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## Analyze the effectiveness of Sneha Clinic under RCH-II program

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**Statement of the Problem:** Teenage girls around the world face enormous challenges. Many are considered by their communities or parents to be ready for marriage and motherhood. Many are forced from school, damaging their future prospects. Even among girls who stay in school, access to basic information about their health, human rights and reproductive rights can be hard to come by, leaving them vulnerable to illness, injury and exploitation. These challenges are exacerbated among marginalized girls, such as members of ethnic minorities or those living in poverty or remote areas. Yet when teenage girls are empowered, when they know about their rights and are given the tools to succeed, they become agents of positive change in their communities.

**Aim:** To analyze the effectiveness of Sneha Clinic at Urdigere Urban PHC.

**Methodology:** The research approach used in this study is a survey approach with an analytical design. 50 subjects were randomly selected from the population as samples by using purposive sampling in selected PHC at Tumakuru District. A detailed survey of selected PHC was done with help of Observational checklist for situational analysis of the health center, structured interview schedule to collect the data from all the samples and finally reports and records were reviewed for verifying the indicators. The data collected was analyzed by using descriptive and inferential statistics. The action plan was developed and implemented based on the study findings.

**Findings:** The findings revealed that PHC had a good infrastructure but the facilities provided to adolescents do not meet the standards of AFHS. The possible environment is given least importance; there is huge shortage of resources. More than three fourth of adolescents were unaware of the service and majority of them received education on menstrual hygiene and nutrition by ANMs, LHVs and Anganawadi worker. But there was absolutely no information given on body image, stress management, safe sex, contraceptives, abortion and violence management. There was no supervision on consumption of IFC tablets and no follow ups on high risk cases.

**Conclusion & Significance:** This adolescent period is hazardous for adolescent health due to absence of proper guidance and counseling. Family has a crucial role in shaping the adolescents' behavior. They must ensure a safe, secure and supportive environment for the adolescents. A positive and encouraging attitude must be developed among the family members and parents. School teachers should be trained on adolescent health. Community leader play a vital role on adolescent health care. Develop their capacity to cope with daily life situations and deal with them effectively. Reduce the adolescent mortality and morbidity thereby impact on National health indicators and increased economic productivity of the country.

### Biography

Rekha S G has experience in clinical, teaching, research field and public health field. Her passion being patient care, research and teaching, she looks forward for upgrading her level of knowledge to uplift the nursing standards to the highest.

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