P.

Target readers: Adolescent girls and boys

Available: In bookstores

Content: Menstruation**,** reproduction, sexual relations, STDs/HIV-AIDS

The book has chapters on the need for sex education, mental health, growing up and physical changes, love and attraction, the reproductive system and its functions, menstruation, menopause, the diverse path of sexuality, sex abuse, pregnancy, STDs, AIDS, and contraception.

Title: *Laingikata Shikshan- Ka, Kuni, Kiti, Kevha?*

Published by: Rajhans Publicaions

Year: 2008; pp-239

Language: Marathi

Author: Prabhu Vitthal

Target readers: Parents/ Facilitators / Adolescents

Available: In bookstores

Content: Menstruation**,** reproduction, sexual relations

Written in two parts – part one for adults and part two for adolescent boys and girls - the book extensively covers topics related to the physiological, biological, social and psychological aspects of growing up. The author has also given guidelines for selection of both individuals qualified to facilitate sexuality training and those who are ready to receive it.

Title: *Mulgi Mhanje? Mulga Mhanje?*
Published by: Babar Sujata
Year: 2009; pp 60
Language: Marathi / Hindi/ English
Author: Bhasin Kamala. Translated into Marathi by Abhiyakti, Nasik
Target readers: Adolescent girls and boys
Available: With Jagori and Abhivyakti (Marathi)
Content: Gender discrimination
Girls and boys answer questions on their expectations from members of the family and their hopes for the future. Using these answers the book dispels myths about gender. First the concepts 'sex' and 'gender' are explained, and readers understand that gender differences are created by society.

Title: *Mulagi Vayat Yete*
Published by: Popular Publication
Year: 2004; pp 116
Language: Marathi
Author: Nadkarni Suresh
Target readers: Parents
Available: In bookstores
Content: menstruation
The book focuses on the biological and physiological aspects of growing up. The author has used highly *sanskritized* language and many medical terms to explain the hormonal, biological or physiological changes at the time of menarche, explanation menstrual processes or vaginal diseases are in Sanskrit/Marathi. The author does mention the psychological and social aspects of growing up but these are at the periphery of the physical and biological information.

Title: *Navi Pedhi ni Navatar Vaato*
Published by: Lokswasthya Mondal, Trust for Reaching the Unreached (TRU), Vadodara
Year: 2003; pp 38
Language: Gujarati
Author: Bhatt Nimitta/ Patel Ashwin
Target readers: Adolescents/ women
Available: With TRU
Content: Menstruation, nutrition, STDs and HIV/AIDS, reproduction, growing up issues, sexual relations.

The book is written in a narrative style and gives details about the life and situation of girls and boys in society especially in rural society. There are references to the restrictions and controls on girls' mobility that hinder them from accessing resources essential for their growth. The chapter on nutrition discusses illnesses that occur due to malnutrition and deficiency of vitamins e.g. night blindness due to deficiency of Vitamin A. The book gives details about body systems, their functions, and common illnesses. The menstruation cycle is explained in brief. One chapter focuses on Sexually Transmitted Diseases.

Title: *Pori Jara Japun:Kishorvayin Mulinchya Samasyanvar Sadhe Sope Shastriya Vivechan*
Published by: Abhishek Typesetters and Publishers, Pune
Year: 2003; pp 44
Language: Marathi
Author: Godbole Ashwini / Godbole Suneel
Target readers: Girls / Parents
Available: In bookstores
Content: Menstruation, reproduction, gender issues
The book talks about childbirth, the reproductive organs, menstruation cycle, menstruation myths, self-image, influence of the peer group, career building, pre-marriage counseling etc.

Title: *Sarir ni jaankari part –I*
Published by: Low cost Standard Therapeutics, Vadodara
Year: 1991; pp 42
Language: Gujarati
Author: Not mentioned
Target readers: Girls
Available: Not available
Content: Menstruation, reproduction, gender discrimination, sexual relations, nutrition
This book looks at the various societal restrictions put on girls and shows how these become obstacles for their growth. Also discussed are other health issues, reproductive system, and gender implications on girls' lives.
It starts with information on how girls are exploited in terms of work, food, education, recreation, freedom, from childhood to old age. Menstruation is explained as a biological process and with reference to the different body parts associated with it. It also deals in detail with topics like, the appropriate and possible age for getting menses, differences in menstrual cycles, reasons for stomach or body pain and various problems experienced by girls during menstruation.

Title: *Sharir ni jaankari - part II*

Published by: Low cost Standard Therapeutic, Vadodara

Year: 1991; pp 86

Language: Gujarati

Author: compiled by Jaani Vijay Prakash

Target readers: General public

Availability: Not known

Content: Menstruation, reproduction, HIV/AIDS

The book gives information related to women's health - menstruation, vaginal discharge, pregnancy, childbirth, sex selective abortion and conception with medical interventions.

Information about the biological process of menstruation, biological and psychological problems related to it and reasons and treatment for irregular menses is well covered.

Title: *Stri Sarir Rachana ane navan*

Published by: Nirog, Ahmedabad

Year: Not mentioned; pp 40

Language: Gujarati

Author: Patel Daksha

Target readers: Girls / Women

Availability: Not known

Content: Menstruation, reproduction

The book has three parts. The first includes topics like bodily changes during adolescence and structure of reproductive organs. The next part presents information on menstruation and need for hygiene at this time. Finally it gives detailed information on conception, sex determination, and care during pregnancy.

Title*: Su Hoo Jaanoo Chhu?*

Published by: SAHAJ Shishu Milap, Vadodara

Year: 2010; pp 20

Language: Marathi

Author: Prajapati Alka

Target readers: Adolescents

Available: Not available

Content: growing up issues, reproduction

This book is based on the responses and demands of youth. Marriage is major theme and all the information given is related to it. While there is no reference to menstruation, the book does

give information on conception, childbirth and role of father in determining sex of the child. In this context the author writes about reproductive systems of men and women and also temporary and permanent family planning options available. The author describes marriage as a shared responsibility, as an institution that provides legitimacy for sex and emphasizes the responsibility of both the parents in child rearing.

Title: *Swashtya Vaidhya – Aarogya vishayak samaj, Gair samaj*
Published by: Jayraj Salgaonkar, Kaalnirayan
Year: 2005; pp 140
Language: Gujarati
Author: Bapat Ravi / Bhate Kamakshi
Target readers: General public
Available: In bookstores
Content: Menstruation, sexual relations
This book deals with general illnesses ranging from cold and cough to osteoporosis. It also gives information about home based medicines. Two chapters deal with problems related to menstruation (irregular menstruation, excessive/inadequate bleeding, menstrual pain and menopause. The book discusses the controversy about appropriate age for providing sex education to children, difference between love and attraction, fact and myths about sexual fantasy, masturbation and other sexual behaviours.

Title: *Tarunyachya Umbarthyavar*
Published by: Majestic Publication
Year: 2006; pp 167
Language: Marathi
Author: Prabhu Vitthal
Target readers: Parents / Adolescents
Available: In bookstores
Content: Menstruation, growing up issues
Suitable for adolescents aged between 16 and 20 or even young adults who are a little older, the topics included in this book are recreation, coming of age, love, genital and reproductive organs of males and females. The book has a special section for parents. Here the need for parents to be more accepting of their children is highlighted. Also emphasized is the need for parents to encourage their children and to avoid gender bias while dealing with them.

Title: *Udaan*

Published by: CHETNA, Ahmedabad

Year: 2007; pp 124

Language: Hindi

Author: Not mentioned

Target readers: Adolescents / Facilitators

Available: With CHETNA

Content: Menstruation, sexual relations, growing up issues, reproduction, health

This book has 19 chapters. The initial chapters introduce the module and give practical guidelines on its use. It specifies the qualities that those using it (facilitators and peer educators) should have. Later chapters have plans for group sessions on topics such as: knowing the self, gender equality, life skills, nutrition and health, understanding adolescence (bodily changes), sexuality, interpersonal relations, pregnancy, reproductive and sexual health in adolescents, safe sexual practices, contraception and addiction. Finally there is a chapter giving health service information.

Title: *Umalatya kalyanche prashna*

Published by: Majestic Prakashan

Year: 2002; pp 121

Language: Marathi

Author: Prabhu Vitthal

Target readers: Adolescent girls and boys

Available: In bookstores

Content: Menstruation, reproduction, sexual relations, STDs/HIV-AIDS

Based on actual questions raised by adolescents, this book (of 19 chapters) is also in question – answer format. It discusses growing up and physical changes, love and attraction, reproductive system and its functions, menstruation - its myths and hygiene, concept of virginity, sex, pregnancy, contraceptive methods, nutrition during puberty, STDs, AIDS, and abuse.

Title: *Vayat yetana*

Published by: Rajhansa Prakashan, Pune (Translated into Gujarati by NavGujarat Publication, Ahmedabad)

Year: 2008; pp 128

Language: Marathi/ Gujarati

Author: Godbole Mangala / Khanwilkar Vaijayanti

Target readers: Parents / Girls
Available: In bookstores
Content: Menstruation, health, sexual relations, growing up issues

This book is a collection of stories addressed to a girl named Sonali. The themes of these stories are growing up physically and emotionally, menstruation, male reproductive system, love and attraction, nutritional aspects, games, and selection of careers. Menstruation is explained with myths and hygiene issues are also included.

Title: *Vayat Yetana*
Published by: UNFPA
Year: Not mentioned; pp 80
Language: Marathi
Author: not mentioned
Target readers: Facilitators
Available: Not available
Content: Menstruation, reproduction, sexual relations, growing up issues, HIV/AIDS, gender discrimination, nutrition.
This book explains the changes that occur during adolescence. It explains the meaning of 'adolescence', and describes the physical and mental changes that occur in boys and girls, reproductive organs, menstruation and reproduction, sex ratio and social problems faced by young girls.
It also covers family planning methods, genital diseases and HIV/AIDS. The book gives guidelines for a healthy pregnancy, discusses breastfeeding and has a section on balanced diet.

Title: *Yovan Ke Dahlij Par*
Published by: UNICEF
Year: 2002; pp 215
Language: Hindi
Author: Prakash Bhatalvande / Raman Gangakhedkar Translator Saadhanaa Maurya
Target readers: Adolescents
Available: Not available
Content: Menstruation, sexual relations, growing up issues, HIV/AIDS
The main objective of this book is to spread awareness about STD/AIDS. The book explains how a person gets infected; symptoms of STD/AIDS; how the infection spreads; precaution women

and men need to take; myths etc. It also touches on the topic of reproductive organs of males and females, unprotected sex and conception.

Title: *Yauvanakade Jhukatana*
Published by: Saket Prakashan, Aurangabad
Year: 1995; pp 75
Language: Marathi
Author: Patil Leela
Target readers: Parents
Available: In bookstores
Content: Menstruation**,** reproduction, growing up issues
This book is basically a guidebook for parents. It has stories about children from age 2 to adolescence. The book explains different aspects of child development. Thus it lays guidelines on how parents should relate with their children, and how to answer questions of a curious child. The last chapter has the only story on menstruation.

Title: *Yuva Tarang*
Published by: Sahayog
Year: Not mentioned; pp 48
Language: Hindi
Author: Shakuntala / Anu / Ravi / Anil / Mala
Target readers: Facilitators
Available: With Sahayog
Content: Growing up issues, gender discrimination
In this book of 6 parts, the first has five stories – on child marriage, sexual harassment, mobility and participation of girls in social life, gender norms and participation of youth in society. After each story there are suggestions for a discussion. The second part has games of different kinds - ice breakers, more energetic games and group bonding games. The third part has 4 newspaper articles, which can be the starting point for debates or expressions of individual viewpoints. Another section examines questions on discrimination and violence. The fifth part contains songs and poems and the sixth part is a feedback form to be filled in by trainers.

BOOKLETS

Title: *Aai Mala Sang: Olakh Masik Chakrachi*
Published by: Niramaya Health Foundation
Year: Not mentioned; pp 16
Language: Marathi/Hindi/Gujarati
Author: Salve Jyoti
Target readers: Adolescent girls
Available: With Niramaya
Content: Menstruation, growing up issues
The booklet presents the subject through a young girl having a conversation with her mother. The topics covered are physical and emotional changes that are part of growing up, nutrition, the female reproductive system, menstruation, menstrual hygiene and use of sanitary napkins.

Title: *Aayiye, Aahaar Aur Hamaare Swasthya ke Baare me Jaane*
Published by: CHETNA
Year: Not mentioned; pp 22
Language: Hindi
Target readers: Adolescents / Women
Available: With CHETNA
Content: Health
The booklet lists the components of a variety of food and discusses a balanced diet. It identifies food important for growing children, for pregnant and lactating mothers and generally for healthy lives. It also gives symptoms of health problems resulting from inadequate nutrition or malnutrition and the treatment to be taken.

Title: *Baal Laingik Shoshan- Palikancha Prathisaad*
Published by: ARC (Baal Hakh Kruti Samithi)
Year: Not mentioned; pp 12
Language: Marathi
Target Reader: Parents
Available: No information
Content: Sexual abuse
The booklet discusses sexual abuse of children. There are instructions for parents on how to recognize and deal with the problem and how to protect children from sexual abuse.

Title: *Bimariyon Se Bachane Ke Chote Chote Upay: Part-I*

Published by: CHETNA

Year: Not mentioned; pp14

Language: Hindi / Gujarati

Target readers: Adolescents

Available: Not available

Content: Health

In this booklet, two characters Babli and Bunty explain basic principles of everyday hygiene for girls and boys.

Title: *Jaaniye Aapana Prajnan Ango Vise*

Published by: Sanchetana Community Health and Research Centre

Year: Not mentioned; pp16

Language: Gujarati

Target readers: Adolescents

Available: With Sanchetana

Content: Reproduction, sexual relations

The booklet gives information is given on external and internal parts of the female and male reproductive organs. It also deals with questions related to sexual intercourse and reproduction. It also gives answers to questions on topics like masturbation and sexual fantasies.

Title: *Jaaniye Mashik Chakra ane Mashik ne Lagati Samyshya Vishe*

Published by: Sanchetana Community Health and Research Centre

Year: Not mentioned; pp 20

Language: Gujarati

Target readers: Girls / Facilitators

Available: With Sanchetana

Content: Menstruation, growing up issues

In its introduction this booklet gives general information on adolescence and the questions and confusions that are part of an adolescent's life at this stage. It explains menstruation, and describes the external and internal parts of women's reproductive system.

The information on menstruation also refers to health issues related to menstruation. It gives a brief explanation on causes for this, and suggests how they can be overcome. The booklet concludes with a brief reference to menopause.

Title: *Kishoravastha: Ek Baharadar Vyktimtvachi Nikop Jababdar Naagrik Ghadvnyachi Tayari Karnari Maahiti Patrika*

Published by: Family Planning Association of India (FPAI)

Year: Not mentioned; pp 26

Language: Marathi

Author: Kannitkar Sumati

Target readers: Adolescents / Parents

Available: Not available

Content: Reproduction, sexual relations, growing up issues, STDs.

There are 9 sections in this booklet. Information is provided on adolescence, their physical, emotional, psychological condititons, pre-marriage responsibility, extra marital affairs, abortion, family planning, addiction and sexually transmitted diseases.

Title: *Kishoravastha: Vastavata ani Bhavna*

Published by: Family Planning Association of India (FPAI)

Year: Not mentioned; pp 26

Language: Marathi / Hindi

Author: Mudbidri Jyoti, translated in Marathi by Shaila Gokhale, and in Hindi by Aabha Gowil

Target readers: Adolescents

Available: Not available

Content: Menstruation, sexual relations, growing up issues, reproduction

It contains information on growing up, physical and emotional changes, reproduction, menstruation, sex and changing relationships with peers and parents.

Title: *Kuchh Baatein – Hamari Tumhari*

Published by: TARSHI

Year: 1998; pp 21

Language: Hindi

Target readers: Girls / Women

Available: With TARSHI

Content: Menstruation, sexual relations

The stated objective of this booklet is to provide women with information about their bodies and about sexually transmitted diseases. The booklet has 8 sections, each dealing with women's bodies, menstrual cycle, vaginal discharge, masturbation, safe sex, virginity, homosexuality, and sexual abuse.

Title*: Lal Kitab: Jo Tum Apane Bare Mein Jaanana Chahate Ho- 10-14 saal*

Published by: TARSHI

Year: 2007; pp 20

Language: Hindi

Target readers: Adolescents

Available: With TARSHI

Content: Menstruation, reproduction, sexual relations, HIV/AIDS

This booklet is addressed to girls and boys early adolescence. The booklet describes the sexual organs in girls and boys, basic hygiene, the stages of development, menstruation, and the feelings and questions surrounding sex. Many common questions which children of this age might possibly ask are listed and answered. The biology of conception and a brief mention of contraception are followed by a section on genital infections with some details on HIV-AIDS. In conclusion it deals with child abuse and explains how to identify and prevent it. There is also a note on the need to provide young people with information on sexuality.

Title: *Maajha Sharir – Maajha Man*

Published by: Abhivyakti Media for Development

Year: Not mentioned; pp 35

Language: Marathi

Target readers: Adolescent girls

Available: With Abhivyakti

Content: Menstruation, reproduction, gender discrimination

This booklet explains the menstrual cycle and gives information on the reproductive system of women. It describes the social roles and behaviors expected of girls and thus helps them to realize how socially prescribed roles may adversely affects their personalities.

Title: *Mahavari ki Jaankaari- Part 3*

Published by: CHETNA

Year: Not mentioned; pp 14

Language: Hindi

Target readers: Facilitators

Available: Not available

Content: Menstruation

The booklet consists of 3 parts - the first part is on menstrual hygiene. The second gives an explanation of menstruation. The third part is the story of Sheela who has just started menstruating.

Title: *Maidan Khula, Phir Dair Kis Baat Ki?*

Published by: Vacha Trust

Year: 2009; pp 32

Language: Hindi

Target readers: Girls

Available: With Vacha Resource Centre

Content: Health

The aim of this booklet is to encourage physical exercise among girls and to ensure their participation in outdoor games and sports. It highlights the advantages of playing and gives information about sportswomen as well as stories about girls who have excelled in sports. The booklet has puzzle pages - match the following and connect the dots - related to sports, and a song for and about girls.

Title: *Manmeet*

Published by: Vacha Trust

Year: 2004; pp 46

Language: Hindi

Target readers: Girls

Available: With Vacha Resource Centre

Content: Menstruation

The booklet contains a pledge for girls to stand up for their rights, empowering songs and poems. Finally there are brief sections on nutritious food, menstruation, and sexual abuse.

Title: *Masti Ki Pathshala*

Published by: Vacha Trust

Year: 2007; pp 36

Language: Hindi

Target readers: Girls

Available: With Vacha Resource Centre

Content: Health

This booklet explains health and nutrition through puzzles and games. Through riddles and board games like snakes and ladders girls learn about nutrition, disease, hygiene, substances that are harmful to health, the physiology of the body and how the parts of the body work. It also has a list of hospitals and hospital timings, as well as locations of various health posts in Mumbai.

Title*: Kaash! Mujhe Kisine Bataya Hota*

Published by: Jagori

Year: 2003; pp 26

Language: Hindi

Target readers: Girls

Available: With Jagori

Content: Sexual relations

Through a story based on her own experience of sexual abuse as a child, the author speaks about the immense mental trauma she went through as a child. Through her experiences she tells how to recognize child abuse, how to handle it and how to prevent it and keep their children safe.

Title: *Na Bolnyachi Ghosht*

Translation: Vidya Apte and Chintamani Joglekar

Author: Bhasin Kamala

Published by: Akshar Prathiroop Pvt. Ltd.

Year: 2007; pp 26

Language: Marathi

Target readers: Girls

Available: for reference in Vacha

Content: Sexual relations

Through a story based on her own experience of sexual abuse as a child, the author speaks about the immense mental trauma she went through as a child. Through her experiences she tells how to recognize child abuse, how to handle it and how to prevent it and keep their children safe.

Title: *Nili Kitab: Jo Tum Apane Bare Mein Jaanana Chahate Ho- 15+ saal*

Published by: TARSHI

Year: 2007; pp 28

Language: Hindi

Target readers: Adolescents

Available: With TARSHI

Content: Menstruation, reproduction, sexual relations, HIV/AIDS

The booklet is about growing up, bodily changes, sexuality, safe sex, contraceptives, sexually transmitted diseases and AIDS, sexual abuse, responsible relationships and questions on sexual orientation are also dealt with.

Title: *Phulanarya Kalisathi*
Published by: Family Planning Association of India (FPAI)
Year: Not mentioned; pp 16
Language: Marathi / Hindi
Target readers: Adolescent girls
Available: Not available
Content: Menstruation, growing up issues
It is in a question answer format with a group of adolescent girls asking one of their mothers questions on growing up, the physical and emotional changes they experience, female reproductive system, menstruation cycle, hygiene during menstruation and use of sanitary napkins.

Title: *Poshayukta Khoraak Khaaiye, Swastha Rahiye*
Published by: CHETNA
Year: 2010; pp 10
Language: Gujarati
Target readers: Facilitators
Available: With CHETNA
Content: Health
This booklet provides reference material for the field animator who needs to address girls and mothers on the subject of food and nutrition. It explains how to plan a diet that is healthy and how to avoid the risk of diarrhea and anaemia.

Title: *Prashna yuvakanche, uttar doctoranche*
Published by: Family Planning Association of India (FPAI)
Year: 1995; pp 69
Language: Marathi / Hindi
Target readers: Adolescents / Parents
Availability: Not available
Content: Menstruation, growing up issues, reproduction, sexual relations
This booklet is directed at girls and boys in the early adolescence. The booklet is in the form of question-answers and deals with emotional and physical changes, menstruation, conception and sex.

Title: Stayfree *Parichay* – education program for adolescent girls and their mothers
Published by: Johnson & Johnson

Year: 2008; pp 28

Language: Hindi/English

Target readers: Girls / Women

Available: No information

Content: Menstruation**,** health

This booklet in English addresses young girls about menstruation, the female reproductive system and the changes which occur in girls' bodies as they reach puberty. It is presented as a conversation between 12 year old Anita and her favourite aunt, a gynecologist. It contains charts showing pre-pubertal events, the monthly cycle and how to keep track of it. Problems like menstrual pain, PMS, irregular periods, anaemia, and early marriage are discussed. Good nutrition is emphasized and a tabulation of essential vitamins and minerals and the foods which contain them is given. Health and hygiene tips are given and the use of sanitary napkins is promoted. Many common questions girls ask are answered at the end of this booklet.

Title: *Stree Sharir Vidnyan*

Published by: Marathi Vidnyan Parishad (MVP)

Year: 1993; pp 20

Language: Marathi

Target readers: Girls / Women

Available: With MVP

Content: Menstruation, reproduction

This booklet is in the form of question-answers on topics like the menstrual cycle, pregnancy, contraception, and cancer in women.

Title: *Strianmadhil Raktpandhari*

Published by: Tathapi Trust

Year: 2009; pp 24

Language: Marathi

Author: Nandita Ambike

Target readers: Girls / Women

Availability: Available with Tathapi

Content: Health, gender discrimination

This booklet gives information on anaemia. The causes, remedy and method to test whether one has anaemia. It uses a story format to illustrate the causes and cure for anaemia. anaemia.

Title: *Thodu Jaaniye Aapani Andar Aawata Badlawo Vishe*

Published by: Sanchetana Community Health and Research Centre, Ahmedabad

Year: Not mentioned; pp 16

Language: Gujarati

Target readers: Adolescents / Facilitators

Available: With Sanchetana

Content: Menstruation, Growing up issues

The booklet deals with physical and emotional changes that occur during adolescence. It explains the role of hormones in the female body and in the menstruation process. Information on period of fertility is briefly described. It also describes physical and psychological changes that occur in puberty. The physical and psychological changes that occur in men because of hormones is also explained.

Training Modules

Title: *Aasha Sathi Purak Prashikshan Pustak-Part 3*

Published by: Sathi Prakashan, CEHAT

Year: 2009

Language: Marathi

Author: Not mentioned

Target readers: Facilitators

Available: With CEHAT

Content: Menstruation, reproduction, health, sexual relations, growing up issues, STDs/HIV-AIDS

The 3rd part of this training manual deals with issues pertinent to adolescents. It has chapters on physical and emotional changes that are part of adolescence, important rules of hygiene and myths related to menstruation. The explanations are accompanied by illustrations. Other topics covered in the module are nutrition, menstruation, pregnancy, contraceptive methods, HIV/STDs. In the later sessions hygiene during menstruation is explained. The module debunks myths and suggests exercises one should do during menstruation.

Title*: Adolescent Girl's Life Skills Program Gender in Development: Module for Training of Trainers and Facilitators Handbook: Part 1 & 2*

Published by: UNICEF

Year: 2009

Language: Marathi/English

Author: Not mentioned

Target readers: Facilitators

Available: With UNICEF

Content: Menstruation, gender discrimination, reproduction, STDs/HIV-AIDS

This module is developed under 'Project Deepshikha'. The project reaches out to literacy deprived adolescents living in villages and urban slums.

Part 1 of the training module and the accompanying facilitator's handbook consider issues such as menstruation, hygiene, declining sex ratio, gender discrimination and life skills. Part 2 of module and handbook focuses on citizenship, governance systems and schemes, and issues around reproductive health, HIV/AIDS and SHGs (Self Help Groups).

Title: *Baalpan Gayu Ane Kishoravastha Aavi*

Published by: Sahiyar Stree Sanghatan

Year: 2005

Language: Gujarati

Author: Not mentioned

Target readers: Facilitators

Available: With Sahiyar

Content: Menstruation, reproduction, health, sexual relations, growing up issues

The training module deals quite comprehensively with a number of problems girls face as they grow up. There are 8 sessions in this module and they cover menstruation, physical and emotional changes as part of growing up, and questions and answers on other topics.

Title: *Dnyaan ki Saritaa: Kishori Sakshamata Ke Liye Jeevanopayogee Shiksha Chetna Ke Anubhav Par Aadhaarit Maargadarshikaa*

Published by: CHETNA / Chaitanya

Year: 2003

Language: Hindi

Author: not mentioned

Target readers: Facilitators

Available: with CHETNA

Content: Menstruation, reproduction, sexual relations, growing up issues, gender discrimination

The module is divided into 2 parts, one gives information on the above topics and the second focuses on life skills training.

The module has a total of 11 chapters. The chapters cover changes that occur physically and emotionally in boys and girls while growing up. Information is also given on the menstruation cycle, hygiene during menstruation, male and female reproductive system, conception etc.

Title: *Gheu Bharari* Part-1 & 2

Published by: Bhavishya Alliance

Year: not mentioned

Language: Marathi

Author: Not mentioned

Target readers: Facilitators

Available: With Bhavishya Alliance

Content: Menstruation, reproduction, health, sexual relations, growing up issues, STDs/HIV-AIDS

The module is divided into two parts – one on health and nutrition and the other deals with reproduction and life skills. It has guidelines and a planned, week by week schedule for facilitators who wish to conduct sessions on the following topics with adolescent girls in rural areas: growing up issues, reproduction, menstruation cycle, myths related to menstruation, menstrual hygiene and use of sanitary napkins, conception, care during pregnancy, vaccination, child care and nutrition, STDs and HIV/AIDS. At the end of the module there are loose sheets which provide additional information which, if required, can be used in the sessions.

Title: *Hum Tum: Yuvaon Ke Liye Ek Anokhi Pothi*
Published by: CHETNA
Year: 2007
Language: Hindi
Author: Not mentioned
Target readers: Facilitators
Available: With CHETNA
Content: Menstruation, reproduction, sexual relations, growing up issues, HIV/AIDS
The module deals with the following issues: the physical and emotional aspects of growing up, male and female reproductive system, menstruation cycle, how to identify the 'safe' period, conception, contraceptive methods, STDs etc. In conclusion, the module takes up questions frequently asked questions by adolescents.
The module is a guide-book for peer educators for youth.

Title: *Jeevan Kaushalya Shiksha Prashilshan Module*
Published by: Sandhan- Shiksha Evam Vikaas Adhyan Sanghthan
Year: 2004
Language: Hindi
Author: Not mentioned
Target readers: Facilitators
Available: With Sandhan
Content: Menstruation, reproduction, sexual relations, growing up issues, gender discrimination
Among other topics, this module contains guidelines for sessions on self image, health and social relationships. The session on health specifies foods particularly nutritive for adolescents. There are sessions that will help explain physical changes and emotional ups and downs. It also includes information of reproductive organs in men and women, menstruation, myths, sexual relations, contraceptive methods, STDs, HIV/AIDS and questions arising from all of these. Each

session includes a relevant story which when shared with the group becomes the starting point for discussion.

Title: *Jivan Kaushalya - Aatmavishwas– Kishor vain Mulinsathi Abhyaskram*
Published by: Institute of Health Management, Pachod (IHMP)
Year: 2005
Language: Marathi
Author: Khale Manisha/ Dayalchand Ashok/ Kapadia-Kundu Nandita
Target readers: Facilitators
Available: With IHMP
Content: Growing up issues
This manual is prepared keeping in mind the needs of girls (age group 10 to 19) from rural, tribal or slum areas.
The module consists of 16 sessions on building self confidence of adolescent girls, and takes into account various levels at which girls must participate with self assurance – the social, personal and family structures.

Title: *Jeevan Kaushalye Kishorvayin Mulamulinche Aarogya Samvardhan: Prashikshan Pustika Part-2*
Published by: UNFPA
Year: Not mentioned
Language: Marathi
Author: Not mentioned
Target readers: Facilitators
Available: No information
Content: Menstruation, reproduction, sexual relations, health, growing up issues, HIV/AIDS
This module is developed for health workers and teachers working with adolescents.
It has sessions on general hygiene, nutrition, sex, growing up - physical changes, emotional changes, reproductive system, menstruation, menstrual hygiene, contraception, adolescent fertility, STDs, HIV/AIDS, sexual abuse, and addiction. Menstruation and reproductive health is dealt with in great detail and frequently asked questions related to growing up are also given.

Title*: Jivan Kaushalya - Kishor vain Mulinsathi Abhyaskram. Three volumes*
Published by: Institute of Health Management, Pachod (IHMP)
Year: 2003
Language: Marathi

Author: Khale Manisha/ Dayalchand Ashok/ Kapadia-Kundu Nandita

Target readers: Facilitators

Available: With IHMP

Content: Health

The introduction gives a clear idea of the rationale, objectives, content and process that has gone into the making of that volume. It also explains how the material can best be used when conducting sessions with girls.

The sessions planned in the volumes fall into five broad categories: social organisations, local organizations, life skills, child health and nutrition and general principles of healthy living. In addition some activities are suggested which provide scope for the girls to take action at community level.

Title: *Jivan Kaushalya - Prajanan Ani Laingik Aarogya- Kishor vain Mulinsathi Abhyaskram*

Published by: Institute of Health Management, Pachod (IHMP)

Year: 2007

Language: Marathi

Author: Khale Manisha/ Dayalchand Ashok/ Kapadia-Kundu Nandita

Target readers: Facilitators

Available: with IHMP

Content: Menstruation, reproduction, sexual relations, HIV/AIDS

This manual is meant for trained field animators or teachers and health workers during sessions with adolescent girls in the age group of 13 to 19 years. The module consists of twenty sessions that cover topics like body mapping, body systems, including female and male reproductive system, menstruation, taboos, sexual abuse, marriage, sexual desire, contraceptive measures, childbirth, pregnancy, abortion, urinary tract infections, vaginal infections, STDS and HIV.

Title: *Jidnyasa*

Published by: Institute for Psychological Health (IPH) / Stree Mukti Sanghatana

Year: 2006

Language: Marathi

Author: Nadkarni Anand / Mhapsekar Jyoti / Vaidya Arvind / Deshpande Usha

Target readers: Facilitators

Available: with IPH

Content: Menstruation, reproduction, sexual relations, HIV/AIDS, growing up issues

Main topics covered are body and self image, relations with family and friends, tension, relaxation, values, gender, career guidance, drug abuse and sex education. The section on sex

education covers mental as well as physical changes. The sessions planned for girls deal with the female reproductive system and give detailed explanation on menstruation. The section on menstruation not only deals with the cycle but also nutrition, menopause and hygiene. Topics such as sexual harassment and rape are also discussed, as are contraception, STDs and HIV/AIDs.

Title: *Jhula- Kishorvayin Mulinkarita Eka Jivanopayogi Abhyaskram-Part 1 to 8*
Published by: Sahayog
Year: 2005
Language: Marathi
Author: Madhiwala Neha / Kadam Bharati / Ali Farzana / K. Shriram
Target readers: Facilitators
Available: With Sahayog
Content: Menstruation, reproduction, health, sexual relations, growing up issues
It is a facilitator's guide. The module is divided into 4 parts- Part 1 focuses on body parts, nutrition, gender discrimination, physical changes during growing up, abuse and good and bad 'touch'. Part 2 is on family and relations within the family, part 3 is on me and my community, Part 4 is on menstruation, exercises during this period and the concept of beauty. Part 5 is on the importance of education and life skills. Part 6 explains principles of health and hygiene. Part 7 talks about our nation, democracy and religion. Part 8 is on reproduction and child care, marriage, love and attraction, domestic violence and law.

Title: *Navi Disha – Kishoravastha Ma Aarogya, Adhikar ane Nagarikata Ange Taalim Margdarshika*
Published by: SAHAJ Shishu Milap
Year: 2008
Language: Gujarati
Author: SAHAJ Team
Target readers: Facilitators
Available: With SAHAJ
Content: Menstruation, reproduction, growing up issues, gender discrimination
It is divided into four sections – me and my body, our rights and gender discrimination, I should have these qualities and these are important for me. Each section includes various issues of relevance to the adolescent age group. The section on 'me and my body' gives information about menstruation, reproductive system, hygiene, nutrition and abortion. It also gives information about anemia, and sexually transmitted diseases.

The rights and gender discrimination section includes information about HIV/AIDS, domestic violence and child sexual abuse.

Title: *Sharir Saksharata Samvadakansathi Margadarshika*
Published by: Tathapi Trust
Year: 2011
Language: Marathi
Author: Fernandes Audrey / Alavani Minakshi
Target readers: Facilitators
Availability: Available with Tathapi
Content: Reproduction, growing up issues, gender discrimination, sexual relations, health
It consists of a Guide on using the three workbooks 'Sharir Shaksharata.' Each topic is dealt with in a separate chapter. After the explanation of the topic, the chapter focuses on its practical application, particularly on skills that children will learn.

Title: *Shikshakankrita - Jivan Kaushailyadvre Arogya Vikas Karyashala – Prashikshan Sanch*
Published by: UNFPA
Year: 2002
Language: Marathi
Author: Not mentioned
Target readers: Facilitators
Available: With UNFPA
Content: Menstruation, reproduction, sexual Relations
This is a set of three training manuals for teachers.
Use of these manuals can facilitate the sessions that teachers have with adolescents in classrooms. They target students in 8th,9th and 10th standards. It covers concepts and topics such as self image, study skills, love, attraction, sex, assertiveness, peer pressure, hygiene, need for balanced nutritional intake and anaemia. This module is the Marathi version of original module in English published by NIMHANS.

Title*: Swasthya Ki Khoj Me Apne Ko Pahachano: Swasthya Shiksha Shrunkhalaa-3*
Published by: Nirantar
Year: 2001
Language: Hindi
Authors: Mishra Renuka/ Sharma Jaya/ Bhog Dipta/ Ghosh Malini/ Sama
Target Readers: Facilitators

Available: With Nirantar

Content: Menstruation, reproduction, sexual relations, HIV/AIDS, growing up issues

This is the third in a series of 3 modules on health education for women. The module deals with reproduction and issues connected with it. There is a section to facilitate women and girls to speak freely about their feelings, beliefs, myths, and restrictions. There are activities given with each section.

It also deals with physical and emotional changes that occur in both girls and boys as they grow. The module also covers childbirth from conception, to delivery. Sterility, violence, diseases connected with organs of reproduction, family planning methods, abortion, sexuality and AIDS are also covered. The module ends with glimpses from the Women's Movement in India.

Title: *Tejasvini*

Language: Marathi

Author: Sardesai Vijayshila / Giri Daivashala / Madhiwala Neha / Deshpande Usha / Potdar Vihanga / Shivalkar Jayvant

Target readers: Facilitators

Available: Not available

Content: Menstruation, health, growing up issues

This module was developed by Maharashtra Prathamik Shikshan Parishad, for Project 'Tejaswini', under the National Programme of Education for Girls at Elementary Level (NPEGEL), a Central Government scheme for girls.

Title: *Vidhyarthiona Manosamajik Vikas ma Shikshsko no Phalo*

Published by: Health and Family Welfare Department, Government of Gujarat

Year: 2009

Language: Gujarati

Author: Bhatt Nimita/ Patel Ashwin

Target readers: Facilitators

Available: With Trust for Reaching the Unreached

Content: Growing up issues, health, sexual relations

The chapters in this module are; the role teachers in the life of students, children's health, psycho-social stages of child development, learning stages in child's growing up, child psychology and child abuse. It also gives information on children with special needs. It discusses the influence of family, teachers, friends and other social aspects on growing up. The chapter on child abuse gives detail about physical and sexual abuse and neglect.

WORKBOOKS

Title: *Kishoravastha*

Published by: Parivarik Jivan Shiksha

Year: Not mentioned

Language: Hindi

Author: Not mentioned

Target readers: Adolescent girls and boys

Available: No Information

Content: Menstruation, reproduction

The workbook describes the concept of "growing up" as being natural and normal and this approach is applied to the various changes that boys and girls go through during puberty. The workbook explains the concepts of family and marriage and this leads to a discussion of inter-social and inter-family relations. An explanation of menstruation and of the reproductive system of both women and men is explained next. The workbook gives importance to family planning and shows how early pregnancy is harmful to both mother and child.

The second half of the book consists of questions based on the information given in the first half. The questions require short answers or are of an objective kind 0- true and false, fill in the blanks, match the following and multiple choice questions.

Title: *Shareer Saakshartaa Mulansaathi Part-1, 2, 3*

Published by: Tathapi Trust

Year: 2011

Language: Marathi

Author: Fernandes Audrey / Kale Megha

Target readers: Adolescent girls and boys

Available: With Tathapi

Content: Menstruation, sexual relations, reproduction, growing up issues, gender discrimination, health, sexual abuse

This is a set of three workbooks for children of age 10 and above. It deals with a number of topics (body structures, nutrition, self image, menstruation, growing up, and gender discrimination) in an interactive way with a lot of exercises, examples, puzzles and information sheets. The questions at the end check the extent to which the children have understood and accepted the main ideas of the book.

Title: *Umang*

Published by: Kriti Sandarbha Kendra, Sahyog (Marathi by SAMYAK, Pune)

Year: Not mentioned

Language: Hindi / Translated in Marathi as '*Ankur Samanateche*'

Author: Ed. Satish/Ravi/Amit/ Mahendra/Ganesh De/Jashodhara/ Abhijeet

Target readers: Adolescent girls and boys

Available: With Sahyog

Content: Growing up issues, gender discrimination

The aim of this workbook is to make adolescent girls and boys gender-conscious and sensitive to issues of gender inequality. As they go through the workbook the users have an opportunity not only to learn about gender and gender inequality they also express their ideas about the subject through drawings, and short essays. There are puzzle pages that will set them thinking. The last section of the workbook asks 'Who is a girl? Who is a boy?' This section points out that most traits that are used to define a girl or boy are actually socially given roles, not natural or inborn traits. The workbook gives examples of well-known women and men who went against the socially determined roles.

LEAFLETS

Title: *Paustik Khorak Khao, Anemia Dur Karo*

Published by: SAHAJ Shishu Milap

Language: Gujarati

Target readers: General Public

Available: With SAHAJ

Content: Health

The leaflet creates awareness about anaemia in the community. It explains what anaemia is, and gives information on its symptoms and effects on health. There are details on food that can contribute to the cure, and on measures that can be taken to prevent anaemia.

Title: *Safed Paani*

Published by: Sanchetana Health and Research Centre

Language: Gujarati

Target readers: Girls / Women

Available: With Sanchetana

Content: Health

This leaflet gives information about a little discussed problem - white discharge in women and girls. It is clearly stated that in many cases excessive white discharge is an illness requiring treatment. It describes and explains the difference between normal and infectious conjunctive white discharge. The leaflet briefly covers the symptoms and causes of infectious and normal white discharge and vaginal infections and outlines the treatments available. In conclusion the reader is reminded of the risk involved if infectious white discharge is not treated in time.

FLIPBOOK

Title: *Kishoriche Pahile Paool*

Published by: Dept. Of Public Health, Mumbai Municipality and UNICEF

Year: Not mentioned

Language: Marathi

Author: Not mentioned

Target readers: Girls / Facilitators

Available: No information

Content: Menstruation, reproduction, health

Instructions are given in the beginning to ensure the correct use of this flip book.

The family is the starting point. There is reference to various issues and aspects of the family, and details of the problems of growing up of both boys and girls. Information is also given on nutrition for children and adolescents, pregnant women, anemic individuals, reproductive organs and menstruation, conception; precautions during pregnancy, delivery. The focus is then turned on boys and similar topics are discussed in that context. General topics discussed at the end are care of infants, methods of family planning, abortion, HIV-AIDS etc. and sexual abuse.

Title: *Nayaa Darpan, Nayaa Pratibimb: Khud Ki Taraf Dekhane Ka Nayaa Andaaz*

Published by: MASUM

Year: 2005

Language: Hindi / Marathi

Author: Gupte Manisha / Jadhav Sunita / Bhalerao Devika

Target readers: Girls / Women

Available: With MASUM

Content: Menstruation, growing up issues

The family is at the centre of this flip book and in that context issue of gender discrimination, girls' education, early marriage and menstrual taboos is dealt with. There are guidelines given for the use of this flipbook.

Title: *Raktapandhari: Rakta Kami Hone*

Publication house: Aarogya Saathi Prakalp, Cehat

Year: 2001

Language: Marathi

Author: Not mentioned

Target readers: Girls / Women

Available: With Tathapi

Content: Health

This flipbook deals with one topic - Anemia in women and girls. Eighteen charts give detailed information on all aspects and explain the composition of blood, haemoglobin and how it works.

EDUCATIONAL KIT

(For use by Facilitators and Adolescents)

Title: *Badhate Hum*

Production: UNIDS

Language: Hindi

Format: 1) Series of three films and 2) Guide book for facilitators

Duration of films: 25 minutes each

Target group: Adolescent boys and girls and facilitators

Available: With Ideosync Media Combine

Content: Menstruation, reproduction, growing up issues, sexual relations, gender discrimination

Badhte hum is a series of three short documentary films on family health. It aims to create awareness about physical and psychological changes taking place during adolescence and to facilitate discussion on gender and sexuality.

Part I *Chhutpan se Badhakpan tak*: This film gives information about hormonal changes as children grow into adolescents. Other subjects are reproductive organs of male and female, differences and similarities between girls and boys and information about menstruation.

Part II *Kuchh tan badala kuchh mann*: This film explains how social differences influence growing boys and girls. Sub themes of the film are the importance of friendship, peer pressure, gender discrimination at home and emotional changes during growing up.

Part III *Ladka mile ladki se*: It is about feelings of attraction and love towards the opposite sex during adolescence.

The guidebook provides discussion points for each of the topics covered by the documentary films.

Title*: Jaise jaise hum badhate hai*

Published by: Vikalp Design

Language: Hindi

Format: Double Sided Book

Target group: Adolescents

Available: with Vikalp

Content: menstruation, growing up issues

This double sided book opens from left and right for both sexes. It gives pictorial as well as descriptive information about changes that occur in the bodies of growing adolescent girls and boys.

Title: *Mahavari chakra*
Publication house: Vikalp Design
Language: Hindi
Format: Menstruation cycle (wheel chart)/ booklet/ a cutout of a girl (a model made of paper and cloth)
Target group: Adolescents / Facilitators
Available: With Vikalp Design
Content: Menstruation
Menstruation cycle is in the form of a wheel chart and can be used separately as well. The booklet is a short note on menstruation and how to make a home-made sanitary napkin. How to wear the napkin is demonstrated on the cutout of the girl.

Title: *Sahjeevan: Yon Shiksha par ek Sansadhan Sanch*
Publishedby: Xavier's Institute of Communication Mumbai (Astha Axis)
Year and edition: 2001
Language: Hindi
Format: 1) Modules in 9 books

1. Yaun shiksha ek parichay
2. Sharir ki samajh
3. Jeevan vikas va badalav
4. Prajanan vyavastha aur prakriyaein
5. Yaun vyavahar ki samajh
6. Garbhadan aur prasav, garbh nirodh ke upaay
7. Yaun sampark se failanewale rog
8. HIV/AIDS
9. Baal yaun atyachaar

2) Videos to accompany the books: *Badhte Badhte Kuch Kuch Hota Hai* and *Meri Cehat Meri Nirnay*
Author: Telang Preeti, Anjeerbag Firozi, Hari Deepa, Ambye Vasudha
Target group: Facilitators
Available: With Avehi
Content: Menstruation, reproduction, sexual relations, growing up issues, health, HIV/AIDS

The kit is prepared specially for trainers working with children at risk, in this case children in the age group 10 -18. This set of modules in 9 books is about sexuality and growing up.

First the importance of sex education is emphasized and then basic information on the subject is provided. Questions a trainer may be asked by the children s/he works with and action s/he may need to take are also discussed. Physical and emotional changes, social and peer pressures, attraction, child sexual abuse, HIV, is explained. Part 4 is on reproduction, menstruation, hygiene, and care of oneself during menstruation. The rest of the modules are on conception, delivery, HIV/AIDS, STD, sexual life and child sexual abuse. All modules have exercises which can be photocopied, information sheets, frequently asked questions, role play situations

The video film *Badthe Badthe Kuch Kuch Hota Hai* is on knowing your body and growing up, physical and social aspects. The module states the film should be followed with a planned discussion so that it is not viewed only as a source of titillation.

The second video Meri Cehat Meri Nirnay is about girls having the right to say 'no', and the dangers that follow being forced to have sex – one danger is the possibility of contracting sexually transmitted diseases.

Title: *Sangati Kit*

Published by: AVEHI-ABACUS

Year and edition: 2001

Language: Hindi / Marathi

Format: Educational kit: 1) Flipchart- Jab hum bade hote hai to kya hota hai? 2) Two training modules- Mein, mera sharir, hamari jarurate part 1(Kit No.1), Parivartan ki parakh (Kit No.5)

Target group: Facilitators

Available: With AVEHI-ABACUS

Content: Menstruation, growing up issues, sexual relations

Each kit includes a manual, a flip chart and posters. The module explains how to use each item in the kit. It also specifies how long a session should ideally be and how much information should be given at one time.

Mein, Mera Sharir, Hamari Jarurate: This module contains 3 main topics: 'Mein' in 10 sessions; 'Mera Shareer' in 12 sessions and 'Hamaari Jaruratye' in 2 sessions. The facilitator provides the students with some material which they can use and keep, for example handbills and home work sheets. The module suggests games, stories, question-answers on that story and assignments on topics that have been discussed.

The module Parivartan ki parakh describes growing up with reference to reproductive organs and changes occurring in both sexes. Menstruation is discussed in detail, and also how one should handle this change. 'Changes occurring in Society' is the subject for the next 12 sessions,

followed by 3 sessions on 'Change occurring in the environment' and finally a session on dealing and understanding change and moving on.

Title: *Swastha Kishoravastha ki Aur*
Published by: Voluntary Health Association of India (VHAI)
Language: Hindi / English
Format: Educational kit- fact sheets
Target group: Adolescents / Facilitators
Available: with VHAI
Content: Menstruation, growing up issues, sexual relations, health, reproduction, HIV/AIDS
The kit consists of a set of fact sheets in two languages – English on one side and Hindi on the other. The preface explains the meaning of 'adolescence', the rights of adolescents and some facts and figures concerning adolescents in India. It also talks about peer group pressure, emotional development, self identity, self esteem, attraction to the opposite sex, process of growing up, physical growth, menstruation, menstrual hygiene, early marriage, nutrition, mental health, gender role, gender discrimination, adolescent fertility and pregnancy, contraception, HIV/AIDS and STDs. In the end it emphasizes the need for education and the role that parents and teachers play in the lives of adolescents. Two case studies and FAQs summarize all the issues concerning adolescents.

FLASH CARDS

Title: *Aaple aarogya va parasabaug*

Published by: Institute of Health Management Pachod (IHMP)

Year: Not mentioned

Language: Marathi

Target readers: Adolescents / Facilitators

Available: With IHMP

Content: Health

This set of flash cards is suitable for girls and boys between the ages 6 to 14. These cards are on the importance of eating nutritious food. They give information on growing one's own nutritious food (vegetables) in a 'kitchen garden'. A number of flash cards explain how to include nutritious food in everyday meals.

Title: *Meera: Anaemia Talanyasathi Kishori Mulincha Aahar*

Published by: Institute of Health Management Pachod (IHMP)

Year: Not mentioned

Language: Marathi

Target group: Girls / Women

Available: With IHMP

Content: Health, gender discrimination

These flash cards are for use at the community level. This set of flash cards points out the need for better nutrition among adolescent girls. The cards describe a balanced diet, and stress that such a diet will prevent anemia. Anaemia is explained along with the symptoms. The cards draw attention to foods that are high in iron, foods that help in iron absorption, as well as those that are inhibitors of iron absorption. The cards highlight nutritious food preparations items such as paushtik laddu, thalipeet and moong khichidi for the daily diet.

Title: *Savitachi Samasya*

Published by: UNFPA/ Sarvajanik Aarogya Sanstha, Nagpur

Year: not mentioned

Language: Marathi

Target readers: Girls / Facilitators

Available: No information

Content: Menstruation, sexual relations, health, reproduction

This set of flashcards has an illustration on one side and on the other side, the same illustration is repeated in reduced size with a description/information. Together the cards tell the story of a

girl who is in school when she gets her first period. She is confused about this new experience. Her friend takes her to the lady counselor in a social organization. The counselor, helped by a nurse, explains menstruation to these two girls. Through these cards topics like physical changes in both male and female, menstrual hygiene, nutrition, malnourishment, reproductive organs, STDs, early marriage and contraceptive methods are explained.

AUDIO-VISUALS

Title: *Aparajita*

Production: Voluntary Health Association of India (VHAI)

Language: Hindi

Format: Video

Duration: 63 min

Target group: General

Availability: Available with VHAI

Content: Growing up issues, gender discrimination

Aparajita is a lively 16 year old girl. She is good at studies and sports. However her grandfather is against girl's education. He imposes several restrictions on her. The film is about her struggle to achieve her goals and the support she receives from an aunt in her endeavour.

Title: *Armaan*

Production: Voluntary Health Association of India (VHAI)

Language: Hindi

Format: Video

Duration: 55 min

Target group: Adolescent Girls

Available: With VHAI

Content: Menstruation, growing up issues

The film is set in Delhi. A group of girls from a middle class background are attending a dance workshop. The different situations and problems they face are portrayed through dance. The dance teacher is a strong mentor and through her workshop brings change.

Title: *Bali Umar Ko Salaam*

Production: Comet Media Foundation

Language: Hindi

Format: Video

Duration: 3 episodes of 23 minutes each

Target group: Adolescent girls and boys

Available: With Comet Media/ Avehi

Content: Growing up issues, gender discrimination, sexual relations

The participants (facilitator and adolescents) of a televised workshop use role play and discussions to throw light on subjects like relationships, emotions, sexuality, attraction, gender

and peer pressure. The three episodes available are: *Kaise kahe hum*; *Kehna hai Tumse Pehli Baar and Socho Aisa Ho to kya ho.*

Title: *Dira (Foliage)*
Production: UNICEF / Nandurbar Zilla Parishad
Language: Marathi
Format: Video
Duration: 48 min
Target group: Facilitators
Available: No information
Content: Health
This video documents a health workshop, more specifically a workshop on communication of health issues in the tribal district in Nandurbar. Songs, drawings, role play and other interesting methods are used to communicate health messages on subjects like nutrition, child care, vaccination and violence against women.

Title: *Kahani Nahan Ki*
Production: Astha, Xaviers Institue of Communication
Language: Hindi
Format: Video (Originally an audio visual transferred to video)
Duration: 21 min
Target group: Adolescent girls
Available: With Avehi
Content: Menstruation, growing up issues
The video is of the conversation between a granddaughter and her grandmother about growing up. The AV dispels old myths and beliefs about menstruation and girls growing up.

Title: *Kasba episode: Udaan*
Production: Voluntary Health Association of India (VHAI)
Language: Hindi
Format: Video
Duration: 2 episodes 24 minutes each
Target group: general
Available: With VHAI
Content: Menstruation, growing up issues

These two episodes are part of the television series, Kasba. Each episode covers a different aspect of community life. The story is about five friends, four boys and a girl Vidya, aged around fourteen. They live in the same area, go to the same school and play together. While the girl's aunt is visiting the family, the girl gets her first period. The aunt imposes many restrictions on her. The aunt wants to get her married, for she believes girls are a burden on her parents. Though the father is supportive of his daughter, she tries to commit suicide and is hospitalized. Here, a nurse makes her realize the value of life. Her friend Anand too experiences the changes of growing up.

Title: *Meena* Series
Production: UNICEF
Language: Hindi / Marathi
Format: Video (series of12 short films)
Target group: General
Available: With UNICEF
Content: Gender discrimination
This is a series of short animated films on the girl child and the discrimination she faces at home and outside. The films show how Meena, the main character fights this injustice and also helps other people treat their daughters as they do their sons. The films emphasize issues of education for girls, healthcare, hygiene, sanitation etc.

Title: *Mulichya jatila shobhat nahi*
Production: Media Matters
Language: Marathi
Format: Video
Duration: 27 min
Target group: adolescent girls
Available: With Media Matters
Content: Menstruation, growing up issues, gender discrimination
A group of girls are rehearsing their play in a garage. They face a lot of opposition. They share each other's difficulties and discuss the problems growing up. They share their dreams, aspirations and concerns. They are determined to continue rehearsing their play.

Title: *Pehchan : Kishori Swasthya Karyakram*
Production: Sanchetana
Language: Hindi

Format: Video

Duration: 17.30 min

Target group: General

Available: With Sanchetana

Content: Health

The film is a documentation of Sanchetana's work with adolescent girls.

Title: *Shareer ki Samaj part I*

Production: Vikalp Design

Language: Hindi

Format: Interactive CD

Target audience: Adolescents /Facilitators

Available: With Vikalp Design

Content: Menstruation, growing up issues

This educational interactive CD is about the human body and its systems with a special emphasis on the change during adolescence.

Title: *Vaateavarti kachaa ga*

Production: Meena Naik

Language: Marathi/Hindi

Format: Video

Duration: 53 min

Target group: Adolescent girls / Parents / Facilitators

Available: with Avehi

Content: sexual relations, **g**rowing up issues

The film deals with child sexual abuse, how to recognize it and deal with it. It is shown in a dramatized form. The film is well made and the situation is dealt with realistically and sensitively.

POSTERS

Title: Girl child

Publication house: Jagori

Language: Hindi

Target group: General

Available: With Jagori

Content: Gender discrimination

Title: *Khelne Bagadne Ha Tar Pratyek Mulicha Adhikar*

Publication house: Not known

Language: Marathi

Target group: General

Available: No information

Content: Gender discrimination

Title: *Vayaat Yenaarya Muli*

Publication house: Anubhav Shiksha Kendra

Language: Marathi

Target group: General

Available: No information

Content: Gender discrimination

Title: *Paryapt Poshan Hamara Adhikaar*

Publication house: CHETNA

Language: Hindi

Target group: General

Available: With CHETNA

Content: Health

MISCELLANEOUS

This section includes cloth charts, mirror charts, wheel chart, puzzles and games, slogans, panel set, transparency sheets

Title: *Aayie Dekhe Mahilaon ke Khilaf Hinsa Mein Humari kya Bhumika hai?*
Prepared by: Mesva and Save the children
Language: Hindi
Format: Game (Snakes and Ladders)
Target Group: Facilitators
Available: With Sahayog
Content: Gender discrimination
This chart is based on the popular board game, snakes and ladders. A die is rolled and accordingly the player moves ahead, up a ladder or down a snake. In this version, each ladder represents a positive step towards women's wellbeing or the player's refusal to commit violence. The snake represents violence against women.

Title: *Aapalya Raktachi Lali Aapan Swatach Tapasa*
Prepared by: Tathapi Trust
Language: Marathi
Format: Mirror Chart
Target Group: Girls / Women
Available: With Tathapi
Content: Health
A small mirror is surrounded by images of the tongue. You have to match the colour of your tongue to the images given to find out if you are anaemic. The chart explains the causes of anaemia, its prevention and cure.

Title: *Aapani aarogya patrika: Volume 10*
Published by: Trust for Reaching the Unreached (TRU)
Language: Gujarati
Format: Newsletter
Target Group: Girls / Women
Available: with TRU
Content: Reproduction, STD, health, growing up issues
The major focus of this edition of the newsletter is on the health of women and girls.

It emphasizes the impact of social situation on biological health and gender implications on women's health. Other related issues discussed are malnourishment, reproductive health and general health.

Title: *Apne Shareer ko Jaano*
Prepared by: Vikalp Design
Language: Hindi
Format: Set of Posters
Target Group: Facilitators
Available: With Vikalp Design
Content: Menstruation, growing up issues, health
This is a set of 13 posters on the human body and the different systems with a special emphasis on the change during adolescence in both boys and girls. There is also a poster on emotional changes.

Title: *Menstrual Cycle*
Prepared by: CHETNA
Language: Gujarati / Hindi
Format: Cloth chart in form of an apron
Target Group: Girls / Women
Available: with CHETNA
Content: Menstruation
This apron is used to describe the external and internal female reproductive organs. Diagrams labeled in Hindi and Gujarati explain the menstrual cycle. Each stage is illustrated.

Title: *Mahavari chakra - Sarak Patti*
Prepared by: Tathapi Trust
Language: Marathi / Hindi
Format: Slide Ruler
Target Group: Girls / Women
Available: With Tathapi
Content: Menstruation
The slide ruler shows how menstrual cycle length varies with ovulation.

Title: *Mahavari chakra ke doran kya hota hai?*
Prepared by: Tathapi Trust
Language: Marathi / Hindi
Format: Wheel Chart
Target Group: Girls / Women
Available: With Tathapi
Content: Menstruation
The menstrual cycle, vaginal secretions and the changes that happen in a woman's body, especially the ovaries and womb, are explained. Vaginal secretions are correlated with hormones estrogen and progesterone.

Title: *Manavi Shariratale Aatale Avayav*
Prepared by: Tathapi Trust
Language: Marathi / English
Format: Puzzle
Target Group: General public
Available: With Tathapi
Content: Health
Pieces representing the internal organs of the human body (male and female) are to be assembled on the main cut out - of the human body. Each organ is numbered and the on the main cut out there are slits with corresponding numbers. As the organ is placed in the correct slit, different layers of the body emerge.

Title*:* *Masik Chakra*
Published by: SAHAJ Shishu Milap
Language: Gujarati
Format: Handouts; 5 pp
Target Group: Girls
Available: with Sahaj
Content: Menstruation
It includes basic information on menstruation, the process, reasons for irregularity of menses, importance of hygiene and nutrition during this period, disposal of sanitary pads and social beliefs and customs related to menstruation. The handout emphasizes that society needs to value women and girls and that discriminating social beliefs and customs followed during menses can be changed.

Title: Menstruation Charts
Prepared by: Vacha Trust
Language: Marathi / Hindi
Format: Cloth charts
Target Group: Girls / Women
Available: Not available
Content: Menstruation, Reproduction
It depicts stages of the menstruation cycle.

Title: Play and Learn
Prepared by: CHETNA
Language: Hindi
Format: Playing Cards
Target Group: Girls
Available: with CHETNA
Content: Menstruation, health
The cards have a set of questions (on nutrition water and health, TB and Malaria) and corresponding answers. When these are correctly matched the information is set before the participant.

Title: *Rutuchakra*
Prepared by: MASUM
Language: Marathi
Format: Cloth chart and booklet
Target Group: Girls / Women
Available: with MASUM
Content: Menstruation
The cloth chart is worn as an apron, and the apron and booklet are used together to describe the parts of the female reproductive system and their functions. Full details are given about the menstrual cycle.

Title: *Har Beti ka Hai Adhikar, Sehat, Shiksha, Maan aur Pyaar*
Prepared by: Vacha Trust
Language: Hindi
Format: Slogan
Target Group: Girls

Available: Not available
Content: Health
On Rights of daughters

Title: *Striya ani Raktapandhari*
Published by: Tathapi Trust
Language: Marathi
Format: Fact sheet
Target Group: Girls / Women
Available: With Tathapi
Content: Health
Tathapi's informative fact sheet is on anaemia. It defines anaemia, the types of anaemia, its symptoms, causes and remedies. It also gives information on government schemes to deal with anaemia and the total percentage of anaemic women in Maharashtra.

Title: *Sundar Sundari*
Prepared by: Vikalp Design
Language: Hindi
Format: OHP Transparencies
Target Group: Facilitators
Available: With Vikalp Design
Content: Health, Reproduction
The activity sheets contain an outline of the human body. A white sheet is to be placed between each transparency when used individually on the floor. There is a sheet for each internal body system.

Title: *Sundar Sundari*
Prepared by: Vikalp Design
Language: Hindi
Format: Flip poster
Target Group: Facilitators
Available: With Vikalp Design
Content: Health, reproduction
A collection of large activity sheets, each sheet depicting a different internal body system. These can be hung on the wall or placed on the floor.

Title: *Yoga Charts*

Prepared by: Vacha Trust

Language: Marathi

Format: Cloth chart

Target Group: Girls /Women

Available: Not available

Content: Health

Yoga Asanas are depicted.

Note: NCERT's Training module on adolescence education is available on NCERT's website. [http://www.ncert.nic.in/programmes/aep/aep.html]

All the reviewed material is available with Vacha for reference.

Annexure I

Review Criteria

❖ **Basic Information**

- Name of IEC
- Language
- Publication house/ by
- Year and edition
- Format: (Book/Booklet/Training module / Workbook/ Leaflet/ Flipbook/Educational kit/Flashcard/audio-visual/Poster/Different aids)
- Authors/ editors, contributors
- Target Group: Adolescent girls (10 to20), Adolescent boys and girls, girls and women, trainers/ facilitators, parents, general public.
- Price (if yes what/ free for dissemination/ for hire/ not mentioned/donation- contribution)

Different aids include materials such as cloth charts, mirror charts, wheel chart, puzzles and games, slogans, panel set, transparency sheets etc.

A lot of IEC materials did not have the publication year and edition mentioned on it. Most of the materials also did not have price mentioned on it. So in the final analysis these variables could not be taken into consideration.

Review Criteria:

❖ **Content :**

Topics, how appropriately covered, suitability of language for the target group.

- Menstruation – biological, hygiene
- Reproduction – conception, pregnancy, abortion, contraceptives
- Sexual Relations – love, attraction, sexuality – hetero- LGBT, masturbation etc.
- Health –biological growth, physical exercises, nutrition
- Growing up issues – development of concept of self, anorexia, concept of beauty ,accepting one's body; dealing with stress with regards to choice of career, educational performance, peer pressure
- STD, HIV/ AIDS

An IEC material is evaluated in more than one category, when it includes number of topics.

Suitability:

- Language and examples/ case studies
- Layout, design, colours, pictures, images, diagrams
- Format –Is it appropriate for the health concept/ topic it deals with and target group addressed.

Annexure- II

Organizations contacted for sourcing material

Aalochana	Nirantar
Aamhi aamchya aarogyasathi	Olakh
Aamrae	Path Finder
Akshara	Population First
BAIF	Prakriti
CEHAT	Rangoonwala Foundation
CHETNA	Reaching the unreached
CREA	SAATH
FPA India	Sahayog
Halo Medical Foundation	Sahiyar
Ideosync Media Combine	SAMA
IHMP	Samyak
IPH	Sangram
IWID India	SEARCH
Jagori	SEWA Academy
KRITI	SNEHA
Madhyam Communications	Sparsh
MASUM	Sutradhar
Meljol	TARSHI
Niramaya Health Foundation	VHAI
Tathapi Trust	Vikalp
UNFPA	JSA Forum
UNICEF	Water Aid
SAForumRSH	NCC India

Annexure- III
List of organizations visited

Name of NGO	Name of the person interviewed/ interacted with
ARSH Department, Thane	Jyoti Sabale
Avehi, Mumbai	Pradip Sawardekar
Avehi ABACUS, Mumbai	Simantini Dhuru
Centre for Education and Documentation(CED), Mumbai	Prabhakar Ghadigaonkar
Centre for enquiry into health and allied themes-(CEHAT),Mumbai	Vijay Sawant
Centre for Health Education, Training and Nutritional Awareness (CHETNA), Ahmedabad	Minaxi Shukla, Pallvi Patel, Swati Mehta, Anil Gazzar, Illa Vakharia
Help Library, Mumbai	Pasiline Marry
IHMP, Pune/Pachod	Anupama Rahurkar,(ex. IHMP now with Masum)
Masum, Pune	Milind Chavan
Olakh, Vadodara	Manju Thakkar, Nimisha M. N.
Population First, Mumbai	Neeta Shirali
Publicity Department,Thane Zilla Parishad	Rajendra Gurjar
SAHAJ Shishu Milap, Vadodara	Rajani Kavat, Bhavna Rajput and Sonal Shah, Dilip Varkar, Renu Khanna
Sahiyar Stree Sangathan, Vadodara	Trupti Shah
SANCHETNA, Ahmedabad	Himali Joshi, Hamid Lakdawala
SETU, Ahmedabad	Achyut Yagnik
St. Xavier's Social Service Department, Ahmedabad	Father Paul
Tathapi Trust, Pune	Achyut Borgaonkar, Minakshi Alavani
Trust for Reaching the Unreached, Vadodara	Nimita Bhatt, Dr. Ashwin Patel
UNFPA,Thane	Jaya Kshirsagar
Unicef, Mumbai	Merlyn Oomen and Dhananjay Thonse

Annexure -IV
List of Organizations from whom material is procured

Abhivyakti Media for Development

31-A, Survey No. 8, Kalyani Nagar, Anandwali Shiwar, Gangapur Road, Nashik-422005.

Tel. No. 0253- 346128

E-mail: amdnsk@vsnl.com

Avehi Abacus Project

Third floor, K.K. Marg Municipal School, Saat Rasta, Mahalaxmi, Mumbai- 400 011

Tel. No. 022- 2307 5231/ 2305 2790

E-Mail: avcab@vsnl.com

Avehi Public Charitable Trust, Mumbai

Raoli Camp, S.M.Road, Sardar Nagar 4, Sion-Koliwada, Mumbai-400 037.

Tel. No. 022-24072188

E-mail: aaverc@gmail.com

Centre for Enquiry into Health and Allied Themes (CEHAT)

Survey No.2804 &2805, Aaram Society Road, Vakola, Santacruz East, Mumbai - 400 055

Tel. No. 022- 26673571/ 26673154

E-mail: cehat@vsnl.com

Centre for Health Education, Training and Nutrition Awareness (CHETNA)

B-Block 3rd Floor SUPATH-II, Opp. Vadaj Bus Terminus Ashram Road, Vadaj Ahmedabad-380013, Gujarat, India

Tel. No. 91-079-27559976/77

E-mail: chetna456@vsnl.net / chetna456@gmail.com

Comet Media

Topiwala Lane Municipal School, Lamington Road, Mumbai- 400 007.

Tel. No. 022-23826674/ 23869052

E-mail: cometmediafdn@gmail.com

CORO – CORO For Literacy

Sumannagar, Sion-Trombay Road, Chembur, Mumbai-400071

Tel.No. 022-25295002

E-mail: coromumbai@gmail.com

Eklavya

E-10, BDA Colony, Shankar Nagar, Shivaji Nagar, Bhopal, Madhya Pradesh- 462016.

Tel. No. 755- 2671017 / 2551109

Family Planning Association of India (FPAI)

Bajaj Bhavan, Nariman Point, Mumbai- 400 021.

Tel. No. 022-2202 9080/ 4086 3101

E-mail: fpai@fpaindia.org

Ideosync Media Combine

177, Ashoka Enclace III, Sector 35,Faridabad, Haryana-121003

Tel. No. 91-129-4064883/5883

E-mail: info@ideosyncmedia.org

Institute of Psychological Health (IPH)

9th Floor, Shree Ganesh Darshan, LBS Marg, Between 3 Petrol Pumps & Hari Nivas Junction, Naupada, Thane (W)- 400602.

Tel.No. 022 2543 3270 / 2536 6577 / 2542 8183

E-mail: iph@healthymind.org

Institute of Health Management, Pachod (IHMP)

Ashish Gram Rachna Trust, Pachod, Aurangabad- 431121.

Tel. No. 91-2431-221331

E-mail: ihmpp_agd@sancharnet.in

Jagori

B-114, Shivalik, Malviya Nagar, New Delhi 110 017-12.

Tel. No. 91 11 2669 1219/ 1220

E-mail: jagori@jagori.org

MASUM

B-1, Flat No. 41-44, Kubera Vihar, Gadital, Hadapsar, Pune - 411 028.

Tel. No. 020-26995625/33

E-mail: masumfp@bsnl.in / masum.puneindia@gmail.com

Media Matters

400 Sai Section, Ambernath-421501

Tel.No. 0251-2606929

E-mail: mediamatters@vsnl.com

Nirantar: A Centre for Gender and Education

B-64 Second Floor, Sarvodya Enclave, New Delhi 110017

Tel.No. 91-11- 26966334

E-mail: nirantar@vsnl.com

SAHAJ Shishu Milap

13 Krishna Society, Opp. Raj Laxmi Complex, Old Padra Road, Vadodara- 390 007, Gujarat.

Tel.No. 91-265-2358307

E-mail: sahaj_sm@yahoo.co.in / sahaj.sm@gmail.com

SAHAYOG

A-240, Indira Nagar, Lucknow- 226016, Uttar Pradesh

Tel. No. 91-0522-2341319/2310747/2310860

E-mail: kritirc@sahayogindia.org

Sahiyar Stree Sangathan

G-3, Shivanjali Flats, Near Navjeevan Ajwa Road, Vadodara- 390019, Gujarat.

Tel.No. 0265-2513482

E-mail: sahiyar@softhome.net

SAMYAK

B-3/14, Damodar Nagar, Hingne (Khurd), Singhgad Road, Pune - 411051.

Tel. No. 91-9850516237

E-mail: samyak.pune@gmail.com

Sanchetana Community Health and Research Center

0-45,46, 4th Floor, New York Trade Center, Nr. Thaltej Cross Road, Ahmedabad-380054, Gujarat.

Tel.No. 91-79-26857848 / 30182685

E-mail: sanchetana@sanchetana.org

Setu – Centre for social knowledge and action

1, Punyashlok, University Road, Near Liberty Bus Stand, Ahmedabad- 380009, Gujarat.

St Xavier's Social Service Society (SXSSS)

Opp. St. Xavier's Loyola School, P.O. Box No. 4088, Memnagar Road, Navrangpura, Ahmedabad-380009, Gujarat.

Tel.No. 91- 79- 2791 0696

Email: sxsss@sxsss.org / info@sxsss.org

Tathapi Trust

Renuprakash-A/3rd Floor, 817, Sadashiv Peth, Near Nagnath Par, Barrister Gadgil Street, Pune 411030.

Tel. No. 020- 24431106 / 24430057

E-mail: tathapi@tathapi.org / tathapi@gmail.com

TARSHI

A 91 Amritpuri, 1st Floor, Opp. ISKCON Temple, East of Kailash, New Delhi-110065.

Tel. No. 91-11-26474022 / 26474023

E-mail: tarshi@vsnl.com

Trust For Reaching The Unreached

Lokswasthya Mandal, 41, Vishwas Colony, Behind Petrol Pump, Alakapuri, Vadodara- 390007, Gujarat.

Tel. No. 0265-2338117

UNFPA

Bungalow No. 3, Paramhans Co-Op Hsg. Society, Ramkrishna Nagar, Near Hotel Sharnam, Eastern Express Highway, Thane (West) - 400 604.

Tel. No. 022-25836505/22

E-mail: india.mah@unfpa.org

UNICEF

19 Parsi Panchayat Road, Andheri East, Mumbai 400 069

Tel. No. 022-28269538/28269727

E-mail: mumbai@unicef.org

Vacha Resource Centre for Women and Girls

Project office: Municipal School Building, Ground floor, Tank Lane, Santacruz (W), Mumbai- 400 054.

Tel. No. 022-26055523

E-mail: vachamail@gmail.com

Voluntary Health Association of India (VHAI), Delhi

B-40, Qutab Institutional Area,South of I.I.T. Delhi, New Delhi - 110 016

Tel. No. 011-26518071-72, 011-47004300

E-mail: vhai@vsnl.com

Vikalp Designs

214, Pancharathna Complex, Bedla Road, Udaipur, Rajasthan, India- 313004

Tel. No. 91 - 294 - 2451411

E-mail: lakshmi@vikalpdesign.com

Xavier's Institute of Communication (XIC), Mumbai

St. Xavier's College, Mumbai - 400 001.

Tel.No. 022- 2262 1366 / 2262 1639

E-mail**:** edita@xaviercomm.org

Annexure-V

Names of Girls who participated in the group discussions and gave their comments

Anjali Jha, 16 years
Asha Jha, 16 years
Farjhana Shaikh, 16 years
Gunjan Sharma, 16 years
Kanchan, 15 years
Kavita Sahani, 16 years
Khushaboo Tiwari, 16 years
Komal Tripathi, 18 years
NeelamGupta, 20 years
Panna Patel, 16 years
Rekha Jangir, 15 years
Sarika Tripathi, 19 years
Shabnam, 17 years
Sushma Yadav, 17years
Tabassum Khan, 17 years

All these girls were from Mumbai living in K and H wards of Mumbai and they were from the deprived sections of society, residing in the poor neighbourhoods- *bastis*, known as slums in Mumbai. These girls have been participants in various programmes conducted by Vacha Resource Centre Resource Centre. All these girls have good level of reading skills as they are all continuing their education in secondary and higher secondary level.

Annexure-VI

Presentation on Production of and use of IEC materials

by Audrey Fernandes

Tathapi does many other things and also produces IEC , these other things feed in a great deal into the IEC we produce. I will be presenting what has been the learning of us at Tathapi . In 2001 Tathapi had taken up similar work where we visited 140 organations in the state of Maharashtra to look into the IEC material they were using for women and health and part of it was adolescent health.

One learning was that there is a great need for material and people keep asking for it; and they are using whatever they get their hands on. People are using at field level material used at national level as well as internally produced. About 70% material was ok but30%b was really problematic. So we reviewed it on three indicators. One was Gender and not only context but also images and secularity in content and whether they have demedicalised the content. There were some areas that were problematic and some where complete gaps existed. Areas that were problematic- HIV, posters ,population control, child marriage and violence. Problems were because of the messages they put forward.

Gaps- Mental health no material, IEC only deal with menstruation and child marriage and HIV.

These (Tathapi) findings are about the material available ten years ago. Some of it has improved over the time but at the same time the old material is also still in use.

The problem is that most material that was not suitable was that it is moralistic and preachy , a lot of it was developed by Government, they are talking about single relationships, and putting everything in bracket. In posters that were seen in Marathwada, the images especially were very bad. They were talking down to people. In case of posters on child marriages, these were created by government of Maharashtra and they had this thing of 'don't get your children married before the age of 18'. '*Sansarache oze mulanvar takunaka'* with the image of child dressed as bride and groom pulling bullock cart. . When govt. did the production of IEC they had one point agenda of prevention of child marriage so the underling question to be asked while producing IEC material is what ARE YOU DOING IT FOR .since it is just a one point agenda there is no choice and then it is perceived by general public aslo as that and as the girl is 18 she is married of. There is no awareness created on the fact if she has a choice to decide whether she wants to get married,, does she have the options of choosing her partner, to study further? . If the IEC material is successful and children decide not to get married and parents also agree then what? There are no support systems available IEC materials cannot succeed in isolation. If girls choose to study further there are no hostels or safe places or opportunities available for girls. So

we are creating conflict by empowering the girls but not providing them information or facilities for the options available.

IEC material addresses to mothers, and fathers are completely absent. Other tone that sets in is that PARENTS DO NOT CARE. And they are stupid, they are not good enough to take decisions for themselves. So have not included these kind of materials which have this kind of tones and attitudes in our final resource directory.

There were materials completely out of context of the local reality of the people to whom the message is given as otherwise people cannot relate to the posters.

There are layers at which it will be interpreted at activists' level and field level. So there is need for practical information for the workers at field level for who is using it. Like in case of Cancer the women are going to ask the field level worker questions like from where to get financial help? Where to go for treatment rather than the technical information how you get it and how it looks like. So the balance between the technical information and practical information is very important when you create IEC material, Practical information provides support to the field worker to be able to help the community. Even in case of menstruation and adolescence it is important to give all the relevant practical information in addition to the technical information.

The idea of pricing is also important as it becomes a main road block if it is too expensive then you can not at times afford it at institution level even though it is extremely good. If it I low priced then people buy it without hesitation and so you can reach to a larger population if you reach to lakh then you actually make a lot of difference. So the material has to be subsidised. People are ready to compromise on the look if it is affordable.

The IEC will succeed if it also takes into the larger picture/ context of the issue it is trying to address only it incorporates all the aspects associated with the issue making it more relevant.

While producing IEC one has to remember that person to person contact is very essential and can not be completely done away with. It is the person who is using the IEC also make a lot of difference. So it is essential to train the field level persons to use IEC effectively.