

# Adolescent Health Committee FOGSI (2009-12)

**Dr. Roza Olyai**

Chairperson Adolescent Health Committee FOGSI

Consultant Expert Panel Adolescent Reproductive Sexual Health, Geneva (2010)

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Adolescent committee Website: <http://adolescenthealthindia.org>

Documentary Film : <http://www.youtube.com/watch?v=NsR0H0ril20>



## Chairperson's message...

The Adolescent Health Committee FOGSI aims to sensitize gynaecologists as well as teachers and parents towards the special health needs of adolescents who we feel need a sympathetic understanding and patient counselling on various issues which they face (including health concerns) rather than an impersonal prescription or theoretical lectures from their mentors.

Am very happy that the committee this year has been awarded the prestigious **Dr. Mehroo Dara Hansotia Prize** – Federation of Obstetric & Gynecological Society of India for the Committee chairperson's Best Activities for the year 2010-11

Our recent publication for the book title "Recent Advances in Adolescent Health" foreworded by Dr. Hamid Rushwan, Chief Executive FIGO, has been awarded the prestigious **Dr.D.C.Dutta Prize** for FOGSI Best Publication 2011. All this has been possible with your good wishes & support.

Am very grateful to Dr. P.C. Mahapatra President of FOGSI, Dr. P.K.Shah Secretary General FOGSI , Dr. Nozer Sheriar Deputy Sec. General, Dr. H.D. Pai Treasurer FOGSI , Dr. Nandita Palshetkar Vice President in charge of the committee & all the office bearers FOGSI 2011 for their support.

Last but not the least I want to thank my committee advisors, Zonal coordinators, committee members & all the city coordinators who were involved in our activities.

I will certainly continue my active participation in FOGSI activities to give back to FOGSI what it has given me.  
**Dr. Roza Olyai**

### **Projects Undertaken 2011**

- **"Challenges for Youth- Today and Tomorrow"** (for class 10th girls & above)
- **"Protecting young girls"** (for school girls classes 8th to 12th & their parents)
- **Establishing Adolescent Friendly Health Centers**
- **Establishing Young Women's Club a subsidiary club of the Health Centers**
- **Launched Website :** <http://adolescenthealthindia.org/> (FAQs for young girls, all committee projects , related powerpoint material for school/ college talk)
- **Produced Introductory Film** to address the youth & convey the Committee message  
:<http://www.youtube.com/watch?v=NsROH0ril20>

### **International & National Collaborations :**

- **FIGO International Survey** on Adolescent Sexual Reproductive Health
- **FIGO regional workshop on ARSH-** Turkey,India,Brazil,Thailand, Cairo.
- **WHO Geneva - Representing FIGO at the WHO Expert Panel meet on making Global Guidelines at Geneva, Switzerland**
- **Collaboration with UNFPA, FPAI & IPPF on Adolescent Centers**
- **Curriculum development PG/UG in collaboration with IAP,WHO & GOI**
- **CME & Workshops & Training of Trainers** related to ARSH in 21 States in India covering more than 100 FOGSI societies & educating more than 3,00,000 girls.
- **Survey on 1.Teenage Pregnancy & 2.health awareness** amongst Adolescents through school/college program

### **Publications:**

- **News Magazine "Adolescence"** quarterly magazine since 2009 till date.
- **Published Four different booklets** (for young girls & their parents)
- **Book Released:** Recent Advances in Adolescent Health , editor Dr. Roza Olyai & co-editor Dr. Dutta. Foreworded by Dr. Hamid Chief Executive FIGO
- **Developing Guidelines** for establishing Adolescent friendly Health centers in private sector
- **Published pamphlets & informative material on eleven** different topics related to Adolescent sexual reproductive Health.

## **AWARDS WON- 2011 by Dr. Roza Olyai Chairperson Adolescent Health Committee FOGSI**

- **Mehroo Dara Hansotia Prize** – FOGSI Committee Best Activities for the year award 2010-11
- **Dr.D.C.Dutta Prize** - FOGSI Best Publication 2011 :Book title **“Recent Advances in Adolescent Health”** Foreworded by Dr. Hamid Rushwan, Chief Executive FIGO. Editors Dr. Roza Olyai, Dr. D. K. Dutta- Jaypee publishers.

### **Projects:**

1. **“Challenges for Youth Today & Tomorrow”2011 -National Coordinator- Dr. Roza Olyai**

**For Girls Classes XI & XII in school and college going girls :**

Covering : **21 states, 100 local FOGSI societies**, each city having more than 20 session in schools/ colleges, **covering about 3,00,000 girls** & their mothers. Had 5 Zonal ToTs.

**TOPICS COVERED IN SCHOOL & COLLEGE HEALTH PROJECTS...**  
Reproductive Health, Nutrition/ Anemia/ Exercise, Spiritual Health, Sexually Transmitted Diseases (STDs/ HIV&AIDS), Preventive Health & knowlege about vaccination

Five Zonal ToTs for the project "Challenges for the youth today and tomorrow" coordinated by Dr. Roza Olyai Chairperson Adolescent Health Committee FOGSI



2. **“Protecting young girls”Project**
3. **Rubella Project...**

**3 Lac girls in different schools and colleges in Indore, Bhopal & Ujjain, Gwalior will be vaccinated.**

**Under the ‘Special “International Service Project” in partnership with the Rotary District 7530 USA & district 3040 of India**



4. **Guidelines are set for Establishing Adolescent Friendly Health Centers (AFHCs)**, formulated by Adolescent Health Committee FOGSI in consultation with WHO in accordance with the Government of India guidelines.

In a special joint meeting with Dr. Roza Olyai Chairperson & Mr. Amit Mohan Prasad Joint Secretary, Ministry of Health Family Well fare, GOI, has given his support to adapt the National Standards of Adolescent Friendly Health services and extend appropriate services in the private sector in India.



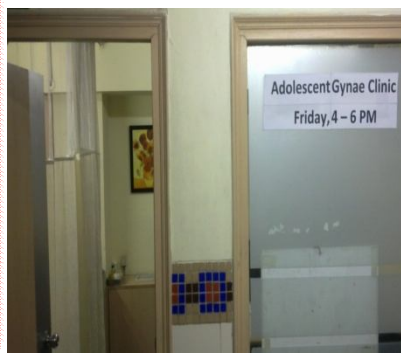
Guidelines for Establishing Adolescent Friendly Health Centres 2011

**AHC- FOGSI :**

**Under Coordination of Dr. Roza Olyai there were 5 ToT for Orientation Program: Half a day workshop to introduce the Guidelines and orient members to adolescent health.**

**Covered 5cities- 50 Gynecologists open Clinics as per guidelines**

**Tool Kit (CD-ROM) contains :Guidelines, Training package (MoHFW),Adolescent Job Aid (WHO),Informational/educational materials (AHC FOGSI),Adolescent health Card etc.**



Adolescent Health Centers as per FOGSI Guidelines. Delhi is the first FOGSI society to kick start the project!

Release of the Guidelines by President FOGSI Dr. P.C. Mahapatra , Dr. P.K.Shah General Secretary FOGSI & Dr. Roza Olyai, Chairperson Adol. Com. FOGSI on 16th April 2011. The doctors in Delhi who have established their clinics as Adolescent Friendly were given FOGSI Certificate & memento .



5. **Book on the guidelines-** Published by Dr. Roza Olyai Chairperson Adolescent Health Committee FOGSI is given along with the CD to all the participants. A **certificate of recognition** is given to the doctors by the committee for display at their clinics after attending the ToT.



Informative pamphlets Published by Dr. Roza Olyai is distributed in all the adolescent friendly health centers for the Adolescent girls to read on eleven different topics related to Adolescent Sexual reproductive health from , PCOS , contraception , STDs to premarital counseling ...

Inauguration of the ToT on establishing Adolescent Friendly Health centers in Bangaluru with FIGO & FOGSI representatives. Dr. Roza Olyai coordinated the ToT



ToT at Bangaluru, Karnatka State to establish 20 Adolescent Friendly Health Centres. Dr. Roza Olyai , Dr. Jayam Kannan & Dr. Chandrakala were the Trainers. Adolescent Friendly Health Centers were also inaugurated at Ahmedabad, Gwalior, Navi Mumbai & New Delhi.

**6. Young Women's Club is a subsidiary club of the Adolescent Health Center, National Project of the Adolescent Health Committee FOGSI.**



**Aims & Objectives :**

To spread awareness amongst the Adolescents, youths & young women about the need to look after themselves & to empower them.

To educate and eradicate Myths about Puberty & growing up period.

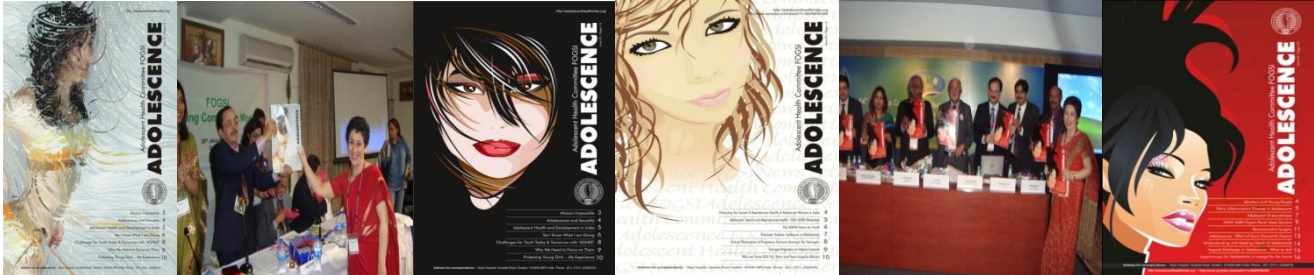
To select Adolescents who are more prone to problems related to puberty e.g Obesity, diabetes ,drug abuse, breast problems, Bleeding disorder, Hirsutism, Psychological problems etc. .

To maintain health record for all these young women and examine them from time to time for management.

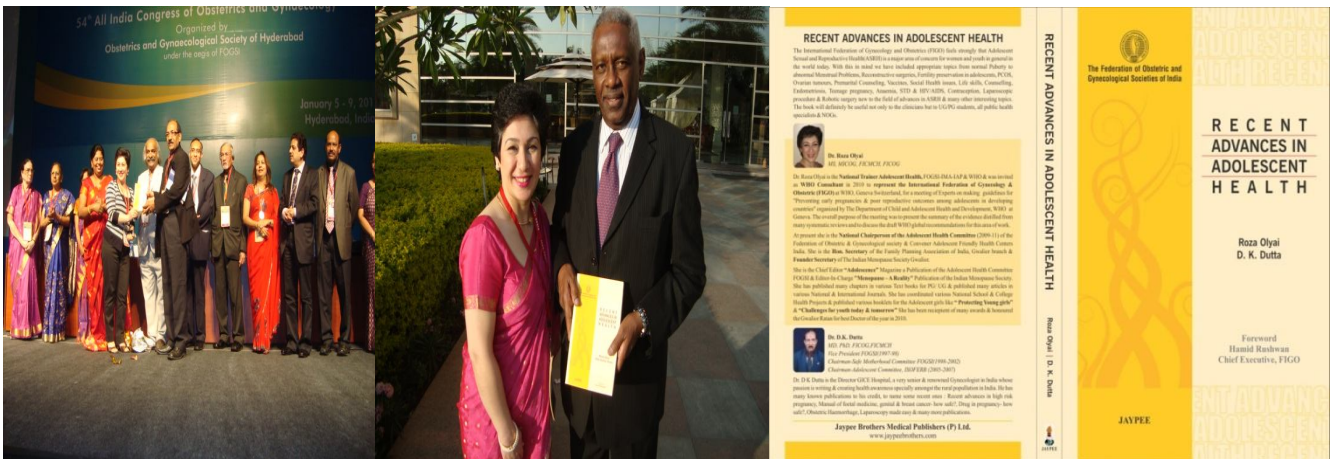
For further information please feel free to contact Dr. Roza Olyai, National coordinator Young Women's Club.

**7. Publishing regularly "Adolescence" a quarterly news Magazine- Dr. Roza Olyai Chief Editor**

Release of the magazine during Managing committee meetings with FOGSI Office bearers during **AICOG 2010 & AICOG 2011**



**8. BOOK Published Recent Advances in Adolescent Health:**



Published Recent Advances in Adolescent Health , editor Dr. Roza Olyai & co-editor Dr. Dutta. Foreworded by Dr. Hamid Chief Executive FIGO has won **Dr.D.C.Dutta Prize for FOGSI Best Publication 2011**

**9. Booklets & CD Published by Dr. Roza Olyai**



Informative pamphlets Published by Dr. Roza Olyai is distributed in all the adolescent friendly health centers for the Adolescent girls to read on eleven different topics related to Adolescent Sexual reproductive health from , PCOS , contraception , STDs to premarital counseling.

10. **DOCUMENTARY FILM** & message to address the youth by Dr. Roza Olyai on the topic: " Challenges For Youth; Today & Tomorrow"

<http://www.youtube.com/watch?v=Nsr0H0ril20>

11. Website : <http://adolescenthealthindia.org/> Launched with FAQs for young girls, chief guest was Dr. Rishma Pai & Dr. Roza Olyai explained the objectives of the website.

### International Collaborations:

FIGO ASRH Workshop, Asia Oceania region, Bangalore. Dr. Roza Olyai & Dr. Sanjay Gupte represented India

Dr. Roza Olyai, National Chairperson Adolescent Health Committee FOGSI, represented the International Federation of Gynecology & Obstetric ( FIGO) at the WHO Expert Panel meet at Geneva, Switzerland in making guidelines for "*Preventing early pregnancies & poor reproductive outcomes among adolescents in developing countries*".



**FIGO LOGIC Annual meeting** held from 12th to 14th October, 2011 at Hotel Trident Mumbai. Dr. Roza Olyai was invited to talk on the youth projects . FIGO has appreciated the activity of the Adolescent Health Committee FOGSI.



### With WHO– Adolescent Health Committee International collaboration attending various joint meetings

WHO - forming a panel for south-to-south technical collaboration on adolescents/youth SRH, discuss the lessons learnt and ways of making it even more effective – **Cairo conference 2012 .Regional Programme Managers meeting on scaling-up of adolescent health programme Chiang Mai, Thailand, 11-14 Oct 2011**



**“Expert Committee Meeting” to Standardize the “Service Delivery Guidelines on SRH Issues in Adolescents”**. A two days meeting was scheduled jointly by FPA India ( IPPF) & the Adolescent Health Committee FOGSI- Dr. Roza Olyai Chairperson March 3 – 4, 2011

### With IAP , Government of India & WHO

***Curriculum development for PG/UG courses in medical colleges for Adolescent Sexual & Reproductive Health***

The Adolescent Health committee of FOGSI is collaborating with IAP & the Government of India & WHO in this important joint venture



## Conferences:

### YUVA FOGSI West Zone Ahmedabad 2011

Dr. Roza Olyai chairperson Adolescent Health Committee FOGSI & Dr. Ajay Mane City coordinator Challenges for youth project were the invited faculty speakers for the session on Adolescent health issues.

### South Zone Yuva FOGSI, Chennai 2011

Paper presentation & guest lectures on Adolescent Sexual Reproductive Health by Dr. Jayam Kannan & Dr. Roza Olyai

## MUSICAL ROCK SHOW :

**Agnee Musical Show** Emcure-FOGSI Adolescent health Committee initiative, Inauguration of the Project "Challenges for youth Today & Tomorrow" in two States UP & MP



## Future Plans:

- Establishing Adolescent friendly Health centers in private sector in 12 States in India. Establish Young Women's Club.
- Paper based on the Study Analysis of project Protecting Young Girls "HPV AWARENESS-A GATEWAY TO ADOLESCENT CARE!" submitted for FIGO World Congress, Rome
- Joint project ,Adolescent Health committee FOGSI with Family Planning Association of India- IPPF to Standardize the "Service Delivery Guidelines on SRH Issues in Adolescents"
- CME & Workshops in 100 FOGSI societies on ASRH in 500 schools & Colleges, project under Challenges for youth today & tomorrow. ToT for doctors in 100 societies , Translating booklet in local languages. Divided India in five Zones.
- Adolescence Magazine- Regional publication.
- International conference on youth 2012- FIGO, UNFPA,GOI,FOGSI joint venture

**Adolescent Health Committee FOGSI- Emcure “Challenges for Youth Today & Tomorrow” Glimpses of Programs around the country:**

**Health Education Programme in Trichy** - Adolescent Health Programme by Dr. Malathi , Dr.Kavitha , Dr.Punitha , Dr.Victoria , Dr.PadmaPriya. Total Number of Girls Covered – 3000 , Total Colleges – 6

**Dr. Anu Vij- Navi Mumbai** : Active members of NMOGS participated. *Dr. Anu Vij, Dr Sucheta Kinjawadekar, Dr. Bharati Morey, Dr. Mini Nampoothri , Dr. Janaki Patil,Dr. Sucheta K, Dr. Mini Nampoothri , Dr. Ambuja M, Dr. Rahul Wani , Dr. V. Parulekar.*

**Dr. Jayamkannan—Chennai** : Essay competition organized for girls of 9th & 10th standard, distribution of prizes. Addressed College students at Chennai on “Know Your rights “.Addressing Women on health care including Adolescent Health on Doordharshan Chennai daily, Monday to Friday at 08.15AM for 8 minutes. from 23rd February , so far 120 episodes are over.

**Dr. Gracy Thomas -- Kochi**

Conducted Adolescent Health Education, Medical Camps with Anaemia eradication programmes at various Schools & communities both Urban & Rural. Public Talks were organised for ladies Clubs and Organizations.

**Dr. Shilpa Thaker – Rajkot** Ob/Gyn Soc Gujarat- Total 20 schools & 3 colleges were covered and approx.5000 girls were benefited.Dr. Shilpa Thaker, Dr. Lata Jethwani, Dr. Ameer Mehta, Dr. Hetal Patolia , Dr. Sonal Shah, Dr. Manisha Moteria ,Dr. Hetal Modha ,Dr. Darshana pandya

**Dr. Kalpana Khandheria Jamnagar, Gujarat:** M.P. Shah Commerce College.12/08/2011 Dr. Kalpana Khandheria conducted the talks.

**Dr. Usha Valadra Surat** :800 girls/boys attended, Dr. Usha Valadra and Dr. Kamlesh Parekh conducted the programme

**Panaji:**Dr. Subodh Kansar conducted the school programme

**Dr.Lola Ramachandran – Thrissur:**11May – Adolescent health talk at Govt Higher Sec School, Ayyanthole. **18May** – Talk at Vivekodayam Higher Sec School, Trichur

**Dr.Ajay Mane Aurangabad:**Lecture on Adolescent Health Education was given by Dr.Ajay Mane for boys and Dr.Swati Shiradkar for girls in The Dnyanesh Vidya Mandir, CIDCO, Aurangabad