

COURSE SCHEDULE

ADOLESCENT HEALTH COUNSELLING

Total Hours : 30 hours

Sl. No	TOPIC	HOURS
1	Introduction to Adolescence	2
2	Development and Growth during Adolescence	3
3	Reproductive Growth and Sex Education	3
4	Social and psychological impact on Adolescents	3
5	Child & Adolescent Counselling	3
6	Behavioral & Substance Abuse Counselling	3
7	Policies and Programmes	3
8	Sanitation and Hygiene	3
9	Physiological & Mental well-being (Yoga Therapy, Solution Focused Therapy, Cognitive Behaviour Therapy etc)	3
10	Health issues- Reproductive & sexual	2
11	Case Studies	1



29/50
Adolescent Health counselling - K. Samuel David - Rno: 01.

1. There is no H.I.V. case presently for the disease. Progression can be slow down through the use of Anti-retroviral drugs.
2. Firstly the Adolescent girl would have on missed period. She might also have the following nausea, Vomiting excessive weight gain.
3. The Malaria infection begins with the female Anopheles mosquito taking a blood meal from a human while feeding the female mosquito injects a small stream of parasites.
4. Mental health problems in Adolescents are due to biological and environmental factors.
5. unprotected sex and don't want to get pregnant right now you may want emergency contraception.
6. There is increase in nutritional requirement during the period of rapid growth micronutrient being as important as energy and protein.





6. Although different types of eating disorders have distinct symptoms, each condition involves each condition involves an extreme focus on issues related to food and eating.

* Eating disorders and their symptoms +
 Anorexia nervosa; Bulimia nervosa;
 Binge eating disorder; pica;
 Rumination disorder Avoidant/
 Restrictive food intake disorder.

7. Balancing the emotions and having control on them self esteem and confidence being comfortable with whom they are coping with one's feeding and building up resistance of one's ability.

9. Gender dysphoria is the feeling of discomfort or distress that might occur, in people whose gender identity differs from their sex assigned at birth. Sex related physical characteristics. Transgender and gender-diverse people might experience gender dysphoria at some point in their lives.

10. Sleep disorders are conditions that affect the quality and timing of sleep. You're not able to get at night. Common sleep disorders include insomnia, restless legs syndrome, narcolepsy, and sleep apnea. Sleep disorders can affect your mental health and physical health. Treatment is available to help you get the rest you need.



11, Sexually transmitted diseases are caused by sexually transmitted infections. They are spread mainly by sexual contact are caused by bacteria, viruses.