

## Student Training Program at Dhaula Village On 3rd November, 2017

The workshop was held at **Government High School**. The school principal helped to organize the workshop. It was attended by 50 students of age group 13-18 years of classes 8th to 12th .

### Methods/ tools used :-

1. The sessions were interactive adolescence, key adolescent issues, basic hygiene, cleanliness and menstrual cycle.
2. Role play's were done on the above issues.
3. Group Discussions and team building exercises were done as well to facilitate the learning.

### Topics Discussed and Learning outcomes :-

1. The Adolescence and behavioral issues were briefed well to students.
2. Both girls and boys were facilitated so they can understand the changes that occur in adolescence better like physical changes.
3. Menstrual cycle , usage of sanitary pads and hygiene during menstruation were explained and informed.
3. Prevention from diseases such as dengue and malaria were discussed with students.
4. Information about how deep breathing and meditation can help in dealing with anger issues.
5. Balanced diet and exercise were also involved in the interaction.
6. Interactive discussion about alcohol, smoking and substance abuse etc were held with the students.



## Health and Hygiene Report – Kharoda Village on 3th October,2017

The workshop was held at **Government primary school**.The principal helped in organizing the workshop. There were an approximate of 40 students from classes 1st to 5th between the age range of 6 years to 10 years. Students were educated about the meaning of hygiene and well being. 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, pots, coconut shell etc.

They were engaged in various group activities to The importance of washing hands before and after eating using soaps and sanitizers, clean towels and sleeping on clean bed sheets were elaborated on.they were educated about taking care of the their well being such their eyes, teeth, taking shower regularly, cutting nails of both hands and feet and wearing clean clothes. They were engaged in various group activities to facilitate the learning.

