**AKAL COLLEGE OF NURSING,**

**ETERNAL UNIVERSITY**

**BARU SAHIB**

***REPORT***

***OF***

***SCHOOL HEALTH PROGRAMME***

**SUBJECT: COMMUNITY HEALTH NURSING – II**

**Prepared By**

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**Akal College of Nursing**

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**INTRODUCTION**

**BARU SAHIB** also known as the “Valley of Divine Peace”, the land of meditation {tapobhoomi}, is the realization of the vision of SANT ATTAR SINGH JI, mastuane wale [1866-1927]. It spread over 400 acres and located in a remote corner of Himachal Pradesh, India, is ensconced amidst the sylvan surroundings of the Himalayas.

The students of B.Sc Nursing 4th year, Akal College of Nursing, Baru sahib conducted a school health program at model school from 22 November to 27 November 2021. Mr. Muthu Kumaran and Mrs Chanchal lata faculty of Community Health Nursing were guided the students for successfully carrying out the program.

There were around 250 students in the model school. During the visit observed the health conditions of the students and sanitation, ventilation in classrooms, environmental hygiene. This report on school health program will provide a short review about the health status of model school children.

**OBJECTIVES:-**

At the end of the school health program students are able to:

1. Observe the infrastructure and health practice adopted by the model school.
2. Conducting the health checkup
3. Identifying the common health problem in school children.
4. To provide awareness to students regarding the management of these problems.
5. Gather data, analyze and interpret the findings in term of knowledge , practices regarding health in school.
6. Appreciate working together as a team.

**AKAL COLLEGE OF NURSING  
ETERNAL UNIVERSITY**

Baru Sahib, Rajgarh, Distt. Sirmaur, HP

**SCHOOL HEALTH ACTIVITY SCHEDULE**

|  |  |  |
| --- | --- | --- |
| **DAY** | **DATE** | **ACTIVITY** |
| **Day 1** | **22/11/2021** | * **Observation of School Facility** * **Basic Health Check Up** * Basic Health Examination of students |
| **Day 2** | **23/11/2021** | * **Basic Health Check Up** * Basic Health Examination of students |
| **Day 3** | **24/11/2021** | * **Nutrition Day** * Exhibition on Nutritional food and nutritive items |
| **Day 4** | **25/11/2021** | * **Assessment of Knowledge on Existing Problem** * **Teachers Meeting** |
| **Day 5** | **26/11/2021** | * **Health Awareness Programme** * Health Related Play, Songs, Vegetable & Fruits Dance, Skit & Quiz * **Assessment of Knowledge after Health Education** |

**DAY 1 : SCHOOL OBSERVATION**

**Name of school:** Model School

**School structure population:** Male Students (79) : Female Students (91)

{total population=170}

**Medium of language:** Hindi , Punjabi, English

**OBSERVATION OF SCHOOL**

**Health facilities at classroom:**

|  |  |
| --- | --- |
| **appropriate** | **Lacking measures** |
| Adequate space to work safely | Inadequate lighting |
| Clean and tidy classroom | Doors, windows, locks not present |
| Non slippery surface | Ventilation not appropriate |

**SAFE AND HEALTHY ENVIRONMENT**

|  |  |
| --- | --- |
| **Appropriateness of parameter** | **Lacking parameter** |
| Clean drinking water available. | toilet facilities not adequate |
| Teachers support those in distress | no dustbins in classroom |
| First aid box available | no canteen in school |
| Support available for teachers involved in violent incidents | No mid day meal scheme in operation |

**FIRE SAFETY AND EMERGENCY RESPONSE**

|  |  |
| --- | --- |
| **Appropriateness of parameter** | **Lacking parameter** |
| Fire control equipment is easily accessible | Audible evacuation alarm not present |
| School practice mock drill | Evacuation routes are not prominently displayed |

**HEALTH PROMOTING POLICIES AND PRACTICES IN SCHOOL**

|  |  |
| --- | --- |
| **Appropriateness of parameter** | **Lacking parameter** |
| There is proper liaisoning with health care providers | There is no health promotion policy |
| School promote health practices in community | There is no policy to tackle health emergencies |

**FAMILY AND COMMUNITY INVOLVEMENT**

|  |  |
| --- | --- |
| **Appropriateness of parameter** | **Lacking parameter** |
| School encourage family and community involvement | PTA does not address health issues |
| There is a functional parent teacher association |  |

**DAY 1 and DAY 2 : HEALTH ASSESSMENT**

**Vital statistics**

|  |  |  |  |
| --- | --- | --- | --- |
| **SR.NO** | **GENDER** | **FREQUENCY** | **%** |
| 1 | MALE STUDENTS | 79 | 46.47 |
| 2 | FEMALE STUDENTS | 91 | 53.52 |

INFERENCES: The total number of students covered under health checkup are 170 out of which 46%are males and 53% are females.

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**Anthropometric**

|  |  |  |  |
| --- | --- | --- | --- |
| **SR.NO** | **DEGREE** | **FREQUENCY** | **%** |
| 1 | UNDERWEIGHT | 5 | 3 |
| 2 | OVERWEIGHT | 8 | 4 |
| 3 | OBESITY | 6 | 4 |
| 4. | NORMAL | 151 | 89 |

INFERENCES: out of 170 population of students 4% students are overweight, 2% are underweight and 3% are on risk.



**Eyes, nose , and throat examination**

|  |  |  |  |
| --- | --- | --- | --- |
| **SR.NO** | **HEALTH CONDITION** | **FREQUENCY** | **%** |
| 1 | otalgia | 11 | 6.58 |
| 2 | Sore throat | 17 | 10 |
| 3 | epistaxis | 29 | 13.52 |
| 4 | tonsillitis | 15 | 8.82 |

INFERENCES: out of 170 students 6.5% are having otalgia, 10% are having sore throat and 13.52 % students have epistaxis and 8.82% are having tonsilitis.



**Dental health**

Total:170

|  |  |  |  |
| --- | --- | --- | --- |
| **SR.NO** | **DENTAL HEALTH** | **FREQUENCY** | **%** |
| 1 | Dental carries | 98 | 57.64 |
| 2 | Toothache | 32 | 18.82 |

INFERENCES: out of 170 students 57.64% are having dental carries and 18.82 are having toothache.



**Respiratory:**

|  |  |  |  |
| --- | --- | --- | --- |
| **SR.NO** | **RESPIRATORY PROBLEM** | **FREQUENCY** | **%** |
| 1 | Shortness of breath | 5 | 2.94 |
| 2 | Normal breathing | 165 | 97.05% |

INFERENCES: Out of 170 students 2.94% have SOB .



**Eye**

|  |  |  |  |
| --- | --- | --- | --- |
| **SR.NO** | **ABNORMALITY IN EYE** | **FREQUENCY** | **%** |
| 1 | Visual acuity | 11 | 6.47 |
| 2 | Blurry vision | 1 | 0.58 |

INFERENCES: out of 170 students 6.47 % are having visual acuity disturbance and 0.58% have blur vision



**General consultation**

|  |  |  |  |
| --- | --- | --- | --- |
| **SR.NO** | **GENERAL PROBLEMS** | **FREQUENCY** | **%AGE** |
| 1 | ANEMIA | 26 | 15.29 |
| 2 | SORE THROAT | 17 | 10 |
| 3 | DEHYDRATION | 24 | 14.11 |
| 4 | PAIN | 16 | 9.41 |

INFRENCE: out of 170 students 15.29% are having anemia , 10% are having sore throat , 14.11% are having dehydration and 9.41% are having pain.

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**CONCLUSION:**

After conducting health checkup we found that out of the total population of students i.e 170 none were having any serious health complication while a moderate number of children had common health issue.

**DAY 3 : NUTRITION DAY**

Food is the basic necessity of life. Everybody eats food and most people enjoy it. Life cannot be sustained without adequate nourishment. The concern of today’s health is the maintenance as well as the restoration of health. It may also be defined as the science of food and its relationship to health. It is concerned primarily with the part played by nutrients in body growth, development and maintenance.

On day 3 observed as a Nutrition day, we have done an exhibition on various nutritious diets by displaying the prepared foods, Nutrients chart and benefits were explained to the students. The following aspects were emphasized during the event:-

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***Nutrition:*** Nutrition is the science of food and its interaction with an organism to promote and maintain health.

**Nutritional status:** It is the condition of the body as it relates to consumption and utilization of food. It may be good nutrition or poor nutrition.

***Good nutritional status*:** Good nutrition means ‘maintaining awell-balanced diet which supplies all the essential nutrients to meet the body’s requirements.

***Poor nutritional status*:** Poor nutrition means ‘maintaining inadequate or even excessive intake of food.

***Malnutrition*:** It refers to the physical effects on the human body of a dietary intake inadequately in quantity and/or quality.

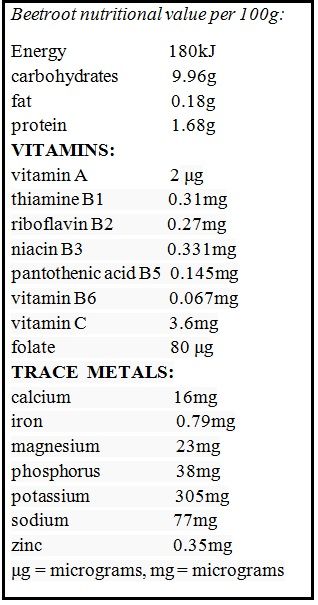
***Under nutrition*:** It refers to low food intake.

**Nutrients:** Nutrients are chemical compounds of food that supply nourishments to the body.

**VEGETABLE SANDWICH**



|  |  |  |
| --- | --- | --- |
| **NUTRIENTS** | **VALUE PER SANDWICH** | **% DALY VALUES** |
| ENERGY | 266 CAL | 13% |
| PROTEIN | 5.8 g | 11% |
| CARBOHYDRATES | 41.2 g | 14% |
| FIBER | 3.7 g | 15% |
| FAT | 8.7 g | 13% |
| CHOLESTROL | 25 mg | 6% |
| **VIATMINS** | | |
| VITAMIN A | 1098.5 mcg | 23% |
| VITAMIN B1 | 0.2 mg | 20% |
| VITAMIN B2 | 0.1 mg | 9% |
| VITAMIN B3 | 1.3 mg | 11% |
| VITAMIN C | 34.7 mg | 87% |
| VTAMIN E | 0.5 mg | 3% |
| FOLIC ACID | 31.2 mcg | 16% |
| **MINERALS** | | |
| CALCIUM | 51.8 mg | 9% |
| MAGNESIUM | 51.7 mg | 15% |
| IRON | 1.8 mg | 9% |
| PHOSPHOROUS | 60.4 mg | 10% |
| SODIUM | 118.8 mg | 6% |
| POTASSIUM | 225.1 mg | 5% |
| ZINC | 0.7 mg | 7% |

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**COCONUT LADOO**

**Nutrition Value**

**Amount per serving : 20g**

**Calories : 93.4Kcal**

**Net Carbohydrate : 2.8Kcal**

**Dietary Fibre : 1.7Kcal**

**Total Carbohydrate : 4.5Kcal**

**Total Fat : 7.3Kcal**

**Protein : 2.5Kcal**

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**BENEFITS:**

* **Helps in regulating blood pressure**
* **Support immune system**
* **Stimulate weight loss**
* **Soothes toothache and cleanses teeth**
* **Assist in fever and cold relief**

**LEMON TEA**

**BENEFITS :**

* **Build stamina and immunity.**
* **Prevent tooth loss**
* **Reduce risk for cancer**
* **Reduce cholesterol**
* **Improves blood circulation**
* **Tones muscles and skin.**

**GREEN TEA**

**DRY FRUITS AND THEIR NUTRITIVE VALUES**

**[1]..Almond (28gm serving of almond)**

. Protein 6gm

.Fiber 4gm

. Vitamin E 35%of RDA

. Mg 20% of RDA

. Cl 8% of RDA

**[2]..Cashews(kaju)**

.Protein 5gm

. Fiber 1gm

. iron 11% of RDA

. Copper 67% of RDA

. Carbs 9gm of RDA

. Fat 12gm

. 157 calories

**[3]..Dates (7gm serving )**

.Protein 0.2gm

.Fiber 0.6 gm

.Sodium 0.14 mg

.Carbs 5.3gm

.Calories 20

**[4]..Walnuts (28 gm of serving**)

.Protein 4.3 gm

.Fiber 1.9 gm

.Carbs 3.9 gm

.Fats 18.5 gm

.Suger 0.5 gm

.Calories 185

**[5]..Raisins (kishmish)(28 gm of serving)**

.Protein 0.5gm

.Fiber 0.6gm

.Sodium 3.6gm

.Carbs 11gm

.Suger 9.1 gm

.Calories 42

**[6]..Peanuts (100gm)**

.Fat 49 gm

.Sodium 18mg

.Potassium 705mg

.Carbs 16 gm

.Protein 26 gm

|  |  |  |
| --- | --- | --- |
| 1. | **TOTAL FAT** | **0** |
| 2. | **CHOLESTEROL** | **0** |
| 3. | **CARBOHYDRATES** | **0.2g** |
| 4. | **SUGAR** | **0** |
| 5. | **PROTEIN** | **0.2** |
| 6. | **VITAMIN C** | **6mg** |
| 7. | **IRON** | **0.2mg** |
| 8. | **CALORIE** | **0** |

**AMOUNT IN 1CUP OF CHICKPEA**

**Energy(Calories) : 267**

**Protein (g) : 14.4**

**Fat(g) : 4.2**

**Carbohydrate(g) : 44.7 including 7.8g of sugar**

**Fiber(g) :12.5**

**Calcium (mg) :80.4**

**Iron (mg) :4.7**

**magnesium (mg) :78.7**

**Phosphorus (mg) :274**

**Potassium (mg) :474**

**Zinc(mg) : 2.5**

**Copper (mcg) :0.6**

**Selenium (mcg) : 6.1**

**Vitamin C(mg) :2.1**

**Folate (mcg) :280**

**Choline (mg) :69.7**

**Beta carotene(mcg) :26.2**

**Vitamin E(mg) :0.6**

**Vitamin k(mcg) :6.6**

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**NUTRITATIVE VALUE OF FRUIT SALAD**

**APPLE**

* Calories 95 kcal
* Fibers 4.4 gram
* Protein 0.5 gram
* Fat 0.3 gram
* Carbohydate 25 gram

**BANANA**

* Energy 89kcal
* Protein 1.1gram
* Carbohydrate 23gram
* Fat 0.3gram
* Fiber 2.6gram

**GUAVAVA**

* Protein 4.2gram
* Fiber 8.9gram
* Fat 1.6gram
* Calories 112kcal

**POMEGRANATE**

* Calories 128kcal
* Fiber 6gram
* Protein 3gram
* Fat 2gram



**NUTRITION FACTS**

**Amount per serving**

* Calories 99.93
* Calories from fat 25.11
* Total fat 2.79 gram
* Cholesterol 5.52mg
* Sodium 54.88mg
* Carbohydrate 13.91gram
* Fiber 1.27gram
* Protein 3.49gram
* Vitamin A 295.74mcg
* Calcium 24.71mg
* Vitamin C 606.4mg
* Iron 0.21mg
* Potassium 77.95mg



**NUTRITIONAL FACTS 1CUP OF GREEN GRAM SPROUT**

**Calories : 217**

**Protein : 15.6g**

**Carbohydrate : 36.8g**

**Fat : 0.84g**

**RECOMMENDED DAILY ALLOWANCE**

**High fiber : 10.85g : 43.4% of RDA.**

**Protein : 15.6g : 28.4% of RDA**

**Zinc : 1.95mg : 19.5 % of RDA**

**Calcium : 80.6g : 13.4% of RDA**

**Iron : 2.86g : 13.6% of RDA**

**Potassium : 547 mg : 11.6 % RDA.**

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**NUTRITIVE VALUE OF TURMERIC MILK**

Energy 255kcl

Protein 8.6g

Carbohydrate 15.8g

Fiber 0g

Fat 13g

Cholesterol 32 mg

**Vitamins**

Vitamin A 320mcg

Folic Acid 11 mcg

**Minerals**

Calcium 420.4mg

Iron 0.4mg

Magnesium 38.1mg

Phosphorus 260.3mg

Sodium 38.3mg

Zinc 0.6mg

**BENEFITS OF TURMERIC MILK**

* Clears the skin
* Helps in digestion
* Purifies the blood
* Boost heart rate
* Improves blood circulation

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**QUAKER OATS – OATS W/ MILK/SUGAR**

Serving size : 1 cup

**TOTAL CALORIE** : 436 cal

72% carbohydrate, 12% fat, 16% Protein

***Nutritional Info***

**Carbs 80g**

**Dietary Fiber 8 g**

**Sugar 26g**

**Fat 6 g**

**Saturated 1 g**

**Polyunsaturated 2 g**

**Monounsaturated 2 g**

**Trans 0 g**

**Protein 18 g**

**Sodium 130 mg**

**Cholesterol 5 mg**

**Vitamin A 10 %**

**Vitamin C 4 %**

**Calcium 30 %**

**Iron 20%**

**JUNK FOOD**

HARMFUL EFFECTS

* Obesity
* Cardiovascular disease
* Learning and memory problems
* Loss of appetite and digestion
* Mental impact leading to depression
* Inadequate growth and development



**DAY 4 : TEACHERS MEETING**

On day 4 teachers meeting was conducted for Model School teachers regarding the health problems identified through Health Checkup and Observation of the School.

Ms. Prakchi & Ms. Sheena and Ms. Tstakshi 4th year B.Sc.(N) students Leader were presented the detail report on Observation of school with regard to Health and safety of the students. Recommendations were discussed with the teachers.

**DAY 5 : HEALTH EDUCATION PROGRAM**

On day 5 Mass Health Education Program was conducted for Model School Children based on the health problems identified through Health Checkup and Observation of the School.



Ms. Prakchi & Ms. Sheena and Ms. Tstakshi 4th year B.Sc.(N) students Leader were welcomed the gathering and Dr. Raina, I/c Principal, Model School, felicitated the gathering as a Chief Guest of the Program. The students were actively participated in the quiz competition and they were awarded with prize.







Health Education on Reproductive and Sexual Health and Menstrual Hygiene was given to the adolescents girls of Model School.



**CONCLUSION**

We conducted school health program from 22/11/2021 to 26/11/2021 after getting the formal permission. We involved 270 students for school health program among them 170 students were participated in basic health checkup. During this program we have involved in health Checkup and School environment observation for health and safety of the student studying at the school. We have conducted Food exhibition for healthy food habits and benefits of good nutrition were thought to the students. And we have organized Teachers meeting and Mass Health Education program for the students based on the health problems identified among the students.

