



File No.:NESTS/HR/EMRS/AndhraPradesh/315/2022-23

Dated: 02.03.2026

To

The Principal
EMRSs
All State/UTs.

Subject: Issuance of Preventive Guidelines for Safeguarding Adolescent Health and Well-being in EMRSs – reg.

Sir/Madam,

In order to safeguard the physical, emotional, and psychological well-being of students, particularly adolescent girls residing in EMRS hostels, and to prevent recurrence of sensitive health-related incidents, the following guidelines are hereby issued for strict compliance in all EMRSs with immediate effect:

A. Monthly Health Examination by Staff Nurse

- i. The Staff Nurse shall conduct mandatory monthly health check-ups of all girl students residing in hostels.
- ii. The check-up shall include:
 - a. General physical examination
 - b. Monitoring of menstrual health and related concerns
 - c. Screening for signs of health complications
 - d. Individual counselling on hygiene and adolescent health
- iii. A confidential health record register shall be maintained for each student.
- iv. Any abnormal findings shall be immediately reported to:
 - a. The Principal
 - b. House Master/ Hostel warden
 - c. Part-time doctor
 - d. Nearest Government Health Centre (if required)
- v. In case of medical suspicion, immediate referral for professional examination shall be ensured.
- vi. Confidentiality and dignity of the student shall be strictly maintained.

B. Monthly Awareness Campaign by PGT Biology / TGT Science

- i. PGT Biology / TGT Science teachers shall conduct **monthly awareness sessions** for students.
- ii. Separate sessions may be conducted for boys and girls wherever appropriate.
- iii. The sessions shall cover:
- iv. Adolescent physical and emotional changes
- v. Reproductive health and hygiene
- vi. Personal safety, boundaries, and responsible behaviour
- vii. Legal provisions relating to minors and child protection
- viii. Importance of education, career focus, and life goals
- ix. Sessions shall be interactive, age-appropriate, and culturally sensitive.
- x. Medical Officers, Counsellors, or officials from concerned departments may be invited periodically.

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C. Strengthening Hostel Supervision

- i. Wardens shall ensure strict monitoring of student attendance and movement.
- ii. Regular interaction with students shall be conducted to identify emotional or behavioural concerns.
- iii. Any prolonged illness or unusual behaviour shall be reported to the Principal immediately.
- iv. Periodic inspections of hostels shall be conducted by the Principal with house masters and hostel warden.

D. Parent Sensitization

- i. During Parent-Teacher Meetings, parents shall be sensitized about adolescent health and supervision during holidays.
- ii. Parents shall be advised to maintain open communication with their children.
- iii. A written advisory may be issued to parents during vacation regarding shared responsibility.

E. Counselling and Confidential Reporting

- i. A confidential grievance and counselling mechanism shall be established in every EMRS.
- ii. Students shall be encouraged to approach the Staff Nurse, Warden, Counsellor, or Principal without hesitation.
- iii. Periodic emotional well-being and life-skills workshops shall be organized.

F. Monitoring and Compliance

- i. Monthly compliance reports shall be submitted by each EMRS to the NESTS HQ on **School.hq@tribal.gov.in email id**
- ii. Any negligence or non-compliance shall be viewed seriously.

2. The above measures are intended to create a safe, aware, and supportive environment for all students. All Principals are directed to ensure strict implementation of these guidelines in letter and spirit.

This issues with the approval of the competent authority.

Yours faithfully,

..sd..

(Kumud Kushwaha)
Deputy Commissioner, NESTS

Copy to:

1. The Nodal Officer, State/UT EMRS Society
2. Consultant, NESTS
3. IT Division- NESTS website