

School Health Program Report

As per the curriculum, 3 days School Health Program was conducted from 2081/04/23 to 2081/04/27 with the 40 students of PCL Nursing 2nd year along with 4 Nursing instructor of AMDA Institute of Health Science which was done in Shree Pandeni School, Damak-9, Jhapa.

Objectives of School Health Program

- To promote health awareness preventive care and healthy lifestyle practices among children.
- To assess general health status of under 5 children.
- To perform general physical examination to check for sign for health concern.
- To assess nutritional status of under 5 children to find out nutritional status.
- To provide age-appropriate information about health and nutrition to the children in school.
- To provide formal health education in various topics to the children.
- To promote use of safe drinking water in school.
- To motivate the children to keep school environment clean to prevent from illness and injuries.
- To promote healthy behaviors among the children that they will inculcate for life.
- To conduct Nutrition exhibition program for minimize nutritional problems include good dietary habits
- To create awareness about vaccine and vaccine preventable disease.

Activities:

On 23rd Sharwan 2081, 3 days School health program was conducted with the 40 students of PCL Nursing 2nd year in Shree Pandeni School, Damak-9, Jhapa.

On 1st day Appropriate setup was made for different class rooms including registration, visual acuity, height, weight measurement, BMI calculation and general dental checkup was done. A few cases of malnutrition, vision impairment and skin infection were identified and referred for further medical attention. Results of physical health checkup of students were also recorded in a record book. After the program students got information about their health status.

On 2nd day each student conducted formal health Teaching session in different classrooms on the topic of cleanliness, balanced diets, dental hygiene, different communicable disease, Environmental sanitation, hand-washing technique with demonstration. etc. Students were encouraged to speak openly about health-related issues.

On 3rd day Nutrition exhibition program: The nutrition exhibition program was organizing to provide information about proper nutrition and promote healthy eating habits in different age group. The program aimed to engage the students through informative display like poster, chart paper, Flip card etc. with the interactive session. The exhibition was divided into various sections based on nutritional need of different age group. It was conducted very well by students with the supervision of instructor. Information was also given about Posilo chatpate and method of making it with demonstration.

Conclusion

School Health program was completed successfully on the date of 2081/04/27 as per the objectives.

Glimpse of School Health Program



Thank You
AIHS, Damak