



Book no. 1 helped you to familiarize yourself with your partners in your work in the village. In Book no. 2 you have learnt in general about your roles, simple measures to promote health and prevent diseases among women and children in your village. You have learnt in somewhat greater detail about maternal and child health care including newborn care and nutrition. In this book you will learn in detail about how to prevent unwanted pregnancy, the various methods that are available, the merits of each method, the side effects that need to be watched for and advice that needs to be given. You would also be learning about what advice to give to women and men who have complaints suggestive of reproductive tract infections or sexually transmitted infections. This book will also build on your information on the causes, transmission and prevention of HIV/AIDS.

You know very well that there are many adolescents and young boys and girls in your village. In general, they may appear to be healthy, but they need advice and counselling for developing healthy habits. They may also need health care for some of the common problems. Also in some parts of our country, marriage takes place at an early age, so that pregnancy and child-bearing happens early in their life. Hence adolescent girls need to get proper care in pregnancy and childbirth. Adolescents need to be