



ADOLESCENT HYGIENE PROGRAM

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Puberty is an important stage in your child's life. Just as they are dealing with the changes in their body, voice and character, you as parents also have to deal with counselling them about making the right choices, ensuring hygiene and most importantly not get conscious.

Paras Bliss understands the predicament that many parents go through. We have introduced a specialized program for the adolescent boys and girls to sensitize them about their age. These programs can be integrated at a community and school level.

The program is also supported by a team of experienced Gynaecologists, Nutrition Experts, Psychologists and Dentists to ensure that the best medical information is shared with them and in the best possible format of acceptability.

The aim of the program is to:

- ▶ Make adolescents feel comfortable with Hormonal, Physical & Psychological changes
- ▶ Understand how to handle these changes
- ▶ Have a control on situations
- ▶ Opt for the best hygiene practices and report any abnormality
- ▶ Make them understand that it is best to share their experiences with their parents.



PROGRAM FEATURES:

The program is specially designed for girls and boys from 11- 13 years of age. Research highlights that this is the best age to sensitize the children on puberty related information.

SPECIAL PROGRAM FOR GIRLS

The Adolescent Hygiene Program lays special emphasis on the girl child. The aspects that are included are:

- ▶ Pubertal changes expected in this age group
- ▶ All about Menstruation: Menarche
- ▶ Personal hygiene during menstruation and intermittent period
- ▶ Common Ailments associated with periods:
Dysmenorrhea – Painful periods | Menorrhagia – heavy flow, or both | Irregular periods | Absent periods
- ▶ Other physical changes like acne, hair growth related to puberty
- ▶ Skin care and body odor related aspects
- ▶ Breast development and advice on right clothing
- ▶ Sexual activity related concerns
- ▶ Behavioural changes due to hormonal changes
- ▶ Dental hygiene and flossing
- ▶ Respecting the other gender

For personalize care the program has a specialized session program delivery methodology:

Gynaecologist	2 Consultations
Dentist	2 Consultations
Nutrition Expert	2 Consultations
Psychologist	2 Consultations
Dermatologist	2 Consultations





SPECIAL PROGRAM FOR BOYS

It is also important to sensitize the boys also about the changes that are happening in their body due to hormonal changes. The aspects that are included in the Adolescent Hygiene Program for boys are:

- ▶ Pubertal changes expected in this age group
- ▶ Personal hygiene
- ▶ Sexual activity related concerns
- ▶ Behavioural changes due to hormones
- ▶ Respecting the other gender
- ▶ Skin care and body odor related aspects
- ▶ Dental hygiene and flossing

For personalize care the program has a specialized session program delivery methodology:

Paediatrician	2 Consultations
Dentist	2 Consultations
Nutrition Expert	2 Consultations
Psychologist	2 Consultations
Dermatologist	2 Consultations

The same is detailed on the special program card that is given to the enrolled candidates.

To enroll and know more details related to the program contact the hospital coordinator.



OUR SPECIALITIES

Obstetrics
Gynaecology
Fetal Medicine
IVF
Paediatrics
Neonatology
Women & Adolescent Health
Dietetics & Nutrition
Physiotherapy
Adult & Child Dentistry
Cosmetic Surgery
Lap Gynae
Neonatology
Cord Cell Preservation
Dermatology & Cosmetic Surgery
Painless Delivery

OUR SPECIAL PROGRAMS

Ante Natal Class
Post Delivery Weight Reduction Program
Lactation Counseling
Baby Care/ Toddler Care
Baby Massage Treatment
Mommy Massage Treatment – Pre Natal & Post Natal
Pal Services
Adolescent Hygiene Program
Stretch Mark Treatment Plan



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