The results of the study have been presented under various sections, each focusing on the objectives of the study. The data has been presented by illustrations in the form of tables and figures. Mainly the following sections have been made:

**Section 4.1**

*Profile of sample teens and their parents*

This section includes age, gender, grade and group (Dogra and KP) distribution of sample adolescents. It also depicts information about their parent’s qualification and occupation. The section also looks for any inter gender and intergroup difference in qualification and occupation of parents of two groups (Dogra and KP adolescents).

**Section 4.2**

*Health status of sample adolescents on selected physical and mental health indicators*

This section focuses on the health status of sample adolescents. It includes anthropometric measurements, body mass index (percentiles), blood pressure profile, musculoskeletal strains and lower urinary tract symptoms under physical health indicators. Under mental health indicators, psychological well being is studied. The section also presents inter group and inter gender differences for the selected physical and mental health indicators.

**Section 4.3**

*Assessment of lifestyle variables among sample adolescents*

This section presents dietary intake and physical activity levels of sample teens. This section provides information regarding the deviations found in sample teens with respect to standard RDA. Any inter gender and intergroup differences in dietary intake and physical activity levels, have also been covered in this section.
Section 4.4

*Interrelation between selected health indicators and lifestyle variables among the sample adolescent group*

This section presents data on correlation between selected health indicators and lifestyle variables in sample adolescents across gender and group.

Section 4.5

*Planning and execution of need based intervention program to create awareness about health risks among adolescents*

This section presents the intervention plan devised for sample adolescents and its execution in various schools. This section also focuses on techniques and strategies used in intervention plan.