



HEALTH EDUCATION AT SCHOOL LEVEL

Dr. Babaso Nivrutti Ulape.

Associate Professor,

Department of Physical Education,

Mahavir College, Kolhapur

INTRODUCTION:

Areas within 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 aliment 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.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.

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 more optimistic.

FAMILY AND COMMUNITY INVOLVEMENT:

Students whose parents are involved in their education show significantly greater achievement gains in reading and math than students with uninvolved 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.

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 habits which should be developed among students at school level.

1. Wake up early in the morning.
2. Go for toilets and bath in the morning.
3. Do regular walking 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 for entertainment.
8. Wear clothes of cotton and loose.
9. In summer don't use rubber shoes.
10. Don't spend more time in 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 same 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 their physical, mental and intellectual development.

REFERENCES:

1. Didier J. (2011) Health Education in School The challenge of Teacher Training Retrieved on 26 sept2013 from [://http.www.inpes.santer.fr/1380-pdf](http://www.inpes.santer.fr/1380-pdf).
2. National Rural Health Mission School Health checkup Program -(2012-2013) in EducationDepartment Maharashtra
3. Osborne.H. (2012). Health Literacy Retrieved on 26 sept 2013 from [://http.www.Health Literacy.com](http://www.Health Literacy.com).
4. Saini.K.(2012).Meaning and Definition of Health Education On 26 sept 2013
5. from [://http.www.Persevearticles.com](http://www.Persevearticles.com)
6. Wilson.C.andWilson.E.(march, 1963). Health Education A basic Component Retrieved on 26 sept2013 from [://www.ascd.org/Ascd/pdf/Journals /ed-lead/ed-196303- Wilson Pdf](http://www.ascd.org/Ascd/pdf/Journals /ed-lead/ed-196303- Wilson Pdf).