

Health & Wellness Club Report 2017-18

Our institution continuously strives to provide a healthy environment which is conducive to excellent teaching & learning. Health & Wellness Club in our educational institution attempts to favorably influence the habits, attitude and knowledge regarding general health & modify the 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 club.

HEALTH CHECK UP

Medical check-up of students from classes I – XII (inclusive of Vision, Dental, Growth & General Medical Examination) was done in the school infirmary by school doctor & nurses. This was followed by the preparation of a brief report for every student to be maintained by the school authorities & mentioned in the student's almanac (page 6).



HEALTH EDUCATION FOR STUDENTS & STAFF

During the academic year 2017-18, twelve health counselling sessions were conducted by the school doctor, counsellor for Pre –Primary, Primary & Middle school students in order to address a broad spectrum of health related issues including healthy food, exercise, nutritional assessment and guidance, lifestyle advice etc. Through these sessions, our students were encouraged to adopt healthy habits and good health practices at an early age to prevent health problems.

Separate health counseling sessions were conducted for the teachers teaching in Middle & Senior Wing on 11th September 2017. The purpose of those sessions were to generate awareness about the symptoms & management of health problems which have been commonly observed during the health check-up conducted for teaching staff in the month of June 2017.



The table 1 presented below provides comprehensive report of the health education/ counselling sessions conducted by the school doctor & counsellor during the Academic Session 2017-18

HEALTH EDUCATION SESSIONS FOR STUDENTS & STAFF					
Wing	Sl. No.	Topic of the Session	Conducted by	Target Group	Date
Senior	01.	Basics of Menstrual Hygiene	School Doctor	Classes IX- XI girls & mothers	14.10.2017
	02.	Natural Remedies for Common Health Problems	School Doctor	Teachers teaching classes IX-XII	11.09.2017
Middle	01.	Cleanliness ,Personal Hygiene & Good Health Practices	Principal School Doctor	Classes VI-VIII	07.04.2017
	02.	Menstrual Hygiene	Counsellor	Classes VII & VIII girls	12.07.2017
	03.	Adolescent Health	Class Teachers	Classes VII & VIII girls	12.07.2017
	04.	Natural Remedies for Common Health Problems	School Doctor	Teachers teaching classes VI-VIII	11.09.2017
Primary	01.	Healthy practices for summer season	Counsellor	Classes II & III	22.04.2017
	02.	Healthy practices for Rainy season	Counsellor	Classes IV & V	17.06.2017
	03.	Cleanliness & Personal Hygiene	Counsellor	Classes II & III	12.10.2017
	04.	Habits to keep ourselves disease- free during Winter Season	Counsellor	Classes II & III	16.01.2017
	05.	Preventing Germ Attack	School Doctor	Classes II & III	30.01.2017
Pre-Primary	01.	Healthy practices for Rainy season	Class Teachers	Classes Nursery & KG	29.06.2017
	02.	Healthy practices for Rainy season	Counsellor	Class I	30.06.2017
	03.	Habits to keep ourselves disease- free during Winter Season	Counsellor	Classes Nursery, KG & Class I (Class-based sessions)	04.12.2017 to 19.12.2017

OFFICIAL HEALTH DAYS

WORLD HEALTH DAY - Health & Wellness Club in collaboration with Jr. Red Cross Society organized a special assembly programme for classes VI-VIII on **World Health Day** (07th April 2017). The program was based upon the theme set by World Health Organization for the year 2017 (i. e 'Depression Let's Talk') as well as other aspects related to general health.



INTERNATIONAL DAY OF YOGA - The Health & Wellness Club observed the **International Day of Yoga** on 21st June 2017 with the aim of bringing peace, harmony & happiness in of our institution .Students of classes VI – XI along with their subject teachers performed yoga between 7 am to 8 am under the guidance of their yoga teachers. The program commenced with chanting of shlokas followed by mass yoga display of different ' asanas ' & finally ended up with 'Pranayama' & meditation .



THE WORD AIDS DAY (1st December) is annually observed in school through active involvement of senior school students. During the academic session 2017-18, a Poster Display Activity was organized by the Health & Wellness Club & Jr. Red Cross Society involving the students in classes XI & XII. The students in Senior Secondary school displayed hand-made posters on their classroom notice boards under the guidance of club in-charges. The purpose was to generate awareness among the young minds about the causes, preventive measures & the need for being empathic with the victims of HIV/AIDS .



COMMUNITY BASED HEALTH CAMPAIGNS

The club incharges (school doctor & counsellor), other club teachers & students (in classes IX-XI) visited three villages (Kerajha, Dongadhakel & Muraripali) in the vicinity of our school on 22nd July 2017. This program was organized to generate awareness among the villagers about prevention of diarrhoea, which have been found to be one of the leading causes of death affecting children in poor condition particularly during the summer & monsoon months.



DE- WORMING PROGRAM

The national De –worming Day observed on 10th February by the Ministry of Health & Family Welfare have been popularized among the students through poster display, assembly announcements & health counselling sessions. During the academic session 2017 -18, De-worming Programme was conducted in school on 10th August 2017 & 09th February 2018 in which students (classes Nursery –XII) were provided with free medicine for de-worming in the presence of their class teachers.



HEALTH & WELLNESS DISPLAY

Posters based on the theme of season specific healthy practices, cleanliness & personal hygiene, benefits of cycling as an exercise, causes, prevention & treatment of Diarrhoea etc were developed & displayed on the notice-boards in the corridors.

During annual exhibition, several aspects of healthy living including assessment of BMI & ways to control obesity were also displayed with the help of charts and models

STAY HEALTHY DURING THE WINTER

WEAR WARM CLOTHES	DRINK LIKE-WARM WATER	HAVE SEASONAL FRUITS & VEGETABLES TO BOOST YOUR IMMUNITY
INCLUDE NUTS, JAGGERY AND HONEY IN YOUR DIET	TAKE BATH REGULARLY IN WARM WATER WITH SOAP	PLAY OUTDOOR GAMES BEFORE SUNSET
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Why should you ride a Bicycle

- A healthier heart will mean you will live longer
- You'll have brains like Einstein
- You'll be relaxed and stress free
- You'll be in a good mood
- You'll be fitter than ever
- You'll have strong upper and lower legs
- You'll get an amazing waistline
- You will have an awesome abdomen

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