



# SANTOSH

## Deemed to be University

(Established u/s 3 of the UGC Act, 1956)

F. No. SU/R/2020/1927[1]

Dated:14.10.2020

### MEMORANDUM

**SUBJECT: GRANT OF PERMISSION TO START A VALUE-ADDED CERTIFICATE COURSE ON "ADOLESCENT HEALTH" IN THE DEPARTMENT OF PAEDICATRICS, SANTOSH MEDICAL COLLEGE & HOSPITAL, GHAZIABAD, NCR DELHI.**

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With reference to her letter on the subject cited above, Professor & HOD of Paediatrics is informed that the request of Department of Paediatrics to start a Value-Added Certificate Course on "**Adolescent Health**" in the Department of **Paediatrics** has been considered and **approved** by the Board of Studies, Academic Council and the Board of the Management in its meeting held on 07.10.2020, 09.10.2020 and 12.10.2020 respectively and is granted permission to start the above certificate course on the following terms and conditions:-

#### **1. Name of the Course**

**"Adolescent Health"**

#### **2. Duration of the Course**

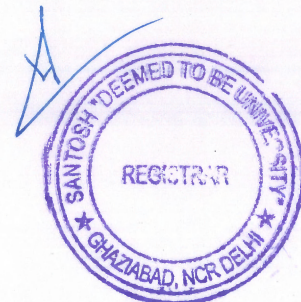
16 Hours [4 hours Session, on Saturday from 1.00 P.M to 5.00 P.M] containing 10 students per batch.

#### **3. Eligibility Criteria**

Eligibility criteria for admission- MBBS passed out graduates, interns, PGs of pediatrics, Gynae and psychiatry

**4. Course Fee:** Rs.500/- per student

**5. Course Director:** Dr. K.C.Aggarwal





## 6. Course Methodology

Method would be didactic online with interactive sessions and contact sessions with role play depending upon admissibility, because of Covid epidemic, otherwise on line

## 7. Course Syllabus

### First week: -

- Welcome of candidate, self-introduction and pretest- 2 hours
- Why there is need to learn and discuss adolescent differently- definition of adolescent- 1 hour
- Physical, sexual and psychosocial changes in adolescents and their implication-2 hour
- Adolescent friendly health services
- How to communicate with adolescent and counseling- 2 hours
- Contact programme- role lays on communication- one hour

### Second week

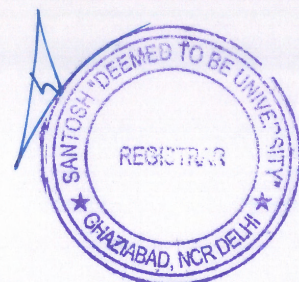
- Physical growth in adolescent-factors affecting nutrition -1 hour
- Anemia – factors, consequences and roleplay- 1 hour
- Sexuality concerns – myths 1hour
- Problems related to sexuality 1 hour
- Menstrual cycle- hygiene- problems related to menses1 hour
- Teen pregnancy and illegal abortion-1 hour

### Third week

- Medical problem – specific to adolescent 1 hour
- Life skills-how to protect oneself and say 'NO'-1 hour
- Poly cystic ovarian syndrome -1 hour
- How to take history and examination in adolescents- 1 hour
- Introduction of job aids -1 hour
- Practice of job aids- - I hour

### Fourth week

- RTI and Sexually transmitted infection- prevention – 1hour
- HIV- prevention and myths 1 hour
- Sleep hygiene 1- hour
- Recognition of suicidal tendency and drug abuse -1 hour
- Vaccines for adolescents – 1 hour
- Emergency contraception and Posttest and certificate
- Distribution- 2 hours



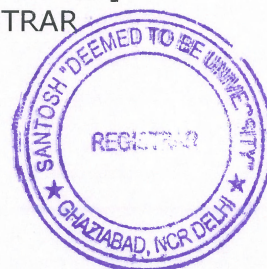


The above is circulated to all teaching staff and concerned students of Santosh Medical College & Hospital for their information and necessary action.

**The Course Director is informed that the students will be required to submit their APPLICATION in the Prescribed Format [Annexure -1] for participating in the Value Added/Fellowship Programme.**

**The Course Director is further informed that he/she will be required to submit the details of Course Completion Intimation and request for Certificates in the Prescribed Format [Annexure -2] to the Registrar for further necessary action.**

  
[DR. V.P. GUPTA]  
REGISTRAR



Distribution: As above

Copy to:

1. The Secretariat
2. The Chancellor
3. The Vice Chancellor
4. Dean, Santosh Medical / Dental Colleges & Hospitals
5. Medical Superintendent, Santosh Hospital
6. HOD of the Department of Paediatrics
7. Director IQAC
8. Dean Research
9. Finance Department
10. Guard File