

EVENT REPORT

Adolescent Awareness Program for School Girls

Organized Under:	Unnat Bharat Abhiyan (UBA)
Venue:	Koliyad High School
Target Audience:	Female Students (Classes 9th to 12th)
Publish Date:	December 27, 2025

1. Executive Summary

Under the aegis of the Unnat Bharat Abhiyan, an Adolescent Awareness Program was successfully organized for female students of classes 9th through 12th at Koliyad High School. The initiative aimed to enhance health literacy, dispel common myths, and empower young girls with scientific knowledge regarding adolescent physical and mental well-being.

2. Program Objectives

- Promote Health & Hygiene:** Educate students on personal hygiene practices and safe menstrual hygiene management.
- Nutrition & Disease Prevention:** Raise awareness about balanced diets and specific health concerns such as anemia prevention.
- Mental Health & Confidence:** Address emotional changes, stress management techniques, and the role of self-confidence and education in personal development.
- Myth-Busting:** Provide an open, safe, and supportive space where students could clear doubts and dismantle social stigmas or myths related to adolescence.

3. Key Discussion Topics

Category	Topics Covered
Physical & Biological Health	• Body changes during adolescence • Menstrual hygiene management • Anemia awareness and prevention
Diet & Nutrition	• Essentials of a balanced diet • Nutritional requirements for growing girls
Mental Well-being & Growth	• Emotional changes and coping mechanisms • Stress management tools • Building self-confidence and prioritizing education

4. Key Highlights & Student Engagement

- **Interactive Methodology:** The session went beyond lecturing, encouraging students to actively participate, share concerns, and ask questions.
- **Safe Space:** Instructors established an open, judgment-free environment, enabling students to speak candidly about topics often considered taboo in rural settings.
- **High Impact:** Student involvement demonstrated strong interest and contributed directly to the success and outcome of the session.

5. Conclusion & Strategic Impact

This outreach program underscores the Unnat Bharat Abhiyan's dedication to rural community development through targeted educational initiatives. By improving health literacy among schoolgirls in adopted villages, the initiative lays a solid foundation for a healthier, more confident, and better-informed future generation.



