

REPORT ON WEBINAR ON 25.05.2021

TOPIC OF THE SESSION: HEALTH PROMOTING SCHOOL

RESOURCE PERSON: Smt. Farzana Ali

DATE: 25th May 2021

TIME: 3 pm. to 4 pm.

POINTS DISCUSSED IN WEBINAR

1. WHAT IS A HEALTH PROMOTING SCHOOL?

- + A health promoting school is one that constantly strengthens its capacity as a healthy setting for living, learning and working.**
- + A health promoting school strives to provide a healthy environment conducive to student's health, education and school health services along with school/community projects and outreach opportunities for physical education and recreating, social support and mental health promotion.**

2. HEALTHY PROMOTING SCHOOLS-POLICY

A School Health Policy is that proposes to view health holistically, utilize all the educational opportunities for health promotion including formal and informal approaches in curricular pedagogy. Providing a safe school environment, an activity oriented health education curriculum to prevent health-related risk behaviour, ensuring physical fitness activities and sports, providing nutritious snacks in the school canteen, ensuring access to primary health care services and integrated family and community activities and a safe health promotion policy are some of the expectations that school should fulfil.

3. KNOWING YOUR BODY

To know about the body parts and their functions to appreciation of the importance of each body part. This will lead to heightened understanding of the need for correct information regarding growing up processes which will help in creating a well-informed individual.

4. FOOD AND NUTRITION ACTIVITIES

Focus on the effect of the right food and nutrition intake to generate positive energy and thus influence learning capacity. Variation in geographical location alert or modify nutritional intake. Food can affect energy levels, concentration and learning.

5. BALANCED DIET

The diet which contains different types of food in enough quantities and proportions so that the need for energy, proteins, vitamins, minerals, fats, carbohydrates and other nutrients in adequate amount is met for maintaining health, vitality and general wellbeing and makes a small provision for extra nutrients to withstand short duration of leanness.

6. GOOD EATING HABITS

-  Chew the food properly.
-  Milk and other liquids should never be taken in one gulp. They should be swallowed slowly.
-  Wash the hands before and after the meal.
-  Rest after meals helps in digestion and also to avoid abdominal discomfort.
-  Healthy methods of cooking i.e. roasting, stewing, parboiling baking to be practiced.
-  Brush the teeth before and after the meal.
-  The nutritive value of the food can be enhanced by using techniques such as combination of food stuff.
-  Peeling vegetables long before can cause loss of nutritive value and colour change which can lead to contamination.
-  Too much washing of rice or vegetables removes the nutrients.

7. PERSONAL, ENVIRONMENTAL HYGIENE AND SANITIZATION ACTIVITIES

Emphasize on the need to ensure that children follow clean and regular habits regarding bath, bowel movement, sleep, oral hygiene, nails and hair. Once personal hygiene becomes a part of the regular system the child will look forward to having a cleaner environment. Sanitization activities need to be added.

8. WHAT KIND OF PROGRAMMES CAN THE SCHOOL CONDUCT? ENVIRONMENT CENTRED APPROACHES

- ✚ Programmes/workshops can be organized to enhance the ability of administrators, teachers and support staff to deal with specific areas of emotional or behavioural disturbance that they encounter.
- ✚ Programmes for improving teacher's capacity to understand how to make use of other agencies providing mental health services for children.
- ✚ National campaigns to reduce the incidents of certain mental health damaging behaviours e.g. bullying, ragging, corporal punishment etc.
- ✚ Improvement in the school's social environment can be brought about by encouraging parent participation through parent programmes in support of school activities.

Workshop on "HEALTH PROMOTING SCHOOL" was indeed very informative and innovative and will surely help me a lot in my working also.

I have learnt a lot many innovative things to improve myself through the session.

I am very grateful to you sir for providing me this opportunity.

Thank you so much sir.

Regards

Roop Jeet Kaur

26.05.2021

EVIDENCE



