

Student Training Program at Baluda Village On 6th November, 2017

The workshop was held at Government Middle School Badshahpur. The village has an approximate population of _____ people. The school principal helped organize the workshop. It was attended by 50 students of age group 10-14 years of classes 5th to 8th .

Methods/ tools used :-

1. Interactive session on adolescence, key adolescent issues, basic hygiene, and cleanliness and menstrual cycle.
2. Slogan writing, painting and story writing on adolescent issues.
3. Role plays on various issues that were discussed.

Topics Discussed and Learning outcomes :-

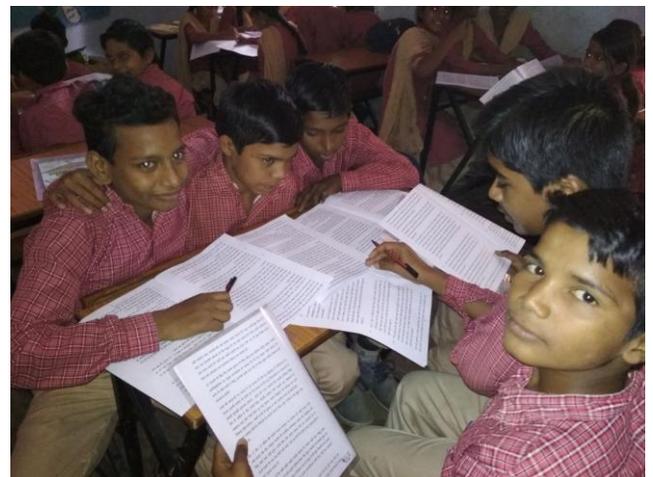
1. Helping the students to understand the significance of adolescence and behavioral issues.
2. Helping boys to understand the changes that occur in adolescence like physical changes.
3. Helping students to control anger through deep breathing and meditation.
4. Students were also told about various diseases like dengue, malaria and chicken Guinea and various other infections such as food poisoning, skin infections, rashes
5. Students were involved in the interaction about the importance of balanced diet, exercise, joining a sport.
6. Students were also involved in the interactive session about alcohol, smoking and substance abuse tc.
7. Menstrual cycle , usage of sanitary pads and hygiene during menstruation were explained and informed.



Health and Hygiene Report – Baluda Village on 6th November,2017

There were an approximate of 20 students from classes 1st to 5th between the age range of 6 years to 11 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, pots, coconut shell etc

Significance of washing hands on an hourly basis, and 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.



Students were enthusiastic and Cooperative especially girls were very interested to know learn about menstrual cycle and hygiene as if no one had informed anything about this to them. Boys students were very responsive all the students showed genuine interest in learning about the the issues discussed in the workshop.