

# Student's Training Program at Sakatpur Village on 12<sup>th</sup> October, 2017

The workshop was held at Government High School. The village has an approximate population of \_\_\_\_\_ people. The school principal helped organize the workshop. It was attended by 50 students of age group (10-13 years) of classes 6<sup>th</sup> to 8<sup>th</sup> std.

## Methods/Tools used :-

1. Interactive session on adolescence, key adolescent issues, basic hygiene, cleanliness and menstrual cycle.
2. Role plays on adolescent issues.

## Topic discussed and the learning outcomes:-

1. Helping the students to understand the significance of adolescence and behavioral issues.
2. The significance of family bonding and communication.
3. Helping girls and boys to understand the changes that occur in adolescence like physical changes and menstrual cycle.
4. Helping students to control anger through deep breathing and meditation.
5. Students were also told about various diseases like dengue, malaria and chickengunea.
6. Students were involved in the interactive session about the importance of balanced diet and exercise.



## Health and Hygiene Report- Sakatpur Village on 11<sup>th</sup> October, 2017

There were an approximate of 50 students from classes 6<sup>th</sup> to 8<sup>th</sup> between the age range of 10-13 years. Students were educated about the meaning of hygiene and how it is supposed to be maintained personally and environmentally. They were given tips on the maintenance of oral hygiene, hair hygiene, ear hygiene , water hygiene , food hygiene and sleep hygiene.

Information about the cause of diseases like malaria and dengue were given and students were

told about the importance of changing the water in coolers , fridges and water tanks regularly.

Significance of washing hands on an hourly basis, using soaps and sanitizers, clean towels and sleeping on clean bed sheets were elaborated on.

