

Student Training Program at Akhleempur Village On 12th October, 2017

The workshop was held at Government High School Akhlimpur. The village has an approximate population of people. The college principal helped organize the workshop. It was attended by 50 students of age group 10-13 years of classes 6th to 8th.

Methods/ tools used :-

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



Topics Discussed and Learning outcomes :-

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



Health and Hygiene Report - Akhleempur Village on 11th October, 2017

There were an approximate of 50 students from classes 6th to 8th between the age range of 10 years to 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 to maintenance of oral hygiene, hair hygiene, ear hygiene, water hygiene, food hygiene and sleep hygiene.

Information about the causes of diseases like malaria, dengue and chickungunea were given and students were told about the importance of changing water in the 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.

