

CAMP REPORT

**ORGANISED BY
UNITED ASSOCIATION FOR PUBLIC HEALTH
& EDUCATION**

MUMBAI

**IN ASSOCIATION
BRAMAKUMARIS ISHWARIYA
VISHWAVIDHYALIYA,
LADOL BRANCH, GUJARAT**

HEALTHY CHILDREN HEALTHY SCHOOLS

Using the structures and systems already in place, a school is an efficient setting for the promotion of oral and general health. Promotion of health can trigger the installation of vital facilities such as safe water and sanitation. The key components of an Health Promoting Schools (HPS) are healthy school environment, school health education, school health services, nutrition and food services, physical exercise and leisure activities, mental health and well-being, health promotion for staff and community relationships and collaboration. Each area offers many opportunities for addressing health issues either as a specific project or as part general health promotion strategies. Hence UAPHE with its health children healthy school initiative started the campaign to address the general and oral health programme in school.

Aim:-

- To sensitize the school children about stress free learning
- To utilize the school environment to develop their personality
- To train them about preventive measures for good oral health

Name of School	Primary and Secondary Girls School
Location	Ladol
Participation	150
Person Involved	Dr. Kunal Oswal (Director UAPHE), Mr. Kishore (Bramakumaris)
Activities Conducted	Value Education, Oral Health Education, Tobacco Control, Free Distribution of Toothpaste, Toothbrush

The session started with the welcome address by the principal of the school. Later a 30 minutes session was taken by Mr. Kishore (Consultant Value Education) focusing on the importance's of stress free study, improve performance through meditation. Post the session; Dr. Kunal Oswal took a session on oral health and tobacco control. A 45 minutes session which comprised of teaching the basis of oral health, type of dentition, clearing myths and facts about oral health was undertaken. They were also taught about correct brushing techniques and the need to visit to a dentist regularly. All the students were given free toothpaste and toothbrush. They were advised to build a super army and become role models for others.

Conclusion:-

The healthy school initiative was indeed a great success. It nurtures the right skills and builds them with a healthy knowledge about oral health and how to avoid tobacco by just saying No in the first instances. The combination of value education session with general health seemed effective given the time spends on each of the topics. The programme received a good appreciation from the school authorities. Such programmes if planned and executed properly goes a long way



Photo: - Awareness session of the school children



Photo: - Entire team with School children and Staff



Photo: - Explaining the healthy mantra



Photo: A token to School Principal