

Annual Activity Report of Health and Wellness Club (2016-17)

Health is a **condition** (mental and physical) in which the individual is **functionally well adjusted internally** with respect to **body parts** and **externally** with his **environment**. Wellness has been defined as the **constant and deliberate effort to stay healthy and achieve the highest potential for well-being**.

Health & Wellness Club in our **educational institution** attempts to favorably **influence** the **habits', attitude and knowledge** relating to an individual as well as community and in **modifying behavior** of students, teachers and other staff members towards the attainment of optimum health. During this academic session, the following initiatives were undertaken by the authorities.

A. Comprehensive Health Check Up

i .For Students

Medical check-ups (inclusive of Vision, Dental, Obesity & Physical Examination) were held at the school infirmary. The medical check-up was followed by a descriptive report for individual students that were maintained to enable the parents as well as teachers in having a better understanding of the health of the child.



ii . For Staff

Medical check-up was also done for the teaching and non teaching staff members. It included an assessment of BMI, blood sugar & blood pressure.



B. Hand washing Activity

Hand washing activities were conducted after every two months in order to motivate and mobilize the students in primary & pre- primary wing to improve their hand washing habits. It was an attempt to raise awareness regarding the manner and effectiveness of hand washing with soap which is a key approach to disease prevention.

C. Health Counselling Sessions

Several health counselling sessions were conducted throughout the academic year by the school doctor, counselor & teachers in order to address a broad spectrum of health related issues including healthy food, exercise, nutritional assessment and guidance, lifestyle advice, physical working environment, psychological well-being, sleep and stress etc. Through these sessions, our students as well as teachers were encouraged to adopt healthy habits and good health practices.

The table 1 presented below provides comprehensive report of the health counselling sessions conducted by the school doctor during the Academic Session 2016-17

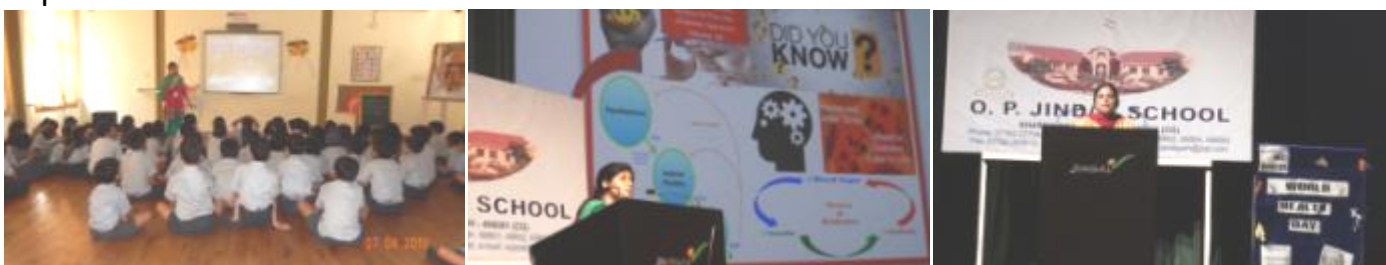
HEALTH COUNSELLING SESSIONS FOR STUDENTS					
	Sl.	Topic of the Sessions	Conducted by	Target Group	Dates
Senior Wing	1.	Healthy lifestyle to prevent diabetes	Dr. Monika Tripathi (School Doctor)	Classes IX & X	7.4.16
	2.	Stress management to prevent early onset of diabetes	Mrs. Sujata Banerjee (Counsellor)	Classes IX & X	7.4.16
	3.	Menstrual hygiene & its importance	Dr. Monika Tripathi (School Doctor)	Classes IX & X	28.4.16
	4.	World Heart Day	Dr. Monika Tripathi (School Doctor)	Classes IX - XI	29.9.16
	5.	Healthy lifestyle to prevent heart diseases	Dr. Mrinal Roy Chaudhury	Classes IX - XI	29.9.16
	6.	World AIDS Day			
Primary Wing	1.	Cleanliness & Personal Hygiene	Mrs. Sujata Banerjee (Counsellor)	Classes II - III	19.10.16
	3.	World Heart Day	Dr. Monika Tripathi (School Doctor)	Classes II & III	29.9.16
	4.	Importance of yoga	Mr. Sudipto Mukherjee (Yoga instructor)	Classes II & III	29.9.16
	5.	Worm infestation	Dr. Monika Tripathi (School Doctor)	Classes IV & V	31.12.17
Pre-Primary Wing	1.	Germ attack	Class Teachers	Classes KG & I	2.9.17

D. Observance of the official health days

Throughout the academic session, the Health & Wellness Club took initiatives to observe the officially declared health days that are meant to promote important public health issues. Special assemblies, health counselling & other health promoting activities were conducted for the purpose.

i. World Health Day (7th April 2016)

A health counseling session was conducted by the school doctor & counsellor for the senior students and teachers based upon the theme 'Beat Diabetes' selected by WHO for the academic year 2016. In this session, students were informed about the symptoms of the disease, causes behind its early onset as well as healthy life style which must be adopted to prevent it.



ii. World AIDS Day (1st December 2016)

A health awareness program was organized incorporating health counselling & other activities to make our students aware of the signification of this day. Students in the Senior Wing (classes X -XII) actively participated under the guidance of our dedicated team of teachers, school doctor and counselor to make this event a successful one.



E. Health talks by resource persons (external)

i. Session: Substance abuse & addiction (International Day to prevent drug abuse & illicit trafficking 2016)

An interactive session was organized for our students in senior secondary school (classes XI and XII) in order to generate awareness about the harmful effects of substance abuse and addiction and encourage them to adopt healthy & positive coping strategies in combating challenging life situations. The session was conducted by Mr. Rishi Kapoor, Chief Operating Officer at Fortis Jindal Hospital & Research Centre.



ii. Session: Having a healthy heart (World Heart Day - 29th September 2016)

Health counselling program was organized for the students in classes IX –XI in which in which our invited guest, Dr. Mrinal Roy Chaudhury (General Physician at Fortis O.P Jindal Hospital & Research Centre) informed the students about early symptoms of cardiovascular diseases, symptoms and life style factors leading to its onset during the early years of life.



F. First aid training

A first aid training program was organized and conducted by Dr. Monika Tripathi (School Doctor) for the students in Disaster Management Club to develop the essential skills that can be life-saving among them. This program served the following purposes:

- Training the students in identifying the nature of medical problem while working with individuals affected by medical emergencies (through assessment of the signs and symptoms)
- Teaching them about providing basic first aid during medical emergencies and natural disasters.



G. De- worming program

The National De-worming Day, observed on 10th February 2017 by the Ministry of Health and Family Welfare was popularized in our school throughout the first week of February in the form of poster display, assembly announcement and health counseling. On 10th February 2017, students in all the classes (Nursery –XII)had been provided free medicine for de-worming(Albendazole) in the presence of class teacher at 11:00 AM , half an hour after the recess except those students whose parents have not consented for the intake of medicine. Overall the program was conducted successfully at our school.



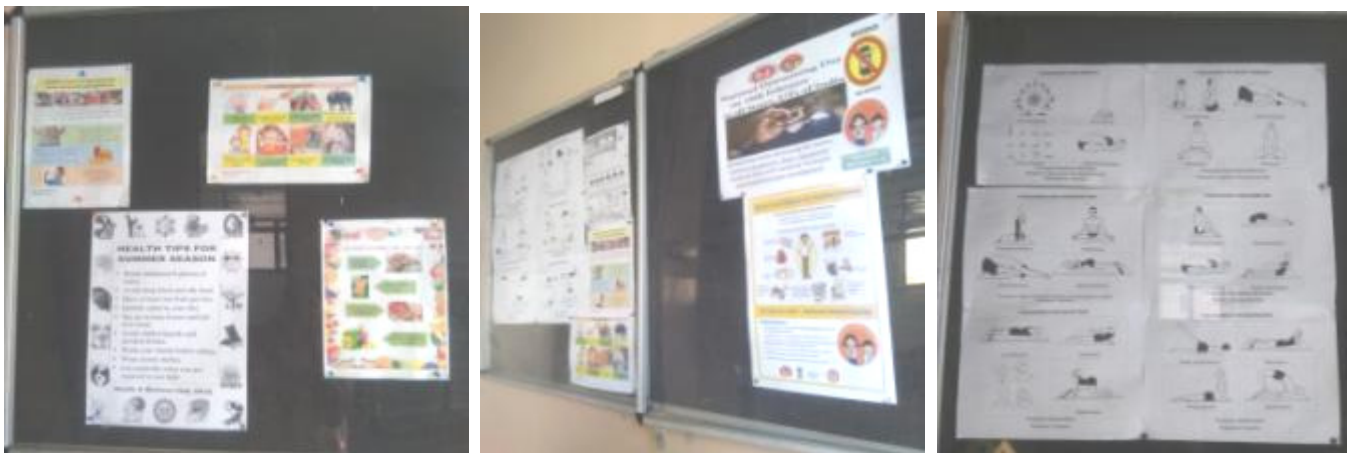
H. Community based health program

To meet the needs of the underprivileged ones in our community, we have willfully extended our counselling services beyond the boundaries of our institution. A special counselling program focused upon developing healthy habits and good behaviour was conducted by the counsellor for the children of a nearby orphanage (Neelanchal)



I. Health & Wellness Display during Annual Exhibition

During the annual exhibition, several aspects of healthy living which included healthy eating, exercising, ways to experience psychological well being were displayed with the help of charts and models



Brief Overview

We firmly believe that a Healthy mind resides in healthy body .A learner will not be ready to learn unless he /she is good at health . The well being of learners is of great importance to us. We provide direct medical services to learners and staff members to maximize health and wellness in the school community.

- Maintain electronic Medical Record of Child Health. We conduct the following
- Preventive Health Check-up(Vision, Dental, BMI, Hearing, General Exam) based on CBSE guideline
- Provide first aid facilities during medical emergency
- First Aid training for school staff
- Health Awareness of children and parents

Infirmary services

The school infirmary is equipped with the basic materials and facilities to address the health needs of learners while in school and to conduct routine medical checkup of the students as per the CBSE guidelines .A full time doctor and two qualified nurses are available to manage and assess any health issues that may arise during school hours. Our services expand to the following **domains:**

- Attending to learners who are injured or who become ill while at school, administering first-aid and other emergency nursing measures, and arranging for medical attention where the circumstances indicate.
- Securing and carrying out medically approved written instructions for care of sick and injured learners.
- Initiating various screening activities to ascertain learner's health appraisal.
- Conferring with teachers, learners and parents regarding management of identified health problems.
- Providing instructions to learners and parents in subjects such as nutrition, rest and relaxation, communicable diseases and home healthcare.
- Providing updated health information and coordinating care to parents, teachers and other health authorities.
- Maintaining accurate and updated health records of all learners with confidentiality and care. Coordinating with hospitals, first-aid services and other medical facilities



Medical Check Up

- We conduct annual medical check-ups (inclusive of Vision, Dental, Hearing, Obesity and physical examination) at school premises. This saves time for the students and ensures that it does not interrupt their studies.
- After medical check-up, we provide descriptive report for individual students. This helps parents in understanding health of their child.
- We keep electronic records of the medical report to maintain year over year progress of each child.
- We do follow-up calls with parents if required to ensure that that a sick child remains healthy
- We arrange for health awareness seminars at school for students and parents
- We arrange for first-aid trainings for teachers and students



Health Counseling

Our dedicated team of professionals, including highly skilled doctor and counselors, provide counseling services (confidential as well as in groups) to children .Health awareness counseling sessions are organized from time to time which aims to keep the students active, healthy and capable of achieving their goals .

Session : Menstrual hygiene

An informative as well as interactive sessions were conducted with the female students (classes VII to X) to make them aware about the importance of menstrual hygiene by the counselor . They were explained about the biological reason of menstruation and

specifically told about the hygienic condition they must maintain during menstruation. The students were also asked to put forward their queries regarding the issue being discussed. This brought into light few misconceptions held by them which were then rectified



Session : Introduction to first aid on

A counseling session was conducted in order to explain to the students of primary and pre primary wing about the meaning and basic techniques of First aid ..The students were explained by the counselor in an age appropriate manner about the meaning and importance of first aid .They were shown two videos which explained in detail about the basics of first aid. The first video presentation explained meaning of first aid ,



Session : Healthy Food Habits on World Health Day

World Health day was observed in school to mark the founding of World Health Organization and to highlight the significance of the issue of health and wellbeing .A counseling session was conducted by our school doctor on behalf of Health and Wellness Club in collaboration with Red Cross Society of our school .The sessions were conducted separately during the special assembly programs of Senior wing , Middle wing and Shift D .



Session: Role of cleanliness and Personal Hygiene in Personality Development

A counseling session on the role of cleanliness and personal hygiene in personality development was conducted by our doctor and counselor on behalf of Health and Wellness Club with the students of Middle wing. It purported to generate awareness among the students about importance of cleanliness, personal hygiene in context of good health.

Session: Good Health Practices

A counseling session was conducted with the students of primary wing to explain the kids in detail about various healthy habits and good health practices. The session emphasized upon inspiring them in every possible ways to develop healthy habits at an early age



Research Work

Our school also promotes research work. An Anthropometric study of school children aged between 4 – 19 years for Pediatric obesity was conducted at your school to study the prevalence of obesity and overweight among school children.