



HEALTH EDUCATION ESSENTIAL AT SCHOOL LEVEL

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Introduction :

Areas with in this education encompass environmental health, physical health, emotional health, intellectual health and spiritual health. It can be defined as the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintain of health. Health education as “any combination of planned learning experiences based on sound theories that provide individual, groups and communities the opportunity to acquire information and the skills needed to make quality health decision. That’s why health education very important in the Human life. And it is necessary to aware the children for the health education at the school level

Meaning of Health Education:

Healthy mind in a healthy body “is the ago-old Slogan and ideal of any civilized society. Hence, all those who are concerned with the growth and development of children should know the basis of child health and its preservation health education help an individual and the community to remain healthy. Based on “ hygiene education” which is derived from word hygea. Hygea is considered as the “Goddess of health” in Greek mythology which later developed as science of personal and social health education, therefore, is a vital aspect. Health education is the sun total of all those experiences derived from the school and other environmental situation that influenced health habits and attitudes of an individual, community and society “As the statement implies,” health education implies control of environment.

Definition of Health Education:

Health Education is the sum experiences which favrurably influence habits, attitudes and knowledge related to individual, community and social health.

- Wood Thomas

Health education is any combination of learning experiences to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes.

-World Health Organization.

Health is a place of complete physical mental and social well being and not merely the absence of disease of infirmity.

- Saini Kapil

Scope of Health Education :

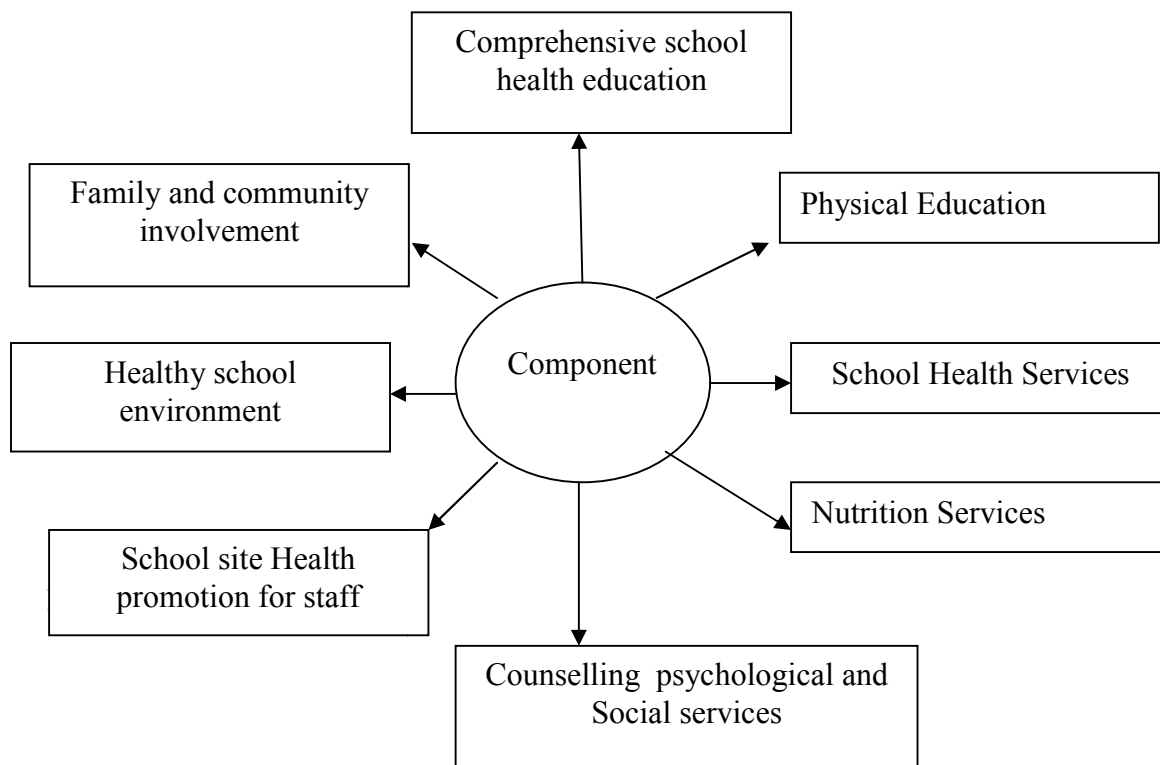
Health education is very vast term, it has a very wide scope. It is dependent and closely related to many other aspects, besides health. Thus aspects include housing, economic, security agricultural or industrial prosperity etc normally, health education includes the following.

1. Food and its importance in the development of human body.
2. Water, air, light, physical exercise, recreation rest and sleep etc.
3. Abnormal conditions and bad habits their adverse effect on the physical and mental of an individual.
4. Various ailment and diseases and their cause and always means of their prevention and cure.
5. Mental health, sex hygiene, domestic and community hygiene.

Thus we see that scope of health education is very wide indeed. It touches all branches of human life namely personal life school life and community life.

Component of Health Education :

There are various component of health education such as :



Physical activity among adolescents is consistently related to higher levels of self-esteem and lower levels of anxiety and stress. Physical education is very importance and In the Health education physical activity is positively associated with academic performance.

2) School Health Services :

Early childhood and school aged intervention program that provide parental support and health services are associated with improved school performance and academic achievement early intervention may also improve high school completion rates and lower crime.

3) Nutrition Services :

School breakfast programmes increase learning and academic achievement improve student attention to academic tasks, reduce visits to the school nurse and decrease behavioral problems.



School breakfast programme performance, absenteeism and tardiness among low income elementary school students.

4) Counselling Psychological and Social services :

A comprehensive intervention that combines teacher training parent education and social competency training for children long-term positive impacts including greater commitment and attachment to school, less school misbehavior and better academic achievement.

A school based social services program targeting students at risk for dropping out of school produced the following result, grade point average increased across all classes school bonding increased and self-esteem improved children who participated in a social service intervention almelat promoting student success by improving parent child and parent teacher communication showed improved academic performance.

5) Health School Environment :

The physical condition of a school is statistically related to student academic achievement an improvement in the schools condition by one category, say from poor to fair, is associated with a 5.5 point improvement in average achievement scores. Student who develop a positive affiliation or social bonding with school are more likely to remain academically engaged and less likely to be involved with misconduct at school.

6) School health promotion for staff :

Teacher who participated in a health promotion programme focusing on exercise, stress management and nutrition reported increased participation in exercise and lower weight better ability to handle job stress, and a higher level of general well being.

Students benefit from having healthy teachers because teachers are more energetic and absent less often and the school climate is move optimistic.

7) Family and community involvement :

Student whose parents are involved in their education show significantly greater achievement gains in reading and math than students with involved parents better attendance and more consistently completed home work.

Community activities that link to the classroom positively impact academic achievement, reduce school suspension rates, and improve school related behaviors.

8) Comprehensive School Health Education :

Reading and math scores of third and fourth grade students who received comprehensive health education were significantly higher than those who did not receive comprehensive health education.

Personal Health Habits :

Here are some personal healthy habit which should be developed among student at school level.

1. Wake up early in the morning.
2. Go for toilets and bath at morning.
3. Does working walk and exercise for good health.
4. Do breakfast everyday it must be light.
5. Take lunch at appropriate time in afternoon.
6. Little rest required for next work.
7. Watch T. V. with family to entertainment.



8. Wear cloths of cotton and loose.
9. In summer don't use rubber chapels.
10. Don't spend more time afternoon sunlight.
11. Wear woolen cloths in winter.
12. Plant flowering plants and give them water every day.
13. Keep attention to your studies.
14. Give attention to your studies.

For having good and happy life keep food, clearness and regularity with this increase in life time takes place. Thus school is places in which all individuals of the some and come together they are places in which preventive measures focused on specific themes are implemented they are a specific environment in themselves.

Conclusion

From the above discussion it is clear that today student require health education for there physical, mental and intellectual development.

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