

# ARUSHI



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# EDITOR'S NOTE

Dear Reader

Happy New Year 2005!

Welcome to the fifth edition of Arushi, the magazine for young people. As promised in the last edition, this issue of Arushi, presents some of the key features of the **National Youth Policy 2003 of India.**

The Government of India defines youth as people between the ages of 13-35 years and has formulated a policy for them, called National Youth Policy, in the year 2003.

We are pleased that the policy directs active participation of every young person in building up a healthy community. It also states that we as young people "should receive proper access to education and should be trained for the respective fields of employment access to our abilities and create an environment in which every young person is motivated not to indulge in harmful practices."

The section on **Gender Justice** says that the policy is meant for all irrespective of caste, creed, sex, race or colour. Every young girl and woman should be educated and given good knowledge of family planning programs. Domestic violence (like wife beating, using abusive language or forced sex within marriage, drunken brawl as violence under influence) affects the women and family growth and development and should be viewed as violation of human rights of women and other affected family members. Also, men should respect women and treat them as equal.

We congratulate the policy makers for boldly addressing the need for Sex Education as key **youth concern.** It calls for inclusion of health related issues focusing on sexual and reproductive health and HIV/AIDS in "**education curriculum** in schools". According to the section on **population education**, some sexual and reproductive health problems such as HIV/AIDS and unsafe abortion can lead to illness and death. With information, skills and services that help us make informed choice, we can protect ourselves and others from unwanted pregnancies, HIV and other sexually transmitted infections.

The policy recognizes that, we, as young people, have the right to learn about sexual and reproductive health matters. For example, how our body works, pregnancy, contraception and sexually transmitted infections and to talk to friends about what we have learned.

The policy also stresses importance on peer education for adolescents.

As the youth of India, let's start sharing and incorporating the spirit of Policy in our lives, voice them among the leaders, the government and the elders around us, and motivate them to take proactive action for us.

Do write to us with your queries or suggestions.

Yours Sincerely,

Arushi Editorial Board



## "DO YOU KNOW?"

Alcoholism or alcohol dependence, is a disease that induces

1. Craving: A strong need or urge to drink.
2. Loss of Control: Not being able to stop, once drinking has begun.
3. Physical Dependence: Withdrawal symptoms such as nausea, sweating, shakiness and anxiety after stopping to drink.
4. Tolerance: The need to drink greater amounts of alcohol to get 'high'.

Alcoholism can be treated. Alcoholism treatment programs use both counseling and medications to help.

An alcoholic woman who drinks when pregnant can harm the foetus. In most serious cases, children of such mothers can suffer from what is known "Foetal Alcoholic Syndrome" or FAS

Minimum age required for marriage

18 years for girl

21 years for boy

The law allows abortion upto maximum of 20 weeks of pregnancy

# NO..NO..



### FAS children can:

- Often have low birth weight
- Have problems related to eating and sleeping
- Be prone to sight and hearing difficulties
- Experience difficulty in learning simple tasks
- Struggle to concentrate at school
- Experience problems in relating to others and controlling their behaviour
- Need medical care through out their life





# Do you know?

- A drug is a chemical that alters the physical or mental functions of an individual.
- When drugs are used to cure an illness, prevent a disease or improve the health condition, it is termed 'drug use'.
- Doctors prescribe various kinds of drugs to cure the patient. All such drugs have medical use.
  - When drugs are taken for reasons other than medical, in an amount, strength, frequency or manner that damages the physical or mental functioning of an individual, it becomes "drug abuse"



## Symptoms of drug addiction

- Loss of interest in sports and daily routine
- Loss of appetite and weight
- Unsteady gait/ clumsy movement/tremors
- Reddening and puffiness of eyes, unclear vision
- Slurring of speech
- Nausea, vomiting and body pain

## Effects of drug abuse

Drug abuse leads to a number of short term and long term effects that are detrimental to health

- a) Short term effects - These effects instantly appear a few minutes after the intake of drugs. The effects include a sense of well being and pleasant drowsiness.
- b) Long term effects - These are the damages that occur due to constant excessive use of drugs. The damages include both physical and mental illness.



**Drug users are at 'high risk' of acquiring HIV through sharing of infected needles.**

# YOUR QUESTIONS, THEIR ANSWERS

## Mamta organised an International Training Program for South & South East Asia Region on Adolescent Health & Development in September 2004.

The Editorial Board of Arushi interviewed participants from India, Cambodia, Sri Lanka, Nepal, Phillipines and Sweden.

These participants either belong to the health and youth departments/ ministries of their country or work with them Interview was conducted by *S. Subramaniam, Arindam Roy, Akanksha Mishra and Frederick Sidney Correa of the Arushi Editorial Board*

**Arushi:** *Tell us about some of the common misconceptions on sexuality amongst youth ?*



**Participants:**

- Mosquito bite, shaking hands with HIV positive people leads to HIV/AIDS.
- Pornography leads to a better and vibrant sexual life.
- Girl having too many male friends is regarded as "dirty" especially in the rural areas.

**Arushi:** *What are some of the misconceptions in the context of condoms?*

**Participants:**

- Some are allergic to condoms and think that it may cause STDs, which is not true.
- Condoms cause less pleasure during intercourse.
- Condoms may interfere with ejaculation and

may cause infertility.

- Condom might arouse doubt on partners.

**Arushi:** *How does one provide universal access for young women to contraceptives?*



**Participants:**

**Indian representative**



- Special sessions in colleges have to be started on sexual and reproductive health.
- Information must be given on whom to contact regarding more information on contraceptives.
- Female condoms are now a days accessible through NGOs, thus increasing the choice of contraceptives.
- Gynaecologist is the best person to be consulted for consulting on contraceptives for women.

### **Cambodian:**

- By providing conducive environment to women to access contraceptives.
- By involving religious, social and cultural institutions in empowering women.

### **Sri Lankan:**

- Awareness should be given to doctors, teachers on topics like human rights, sexual rights, access to contraceptives, condoms etc.

### **Nepal:**

- Contraceptives should be given freely from health service organisations.

*Arushi: How to approach the donors and the stake holders to provide funds for a program especially by the young people?*



### **Participants:**

### **Phillipines:**

- Youth are not directly funded but the funds reach through the NGOs for programs on growth and development of youth.
- A small amount of the budget is donated by the local government.

*Arushi: What does the National Youth Policy or similar policies in your country convey about the access to and usage of condoms?*

### **Participants:**

- India's National Youth Policy does not have any clause on the access and usage of condoms.

### **Sweden:**

- All young people in our country are having access to youth clinics, which also have supplies of condoms.
- Special trainings are conducted on sexual and reproductive health, treatment of STD's, ways and methods to use the condoms.

### **Nepal**

- December 1st is celebrated every year as condoms day.
- Both married and unmarried men and women are given free condoms.
- A person is never asked whether he/she is single or married.

*Arushi: What do you think about the role of media in youth reproductive policies?*

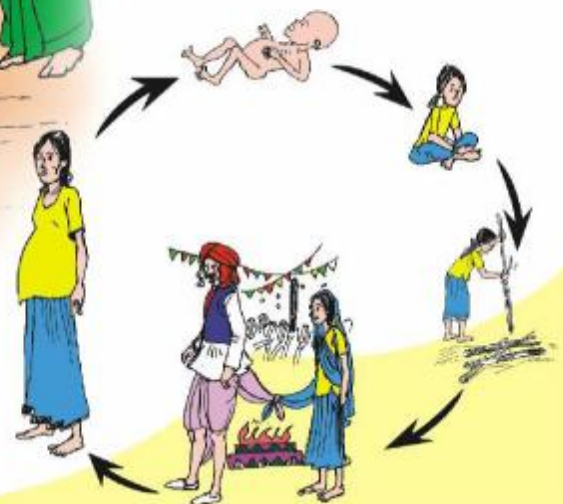
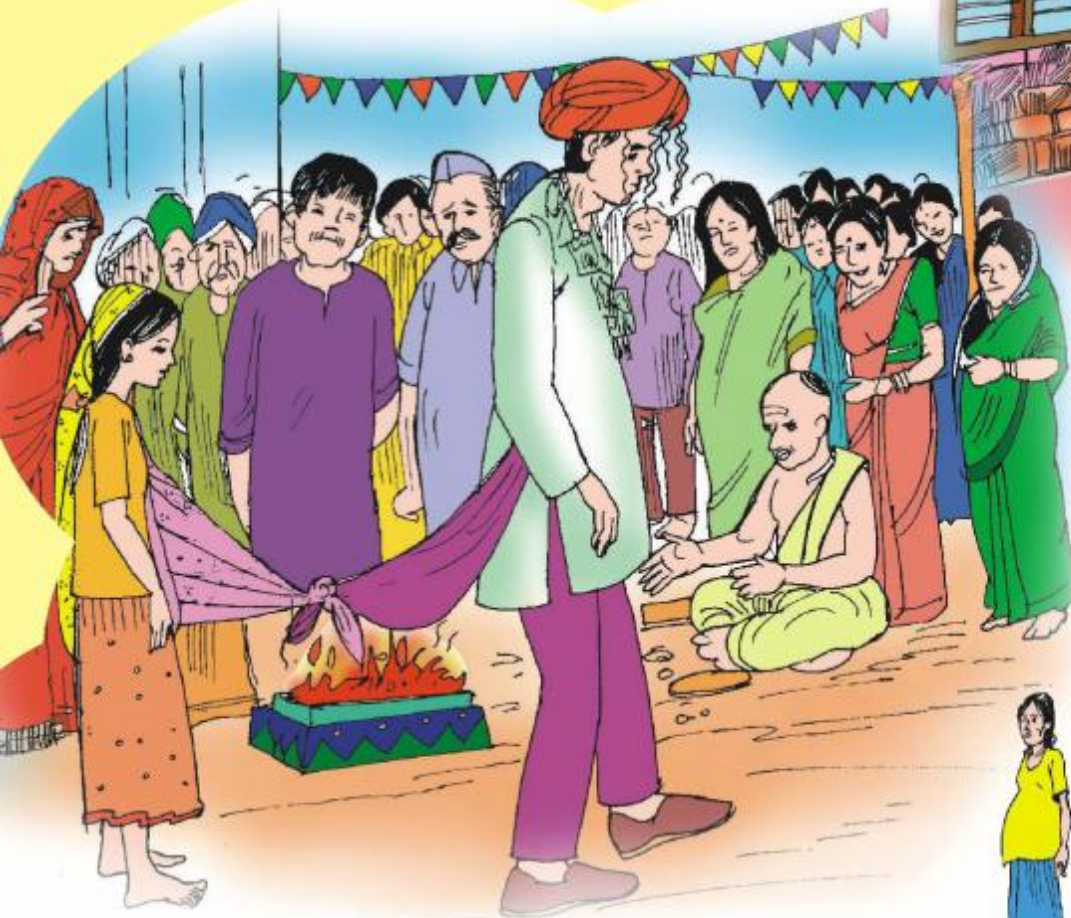
### **Participants:**

### **India:**



- The media now a days is sensitizing people on HIV/AIDS issues and its effects on people at large
- It should play supportive role for advocacy.

# A SHATTERED LIFE



**N**eha is eldest among two sisters and one brother. She belongs to a family which has faith in old customs. She is a very simple girl. When she attained the age of 11 years, her parents decided to get her married as they thought of her as their burden and because of the fear that the girl might not take any wrong step. Finally she was married to a boy whose age was 16 years. Neha didn't even know what marriage meant! But she had to carry on her

married life. For one year of her marriage she lived with her in-laws. During this period she faced many difficulties like quarrel with her mother-in-law, harsh behaviour from her husband because of his dissatisfaction regarding her work. Because of these conditions her mother-in-law wanted to get rid of her. Her husband also decided to go away. He left her at her mother's place and went away to Mumbai in search of a job. She was



pregnant at the time when he left her and at the age of 13 she gave birth to a lovely girl. Because of lack of nutritious diet and proper care, her health began to deteriorate and she suffered with several diseases, and physical illnesses, (headache and fever). In spite of her sufferings she continued doing all the work. Her age was such that she even did not know how to make roti (chapati). Her little daughter also did not get proper care and attention. Even the baby's father was not conscious in taking up his responsibilities towards her. In

the mean time, Neha fell ill and her condition became more serious. On hearing this, her husband came back for some time, but did nothing, except giving her more trouble. After tormenting her, he returned to Mumbai. At the age of 15, Neha became pregnant again. And after nine months, gave birth to her second daughter. The baby's health was not very good and Neha's health also deteriorated further.

In spite of these conditions, she continued to fend for her family. Because of her miserable financial conditions, she could neither have her own medical check up nor of her daughters. She never went to a doctor and often thought, "What could I do? I have to tolerate all these. Without my husband how could I take care of these two little children?" Her only hope was her husband but he had separated himself from his family. Neha fell ill more and more. She continues to live her life in poverty, deprivation and illiteracy.

- In urban India, one out of every five girls is married before the age of 19 years and in rural India, out of 2 girls, one will be married before the age of 19.
- Median age of girl at marriage is at 14.7 years (in Madhya Pradesh), 14.9 years (in Bihar), 15 years (in Uttar Pradesh), 15.1 years (in Rajasthan) and 15.1 years (in Andhra Pradesh)
- Nearly half of all married women aged 15 to 19 have already have one child.
- Neo natal Mortality Rates are highest (63.1 death per 1000 live births) amongst children born to mothers of less than 20 years with Infant Mortality Rates as high as 92.7 deaths per 1000 live births (NFHS-2)



# Let's Share

I am a 17-year-old girl. My problem is that I am overweight. My height is 5'4" and I weigh around 65 Kg. My friends constantly poke fun at me and I tend to be the butt of everyone's ridicule. I have tried all the diets possible but I am not able to loose weight. Please advise me as I am really fed up and I am losing confidence in my self.

I really feel bad that your friends tease you on your weight problem. I will suggest that you should not feel depressed at your friends' teasing. If even exercise has not helped you, I would suggest that you should start having lemon water (without sugar & salt) as the first thing in the morning. Along with this also try to have least possible fat in your food. I am sure these measures would prove beneficial to you.

How should I discuss the subjects of sex with my girlfriend?

In answer to your query, I would suggest that first you make sure of what kind of girl she is. Some girls do not like talking about such topics. She is your girlfriend, one normally feels that he is quite close to his girlfriend. But before opening up your mind on this issue, try to find out her views on this by talking to her on less daring issues. Afterwards, according to her inclinations, if you feel that she will be comfortable about talking on sex directly, you can go ahead. I would suggest to handle such conversation delicately and sensitively otherwise, it can prove harmful to your relationship.

Names of people sending query will be kept confidential and not displayed with the question.

The response has been given by members of Arushi Editorial Board, aged 15-24 years, comprising of both boys and girls in equal numbers. The responses are individual opinion and MAMTA does not ratify the technicality of the responses.

If you want to discuss your concerns with the Editorial Board, please write to:

**MAMTA** : B-5, Greater Kailash Enclave-II, New Delhi - 110048 India

Tel.: 91-11-29220210/29220220/29220230 Fax : 91-11-29220575

We are taught Physics by a male teacher and he is very good. But the problem is that he keeps touching all the girl students, sometimes on the back, very often stroking our hair and arms. My friends feel I am over-reacting but I don't think he should do this. What should I do?

You have mentioned that your teacher who is a male touches the girls in your class. You feel uncomfortable and get nervous when he touches you and your friends find it strange and unusual.

If your friends are not of the same opinion as yours then it is possible that your teacher does not have any bad intentions. Some people just have these kinds of habits. If you do not feel right about it at all, you can speak about it to your teacher. You can tell him clearly that you don't like him touching you. It might happen that he will not do it again. But you have to speak about it carefully, in a way that he does not feel bad about it and become more problematic for you afterwards.



# JOKES



Once, a boy and a fat man were running in the morning. All of a sudden, the boy stops. Fat man asked him that why did he stop. The boy replied it is written in front that 'Let heavy vehicles go first.'

Child - Father, I want to learn to play a musical instrument. Please get me one.

Father - No way! If I get you a musical instrument you will not let me sleep peacefully.

Child - Don't worry, I will only play it when you are fast asleep.

Vijay - Mother, Papa is gaining height.

Mother - (smiling) How?

Vijay - Papa's head is coming out of his hair.

Man - The plane is about to crash. Quickly wear the parachute and jump out to save your life.

Woman - I will not wear this parachute.

Man - Why not? This is the only way to save your life

Woman - The colour of the parachute does not match with my saree.

Beggar - Please give me one rupee. The god will bless you with 10 Lakh rupees.

Man - What will you do with one rupee?

Beggar - I will buy a lottery ticket.

Man - Ok! so you have started buying lottery tickets by begging.

Beggar - No, it is the other way around. I have started begging due to buying lottery tickets.

Patient to doctor - I have started walking on my feet after taking your treatment.

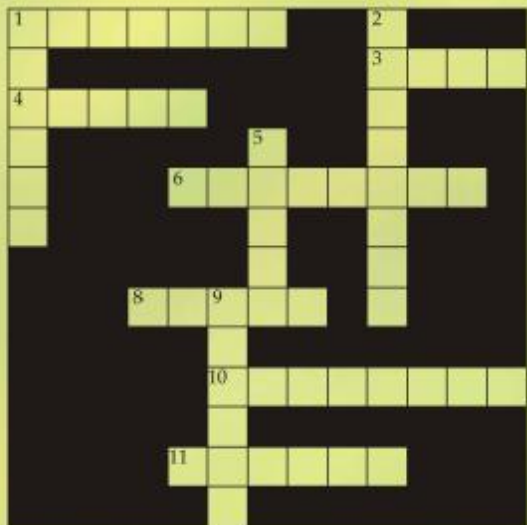
Doctor (gets happy) and asks, "how?"

Patient (gets sad) and replies, "your bill was so high that I had to sell my motorcycle."

## "COMPETITION 1"



### PUZZLE



### Across

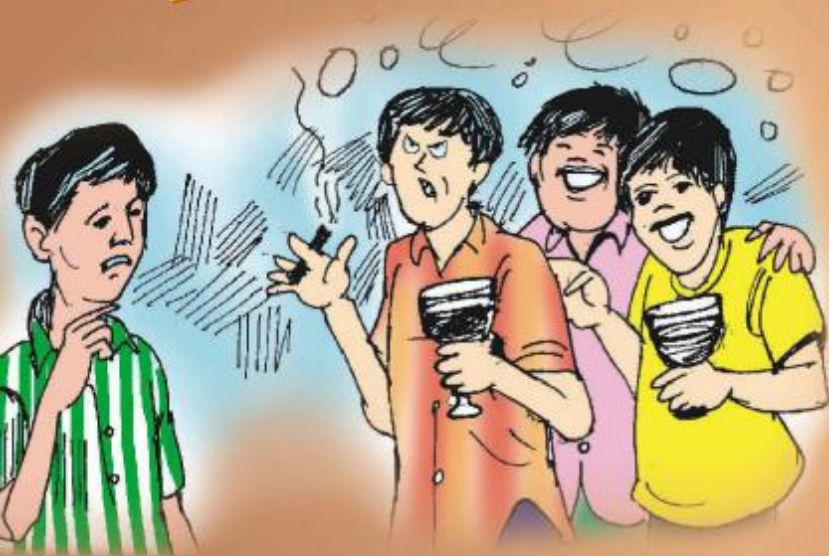
1. Consumption of this substance causes intoxication and regular use may damage liver, kidney and intestines (7)
3. A situation shown by group of symptoms when body's resistance to diseases fails (4)
4. Chemicals that alter body functions (5)
6. In case of unwanted pregnancy, a woman undergoes this procedure (8)
8. Mahatma Gandhi, Nelson Mandela, B R Ambedkar and Malcolm X taught for this (5)
10. A major chemical constituent of cigarettes, bidis and tobacco (8)
11. ----- is wealth (6)

### Down

1. A person who takes drugs regularly (6)
2. Society approved bond between a man and a woman (8)
5. As per WHO, a person between the age of 15-24 years is called this (5)
9. Social Construct of man and woman (6)

## Open ended story

## "COMPETITION 2"



A group of young people lived in a locality named Shaktigarh. They indulged in substance abuse. It was part of their daily routine. Among them, was a boy named Veeru who was so much addicted to this practice that if he did not get these substances, he lost his temper. He even felt weak and had frequent headache when he did not get these substances. He shared his feelings with his friends, who suggested that if he wants to get rid of this situation then he should go to the Mogambo Sadhu who is always busy drinking "chillam" ....

What happens next.....?

Please complete the story in less than 500 words and send response to :  
Mamta Institute of Health of Mother & Child, B-5, Greater Kailash Enclave-II, New Delhi 110048 by 1st Feb. 2005 rate.  
Send these responses with your Name, Age, Address and Phone no.



Prize Winners

## PRIZE WINNERS OF ARUSHI



- ◆ Meenu
  - ◆ Sweta
  - ◆ Manoj
- } Sangam Vihar

### Consolation Prizes

- ◆ Sandeep
  - ◆ Priti
- } Sangam Vihar

*Prize winners should contact MAMTA for their surprise gifts*



Mamta Health Institute for Mother & Child  
B-5, Greater Kailash Enclave-II, New Delhi - 110048 India  
Tel.: 91-11-29220210/29220220/29220230 Fax : 91-11-29220575  
website : [www.mamta-himc.org](http://www.mamta-himc.org) & [www.yrshr.org](http://www.yrshr.org)

