

## **Comprehensive Health Programme**

### **OUR OBJECTIVE**

Health is a condition (physical & mental) in which the individual is functionally well adjusted internally with respect to body parts and externally with his environment. Wellness has been defined as the constant and deliberate effort to stay healthy and achieve the highest potential for well-being.

Our institution strongly believes in the concept of effective partnership of health and education and thereby harmonizes these sectors to facilitate holistic development of students. We focus upon fostering a healthy learning environment which is conducive to proper education by providing basic health services, health education & counseling to students as well as staff. These aspects are well integrated into our curriculum in the form of health check-up, community based projects/out-reach programmes, programmes for supporting differently abled children etc. Given below are the various aspects of our comprehensive health Programme.

### **A. GENERAL HEALTH CHECK- UP**

#### **A.1 Students**

Medical check-up for every student ( which includes assessment of vision, dental, obesity & other growth elements) is done once in a year by the doctor & nursing staff in the school infirmary .In the present session the assessment of Blood Pressure ,Pulse, Circumference Hip and Waist have been introduced following the CBSE Guidelines (Ref: Circular No.Acad-2112018). The medical check-up is followed by a descriptive report of individual students that are maintained in the student's almanac as well as school records and are also uploaded on a yearly basis in the form of health card under student's portal so that the students /parents can access it .



#### **A.2 Teachers & Staff**

Medical Checkup of teaching, administrative and support staff of our school is done in collaboration with Fortis Jindal Hospital and Research Centre. Medical checkup is conducted for teachers in every two years where as for support staff (particularly drivers & conductors), it is conducted every year & compulsorily includes the assessment of vision.



## **B.HEALTH SERVICES IN SCHOOL**

School Infirmary is well equipped with doctor and nursing staff to provide first aid during medical emergencies and basic medical facilities to students and staff members visiting the infirmary with health complains during the school hours. The services provided in the infirmary expand to the following domains:

- Attending to learners who are injured or who become ill while at school, administering first-aid and other emergency nursing measures, and arranging for medical attention where the circumstances indicate.
- Securing and carrying out medically approved written instructions for care of sick and injured learners.
- Initiating various screening activities to ascertain learner's health appraisal.
- Conferring with teachers, learners and parents regarding management of identified health problems.
- Providing instructions to learners and parents in subjects such as nutrition, rest and relaxation, communicable diseases and home healthcare.
- Providing updated health information and coordinating care to parents, teachers and other health authorities.
- Maintaining accurate and updated health records of all learners with confidentiality and care. Coordinating with hospitals, first-aid services and other medical facilities.

## Sample: Electronic Record in SYMSIS of Infirmary Visit

Report on Staff / Students Infirmary

Zoom 100%

O.P. JINDAL SCHOOL, RAIGARH (C.G.) INDIA 496 001

Report on Infirmary from 2016-05-16 to 2016-09-14 for the current session. Friday, September 14, 2016

S#	Unique-ID	Time-In	Time-Out	Admno.	NAME	Class	Section	Reason	Treatment	Ref_Hosp.?	Stud./Staff	Inf.Parents?	EntryID
1	2111	18:14		210244	HAASIRIA	V		Headache		Yes	STT		2007
2	2110	18:13		210245	KALSHRUKTEL	IS		Dental pain and bite rest		No	STT		2007
3	2109	18:13		210246	LOVE DOUGHT	IS		Cold Cough		No	STT		2007
4	2108	18:12		210247	ARVIND AGARWAL	V		Stomach Irritation, Spasmodic		No	STT		2007
5	2107	18:12		210248	LOVE DOUGHT	IS		Cold Cough, Headache		No	STT		2007
6	2106	18:12		210249	SHAMU VERMA	V		Stomach Irritation, bite rest		No	STT		2007
7	2105	18:11		210250	HAASIRIA	V		Headache		No	STT		2007
8	2104	18:11		210251	KALSHRUKTEL	IS		Cold Cough		No	STT		2007
9	2103	18:11		210252	SHAMU VERMA	V		Headache		No	STT		2007
10	2102	18:11		210253	ARVIND AGARWAL	V		Dental pain and bite rest		No	STT		2007
11	2101	18:11		210254	LOVE DOUGHT	IS		Headache		No	STT		2007
12	2100	18:11		210255	SHAMU VERMA	V		Headache		No	STT		2007
13	2099	18:11		210256	ARVIND AGARWAL	V		Headache		No	STT		2007
14	2098	18:11		210257	LOVE DOUGHT	IS		Headache		No	STT		2007
15	2097	18:11		210258	SHAMU VERMA	V		Headache		No	STT		2007
16	2096	18:11		210259	ARVIND AGARWAL	V		Headache		No	STT		2007
17	2095	18:11		210260	LOVE DOUGHT	IS		Headache		No	STT		2007
18	2094	18:11		210261	SHAMU VERMA	V		Headache		No	STT		2007
19	2093	18:11		210262	ARVIND AGARWAL	V		Headache		No	STT		2007
20	2092	18:11		210263	LOVE DOUGHT	IS		Headache		No	STT		2007
21	2091	18:11		210264	SHAMU VERMA	V		Headache		No	STT		2007
22	2090	18:11		210265	ARVIND AGARWAL	V		Headache		No	STT		2007
23	2089	18:11		210266	LOVE DOUGHT	IS		Headache		No	STT		2007
24	2088	18:11		210267	SHAMU VERMA	V		Headache		No	STT		2007
25	2087	18:11		210268	ARVIND AGARWAL	V		Headache		No	STT		2007
26	2086	18:11		210269	LOVE DOUGHT	IS		Headache		No	STT		2007
27	2085	18:11		210270	SHAMU VERMA	V		Headache		No	STT		2007
28	2084	18:11		210271	ARVIND AGARWAL	V		Headache		No	STT		2007
29	2083	18:11		210272	LOVE DOUGHT	IS		Headache		No	STT		2007
30	2082	18:11		210273	SHAMU VERMA	V		Headache		No	STT		2007
31	2081	18:11		210274	ARVIND AGARWAL	V		Headache		No	STT		2007
32	2080	18:11		210275	LOVE DOUGHT	IS		Headache		No	STT		2007
33	2079	18:11		210276	SHAMU VERMA	V		Headache		No	STT		2007
34	2078	18:11		210277	ARVIND AGARWAL	V		Headache		No	STT		2007
35	2077	18:11		210278	LOVE DOUGHT	IS		Headache		No	STT		2007
36	2076	18:11		210279	SHAMU VERMA	V		Headache		No	STT		2007
37	2075	18:11		210280	ARVIND AGARWAL	V		Headache		No	STT		2007
38	2074	18:11		210281	LOVE DOUGHT	IS		Headache		No	STT		2007
39	2073	18:11		210282	SHAMU VERMA	V		Headache		No	STT		2007
40	2072	18:11		210283	ARVIND AGARWAL	V		Headache		No	STT		2007
41	2071	18:11		210284	LOVE DOUGHT	IS		Headache		No	STT		2007
42	2070	18:11		210285	SHAMU VERMA	V		Headache		No	STT		2007
43	2069	18:11		210286	ARVIND AGARWAL	V		Headache		No	STT		2007
44	2068	18:11		210287	LOVE DOUGHT	IS		Headache		No	STT		2007
45	2067	18:11		210288	SHAMU VERMA	V		Headache		No	STT		2007
46	2066	18:11		210289	ARVIND AGARWAL	V		Headache		No	STT		2007
47	2065	18:11		210290	LOVE DOUGHT	IS		Headache		No	STT		2007
48	2064	18:11		210291	SHAMU VERMA	V		Headache		No	STT		2007
49	2063	18:11		210292	ARVIND AGARWAL	V		Headache		No	STT		2007
50	2062	18:11		210293	LOVE DOUGHT	IS		Headache		No	STT		2007
51	2061	18:11		210294	SHAMU VERMA	V		Headache		No	STT		2007
52	2060	18:11		210295	ARVIND AGARWAL	V		Headache		No	STT		2007
53	2059	18:11		210296	LOVE DOUGHT	IS		Headache		No	STT		2007
54	2058	18:11		210297	SHAMU VERMA	V		Headache		No	STT		2007
55	2057	18:11		210298	ARVIND AGARWAL	V		Headache		No	STT		2007
56	2056	18:11		210299	LOVE DOUGHT	IS		Headache		No	STT		2007
57	2055	18:11		210300	SHAMU VERMA	V		Headache		No	STT		2007
58	2054	18:11		210301	ARVIND AGARWAL	V		Headache		No	STT		2007
59	2053	18:11		210302	LOVE DOUGHT	IS		Headache		No	STT		2007
60	2052	18:11		210303	SHAMU VERMA	V		Headache		No	STT		2007
61	2051	18:11		210304	ARVIND AGARWAL	V		Headache		No	STT		2007
62	2050	18:11		210305	LOVE DOUGHT	IS		Headache		No	STT		2007
63	2049	18:11		210306	SHAMU VERMA	V		Headache		No	STT		2007
64	2048	18:11		210307	ARVIND AGARWAL	V		Headache		No	STT		2007
65	2047	18:11		210308	LOVE DOUGHT	IS		Headache		No	STT		2007
66	2046	18:11		210309	SHAMU VERMA	V		Headache		No	STT		2007
67	2045	18:11		210310	ARVIND AGARWAL	V		Headache		No	STT		2007
68	2044	18:11		210311	LOVE DOUGHT	IS		Headache		No	STT		2007
69	2043	18:11		210312	SHAMU VERMA	V		Headache		No	STT		2007
70	2042	18:11		210313	ARVIND AGARWAL	V		Headache		No	STT		2007
71	2041	18:11		210314	LOVE DOUGHT	IS		Headache		No	STT		2007
72	2040	18:11		210315	SHAMU VERMA	V		Headache		No	STT		2007
73	2039	18:11		210316	ARVIND AGARWAL	V		Headache		No	STT		2007
74	2038	18:11		210317	LOVE DOUGHT	IS		Headache		No	STT		2007
75	2037	18:11		210318	SHAMU VERMA	V		Headache		No	STT		2007
76	2036	18:11		210319	ARVIND AGARWAL	V		Headache		No	STT		2007
77	2035	18:11		210320	LOVE DOUGHT	IS		Headache		No	STT		2007
78	2034	18:11		210321	SHAMU VERMA	V		Headache		No	STT		2007
79	2033	18:11		210322	ARVIND AGARWAL	V		Headache		No	STT		2007
80	2032	18:11		210323	LOVE DOUGHT	IS		Headache		No	STT		2007
81	2031	18:11		210324	SHAMU VERMA	V		Headache		No	STT		2007
82	2030	18:11		210325	ARVIND AGARWAL	V		Headache		No	STT		2007
83	2029	18:11		210326	LOVE DOUGHT	IS		Headache		No	STT		2007
84	2028	18:11		210327	SHAMU VERMA	V		Headache		No	STT		2007
85	2027	18:11		210328	ARVIND AGARWAL	V		Headache		No	STT		2007
86	2026	18:11		210329	LOVE DOUGHT	IS		Headache		No	STT		2007
87	2025	18:11		210330	SHAMU VERMA	V		Headache		No	STT		2007
88	2024	18:11		210331	ARVIND AGARWAL	V		Headache		No	STT		2007
89	2023	18:11		210332	LOVE DOUGHT	IS		Headache		No	STT		2007
90	2022	18:11		210333	SHAMU VERMA	V		Headache		No	STT		2007
91	2021	18:11		210334	ARVIND AGARWAL	V		Headache		No	STT		2007
92	2020	18:11		210335	LOVE DOUGHT	IS		Headache		No	STT		2007
93	2019	18:11		210336	SHAMU VERMA	V		Headache		No	STT		2007
94	2018	18:11		210337	ARVIND AGARWAL	V		Headache		No	STT		2007
95	2017	18:11		210338	LOVE DOUGHT	IS		Headache		No	STT		2007
96	2016	18:11		210339	SHAMU VERMA	V		Headache		No	STT		2007
97	2015	18:11		210340	ARVIND AGARWAL	V		Headache		No	STT		2007
98	2014	18:11		210341	LOVE DOUGHT	IS		Headache		No	STT		2007
99	2013	18:11		210342	SHAMU VERMA	V		Headache		No	STT		2007
100	2012	18:11		210343	ARVIND AGARWAL	V		Headache		No	STT		2007

## C. ONE TO HEALTH COUNSELLING

The school doctor /nurse also provides one to one counselling services to students and staff reporting chronic illness/ frequent health problems. Follow up sessions are also done to assess the effectiveness of counselling. The report of such sessions are maintained & sent to the school on a monthly basis.

### Sample Format of recording such report

S.No	Name		Reason	Advice by school doctor
1	ABC	V B	Complaint of giddiness. He had fallen in the ground two – three times earlier also with the same complaint.	Talked to his parents on telephone, and advised to consult a physician for complete medical check up to rule out the cause and proper treatment for his illness



## E. HEALTH AWARENESS SESSIONS FOR STUDENTS & STAFF

### E.1 Students

Health Counselling Sessions are conducted at frequent intervals by the school doctor/counsellor for Pre –Primary, Primary, Middle & Senior school students in order to address a broad spectrum of health related issues including healthy food, exercise, nutritional assessment and guidance, lifestyle advice etc. Through these sessions, students are encouraged to adopt healthy habits and good health practices at an early age to prevent health problems in their future life.



### E.2 Teachers & Staff

Separate health counseling sessions are also conducted by the school doctor for the teachers. The purpose of those sessions were to generate awareness about the symptoms & management of health problems commonly observed during the health check-up of teaching staff . Health sessions are also conducted for support staff at regular intervals to educate them about personal hygiene, healthy diet , substance abuse etc.



## F. HEALTH PROGRAMMES

### F.1 Observing Special Health Days

Health & Wellness Club in our school organizes a special assembly programmes/Notice Board Display/Radio Programmes to observe official Health Days .The programmes are basically theme based (as set by World Health Organization every year) but essentially covers other aspects related to general health & well being of students

**Table 2: represents the list of special health programmes organized at school**

Special Health Programmes	Date
World Health Day	07 <sup>th</sup> April
International Day against Drug Abuse & Illicit Trafficking	26 <sup>th</sup> June
World Heart Day	29 <sup>th</sup> September
International Day of Yoga	21 <sup>st</sup> June
World AIDS Day	1 <sup>st</sup> December
International Day of Disabled Persons	3 <sup>rd</sup> December





## F.2 Community based health programmes

The Health & Wellness club organizes special health campaigns in the villages near the school. Such programmes are organized to generate awareness among the villagers about general health issues like prevention of diarrhoea, healthy eating habits, substance abuse etc



## G. HEALTH DISPLAY

Posters based on the theme of season specific healthy practices, cleanliness & personal hygiene, benefits of cycling as an exercise, causes prevention & treatment of Diarrhoea etc are developed & displayed on the notice-boards in the corridors at regular intervals. During annual exhibition, several aspects of healthy living are also displayed with the help of charts and models

### Sample: Health Posters Designed & Displayed





## H.HEALTH MESSAGES

The school Health Department circulated messages through the official WhatsApp Group at regular intervals to generate awareness among the teachers about general health issues (like tips to stay healthy in different seasons, cleanliness & hygiene, healthy food & herbs etc.) Teachers are also requested to share that knowledge with their students. This is an initiative to improve health & wellbeing of employees as well as students.

### Sample: Health related WhatsApp Message for Official Group

**De-Worming Day : 10/09/2018 (Monday)**

**Dear Teachers**

We are organizing De-worming Day on 10.09.2018 in our school. Please refer to the Parental Circular (Circular Number : 243/OPJS/PC/2018-19) uploaded on the school website. The following procedure needs to be followed by the Class Teachers in this regard.

- For Middle & Senior Wing 8<sup>th</sup> period will be the CTs period & for Primary Wing 4<sup>th</sup> period will be the CTs period.
- The support staff will distribute the medicines to each class within the first 20 minutes of the CT's period.
- The CT will be responsible for administering the medicine to the students in their classes. Before giving the medicine CTs must ensure that students have taken their breakfast.
- The tablet (medicine) is chewable but students must consume sufficient amount of water after taking it.
- The CTs must not force any student to take medicine in case they refuse to take it.
- The CTs must record the medicine intake as per the format given below which will be provided to them with medicines.

No. of students who had taken medicine		No. of students who had refused to take medicine		No. of absentees	
Boys	Girls	Boys	Girls	Boys	Girls
Total strength of class -					

- The CTs must return the remaining tablets along with the filled format of medicine intake to the infirmary staff on the same day before leaving the school.

**Note :** In case of any confusion / further queries / problems class teachers may contact the school doctor / nurses in the infirmary.

**Dear All,**

We strongly believe in high standards of hygiene and sanitation providing healthy and hygienic life in our premises by adopting several measures to maintain cleanliness.

As a matter of policy it has been decided to increase the frequency of mosquito repellent fogging in the school & teacher's colony. It will be done every fortnight to inhibit the breeding of mosquitoes & other disease carrier insects.

It is further expected from all to ensure "No Stagnation" of water in your respective locations. If you notice any permanent stagnation of water may please be reported to the authorities.

Keep your air coolers clean and spray with kerosene oil / mosquito repellent to prevent larvae growth.

As per the directives received from Govt. of Chhattisgarh, parents of the students of classes Nur-VIII are communicated through SMS that their ward may wear full pant/leggings & knee-length socks to avoid any mosquito/insect bite during monsoon. Therefore, all are advised to allow the students in such cases.

The student(s) suffering from any infectious disease must be guided properly about the basic personal hygiene to avoid further spreading the infection. They may be asked/ allowed to resume the school after complete recovery under the consultation of qualified doctor.

**NOTE:** Do not get panic/spread/ pay attention to any rumor about any disease; instead we should take vigilant precaution to handle such unforeseen situation.

*R. K. Trivedi*  
Principal

**O. P. JINDAL SCHOOL, RAIGARH (CG) 496 001, INDIA**  
Phone : 03171711, 031711, 031712, 031713, 031714, 031715, 031716, 031717, 031718, 031719, 031720, 031721, 031722, 031723, 031724, 031725, 031726, 031727, 031728, 031729, 031730, 031731, 031732, 031733, 031734, 031735, 031736, 031737, 031738, 031739, 031740, 031741, 031742, 031743, 031744, 031745, 031746, 031747, 031748, 031749, 031750, 031751, 031752, 031753, 031754, 031755, 031756, 031757, 031758, 031759, 031760, 031761, 031762, 031763, 031764, 031765, 031766, 031767, 031768, 031769, 031770, 031771, 031772, 031773, 031774, 031775, 031776, 031777, 031778, 031779, 031780, 031781, 031782, 031783, 031784, 031785, 031786, 031787, 031788, 031789, 031790, 031791, 031792, 031793, 031794, 031795, 031796, 031797, 031798, 031799, 031800, 031801, 031802, 031803, 031804, 031805, 031806, 031807, 031808, 031809, 031810, 031811, 031812, 031813, 031814, 031815, 031816, 031817, 031818, 031819, 031820, 031821, 031822, 031823, 031824, 031825, 031826, 031827, 031828, 031829, 031830, 031831, 031832, 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## **I .SPECIALISED HEALTH PROGRAMMES**

### **De-worming and Vaccination**

The Ministry of Health and Family Welfare organizes specialized health programmes like De-worming and Vaccination Programmes .The Health and Wellness Club coordinates and conducts (in collaboration with government health officials ) those programmes by taking up the following initiatives .

- Training and sensitization of teachers about the programme
- Sensitization of students through assembly announcements
- Display of posters related to the programmes
- Drafting of parental circular and consent form
- Campaigns to popularize this initiative
- Support to the team of government doctors during vaccination



### **HYGIENE EDUCATION**

Students are also trained by teachers under the guidance of school doctor for encouraging them in adopting a healthy as well as hygienic lifestyle .these activities are planned and monitored by the Health and Wellness Club of our school .



### **CONCLUSION**

In fact the comprehensive health counselling programme attempts to favorably influence the habits, attitude and knowledge regarding general health & modify the behavior of students, teachers and other staff members towards the attainment of optimum health.

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