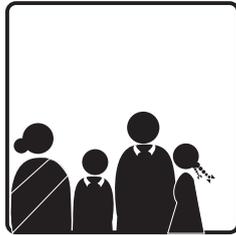


RULE OF TEN CALENDAR FOR ALL

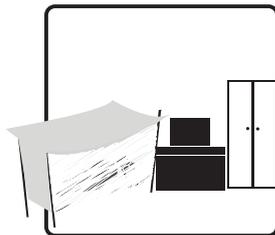
1. I will speak softly amongst when necessary.



6. I will study at least till 10th standard (with English) and also train myself to earn a livelihood.



2. I will keep my house clean and use mosquito net to keep away from malaria.



7. I will drink boiled water all the time to prevent jaundice, worms and dysentery.

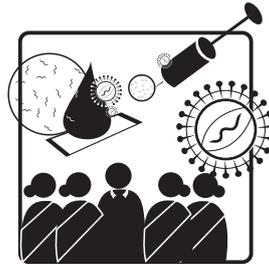


3. I will take my breakfast and lunch from home and also have dinner on time. I will walk a mile every day. If i am overweight or underweight i will achieve my ideal weight. I will learn how to cook.

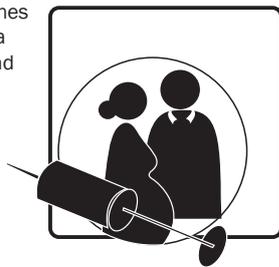


8. I will keep myself away from unprotected sex to save myself from AIDS, STD & Hepatitis B. Causes are

- Infected Blood
- Infected Needles
- Multiple Partners
- Infected Mother to her baby



4. I will take vaccines (inj.Tetanus Vac) for a disease free health and sleep well at night.



9. I will keep away from smoking, consuming tobacco in any form and alcohol to save myself from heart attack and cancer.



5. I will be punctual at work & will read for an hour as well as practise meditation every day.

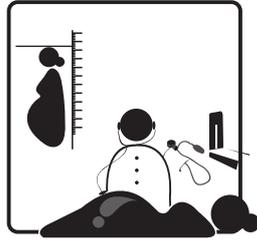


10. I will serve my country by distributing Dr. C.S Dawn rule of ten for adolescent and mother and child health care calendar to all adolescents and couple for accepting one-two child family.



RULE OF TEN MOTHER & CHILD

1. Ten times pregnancy check up for High Risk Pregnancy and only 5 checkups for normal pregnancy by trained health personnel starting from the tenth week. Pregnancy termination (MTP) by tenth week for unplanned pregnancy. Sexual act should be prohibited during pregnancy. High Risk Pregnant woman should consult an obstetrician.



2. Ten kg weight gain during pregnancy should be practised by taking adequate chapatti, rice, dal, vegetables, fruits, milk and boiled water (to prevent jaundice) in order to get a three kg healthy baby.



3. Pregnant mothers should have ten hours of sleep (two hours in the afternoon and 8 hours at night) for the growth of the baby.



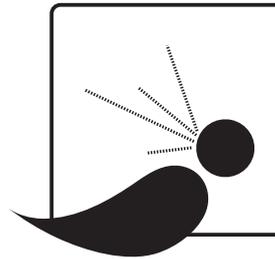
4. Blood haemoglobin is to be Kept to eleven gram by taking one iron folic capsule like Autrin, a day, from the fifth month of pregnancy and also during the first three months of breast feeding. Lab tests to be done are: Hb, ABORh group, post glucose blood glucose (at six months), HbAg, urine analysis, HIV (after counselling and consent).



5. Inj. Tetanus vaccine- first dose on 18th week, Second dose on 24th week of pregnancy. Non immunized husband should be given two dozes of inj. Tetanus vaccine along with wife. Couple could be affected by AIDS, hence sexual activity with other woman or men should be prohibited. A course of mebendazole at six months to be taken for 3 days (WHO)



6. Ten – Twelve hours of normal labour management in first pregnancy and 5-6 hours in second pregnancy, on keeping WHO partography chart by trained birth attendant in clean delivery room. High risk labour cases should be referred to an obstetrics specialist.



7. Ten Apgar score baby (crying baby) should be delivered in a warm room. High risk baby should be referred to a paediatrician.



8. Practising one-two child family By tenth weeks, contraception should be introduced-either as CU device or oral pill or Inj. Deprova (by woman) and condom usage (by husband). Second child birth should be delayed to 4 years. Tubectomy or Vasectomy should be practised after second child birth.



9. Breast feeding should be continued for at least ten months along with the solid food from the sixth month.



10. Infant immunization should be completed by ten months inj. Hepatitis B, inj. BCG by 1st month, oral polio on 2nd, 3rd, 4th months along with triple antigen doses (2nd, 3rd, 4th months) and inj. measles on 10th month. Infant can be immunized with pulse polio within five years.



RULE OF TEN CALENDAR FOR ADOLESCENTS

HEALTH – SEX EDUCATION FOR SCHOOL BOY & GIRL(10-19 YEARS)

1. I will take up a health check-up routine for height, weight and blood pressure yearly. I will take care of environmental sanitation and use mosquito curtain against malaria.



6. I will not marry before 20 years as girl and 25 years as boy and i complete minimum 10 standard educations with english.



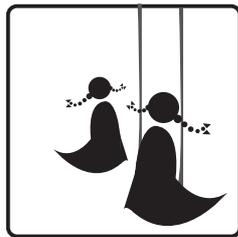
2. By taking ample rice, chapatti, dal, vegetable, milk and boiled water (to prevent jaundice) i will try to keep up to the standard height and weight for adult (every year).



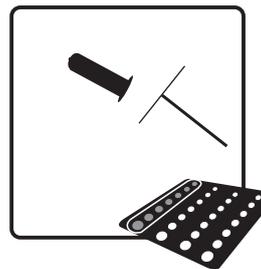
7. I accept 1-2 child family when married as national duty of an Indian citizen; i will not discriminate between boy and girl child.



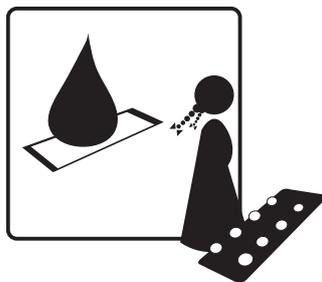
3. I will refrain from watching television, instead play in the afternoon and take eight hours sleep every day.



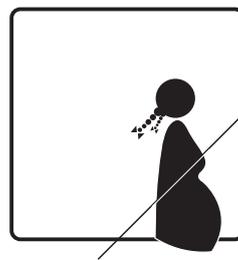
8. I will regularly practise contraception after marriage (condom by husband), oral pill, copper device in the womb (by wife) before and after the first child birth. I will undertake Tubectomy or Vasectomy after second child.



4. I will take oral iron – folic acid (Autrinn) cap, daily for 4 months as a girl and build minimum of twelve gram percent blood haemoglobin. Blood tests e.g. Haemoglobin test, Blood Group Test, Thallasaemia Screening, before marriage (HPLC).



9. I take it as a sin to practise sex before marriage. (in a sexual act, boy pushes his erected penis into girl's vagina through the aperture in middle of girl's private part, rubs it till semen is discharged). Thus by preventing premarital sex, i will save my life from teenage pregnancy as a girl and AIDS, syphilis and Gonorrhoea as boy/girl.



5. I will take inj. Tetanus vaccine (2 doses at 6 weeks intervals & third dose 6 months after the second). Thereafter inj. Toxoid every three years lifelong. Inj. Rubella vaccine will also be taken.



10. By practising Dr. C.S Dawn rule of ten mother and child health care calendar education after marriage,(as a woman i will undergo a healthy pregnancy & childbirth). Husband will also be educated in this.

