

Student Health and Hygiene Report in Goshgarh Village (Government Secondary School) on 23rd November,2017

There were an approximate population of 40 students (including both boys and girls) from classes 1st to 5thstd between 7 to 10 years. Students were educated about the meaning of cleanliness and hygiene and how it is supposed to be maintained personally and environmentally. They were given tips on the maintenance of oral hygiene, hair hygiene, sleep hygiene, water hygiene and food hygiene. Information about the cause of diseases like malaria, dengue, chickenpox, chickengunea, diarrhea were given and students were told about the importance of changing water in coolers , fridges and water tanks regularly. Significance of washing hands on an hourly basis, using soaps and sanitisers, clean towels and sleeping on clean bedsheets were elaborated on. Information was also given for emphasizing more on eating home food rather than eating outside oily food.



Student Training Report – GoshgarhVillage , 23rd November, 2017

The workshop was held at Government Secondary School ,Goshgarh . The school principal helped organize the workshop. It was attended by 50 students (including both boys and girls) of age group 10 – 13 years of classes 6th to 8th std.

Methods/ Tools Used :

1. Interactive session on adolescence, key adolescent issues, cleanliness , aggression and menstrual cycle.
2. Role plays on smoking was also done with the students.

Topics Discussed and the Learning Outcomes :-

1. Helping the students to understand the significance of adolescence, cleanliness and behavioural issues.
2. Helping the students to understand the significance of family bonding and communication with parents.
3. Helping boys and girls to understand the changes that occur in adolescence like physical changes , psychological changes and menstrual cycle.
4. Helping students to control anger through deep breathing and meditation.
5. Helping students to understand the significance of sleep and balanced diet.

