

Student Training Program at Sanpka Village on

1st December, 2017

The workshop was held at Government Middle School. The village has an approximate population of 1000 people. The college principal helped organize the workshop. It was attended by 36 students of age group 14-18 years of classes 6th to 8th

Methods/ tools used:-

1. Interactive session on charm and challenges of adolescence, key adolescent issues, basic hygiene, and sanitation education
2. Slogan writing, painting and story writing on adolescent issues.

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 and 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 etc.

Health and Hygiene Report – Sanpka Village on 1st Decembe, 2017

There was an approximate of 40 students from classes 1st to 5th between the age ranges 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, 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.