



EEBR 2025

FOGSI EEBR 2.0

ADOLESCENT

HEALTH

ETHICAL EVIDENCE-BASED RECOMMENDATIONS

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Foreword

The health of adolescents has increasingly become a focal point of global and national discussions, and rightly so. This is a generation standing at the threshold of adulthood—physically transforming, emotionally evolving, and intellectually expanding. As clinicians, we have a unique opportunity to influence their lifelong health trajectories through timely guidance and scientific clarity. Leading an organization deeply committed to improving clinical practice, I believe it is both my duty and privilege to support initiatives that empower practitioners with accurate, updated knowledge. The EEBR series is one such effort toward strengthening the foundations of care for India's youth.

Adolescent health encompasses an exceptionally wide spectrum—pubertal concerns, menstrual disorders, anaemia, mental health issues, lifestyle diseases, PCOS, sexual and reproductive health, vaccination, body image challenges, and behavioral changes, among others. This age group is particularly vulnerable, yet equally resilient, making early intervention both impactful and essential. With shifting societal norms, increasing digital exposure, evolving dietary habits, and rising stress levels, adolescents today face complexities far different from previous generations. As gynaecologists and frontline caregivers, we play a pivotal role in recognizing red flags early, counselling effectively, and ensuring that young individuals receive sensitive, evidence-based, and non-judgmental care. Their concerns may appear simple, but their consequences can shape the course of adult health—reinforcing the need for updated knowledge, structured evaluation pathways, and a scientific approach that balances clinical precision with empathy.

This book of ethical, evidence-based recommendations has been developed through months of thoughtful work by a dedicated team of editors and authors. Their academic clarity, careful curation of literature, and commitment to presenting practical guidance have resulted in a resource that will undoubtedly support clinicians across varied settings. I sincerely appreciate their diligence and the collaborative spirit that defines this effort.

It is my hope that this volume inspires us all to invest more deeply in adolescent wellbeing—offering informed care, building trust, and helping shape a healthier and more confident generation.

Warm regards,



Dr Sunita Tandulwadkar

President, FOGSI 2025

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