

REPORT

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

MUMBAI

**IN ASSOCIATION
BRAMAKUMARIS ISHWARIYA VISHWAVIDHYALIYA,
RANI BRANCH RAJASTHAN**

HEALTHY SCHOOL INITIATIVE

Tobacco use (smoked and smokeless) in youth in both low and high countries is a public health concern. India is the world's second largest producer of tobacco and also the second largest consumer of unmanufactured tobacco. While tobacco prevention is therefore a key public health priority, it is youth tobacco prevention in particular that requires intense efforts at many levels, given that youth tobacco use not only has serious pediatric health consequences, but, most critically, increases the risk of habitual use in adulthood. Nearly half of adult tobacco users are estimated to have begun tobacco use in adolescence.

Studies show that environmental, social and psychological factors create a major impact on adolescent tobacco use. The primary objective of this event was to improve public health by discouraging tobacco consumption. Education is one of the most powerful instruments for reducing poverty and inequality. Education is equally key to enhance India's competitiveness in the global economy. Therefore, ensuring access to quality education for all, in particular for the poor and rural population, is central to the economic and social development of India. Hence UAPHE initiated the concept of healthy school to reach to the school children's. The idea was to intervene early for better outcome.

The aim of the project was

- a) To raise awareness among the school children's about oral health
- b) To sensitize them with harms about tobacco and motivate users to quit
- c) To train them to be youth leaders who can prevent other youth from tobacco use
- d) To screen for any oro-facial problems

Name of School	Vijava Primary and Secondary School
Location	Vijava
Participation	200
Person Involved	Dr. Kunal Oswal (Director UAPHE)
Activities Conducted	Oral Health Education, Tobacco Control, Dental Screening

An awareness lecture was given to them about the oral hygiene practices and how to take care. Session on tobacco control was also included so they were the most vulnerable group to start the habit.

Post the session, screening of all the children's was undertaken. The main problem of the children's was dental decay, with lesions from mild to severe. Apart from this most of the children's suffered from traumatic injuries to the teeth .The fractured teeth needed urgent treatment. Few of children's had a habit of chewing tobacco, areacanut, betel leaf and sweeteners. The children's were advised to restrain from habit. The session was supported by using video clips showing the different harms in a much more receptive ways. Later each child was screened for dental problems. Later a free distribution of toothpaste and toothbrush was undertaken. The school authorities were very impressed with the camp as it was for the first time such an event was organized. Lack of enough facilities and low awareness among the people coupled with hardly any dentist in the nearby locality were few of the challenges faced by them.

Conclusion :- Healthy school initiative is a very good initiative. The response and participation obtained was tremendous. Such programme can go a long way if school can come forward and participate in the programme. The need is to lobby with the governing body and arrange for the necessary services so that such programme can be made sustainable.



Photo:- Awareness session for school children on oral health



Photo:- Screening for Tobacco habits



Photo:- Screening for dental diseases



Photo:- Education session with display of poster for school children's.