

A.S.D Government Degree College for Women (Autónomous), Kakinada



Adolescent Health and Wellness Programme

Department of Home Science

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Adolescent Health and Wellness Programme

Introduction: Home Science Department organized an awareness programme on health, hygiene, and nutrition in primary schools of Jagannaickpur for two weeks every academic year. The programme aimed to educate students, faculty, and community members on the importance of maintaining good health, proper hygiene, and balanced nutrition for overall well-being.

Awareness programme on health, hygiene, and nutrition is important for school children because it helps them develop healthy habits from an early age. Good hygiene practices prevent the spread of diseases, ensuring a healthier school environment. Learning about balanced nutrition enables children to make better food choices, supporting their physical growth and cognitive development. Additionally, these lessons promote overall well-being, reduce absenteeism due to illness, and encourage lifelong healthy behaviours. By educating children, the programme also creates a ripple effect, as they share their knowledge with their families and communities, leading to a healthier society.

Objective of the Programme The primary objective of the awareness programme was to enhance the knowledge and understanding of school children personal hygiene, menstrual hygiene, Nutritional requirements of adolescents, prevention of common diseases through proper hygiene and dietary practices, importance of mental health.

Brief Report of the practice

The programme is conducted in the nearby Government schools in Jagannaickpur, Kakinada. Usually the programme is conducted for two weeks on working days. Two hours per day are allotted to conduct this programme. The students of class IX are usually allotted for conducting this programme by the school authorities as the students of Class X have a busy schedule of the academics. Students of B.Sc. under the guidance of the department staff are involved in creating awareness among the school going girls on various issues of health, hygiene and nutrition. This serves as a learning experience for the B.Sc. Home Science students regarding the preparation of the teaching aids as well as in teaching the topics allotted to them

Eminent health professionals and nutritionists are invited to enlighten the children on Healthy dietary habits and their impact on physical health, Personal and dental hygiene to prevent infections, nutritional needs for different age groups. Identification of Nutritional disorders is conducted for the school girls and the necessary instructions are given to improve their nutritional status. The staff and students conduct various sessions to educate students on importance of mental health, gender sensitization, and anaemia. Male and female reproductive system is explained to the students and also many doubts of the students are cleared about the existing taboos on menstruation. Students are enlightened on communication and other 21st century skills that are required for succeeding in their future endeavours. Role plays are conducted to educate students on child abuse by using puppets and they also educated on how to identify and report abuse. The knowledge levels of students is measured on the concerned topics before and after the completion of the programme to assess the success of the programme.

The Home Science Department plans to conduct similar initiatives in the future to further promote awareness on health, hygiene, and nutrition. The event was a step towards building a healthier and more informed society.

Glimpses of the Programme

Lighting the Lamp and Prayer Song during the inauguration



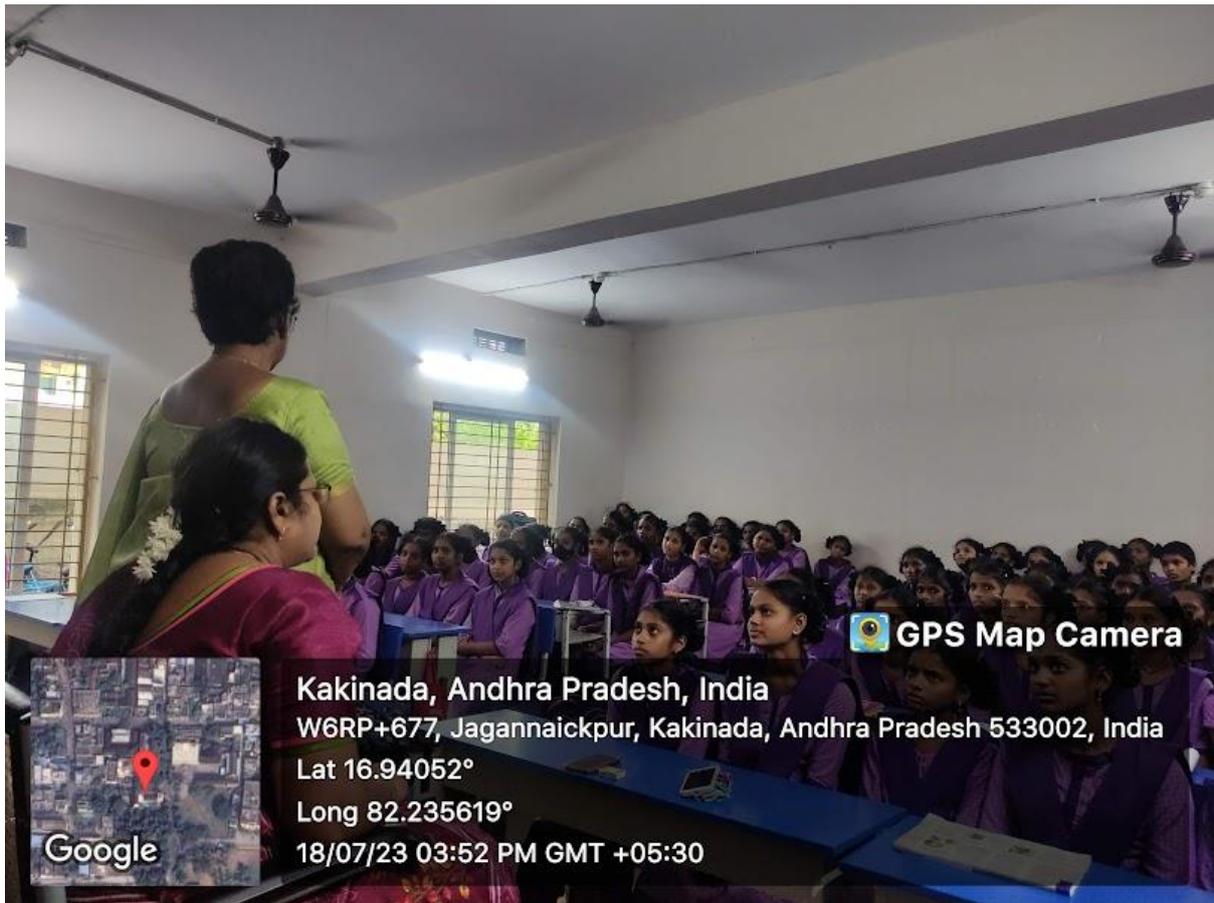
Principal Dr.V. Anantha Lakshmi opening Remarks about the programme



School Head Master explaining the importance of the programme to the students



Smt.M.Suvarchala, of HOD Home Science addressing the students



Pre-test for assessing the awareness levels of the students



B.Sc. Home Science students conducting a Role Play on Child Abuse



Dr.G.Anitha, Faculty of Home Science conducting a session on Adolescent Nutrition



Psychiatrist Dr. Komala conducting a session on Importance of Mental Health



Conducting Post-test for the students to test the awareness levels after the programme





LECTURE ON DIGESTIVE SYSTEM BY 2 BSC(HSC)



1 BSC(HSC) STUDENTS ASKING FEEDBACK ABOUT THE LECTURES.

LECTURE ON SANITATION AND HYGIENE



LECTURE ON FOOD ADULTERATION.

LECTURE ON VITAMINS TO 'V class' CHILDREN



LECTURE ON THE FOOD ADULTERANTS

LECTURE ON DIGESTIVE SYSTEM.



LECTURE ON 'FIVE FOOD GROUPS'

Handwritten signature

10 DAYS AWARENESS ELM ORIENTATION PROGRAMME ON NUTRITION, HEALTH AND HYGIENE TO SCHOOL CHILDREN.

MUNICIPAL PRIMARY SCHOOL.



Fig 1: Principal Dr. D. Ratnagiri Usha addressing the students



Fig 2: Smt. K. Lavanya, Lecturer in Home Science explaining about the programme

USING CHARTS



Fig 3: class on cardiovascular systems



Fig 4: class on Environmental Pollution

USING MODELS



Fig 5: Students explaining structure of Heart with model



Fig 6: class on Importance of Foods & Nutrition

STUDENTS WRITING AN EXAMINATION.



Fig 7: Students writing an exam after 10 days training programme.



Fig 8: III B.Sc students (trainees) with school children at valedictory function



Awareness on hygienic practices





DEMONSTRATION ON HAND WASHING



Hygiene Hand Washing



Environmental Hygiene



Healthy Food Habits



Awareness on Communicable Diseases



Session on Anemia



Reproduction and Growth



Awayness on "Good touch, Bad touch"