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**CG&AC/3599/2016**

## **Circular**

**Sub:** Rashtriya Kishor Swasthiya Karyakram (RKSK) at Higher Secondary Schools-reg

**Ref:** Letter No. NHM/6525/AH/2015/SPMSU (1) dated 04/11/20105 of the State Mission Director

Rashtriya Kishor Swasthiya Karyakram (RKSK) is one of the programmes of National Health Mission under the direct supervision of Ministry of Health and Family Welfare, Govt of India. RKSK was launched in 2014 with the vision of providing comprehensive health care and promotive services to adolescents in the country. During the first phase, RKSK in Kerala is implemented in only two districts, ie, Palakkad and Wayanad. The key objectives of the programme are.

1. Improve nutrition awareness and status in adolescents
2. Enable better sexual and reproductive health
3. Enhance mental health
4. Prevent injuries and violences
5. Prevent substance misuse
6. Adolescent age programming for Preventing Non Communicable diseases in the future.

In RKSK, one of the important components is Peer Education (PE), Peer education is a concept of equipping the peer leaders among the adolescents to convey information and life skills to their friends and followers and to promote a quality lifestyle based on these knowledge and skills. In order to get the programme implemented, initially Peer Educators are to be recruited from 11st standard of Higher Secondary Schools

### **Suggestions for the selection of Peer Educators**

1. Peer Educators may be selected only from those schools where the service of a School Health Nurse is available.
2. One boy and One Girl to be selected as Peer Educator from 11<sup>th</sup> Standard. The student should be preferably member of Souhrida Club. If there is no Souhrida Club, a teenager with leadership and communication skill may be selected.
3. Souhrida Co-ordinator may be designated to select the Peer Educator with the assistance of School Health Nurse. If there is no Souhrida Club in the school, a teacher may be given charge of Peer Education Programme.
4. For the selected Peer Educators, an extensive training programme on adolescent health, a peer education kit and some non financial incentives will be given for ensuring and honoring their competent actions in this regard.
5. The training programme will be conducted during the vacation period.

*Sd/-*  
**K.V. MOHANKUMAR, IAS**  
**DIRECTOR**

To,

1. RDD
2. Principals of all Schools of Wayanad and Palakkad
3. Souhrida Co-ordinators of all schools in WYD & PKD districts