

Glossary

Adolescent Friendly Health Clinics (AFHCs)	Adolescent Friendly Health Clinics (AFHCs) are healthcare facilities that provide comprehensive clinical and counseling services tailored to meet the diverse health needs of adolescents. These services encompass various areas including Sexual and Reproductive Health (SRH), Nutrition, Substance Abuse, Injuries, Violence (including Gender-based Violence), Non-Communicable Diseases, and Mental Health. ²⁸
ASHA worker	An ASHA (Accredited Social Health Activist) is a trained female health worker from the local village, aged 25 to 45, who connects the community with the public health system. ASHAs receive ongoing training, incentives, and play a key role in promoting health awareness and facilitating access to healthcare. ²⁹
Comprehensive Sexuality Education	C.S.E. or Comprehensive Sexuality Education includes providing information and strengthening understanding on a variety of issues such as gender, gender roles and identities, bodily changes, sexuality, consent, decision-making, contraception, HIV/AIDS, STIs/ RTIs, from a rights-based perspective. ³⁰
Contraception	Contraception refers to methods or devices used to prevent pregnancy. It includes various options such as birth control pills, condoms, and intrauterine devices (IUDs), offering individuals and couples control over family planning and reproductive choices. ³¹
Industrial Training Institute (ITI)	An Industrial Training Institute (ITI) is an educational institution in India that provides vocational training in various trades to equip individuals with practical skills for employment in different industries. ³²
Medical Termination of Pregnancy (MTP)	Medical Termination of Pregnancy (MTP) refers to a medical procedure for terminating a pregnancy, typically performed under regulated conditions by qualified healthcare professionals, to safeguard the health and well-being of the woman. ³³
Menstruation	It is also known as periods. It usually happens once in a month when blood, tissue and unfertilized egg comes out of the vagina. ³⁴
Puberty	It is a period which brings a lot of physical, mental and emotional changes in a person's body and moves an individual to the adolescent phase. ³⁵
Sexually Transmitted Disease (STI)	STIs stand for Sexually Transmitted Infections. STIs are infections that can be caught or passed on when one has unprotected sex with another person who already has STI. Correct usage of condoms is one of the best ways of protecting oneself from STIs. ³⁶