



MALARUMPAVAI

Adolescent health outreach 2025-2026
Engage | Educate | Empower | Ensure better health



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Shanti Ashram

Gandhian center for development, learning and collaboration



30th year initiative of Shanti Ashram

MalarumPavai :Adolescent Health Impact Report

- **Reporting Period:** January – August , 2024
- **Prepared by:**Dr.Subhadralyengar, Public Health Desk, International Center for Child and Public Health under the guidance and suggestions by Dr.Kezevino Aram, President ,Shanti Ashram
- **Date of Submission:** November 18th , 2025

A. Revisiting the MalarumPavai goals and objectives :The team ICPH will relook into the objectives of MalarumPavai and customise to the present context

- a.To create awareness amongst 2000 adolescent rural girls on menstrual hygiene, myths & misconceptions associated with menstruation
- b.To give an overview of physiological changes that accompanies adolescence & puberty: Science behind Growing
- c.To present the nutritional requirements in prevention and management of anemia among adolescent girls
- d.To educate and empower the adolescents on the harmful impact of child marriage and teenage pregnancy
- e.To enrich the adolescent on skills of positive mental well being
- f. To study the impact of the training sessions on best practices related to Menstrual hygiene, nutritional needs and
- g.attitude towards menstruation and reproductive health including child marriage and teen age pregnancy

1. Comprehensive Table of sessions & Output achieved : Here is the report of what was completed in 2023-24 Malarum Pavai project

- ⇔ **Sessions:** We have completed 40/40 Training sessions
- ⇔ **Reach:**2146/2000 adolescent girls from vulnerable communities
- ⇔ **Reports:** Quarterly reports , all four sent and also we have sent a comprehensive table
- ⇔ **Nutrition hub:** We had sent the detailed report of follow- up session from Nutrition hub and public health desk
- ⇔ **We had also sent the** Table of Follow-up sessions done from Nutrition hub and Public Health Desk all 40 sessions and 396 adolescent girls who are at risk of underweight and overweight

B. Impact Study

⇔ Executive Summary

This report presents the outcomes and key achievements of our pioneering Adolescent Health Programme – named MalarumPavai implemented during the 2023-24 reporting period. The programme aimed to enhance physical, social and nutritional well-being among adolescent girls through integrated, community-based school-centered interventions. A total of **2146** adolescent girls were reached through menstrual health education, growth assessment, nutritional counseling and peer-led dialogue on prevention of child marriages.

⇒ Key results :

The findings underscore the effectiveness of holistic, adolescent girls -centered health education strategies and the importance of sustained investment in adolescent-friendly health interventions to improve their knowledge levels about the science behind pubertal changes & growing up years, menstruation and menstrual hygiene, nutrition & its importance in puberty precipitated growth and development.

⇒ Framework of the impact report :

The framework of this report includes three dimensions:

- **Field response from the partner schools** led by her principals & teachers
- **Perspectives of Paediatricians and public health experts** about how MalarumPavai meets the needs and knowledge gaps of adolescent girls, particularly from marginal communities.
- **Active engagement and interaction with adolescent girls**

⇒ List of schools to be included for the impact report:

Sl.No	Name of the schools and location	Respondents
A	Government Schools	
1	Government High School, Marappalam	Teachers who attended the session and Students
2	Government High School, Kurumbapalayam	Ex - Assistant Head Misters, Principal ,Teacher
B	Government Aided Schools	
1	VLB Government Aided Girls High school ,Kovaipudur	Principal and Teacher
2	PSG High School, Vedappatti	Teacher Coordinator for Shanti Ashram
C	Private Schools	
1	Sri. P.Mallaiyan Matriculation Higher Secondary School , Madukkarai	Coordinating Teacher and students
2	N.S.Matriculation School, Kuniyamuthur	Principal and Assistant Principal

⇒ Methodology :

The interview method was used to study the impact and record the findings.

⇒ Key Results and Impact :

- Duration of the sessions in the school** : Since 3 to 10 years sessions have been done in the schools
- Number of adolescent girls having been participating in the session**: Nearly 100 to 500 girls have attended the sessions
- Usefulness of the sessions**:

- ⇒ Yes, they were highly motivated and clear their doubts.
- ⇒ They were frank enough to speak them about their health problems ,
- ⇒ They teach about physical, mental, social well-being to girls.
- ⇒ They tell about risk of child marriage too.
- ⇒ The session on menstruation, body mapping is very practical and good. Yes related to hygiene, diet.

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- ⇔ Related to preparation for menarche , and menstrual hygiene
- ⇔ Session is good as most of the parents don't talk to children. As in community families have more children they do not speak these things. They have no time and they do not give attention to these.

d. Did you see any changes like hygiene, diet etc related

- ⇔ School absenteeism during menstruation cycle has reduced
- ⇔ Sanitary pads are now disposed properly
- ⇔ Yes related to hygiene, diet. They now bring healthy food for lunch
- ⇔ Yes, in relation to disposal of sanitary pads, and now most of the children do not skip their break fast
- ⇔ By giving nutritious healthy snacks during session they make the girls understand the value of eating healthy food

e. Would you like to have these sessions in future

- ⇔ Yes we need this every year for all classes and even for boys
- ⇔ Yes, for bigger children too and twice may be in an year to same children
- ⇔ Yes, need more of Physical action and Practical sessions
- ⇔ Yes we need this every year for all classes and even for boys
- ⇔ Session is good as most of the parents don't talk to children
- ⇔ Useful want these sessions surely as it is highly informative
- ⇔ Need two sessions in an year and also for bigger classes.

Lessons Learned and Best Practices:

- Engagement of adolescent girls: Empowering adolescents increased participation and programme ownership.
- Integrated Approach: Addressing physical, nutritional and social health together yielded more comprehensive outcomes.
- Data-driven planning: Continuous monitoring informed adaptive implementation of the MalarumPavai – sessions, follow-up, and cross-linkaging to other adolescent health programmes of ICPH and ensured greater accountability.
- Community Collaboration: Partnering actively with schools, adolescent girls, and health workers improved programme sustainability and impact significantly.

Conclusion and Recommendations:

MalarumPavai, the pioneering adolescent health programme has demonstrated significant progress in improving both physical, nutritional & social health outcomes among adolescent girls served by MalarumPavai. To maintain and scale these results, the following recommendations are proposed:

1. Expand outreach to underserved rural and peri-urban areas in line with the expressed needs of the principals and teachers.
2. Strengthen follow-up systems for real-time monitoring and evaluation.
3. Continue advocacy for policy and budgetary support for adolescent health.

Acknowledgement:

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