



ADOLESCENT HEALTH

AND WELLNESS DAY

A day to celebrate adolescence!
A day to celebrate you!



Participate in Fun Activities planned by the State	Get Informed and Avail Counselling Services	Take Charge of your Health
Sports Competitions	Nutrition	Availability of Sanitary Napkins, Iron Tablets, Albendazole
Healthy Cooking Demonstrations	Mental Health	Anaemia Testing
Role Plays	Gender Based Violence	Know your Height, Weight and Blood Pressure levels
Talk Shows	Non-Communicable Diseases	Any Health Services you need
Screening of Short Films/Videos	Sexual and Reproductive Health	
Quiz Competitions	Substance Misuse	

This day is organized once in every three months at your nearest Ayushman Bharat Health and Wellness Centre or School

It's your day...
Enjoy it your way !

For any health related counselling and information, please visit your nearest Adolescent Friendly Health Clinic or Ayushman Bharat Health and Wellness Centre

