



Health and Hygiene Manual Chinmaya Vidyalaya Bokaro

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Comprehensive School Health And Hygiene Manuals

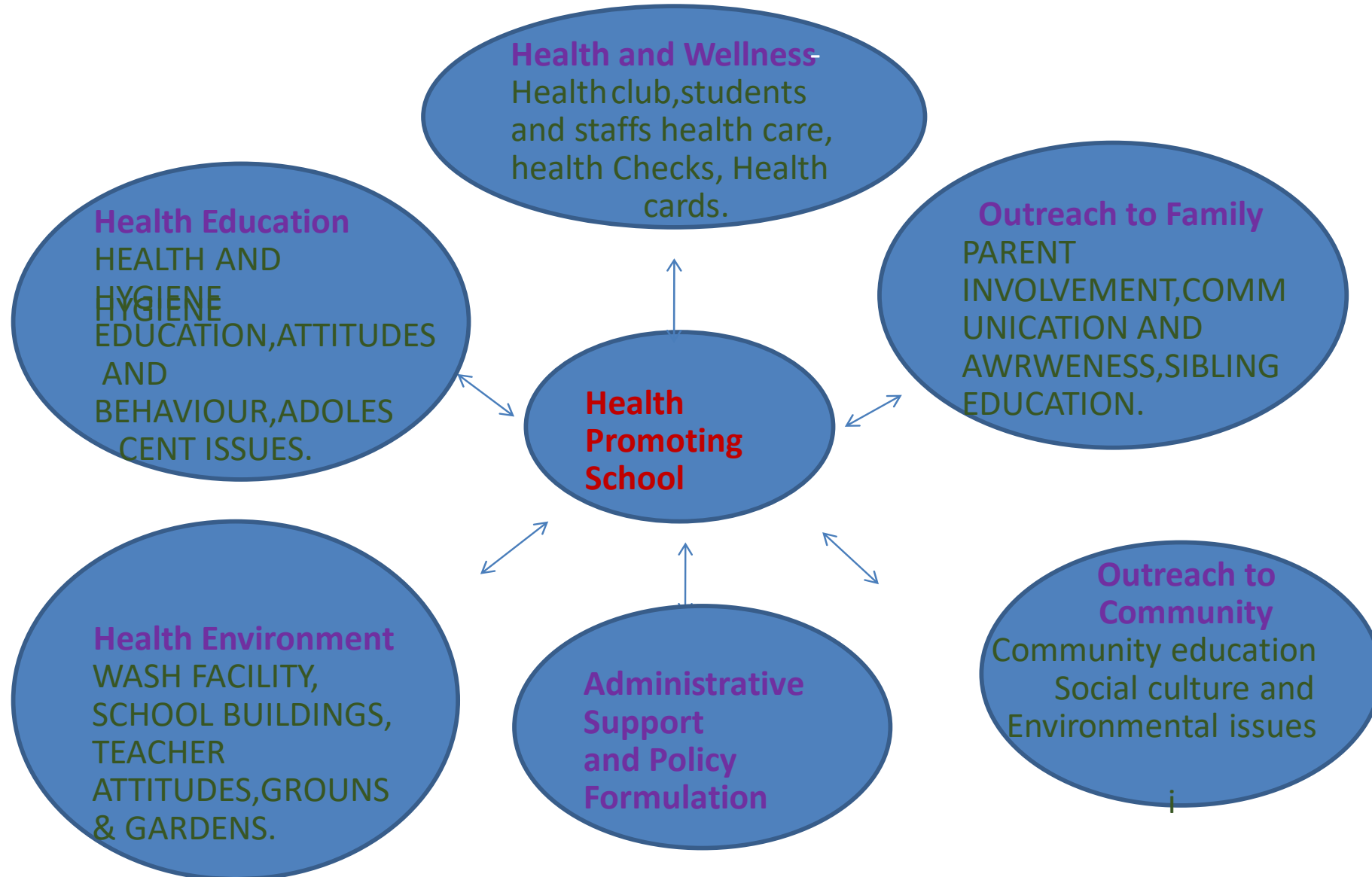
The School Health Policy and the Manual proposes to view health holistically, utilize all the educational opportunities for health promotion including formal and informal approaches in curricular pedagogy. Providing a safe school environment, an activity oriented health education curriculum to prevent health-related risk behavior, 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 staff health promotion policy are some of the expectations that a school should fulfill regarding the setting up of Health and Wellness Clubs.

INTRODUCTION OF SCHOOL HEALTH POLICY

HEALTH POLICY OF CHINMAYA VIDYALAYA

- WHO DEFINES HEALTH AS A STATE OF PHYSICAL, MENTAL AND SOCIAL WELL BEING.
- COMPREHENSIVE CARE OF EVERY CHILD'S HEALTH IS TAKEN CARE BY IMPLEMENTING THE FOLLOWING PRINCIPLES OF OUR HEALTH POLICY :-
 - FORMATION OF HEALTH CARE TEAM CONSISTING OF FULL TIME HEALTH CARE PERSONNEL.
 - TRAINING OF STAFF MEMBERS FOR HEALTH PROMOTION.
 - CELEBRATING WORLD HEALTH DAY WITH ACTIVE STUDENT PARTICIPATION.
 - NOMINATION OF HEALTH POLICY COORDINATOR IN SCHOOL.
 - A SEQUENTIAL HEALTH EDUCATION PROGRAMME INCLUDING HEALTH AND HYGIENE, FIRST AID, WELLNESS OF GIRLS, NUTRITIONAL SERVICES AND GENERAL AWARENESS AMONG STUDENTS.
 - A SEQUENTIAL PHYSICAL EDUCATION PROGRAMME INCLUDING PHYSICAL ACTIVITIES AND FITNESS, PROMOTION OF YOGA CLASSES ETC.
 - ATTENTION TO MENTAL HEALTH VIA TIMELY PSYCHOLOGICAL COUNSELLING AND DEVELOPMENT OF SPIRITUAL SENSE.
 - ANNUAL HEALTH ASSESSMENT OF STUDENTS AND STAFFS.
 - IMMEDIATE ATTENTION TO EMERGENCIES BY PROFESSIONALS IN, ADEQUATELY EQUIPED IN- SCHOOL CLINIC.
 - ACTIVE PARTICIPATION IN GOVERNMENT HEALTH POLICIES LIKE NATIONAL DEWORMING DAY, VACCINATION DAY ETC.
 - DUE ATTENTION TO HEALTH CARE OF ALL STAFF IN THE CLINIC AND VIA HEALTH CAMP.
 - NO MEDICINES WITHOUT DOCTOR PRESCRIPTION.

HEALTH AND HYGIENE PROMOTION PROGRAMMES



HEALTH AND HYGIENE PROMOTION PROGRAMMES



SCHOOL HEALTH AND WELLNESS CLUBS

HEALTH CLUB

Health Club is an association of students in school for taking care of everything that goes in to prescribing ways and activities for students to possess good overall health (*Mental, Physical, Emotional and Social*).

Some activities for Health Clubs can be undertaken for promoting hygienic environment in school

- Awareness drives in which students are sensitized towards cleanliness.
- Plantation in schools as trees produce clean air by releasing oxygen and absorbing carbon dioxide.
- Encourage the students for 3R (*reuse, recycle, regenerate*).
- Ban plastic products in schools.
- Give knowledge about proper hygiene and sanitation.

The aim of school is to provide students with knowledge, skills, capacities, values and the enthusiasm to mould a healthy lifestyle into adulthood. Health and Wellness Clubs of schools can plan their activities keeping in view the key element for building a healthy Campus.

Following **diversified health promoting** activities can be planned by **Health Promoting Schools (HPS)**

- Light exercise early in the morning
- Basic health screening from time to time.
- Imparting information about various diseases prevailing in a particular duration of year and various preventive steps.
- Providing nutritional and nutrient rich food items in school canteen.
- Conducting first aid classes to impart basic information and application of first aid.
- Engaging students for about 30 minutes in any physical activity of choice from plethora of options like football, skating, basketball, kho-kho, judo, badminton, handball, table tennis etc.
- Celebration of different food days to promote habit of intake of all types of nutritious food items.
- Conducting various workshops on Adolescent Education Programmes and dealing with their emotional problems.

HEALTH CARE IN SCHOOL

- Health Card in Diary
- E Health Card
- Annual Health assessment
- Health Check-up camps
- Health Awareness Programmes
- Infirmary Room Care during sickness and injury

STUDENT HEALTH CARD BASIC DETAILS

1. STUDENT INFORMATION				
Reg No		Full name		
Date Of Birth		Class-Section		
Father Name	<input type="text"/>			
Email Id Of Student		Email Id Of Parent		
EMERGENCY CONTACT DETAILS:				
Emergency Contact		Name		Relationship
2. MEDICAL INFORMATION				
History of Any Chornical Illness	YES NO	If Yes Pleas Specify		
CURRENT MEDICATIONS				
ALLERGIES (FOOD, MEDI)				
IMMUNIZATION UP TO DATE	YES NO			
OTHER IMPORTANT MEDICAL INFORMATION				
3. GENERAL PHYSICAL EXAMINATION				
HEIGHT (CMS)		WEIGHT (KGS)		
PULSE (/MT)		BP (mm of Hg)		
4. SYSTEMATIC EXAMINATION FINDINGS				
DISTANT VISION	RIGHT EYELEFT EYE	WITH GLASS	RIGHT EYELEFT EYE	
NEAR VISION		COLOUR VISION		
DENTAL EXAMINATION				
EAR,NOSE,THROAT EXAMINATION				
5. INVESTIGATION				
BLOOD GROUP				

ANNUAL HEALTH CHECK UP CARD FOR STAFFS

Name

Age

Sex

Marital status

Residential address

Contact no

E-mail id

Blood group

A. HISTORY OF KNOWN CONDITIONS (tick appropriate box)

1. Raised BP - yes No if, yes on regular treatment- yes no

2. Diabetes mellitus- yes no if, yes on regular treatment- yes no

3. Heart disease- yes no if, yes on regular treatment- yes no

4. Stroke- yes no if, yes on regular treatment- yes no

5. Kidney disease- yes no if, yes on regular treatment- yes no

B. SYSTEMATIC EXAMINATION FINDINGS

1. Respiratory System

2. CVS

3. Abdomen

4. CNS

5. Dental Examination

6. Eye Examination

DISTANT VISION RIGHT EYE _____ LEFT EYE _____

WITH GLASSES RIGHT EYE _____ LEFT EYE _____

Near vision

Colour vision

7. ENT (EAR, NOSE, THROAT) Examination

Oral cavity	
Nose	
Throat	
Larynx	

8. ECG (electro cardiography) report

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9. SUMMARY OF THE MEDICAL REPORT

1.	OVERALL HEALTH OF THE STAFF	
2.	ANY OTHER REMARKS BASED ON THE HEALTH MEDICAL CHECK UP OF THE STAFF	

DATED:

PLACE:

SIGNATURE OF PHYSICIAN

WITH SEAL

INFIRMARY MANAGEMENT SYSTEM

INFIRMARY MANAGEMENT ☰ CHINMAYA

Welcome
RAGINI KUMARI

MODULE

- Add Notice
- Daily Infirmary Form
- Medicine Stock
- Daily Infirmary Record
- Health Card Report

INFIRMARY MANAGEMENT SYSTEM

Hello **RAGINI KUMARI**
Welcome to E-Report Activity!

60 ACILOC	0 AZIKEM	3 BETADINE	1 BOROLINE	1 BP
1 CLINICAL GLASS THERMOMETER	2 COTTON	1 DETTOL	43 DIGENE	2 DIGITAL THERMOMETER
	25 DOMSTAL	8 DUOLIN	1 ENTEROMYCETIN OTIC SOLUTION	0 EYE DROP
				29 GAUZE
38 GLUCO ONE	1 GLUCOMETER	3 GLUCOSE	2 HAND SANITIZER	118 HANSAPLAST
108 LANCET	0 LEUCOPORE	29 LEVOCET	0 LIMCEE	6 MEFTAL

Teachers Activities

	I – IV	V-VIII	IX-XII
Module 1 Know yourself	<ul style="list-style-type: none">• Yoga and Meditation• Drawing a Picture of oneself• Pasting a Photograph• Palm Printing / Foot Printing• Rhythmic Exercises• Poem / Rhymes / Recitation• Role Play on Body Parts• Matching of Flash Cards Home• Self awareness / Diary• Health Card• Counselling	<ul style="list-style-type: none">• Yoga and Meditation• Health Exhibition• Health Newsletter• Class Board's Decoration• Health Card	<ul style="list-style-type: none">• Yoga and meditation• Health Exhibition• Health Newsletter• Class Board's Decoration• House Board's Decoration• Creating recipes• Effective use of Home Science lab.• Health Card

	I – IV	V - VIII	IX - XII
Module 2 Food and Nutrition	<ul style="list-style-type: none"> •Collection of Pictures of nutritive/junk food •Class party and discussion on food items . • Dietary charts for the week • Jigsaw Puzzle presentation. •Four Corners • Power point Presentations • Mandatory to bring one nutritive item. •Research on food items -balanced items. • Mothers’ recipe book. 	<ul style="list-style-type: none"> •Nutritive Recipe competition •Orientation program for Parents and Students on good food habits. •A PMI (plus, minus and interesting) on generally observed health problems •Survey based on balanced diet of different region. 	<ul style="list-style-type: none"> •Extempore •Debate •Slogan writing •Theatre •Collage making •Panel Discussion

	I-IV	V-VIII	IX-XII
Module 3 Hygiene	<ul style="list-style-type: none"> •Tick mark of self check-list •Presentation •Value based assemblies •Picking up wrappers/ foils etc after the break. •Posters • Outdoor excursions (Speed, stamina, strength) 	<ul style="list-style-type: none"> •Board Displays •Research Projects •Skits •Eco-clubs •Celebrating Environment Friendly Days •Preparing Recycled Paper •Visiting a Heritage Site 	<ul style="list-style-type: none"> •Resource persons from NGO'S •Panel Discussion Planting Eco-club •Rain Water Harvesting

	I-IV	V-VIII	IX-XII
Module 4 Physical fitness	<ul style="list-style-type: none"> •Warming up exercises before the beginning of each physical education period • Pranayam •Yoga •Physical education periods a must for all schools/all classes •Drills/aerobics followed by presentations at the end of every month •Skill based programmes-camps •March/run for health 	<ul style="list-style-type: none"> •Competitive Sports •Team building •Adventure treks •Leadership camps •Health Walks for social issues •Swimming 	<ul style="list-style-type: none"> •Inter House Competitions based on Aerobics /Yoga / Gymnastics •Team building •Leadership Camps •Running for a Cause

	I-IV	V-VIII	IX-XII
Module 5 Safety Measures -Fire Accidents Emergencies	<ul style="list-style-type: none"> •Extempore dialogue delivery •Safety activities-sports field/activity period •Learning to Communicate • Campaign •Vigilance Committee •Evacuation Skills 	<ul style="list-style-type: none"> •Transport drill •Sports Day •First Aid •Showing Movies on fire safety drill •Bravery Award •Research based Projects •Sexual Health Education issues related to Gender Sensitivity. 	<ul style="list-style-type: none"> •Fire Brigade Demonstration •Disaster Management •Self – defence techniques •Traffic rules •Sensitization Programmes on Substance Abuse •Interpersonal relationships •Parental Sessions •Laboratory Safety drill

	I-IV	V-VIII	IX-XII
Module 6 Behavioural and Life Skills	<ul style="list-style-type: none"> •Consequence games •Learning to say “NO •Think pair share •Handling peer pressure •Identification of good touch and bad touch 	<ul style="list-style-type: none"> •Learning to say no •Mentoring •Quiz Contest •Poster making /Painting Competition •Group Games on Adolescent issues. 	<ul style="list-style-type: none"> •Handling Peer Pressure •Question Box Activity •Situation Analysis and Case Studies of sensitive issues •Panel Discussion with Eminent Psychologists] • Guest Speakers from the experts (Doctor) • Visit to a rehabilitation centre

ASSESSMENT AND EVALUATION

- Overall grooming of child
- Academics performance
- Observation of hygienic behaviour
- Group discussions
- Feedback from students
- Feedback from Parents
- Feedback from Teachers

ROLES AND RESPONSIBILITIES OF HEALTH AND HYGIENE COMMITTEE

Name of the committee: Health and Hygiene

Roles:

The roles of health and hygiene committee is to oversee the activities related to health, hygiene and sanitation of the school with the motto: Every student and staff are supposed to be healthy.

Through active observations all around the school and regular meetings, the committee shall settle on the issues like promotion of health and development of awareness on hygiene & sanitation, with the purpose of suggesting the school management for taking appropriate action.

Responsibilities:

1. To ensure the provision of minimum conditions required for providing schooling in a healthy environment for school children, teachers and other staff. In the area of water supply, sanitation and hygiene
2. To ensure availability of various standards that are relevant to school in different contexts through exploration of national standards and set specific targets at School.
3. To ensure preparation of comprehensive and realistic action plans and implement, so that acceptable conditions are maintained.
4. To ensure availability of Health Card and regular updating of the same
5. To ensure the availability of adequate quality and quantity of water for drinking and non-drinking purpose.
6. To ensure the standard of the food quality supplied by the canteen to the students and staffs.
7. To ensure the medical assistance at the earliest in case of emergency
8. To develop the systems for monitoring, corrective actions thereof and documentation

Key work areas:

1. To prepare a Health & Hygiene Manual for the school
2. To prepare attractive Posters etc. with guidelines on Dos and Don'ts and display at strategic locations.
3. To develop effective monitoring / reporting and documentation system.
4. To Prepare a charter of responsibilities of committee members in different areas.
5. To conduct at least 2 awareness programs through Quiz, Nuked Natak etc. in a year.
6. To organise regular health check-up camps the students and update the health Card
7. To monitor the progress of critical parameters at regular meetings of the committee and inform Management accordingly..

