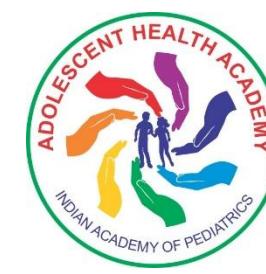


Great honour in delivering this oration

Dr J S Tuteja

Dr C.P. Bansal



Parenting in the new social order

Dr. Swati Y Bhave

AHA Chair – 2003-04-05-6

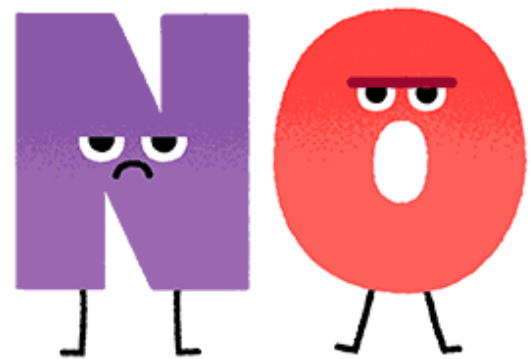
President IAP -2000

Executive Director AACCI



What I am NOT going to cover in today's Oration

- This lecture is not going to be a theoretical lecture covering all basic issues related to AYA parenting –
- that can be found in textbooks or articles on the net



Not discussing in detail parenting of rural /marginalised /out of school adolescents- as I have not got too much personal experience
And will only mean a theoretical review of Literature

Sharing my personal experiences

What I am
going to
cover in
today's
oration

- Over last 45 years – Relocated again and again
- **Maharashtra** (Mumbai, Nashik, Yavatmal , Nagpur)
- then 15 yrs Delhi , finally settled in Pune since 2015
 - 1 yr- MGH, Harvard Boston USA

- Acquired a rich experience
- 3 Medical colleges & 5 corporate hospital attachments-
- Seen adolescents and guided parents from various SE backgrounds : Slums, LSE and MSE & HSES and Elite

- Adolescence parenting (10-19 yrs) 1984 -2000 ie **16 yrs**
 - Guiding Parents of Young adults(20-24 yrs) &
Extended Adolescence (25-30 yrs) 2001 to date **23 yrs**



Dealing with elite ,HSE and UMSE sections

Corporate Hospitals Clinical practice in Adolescent Health



Bombay Hospital & MRC Mumbai
1992-2001
Weekly Adol Clinic



Visiting Academic consultant
2003-14

Apollo Millenium 2001
Max hospital Panchsheel & Saket Delhi
2002

AYA- Parent guidance
Home Clinic
Mumbai ,Delhi , Pune
1991 – to date 2023



Jehangir Hospital Pune
2015 to date in -2023
Head of Adolescent Wellness Clinic
& Senior Consultant Adolescent Pediatrics

39 yrs of Adolescent -experience
And last 23 yrs exclusively AYA

Middle class and poor population section Medical college Adolescent and parenting experiences



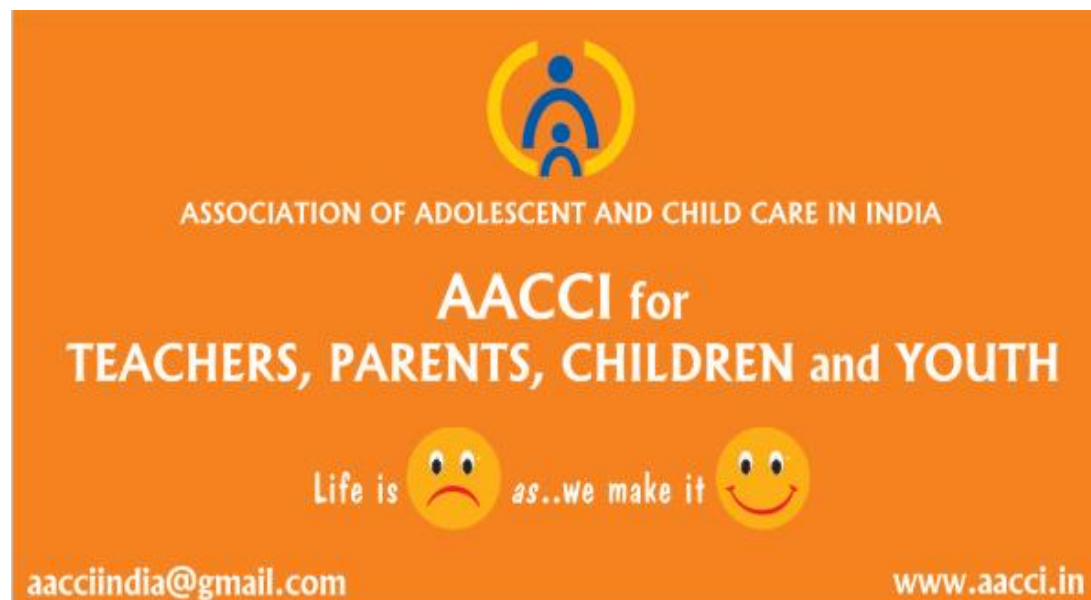
Visiting Consultant Pediatrician (Adolescent) Sassoon Hospital & BJ Govt Medical College, Pune
2019 to 2022 – **Adolescent OPD**
And training of dept faculty



Dr .DY Patil Medical College, Pimpri & Dr D.Y.Patil Vidyapeeth Pune

Professor Emeritus Dept of Paediatrics 2022-2024
Adjunct professor in Adolescent Medicine 2020-22
Honorary prof in Adolescent medicine 2016-2020

Adolescent certificate course



Honorary Executive Director –**AACCI**- MUMBAI

***A**ssociation of **A**dolescent and **C**hild **C**are in **I**ndia*

Sharing my personal experiences..

- Last 16 yrs Since 2007 NGO AACCI – Association of Adolescent and Child Care in India
- School & college programs Across the country – Interaction –with AYA and parents

IPA -12 yrs /IAAH –8 yrs Youth programs –
Cross-section of youth across the world

Last but not the least --- Based on my personal experience
dealing with my own 2 adol boys who are now 45 and 40 yrs

over years .. Guiding their peers and parents
And children of my doctor colleagues



What I am
going to
cover in
today's
oration

3/5 papers were first presented in Mumbai PEDICON 1984 . Subsequently all 5 were published

- Bhave SY, Pherwani A, Jayakar A, Dattani KK*
- Comparison of dynamic (treadmill) and static (hand dynamometer) exercise in Indian boys and adolescents.*
- Indian Heart J. 1985 Sep-Oct;37(5):285-9.]*
- PMID:3833646[PubMed - indexed for MEDLINE]

- Kankavalli N, Bhave S, Dattani KK, Pherwani A.*
- Isometric exercises in children.*
- Indian Pediatr. 1985 Feb;22(2):113-5.*
- PubMed PMID: 4065991.

- Pherwani A, Bhave S, Dattani KK, Desai AG.*
- Lung function response to exercise testing.*
- Indian Pediatr. 1988 Jul;25(7):618-22.*
- PubMed PMID: 3220537.

- SY Bhave et al*
- ECG changes after exercise tolerance test in children.*
- Journal of Vivekananda Institute of Medical Sciences. 1987-88,I-II: 69-72*

- Bhave S, Pherwani AV, Desai AG, Dattani KK.*
- Cardiorespiratory response to stress test in normal Indian boys and adolescents.*
- Indian Pediatr. 1989 Sep;26(9):882-7.*
- PubMed PMID: 2634005

My journey into adolescent health began much before IAP in 2000 when we declared IAP year of adol health under my presidentship

1981 -89 Assoc Prof at JJ Hospital & GMC, Mumbai

1984 Research project on Cardiovascular fitness in National level- Athletes - Adol Boys

In 1986 Delhi PEDICON I presented my first paper on **PARENTING OF ADOLESCENTS**
37 years ago

Since 2015

Family

Guidance

Parents ,
Grandparents

AYAs

Extended adol

25-0 yrs

Classical counselling – is not telling the client what to do ..but helping him to reach his own plan of action – facilitation

Takes minimum 45 min 1 hour /session

Many sessions required – used to do before ..

Now I f I feel a client requires such prolonged counselling and or sessions of CBT and REBT –
I normally refer to the clinical psychologists and counsellors in my team

At my level of energy and limited time ..

I do more of Prescriptive counselling in addition to Preventive counselling & anticipatory guidance – for parents

We have to modify our parenting and as experts
The parental guidance we give
AS PER THE CHANGING TIMES



Parenting in the new social order

- Human Being is a Social animal.
- Due to rapid evolution of technologies social orders also changes rapidly
- A "New Social Order" implies a significant and transformative change in the way society is organized, its values, norms, institutions, or power structures.

Structure of my Oration

Key Discussion Points

- **Dealing with extended adolescence – young adults 20–24 and 25–30**
 - Many Still financially dependent on parents
 - Specific issues
 - Digital parenting
 - Remote parenting
 - Dealing with issues of higher education specially going abroad
 - Partner choices
 - Sexuality and relationship issues
 - Attachment with detachment

Digital parenting

**If you see my mom
on Facebook, please remind
her I'm still in the sink.**



Many many issues for guiding parents
of children and Adolescents



- **BASIC CHANGES IN YOUTH**

- Loss of childhood innocence.
- Premature exposure to sex related issues and lack of emotional maturity to handle these issues. (UK study tablet use 2-5 Yrs age)
- Physically capable doing and enjoying sexual intimacy but ...NOT YET CAPABLE of handling the emotional consequences or medical issues that result from it .
- Extreme peer pressure to “fit in”, “be cool and hep”

Media effect
Premature wanting to
grow up!!



Basic challenges for parents

- Difficult- breaking away from age old rigid society norms and Indian traditions.
- Tough to deal with the recent changes
- Confusion /Difficulty in acceptance of new terms
- Change in past definitions
 - *Immoral NOW personal choice or lifestyle*
 - *Perversion..... NOW different orientation*

Basic issues for parents

- Not easy to become tolerant / accept
- balance between rigidity –strictness
permissiveness or tolerance
- issues of sexual precociousness.
- How to accept what we feel as “promiscuousness”
- Accepting and helping to dealing with unwanted
teen pregnancy , sexually transmitted infections.
- Shattered emotions of a dumped or rejected
AYAs

UNREALISTIC EXPECTATIONS FROM PARENTS

Issues with education

- Craze to go aboard from school itself
- Many children do not want to go through boards , competitive exams
- Feel education abroad is free of corruption , nepotism etc etc
- Many parents cannot afford
- Many parents worried about sending adol alone at such a young age
- Tremendous conflicts – refusal to study Indian course

How do I handle these issues?

Issues with education

- Lot of sessions with the adolescents –
- To give them a reality check of what education abroad means..
- Making them appreciate the parental financial situations
- In affluent families – sharing with them real life experiences of going abroad at a young age – inability to handle the pressures
 - Sexual experimentations, free beer nights , racism , violence , loneliness, depression, coming back leaving course midway etc etc
 - Persuading them to finish UG in India and then going abroad for PG

Issues with education

Not wanting to complete boards

Some children 8th and 9th who win prizes in some talent shows – video making ,singing , aps coding etc

- Get very grandiose ideas of their becoming self sufficient entrepreneurs
- Want parents to support their talent and invest money in their ventures
- Do not want to go through boards
- They Give eg of Bill Gates and others who have excelled in life without formal education

- **REALITY CHECK – one needs a formal education- training and degree in the adult .**
- **Importance of standing on their feet and not being dependant on parents – al life**

Issues with education

Many of these have been doctors children brought to me for urgent counseling for not wanting to appearing for Competitive exams

- **1) sudden decision not wanting to appear for the competitive exams- generally a panic reaction or lack of confidence – fear of failure and facing parental and societal disappointment**
- 2) decision to drop from professional courses Midway**

I have got 99% success rate of motivating these children

- 1) to appear for the exam**
- 2) Complete the course and then choose another carer path**
- 3) In a few cases counsel the parents to accept the situation and find a new path – if youngsters are very distressed or very sure**

Issues of Youngsters who have gone abroad for PG

- Getting good opportunity abroad and wanting to now settle there
- Some still expecting financial support
- Finding a live in relationship
 - Partner from different country , race , religion
 - Not wanting marriage /children
 - The partner- different sexual orientation

After coming back difficulty in adjusting to India

I do a lot of free sessions for parents and Young adults of Low SE groups

In situations where parents from very Low SE status have supported children to achieve high educational status

- Over my relocations I have helped most of my domestic helps- maids, cooks, drivers etc for their children - with financial help , career guidance counseling....
- It is very heartening to see their children become CA , MBA , doctors, engineers , scientist PhD
- Some are very grateful to their parents and not ashamed of their roots
- Some want to completely dissociate from the parents and families and form a life of their own
- Difficulty in getting marriage partners – specially for a highly educated girl in their community



How to handle?

- It is heart rendering when these domestic help come and share what their highly educated children are putting them through after all the sacrifices done
- Lot of sessions with youngsters
- To give them a reality check of what parents have done for them and the courage to overcome the false sense of prestige and be Proud and accepting of their roots
- Support parents through the agony of going through the situation

2014 - AACCI invited by JJ committee Pilot Project for Reduction of Anger, violence in children in Observation Homes

This was after the breakout of children in some Delhi remand homes *with violence and arson*

**We took Co –Partner in Delhi
Urvi Vikram Charitable Trust- – UVCT
*Dr. UNB Rao***

We did survey in Feb 2014 as a voluntary research and suggested interventions
They put us on a paid contract to implement- which we did for a month
We were offered a 2 yr contract to work ..But we were going to relocate from leave Delhi
in 2014 end and hence could not take up this mission

Art therapy -Substance abuse

Making drawings during various LSE Sessions gives an insight into the mind And helps plan therapy and what Approach to take in counseling

Drawing 2 This boy says that once a person is under the influence of alcohol he is not responsible for this actions and has used a popular Hindi film dialogue to support this

Intensive counseling will be required for this boy as he will have no remorse or guilt about his action when done under influence of Alcohol as happens in most gang rape cases



Drawing 1 this boy understands that tobacco and alcohol destroys life . He can motivated for de-addiction and results are more likely to be positive



ANJU CHHABRA KHURANA
Joint Registrar/ Company-cum-Co-ordinator
for Juvenile Justice Committee
Mob. 9717394848

DELHI HIGH COURT
Sher Shah Road,
New Delhi – 110003
Tel.: 23070946
Fax : 23073485
E-mail : jjc.dhc@nic.in

Date:-11.08.2014

From Joint Registrar (Writ/Company)-cum-
Co-ordinator for JJC,
Delhi High Court,
New Delhi.

To Dr. Swati Bhave,
Executive Director,
Association of Adolescent & Child Care in India (AACCI)
302, Charle Ville Society,
"A" Road, Churegate,
Mumbai – 400 020

Re: The Pilot Project carried out by the team members of Association of Adolescent and
Child Care in India in partnership with Urvi Vikram Charitable Trust, in the
Observation Home for Boys, situated at Majnu Ka Tila, Magazine Road, Delhi.

Madam,

I wish to thank the team members of Association of Adolescent and Child Care in India (AACCI), for successfully executing the Pilot Project in partnership with Urvi Vikram Charitable Trust, initiated at the behest of Hon'ble Juvenile Justice Committee, Delhi High Court, to reduce the anger and violence in the Juveniles in Conflict with Law, in the Observation Homes for Boys, situated at Majnu Ka Tila, Magazine Road, Delhi.

The period of the project was from the commencement of the month of February, 2014 to end of March, 2014 and the work in the first month was carried out on voluntary basis while the payment was made by the Hon'ble Juvenile Justice Committee for the work done in the month of March, 2014.

I would like to extend my special gratitude to Dr. Swati Bhave for her leadership qualities and valiant efforts with the rest of her project team members to deliver whole of the works towards its successful Pilot Project completion, which was full of challenges.

I would also like to convey the appreciation of the Hon'ble Juvenile Justice Committee for the work carried out by Dr. Swati Bhave and her team Members.

With best wishes and warm regards.

Yours Sincerely,

(ANJU CHHABRA KHURANA)
Joint Registrar (Writ/Company)-
cum- Co-ordinator for JJC

This was an eye-opening experience for AACCI team and me personally

Working with the parents of these juvenile delinquents

Each story of the circumstances that led to the children becoming Juvenile delinquents can form a script for a movie like the famous *hindi movie Chandni bar*

What counseling can you do for parents in situation ???

Any guidance you give is futile – unless the whole social fabric and

The socioeconomic milieu changes

Many of this kids had mental health issues – treatable causes like ADHD , learning disorders

And almost all were substance abuse addicts

I would like to extend my special gratitude to Dr. Swati Bhave for her leadership qualities and valiant efforts with the rest of her project team members to deliver whole of the works towards its successful Pilot Project completion, which was full of challenges.

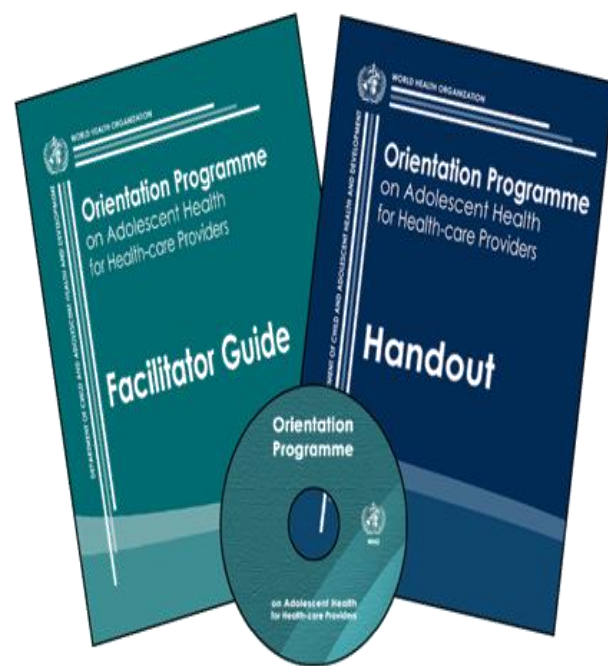
I would also like to convey the appreciation of the Hon'ble Juvenile Justice Committee for the work carried out by Dr. Swati Bhave and her team Members

Modern times in India

Last 20 years I have been doing counselling and family guidance for elite and upper socio-economic groups in various metro cities. This includes premarital and immediate post marital counselling

- Over years, interacting with many generation of adolescent girls, young women and their mothers, I can see the changing mind set of both the young girls and parents
- We as adolescent stake holders will have to deal with this changed scenario and respect their views though they may be contrary to our values ingrained as an older generation
- Modern times have ushered in new imperatives in our thought processes, value judgements and psyche.
- It is nowhere as poignantly manifest as our approaches to marriage, motherhood, and pre-marital intimate relationships.
- Todays young girls are emancipated, highly educated and financially independent
- Todays Boys have a very different mind set than men of the older generation

CHANGING SCENARIO – Marriage and Parenthood



We were taught that when you get an adolescent who has indulged in premarital sex and has come with consequences of unwanted pregnancy or STD's, whatever are your moral values, your job is to help and guide the adolescent.

I am getting increasingly high numbers of youngsters brought to me for counselling by frustrated parents

(and parental counselling for themselves as they are distressed)

- Many youngsters today specially- girls do not believe in getting married and /or having children
- Many don't believe in monogamous relationships
- Some have a series of live in relationships
- some are also in a different sexual orientation relationship.

- As an oldy - I strongly believe in the institution of marriage and monogamy , fidelity and also the joy of motherhood and importance of procreation for preserving the human race.
- But we have to understand and accept the mindset of these youngsters and also guide parents how to accept and deal with these situations

Issues of Conflict with Parents and Youngsters

- **Opinions expressed to me by girls**

It is not essential to get married.

- I feel stifled in a typical Indian marriage
- I don't want to be the partner..... who must do all the compromising and adjusting to the husband and his family.
- I want the independence to ALSO look after my own aged parents.
- I would like my husband to come and stay in my home instead of shifting into husband's houseespecially when I am single child.

- **Opinions expressed to me by both girls and boys**

- Marriage is an outdated institution
- I am afraid of marriage - The high divorce rates is very scary and stressful and I have seen what my friends and their families are going through.
- I enjoy being single and I have big network of like-minded single friends.
- I feel live-in relationship which is far better than marriage and easier to break off. (...new laws protecting live in partner)
- I prefer a same sex relationship as it is less stressful.

Why
MARRIAGE!

Soon Obsolete?



Herbert W Armstrong

PARENT- HOOD



- Many couples prefer to be DINK– Double Income No Kids.

Opinions expressed in my counseling session

- I don't want to add to the already rising population of our country
- I have one life – want to focus on myself
- I don't want to waste 2 – 3 decades of my life bringing up children
- I want to enjoy what I earn
- Seeing what children and youngsters of today are –
- I shudder to take parental responsibility
- Anyway most children today don't stay with parents – many don't take care of aging parent –
 - why do we need to have children ??
- Prefer to have pets instead! Gives us companionship and emotional needs

Lots of hobbies to keep occupied – who needs pestering kids

Motherhood – opinions expressed

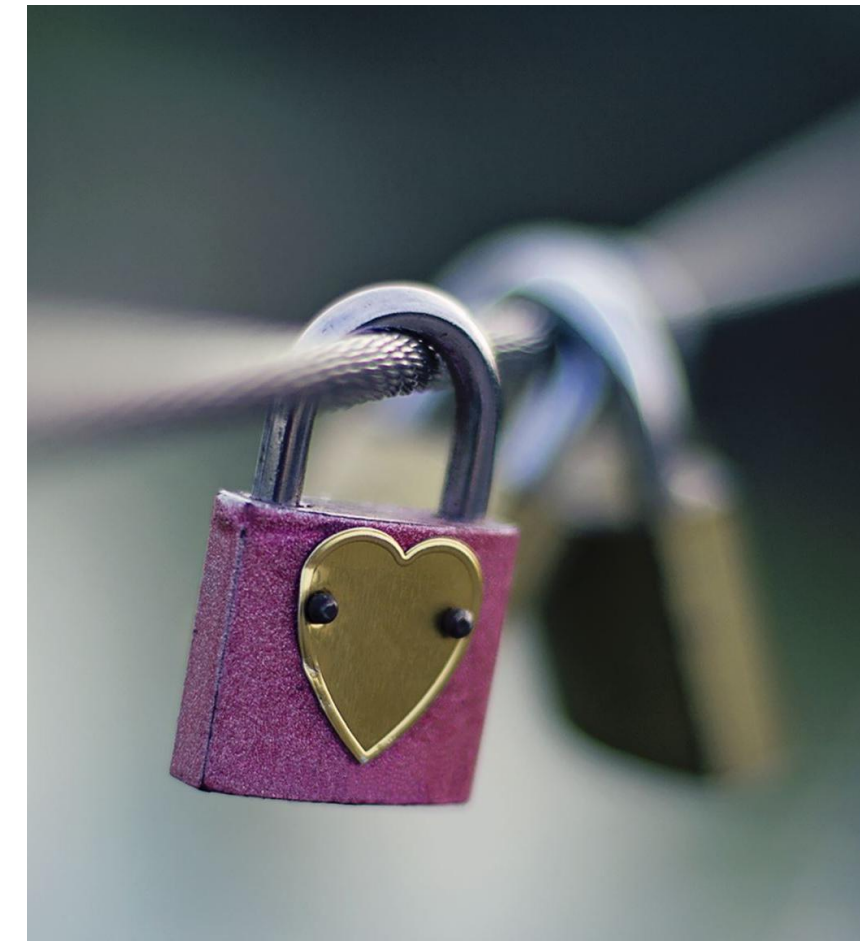
Procreation is not the only aim of a woman's life

-
- Words like *we are not a human factory* are used by some and
 - Words like *we are not human cows* used for direct breast feeding.
 - **There are few who feel surrogacy or adoption is a better choice than go through pregnancy and childbirth.**
 - Some tell me they will freeze embryos and have kids when they are more settled in their careers.
 - And they only need a sperm donor – don't want marriage and husband
 - Happy to be single moms



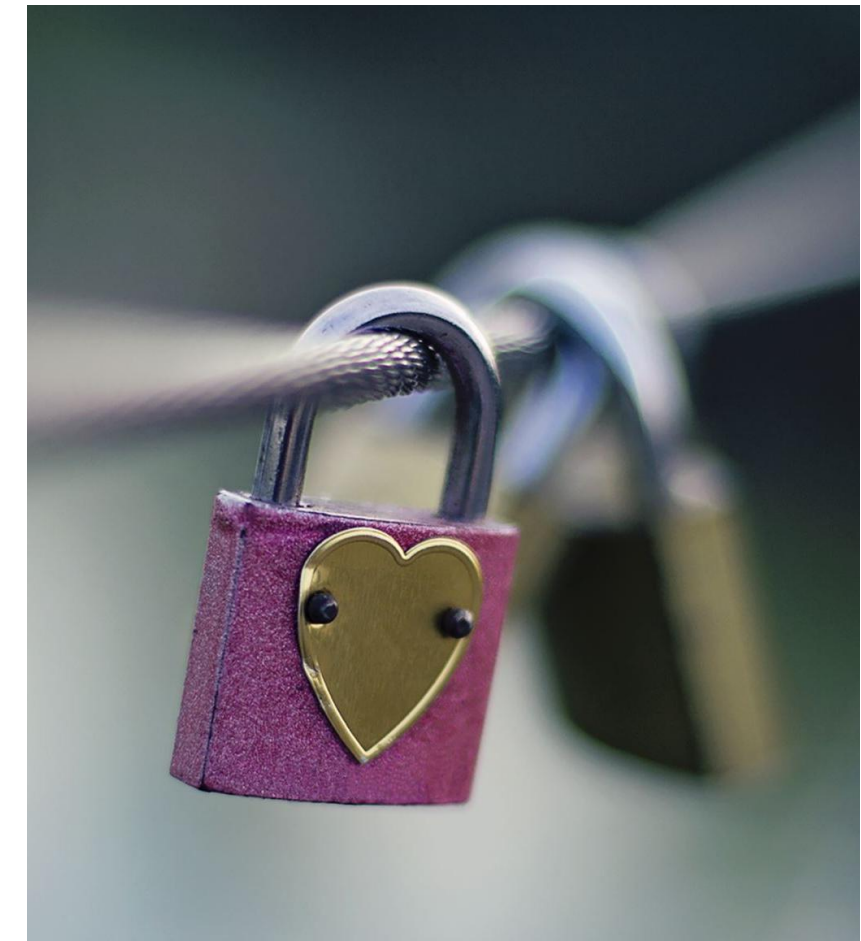
How do I handle such situations?

- **Use the Principals of Sexuality education.**
- first teach all benefits of abstinence and monogamous relationships – if that does not work out ..guide about the consequences of indulging in physical relationships too early and the emotional impact of breakups after physical intimacy and guide for safe sex .
- Since these are above 18 yrs. fortunately POCSO-12 law does not apply and I can take sexual history and advise
- **Similarly, I try to give them the perspective of importance of having a stable life partner and marriage and the joys of parenthood/ motherhood.**
- **But ultimately we have to accept what they want** and without being judgmental, still helping them with anticipatory guidance and preventive counselling is a **challenge I face many times.**



How do I handle such situations?

- **Second step** is now making parents understand and respect the decisions made by these youngsters hoping to bridge the communication gap and **help to repair strained relationships and prevent it from going to the stage broken relationships .**
- The results vary from case to case. This is more true for young women who are pressurized into marriage
- If I cannot persuade the girl, I convince the parents (specially for girls) that we must respect the choice each woman makes and not force the traditional role society has been imposing on her over so many decades and that has been ingrained into our societal psyche.



Adolescent and young adults as Parents



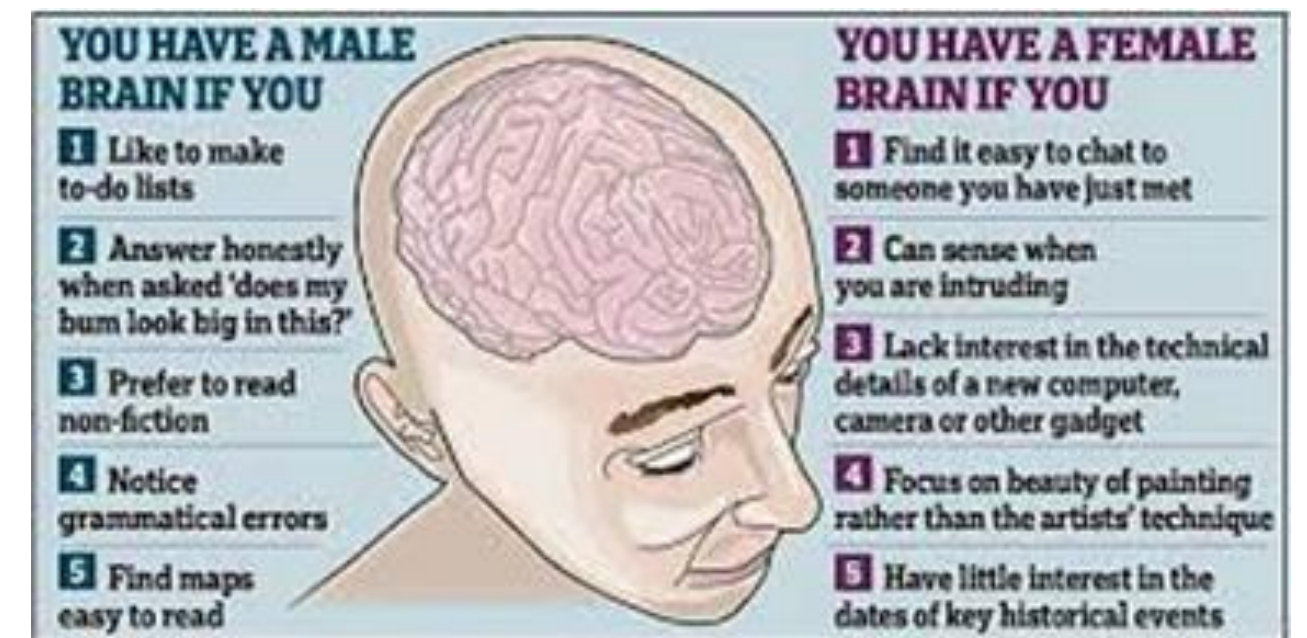
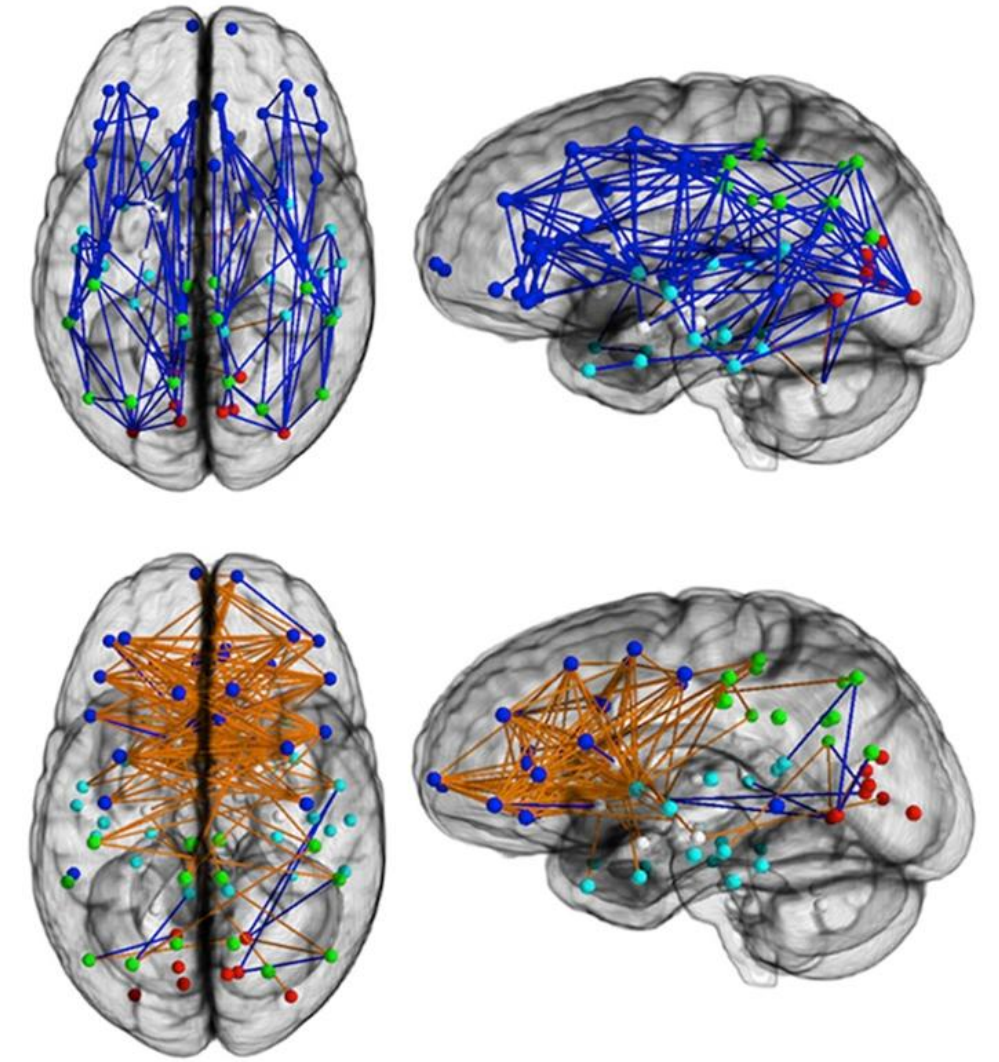
Interesting discussion going on in SAHM group

- Dear Adolescent Health Organization,
- I hope this email finds you well. My name is XXXX and I am writing to you today seeking guidance and support as my girlfriend and I navigate the challenges of becoming teenage parents.
- I am 24 years old, and my girlfriend is 18 years old, and we are expecting our first child. We are both aware of the responsibilities and challenges that come with parenthood, especially at our young age.
- Unfortunately, my own parents do not support our decision, which has left us feeling uncertain and anxious about the future. We are reaching out to you in the hope of finding the right resources and support to become responsible and loving parents.

Are men and women wired differently

- Is it all NATURE and we need to accept it ?
- There is enough research to show a lot of differences
- In the male and female brain
- Eg Women are better in multitasking

- Many feminist believe this is a myth
- And it all depends on the NURTURE part.. Where gender stereotyping makes a Woman's brain think differently
- And if a woman is brought up to think and behave like a man ..she will be exactly same



WHY MARS & VENUS COLLIDE

Improving Relationships by
Understanding How Men and Women
Cope Differently with Stress

JOHN GRAY, Ph.D.

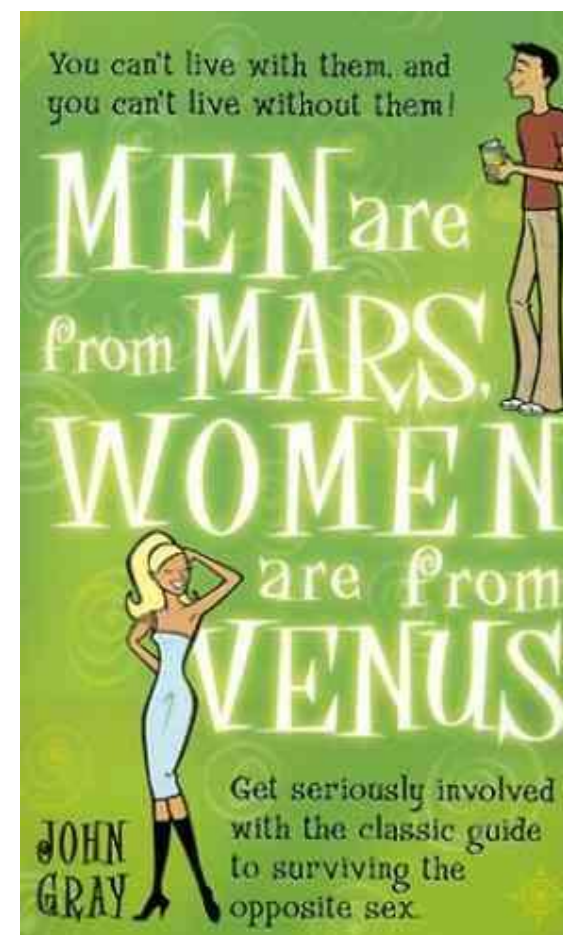
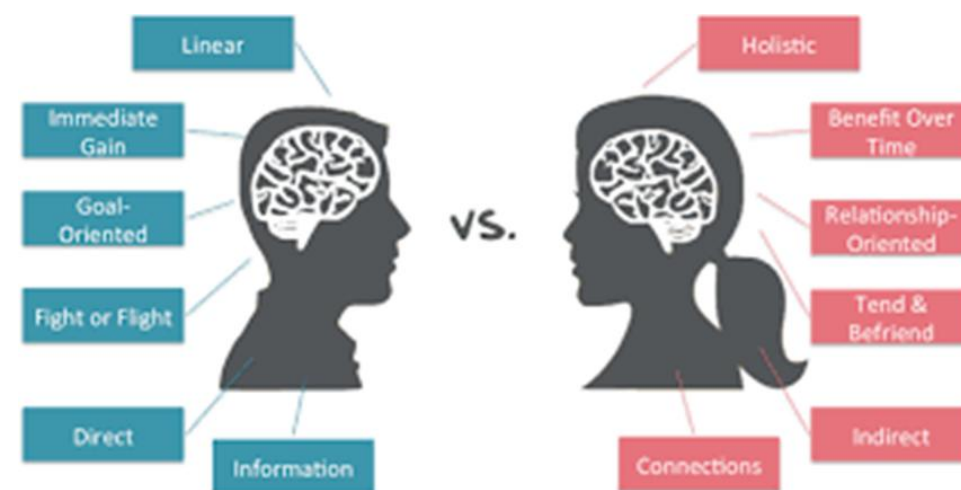
THE #1 NEW YORK TIMES BESTSELLING AUTHOR
OF MEN ARE FROM MARS, WOMEN ARE FROM VENUS

Copyrighted material



Most conflicts in man woman relationship are based on inability to understand and misinterpret responses

- If you are having difficulty with your spouse
- I suggest you read this
- In my premarital and pre – divorce counseling
- I suggest both read this book and then given them a counseling session
- In many cases I have found good results



Changing Indian Mind set of Indian parents

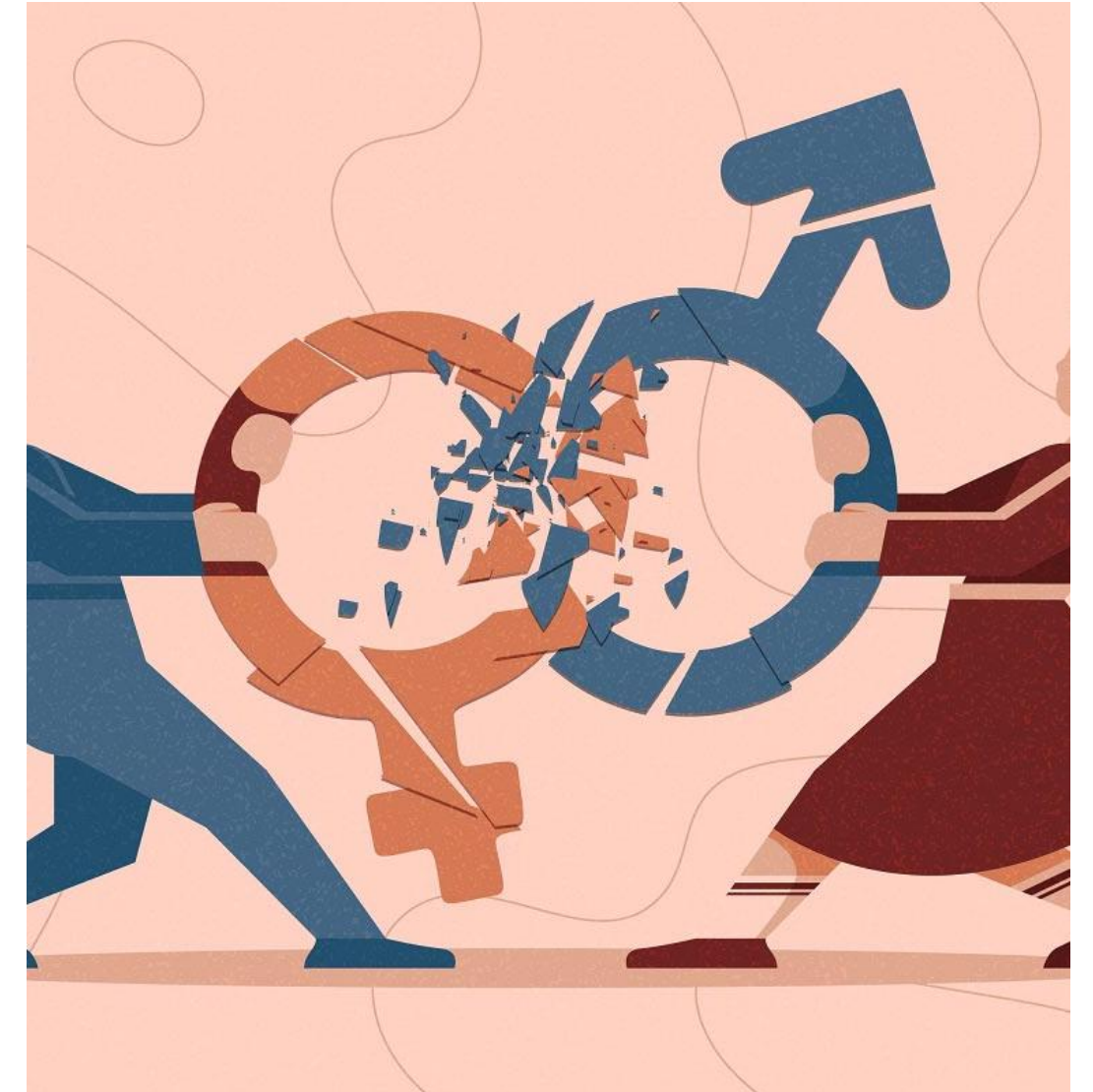
We have emancipated women

BUT We need to train adolescent boys
to learn to deal with these emancipated
women

Specially when they get married and
have to learn to be equal partners and
supportive husband

We need to change our gender stereotyping

- **ONLY** Son can only carry forward the family name
- **ONLY** Son will only do last rites after death
- **ONLY** Son would look after aging parents
- Married daughter should not be taking responsibility of her parents
- It is not right that the girls parents stay- in the home of the married daughter
- **Men should not share household responsibility**
- **Especially affluent families where there are enough domestic servants to take the load**



Respecting a woman

- How women are treated in his home and his surroundings shapes how a Adol boy will behave with a girl and in future with his wife
- If his mother or grandmother (or other women in a joint family) are disrespected , regularly castigated for small mistakes or actions by the men in the house – this is role modelling for him – this is how a woman is to be treated
- If eve teasing is accepted in the community where he is brought up- it is a way of life
- Old Hindi movies depicting the way the heroes behaved with the heroine to make her fall in love – will come under the sexual harassment act in todays world

How to behave with girls

If a boy is a single child

If a boy has a male sibling

If a boy does not have much opportunity to mix with female cousins

If a boy has mainly male friends

HE DOES NOT KNOW HOW TO BEHAVE WITH A GIRL IN AN APPROPRIATE MANNER

As parents we need to bring up both our boys and girls to play a balanced role at home and society

Martial conflicts in Young couple

In nuclear families of today where the young couple does not have family support – it is necessary that the man becomes supportive to the wife – more so if she is working –

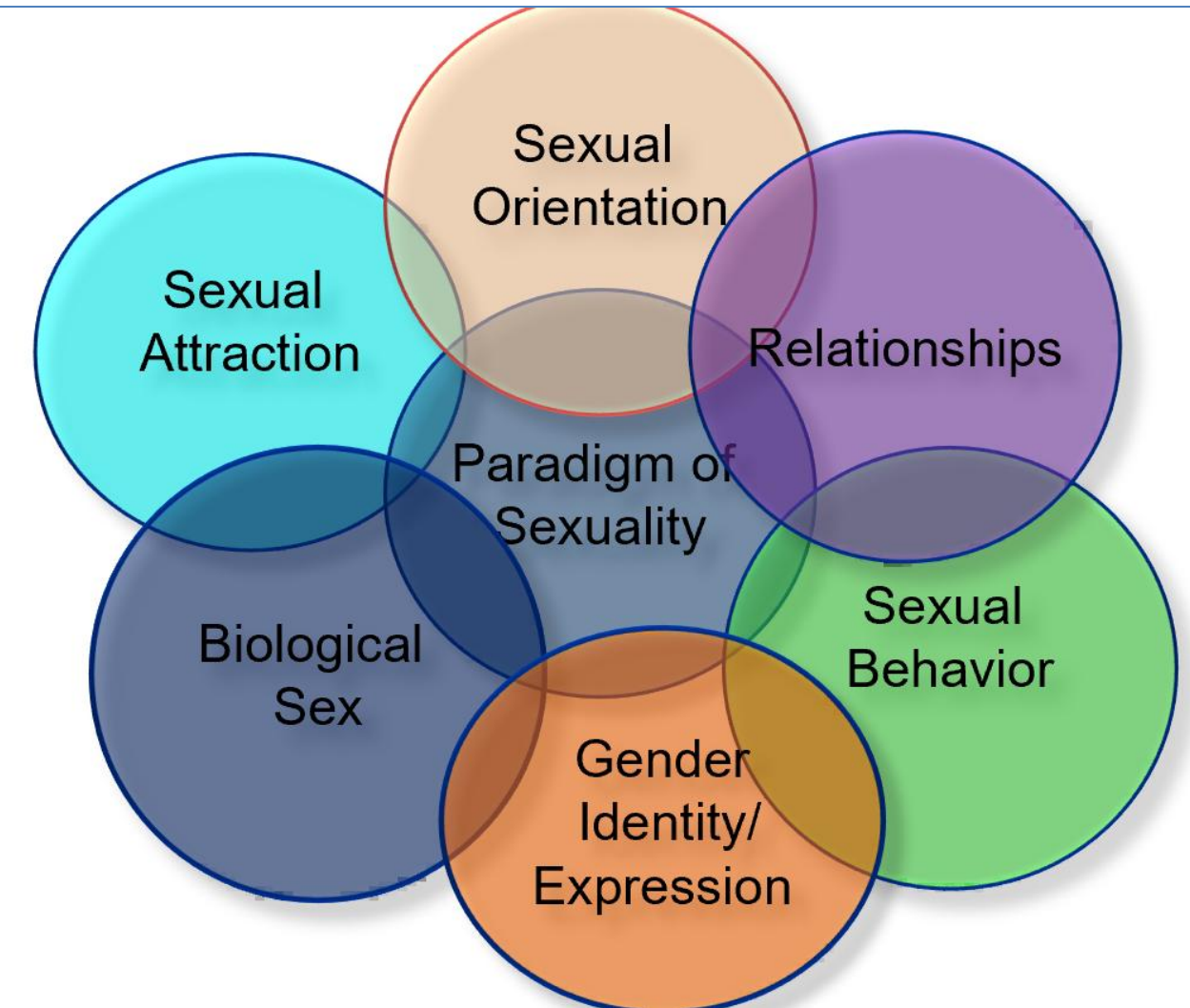
If this is ingrained into an adol boy –he will transition into the role of a husband very naturally and marriage will be happy and smooth

If he does it under pressure from wife or her family – not really enjoying it – it will lead to marital conflict and often leads to the path of divorce

Our girls are emancipated and empowered – but very often adol boys are not trained and have no clue how to handle this emancipated woman

Acceptance of changing sexual behavior

- Masturbation and oral sex was a sin in the past
Today healthy expression and safe sex .
- Old DSM classification Homosexuality was perversion
Today it is acceptable as different sexual orientation.
- Bonded Sex, SM –perversion.
- *Today books like Fifty shades of Greytrilogy best sellers and movies*

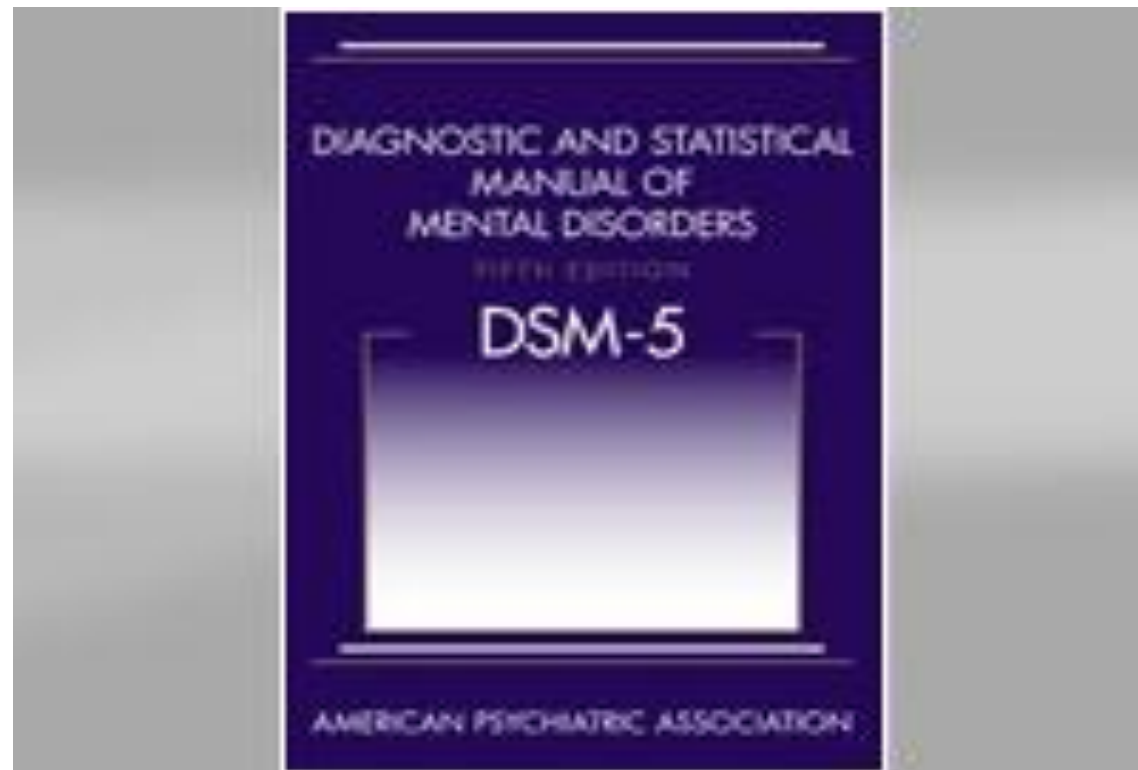


- People who practice pedophilia and incest are also claiming it to be a variation of sexuality
- It is frighteningwill this become acceptable as different sexual orientation.

Acceptance of changing sexual behaviour where will this lead us

In 2013 - When DSM-5 was released, Pedophilia was Described as 'Sexual Orientation'

In a press release, the American Psychiatric Association (APA) notes that the correct terminology is "sexual interest" and **that it will correct the typo error** in the manual's electronic version and in the next print edition.



"APA stands firmly behind efforts to criminally prosecute those who sexually abuse and exploit children and adolescents. We also support continued efforts to develop treatments for those with pedophilic disorder with the goal of preventing future acts of abuse," the association added

The APA added that pedophilic disorder is a "paraphilia" and not a sexual orientation. Other paraphilic disorders included in the manual include exhibitionistic disorder, sexual sadism disorder, and fetishistic disorder.

DUTCH approach to parents and Adol sexuality

Conceptualizing a New Paradigm-ABCD²



C N N

Condoms **Needles** **Negotiation**

A-----B-----C

ABSTINENCE

BE FAITHFUL

CONDOM

Normalization of Sexuality

DUTCH approach

- Differs from risk and abstinence programs
- Adolescent sexuality is a normal process of psychosocial and biological development
- Sexuality is a continuum along which youth move as maturity and relationships permit
- Adults play vital role in providing resources and supporting the development of skills

This is not the same as “permissive sexuality”

But it means “not secretive”

- An open subject is rendered negotiable
- Parents may not always be completely comfortable with teen sex, but they do not want it to lead to deception
- **Sex should not lead to secrets but discussed openly between family members**
- **Sex should not cause conflict and alienation between parents and teenagers**

- **Change from “parentectomy” to parental involvement when appropriate/possible**

Dutch Culture and Adolescent Sexuality: Normalization

READINESS AND SELF-REGULATION

- Teens to self regulate
- Parents stress that sexual development should occur gradually
- Concept of “virgin”
- A range of behavior, not limited to intercourse

SEX AS PREPARATION

- Preparation is part of readiness for sex
- Contraception and condom use are expected preparations for sex

FALLING IN LOVE IS COMMON

Being in love is a common experience
(Including for teens)

In national survey, 63% of Dutch youth say they are “very much” in love with their current sexual partner

RELATIONSHIP BETWEEN THE SEXES

- Parents support relationships
 - Not casual sex
- Sex is part of a relationship
 - Reflects mutual desires and interests

Changing concepts of morality

- Hymenoplasty
- In the 2010 era this was a raging debate
- Girls who believed that they had equal right to enjoy premarital sex as boys
- Marrying a boy chosen by their parents from a conservative mind set where a “woman’s virginity is sacrosanct” was an issue
- Hence restoration of “virginity “ was important and necessary in that situation for them
- The charge is anywhere between 1-2 lakhs ...not affordable to all

- Ethical debate –
 - **Boys** : this is gross cheating and betrayal and both the girls and doctors who do this should be punished.
 - **Girls** : men who give so much importance to virginity deserve to be cheated.
 - **Boys** : the girls should come clean and it is upto the boy whether to marry a non virgin or not. Girls can also exercise their right
 - **Girls** : Why is society so unfair to insist on a “womans virginity” only . Men have no “ test “ to prove or disprove their virginity
- **Doctors for** : There is no moral issue involved . It is a simple surgical procedure
- **Doctors against** : This is not this is not a procedure I will do . Many of them said they do not perform abortions also unless really medically indicated for saving womans life

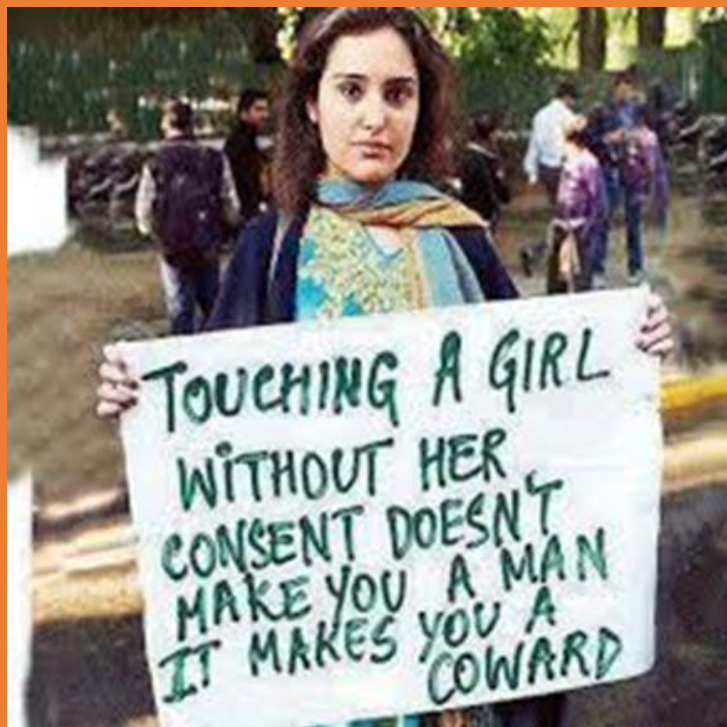
- Chinese solution to “virginity”
- Trust Chinese people to find a low -cost device for any and everything
- In a session in the IAAH conference at Turkey in 2013 in the session on Adolescent sexuality they presented a “virginity kit” that was available online
- I had taken a photo but could not locate the slide
- It consists of a membrane that can be “stuck on “ on the wedding night that requires force to “penetrate “
- Inside there is a small fragile pouch that ruptures and releases “blood”.
- This gave 100 % proof of the brides virginity !!!!!!!

Today no longer an issue

**In the 20-30 age group many of them are marrying beyond age of 30 yrs. and a large percentage have already had at least one if not more relationships
And hence women don't feel the need of such measures are strong enough to say ...
And most men also**

Need to also
make parents
aware

Legal handicap
of the Indian
male



- We must respect womens' rights and salute all laws made for the protection of women
- In all our program for adolescent girls we empower them by giving them knowledge about their rights and the laws that help
- But we also have to be aware and make our adolescent boys aware of the laws – and how they can also be misused against them
- Our laws favour females and the onus of proving oneself innocent lies on the males.
- Unless made aware the adol boys can be innocent victims

In Pipe line- IAP Position paper

Law Commission Recommends Amendments To POCSO Act & JJ Act To Avoid Imprisonment For Adolescents Involved In Sexual Activity

Sheryl Sebastian

29 Sept 2023 6:58 PM



The Law Commission of India in its 283rd report on the 'Age of Consent under the Protection of Children from Sexual Offences Act, 2012' has said that blanket criminalisation of sexual activity among teenagers as per the POCSO Act is a cause of concern. The Law Commission however ruled out reducing the age of consent to 16 years or giving limited exception in cases involving a child...

- POCSO -12 amendment
- Even if it consensual – any sexual act below age of 18 yrs is rape
- If the girl is a minor and the boy is above 18 yrs – it has serious implications
- If teens runaway from home – boy can be booked for abduction and rape

Sexual molestation /harassment / related laws

POSH ACT 2013

Sexual Harassment of Women at Workplace
(Prevention, Prohibition, and Redressal)
Act was passed in 2013



The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, commonly known as the PoSH Act, was passed in 2013.

It defined sexual harassment, lay down the procedures for complaint and inquiry, and the action to be taken in cases of sexual harassment

I DO A LOT OF COUNSELING FOR GRANDPARENTS AND IN-LAWS



- **Indian families are enmeshed**
- Enmeshment describes family relationships that lack boundaries such that roles and expectations are confused, parents are overly and inappropriately reliant on their children for support, and children are not allowed to become emotionally independent or separate from their parents.

What is the difference between attachment and detachment?

While these two terms are often mistaken for one another, non-attachment and detachment are in truth completely different concepts.

Non-attachment is essentially is a practice of mindfulness and presence in the existing moment.

Detachment, on the other hand, means a complete lack of interest in the world around you.



Attachment in Detachment by Sudha Murthy-
Dealing with your children when they are
married

Baby in utero

The first 1000 days



RIGHTS OF THE UNBORN and the first 3 crucial years

As a
grandmother
and senior
citizen ...

If both parents are now going to be equal –

So both will be the same in care giving

I have got couples who tell me

They divide- one nappy change -you one , then me one

Meals -One feed you ...one meand so on for all aspects of childcare

What happens about the one constant care taker..... who will give the secure attachment needed in infancy

who will give the emotional bondage ...neural connections of the first 1000 days

In west - Breast pumps often form part of discharge packets

Many young mothers today are advised – giving expressed breast milk – fulfills your maternal duty and any one can feed the baby when they go for work

What about the mother child bonding – the oxytocin , the secure attachment ??

Who will be the nurturing parent ?

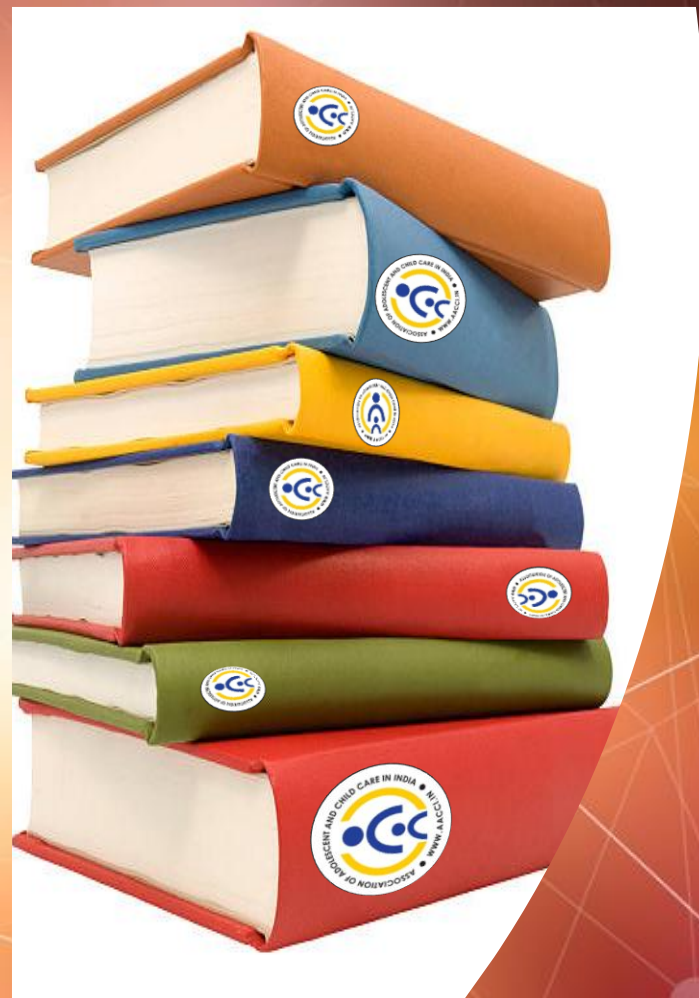
Traditionally this role was the mother – Maa – Aai

Will the institution of mother hood disappear ?????



AACCI workshops for young college girls

- **DON'T BECOME A MOTHER IF YOU DON'T WANT TO**
- But if you decide to be a mother – **THINK OF THE RIGHTS OF THE CHILD you are giving birth to**As much as your own **RIGHTS** as a woman
- **PLAN YOUR BABY** in a stage in your life where you can devote as much as possible to the first 1000 days without affecting your career /ambitions /happiness and desires
- **Establish a SUPPORT system** to help you – Husband , grandparents , professional help but **MOTHER is a MOTHER**
- **Mother- hood is a privilege given to women by God.....enjoy** your motherhood – don't take it as a punishment or becoming lesser than a man
- **I WILL ALWAYS be GRATEFUL and CHERISH MY MOTHER**



4 -MODULES

1. PRIMARY CLASSES std. I-IV
2. SECONDARY CLASSES std. V- VIII
3. HIGHER SECONDARY CLASSES
std. IX- XII
1. COLLEGE STUDENTS 20-24 YRS

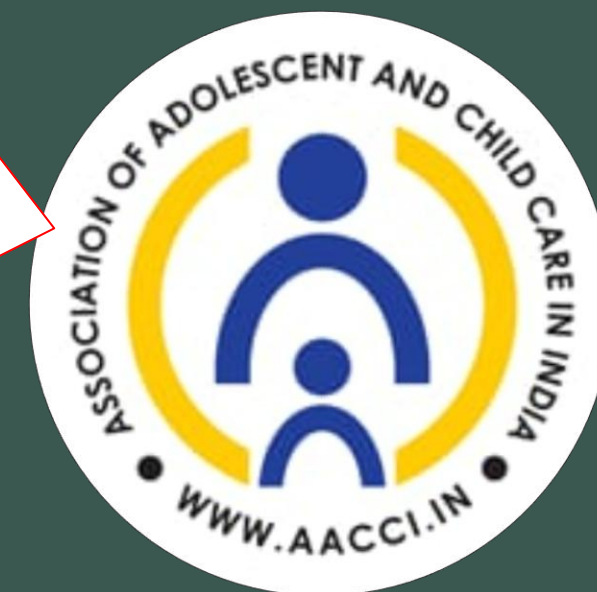


AACCI Module on Awareness and Age-Appropriate Education about Mother's Milk

Made by IAP IYCF chapter experts
Who are part of AACCI

for Children and AYAs

AIM is
Improve our country's
EBF rate



Key messages

*As your kids grow,
they may forget what
you said, but won't
forget how you made
them feel.*

Kevin Heath



HealthyPlace.com

Parenting young adults and extended adolescence —

a science and art and requires special skills and training

This should be AHA agenda now

As experts we now have to train parents to accept the NEW SOCIAL ORDER and

Change their mind set and learn new skills

DON'T GET ENMESHED into your youngsters life

Practice attachment with detachment

Training Premarital and post martial counseling also is the need of the hour

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Thank You