

# Report on School Health Week Celebration at Malda

March, 2016



## SCHOOL HEALTH WEEK CELEBRATION

District SBCC Cell Malda organized School Health Week in 20 selected school of Gazol, Habibpur and Bamangola block of Malda district with convergence of Health and Education department, supported by UNICEF. The School Health Week was celebrated from 21<sup>st</sup> – 31<sup>st</sup> Mar 2016. A total of 4190 adolescents were covered under this program amongst them 2940 were girls and 1250 were boys. The program was designed keeping in mind not only physical health but also mental health was a main focus area.

### Activities undertaken during the School Health Week Celebration:

- Health Checkup
- Quiz Competition
- Drawing Competition
- Sensitization on adolescent issues
- Counseling by ANWESHA

The following table gives the detail of the schools:

S.No	Name of the Block	Date	Name of Schools
1	Gajol	21.03.16	Dhaoel High School
2			Amsole High School
3			Masaldighi S.B Bidyapith(H.S)
4		22.03.16	Badnagra High School
5			Dohil High School(H.S)
6			Garadhul High School (H.S)
7			Bairgachi High School
8	Habibpur	28.03.16	Singabad Tilason High School
9			Jagajibanpur High School
10			Palashdanga Jr.High School
11			Kendu Danga High School
12	Bamangola	29.03.16	Olandar Jr. High School
13			Amratali Jr.High School
14			Garapara Jr. High School
15		30.03.16	Khutadaha r.c. High School(H.S)

16			Nababnagar k.k.j.k. Vidyapith (H.S)
17			Shon Ghat High School
18	Habibpur	31.3.06	Jamalpur Jr.High School
19			Srirampur Anchal High School
20			Niyamatpur Krishnapur Jr.High School

- **Health check up** of students from class V to X was conducted in support with the health department. Medical officer, Asha and Anwsha counselor were present to address changes and challenges faced by adolescents, Height and weight measurement, general check up and generating awareness on maintaining proper health and hygiene were the focus areas.



Health Check up going on at Jagjibanpur High School

- **Drawing competition** for class VIII, IX and X on a thematic area. The schools gave themes like how the student perceive their society, what changes they want to see in their society, where do they see themselves in their society five years down the lane, etc. The students brought their creative ideas and discussed with the class and others. A participatory discussion was done before the competition to enable them to understand the importance and objective of the competition.



Drawing on 'Where am I now and where do I want to see myself in future?

- **Quiz competition** of health issues to map the knowledge and awareness of the adolescent was done with students of class VIII, IX & X. Question for the quiz were mainly based on health and sanitation, nutrition and illnesses related issues. The students participated in the competition, answered every question properly with great enthusiasm.. The students seen very enthusiastic about the competition. (FIG)

- **Sensitisation session** with students of VIII, IX and X in 6 sample schools to sensitise the adolescents. The session focused on aspiration mapping, psycho social health, child rights, motivating the adolescents to become change maker, understanding SBCC for bring behavioural change in the society, etc through theatrical activities.



Quiz Competition at Mashaldighi High School, Gazol



Student's representative taking pledge to create awareness on proper sanitation

## ACTIVITIES UNDERTAKEN

### ***Understanding Adolescent and their issues:***

Adolescence is a transitional stage of physical and psychological human development that generally occurs during the period from puberty to adulthood. The period of adolescence is most closely associated with the teenage years, though its physical, psychological and cultural expressions may begin earlier and end later. The adolescents were asked in a participatory discussion about the knowledge of adolescent age, changes in mental health and adoption issues surrounding their changing environment.

This was done using a theatrical activity with the concept of  $1+1 = 1$ . Firstly the students could not understand the idea but later using water and mixing it together to prove that only physical or mental is not the component of good health but for overall development of an adolescent both mental and physical health is necessary.

Understanding SBCC and being a change maker: through various activities the concept of SBCC was demonstrated to the students. BCC was also discussed as it is an important aspect of social behavior change. The adolescents were asked if they would like to be a change maker to build a child friendly environment around them. The answer was satisfactory as mostly everyone said that they would really want to be a part of the social change. Their voice was never heard before in their family or society so if they are given an opportunity then they can also serve themselves for the society. A group of student from Mashaldighi Sihbrati High



Session with Anwasha Counselor at Khutadaha High School, Habibpur



Understanding SBCC for being a change maker

School of Gazol block said that they would like to have a bathroom in school as they know how bad it is for their health to defecate openly. Many participants took a pledge of cleaning their school and its surrounding on a regular basis with the monitoring of their teachers. They were suggested to upload those pictures at the SBCC Cell's social networking site.

### ***Seven needs of my life to grow up***

The students from class VIII to X were given an activity sheet to know their needs for growing up as a successful adult. Overall 4190 students participated in this activity. The students mainly were given seven blank circles to fill with their needs on priority basis. Before the activity the participants were given a brief through theatre based activity for better understanding of the objective. Mostly all the participants said that their primary need in life is good education, food and health. Many said that they need big house, car and money to travel across the globe. Few of them said that they cannot speak to elders regarding their love affairs so they want to speak to their parent or the person they love. Many of the participants said that they need a child friendly environment around them where they will not be subjected to social evils like child marriage, child labour and they get the right to education, good nutritional food and most importantly a platform to speak freely.



Students filling up the activity sheet

### ***Trust Building***

This activity was done to understand the circle of trust the adolescent live within. They had to fill up a paper where they mentioned people close to them and gradually moved to the people not so close to them. Adolescents find it difficult to trust people around them and speak what is going on inside them. They have a lot to ask about the changes they face inside them as well as in their overlook about the surrounding. This activity helped in knowing whom they can open up to about their queries.

Almost all the participants mentioned that their closest person is their mother. For the rest it was their father, siblings, close relatives and grandparents.



Activity to understand circle of trust



Participant filling up the activity sheet

It was found that the adolescents are more close to their mother and trust them to speak their heart. The last person in their circle of trust was their close relatives like uncle, aunt and grandparents. They also trust their friends but not to the extent where they can take them into confidence. During the course of discussion, it also came out that they are very close with few teachers in their class and seek help during problems.

### ***Know who violates your rights***

Adolescent often cannot judge who violates their rights. They do not have understanding of their rights as well. This activity was done to make them understand about their rights like right to education, right to good health and nutrition, right to protest against any form of exploitation, right to have their own opinion, etc. through participatory discussion it was aimed to know about their understanding on the topic. Through a theatrical activity they were shown how their rights are violated and how they can know if it is violated. Later they were given an activity sheet where they had to mention relationships who they think violates their rights.

Through this it was measured that a child is mostly scared of their near ones. They have mentioned that they are mostly scared of their parents, uncles and aunts who do not allow them to come to school regularly or make them indulge in household chores. Some have mentioned that they are also afraid of their neighbours or even political leaders. Few said that they have been subjected to change their routes for school or marketplace due to local goons harassing them or passing indecent comments.

Rights of adolescents get violated and they are unaware of it since they do not have the understanding about their rights. They do not always get a platform to share this as well. Rights are thus violated inside their house within the known periphery as well as outside their house. They were suggested to speak about this to their teacher whom they can speak freely or to the Anwasha counsellor.



Activity to understand child rights



Students filling up the activity sheet on who violates your rights

### ***Secret sharing or untold stories***

Though adolescents who are undergoing physical and mental changes have many queries regarding human relationships and the changes they undergo they feel inhibited to discuss such topics. Often they do not have trusted source of information or persons to whom they can confide. Discussions with adolescents have shown that they are mostly not given importance or are not heard. This activity was designed to give them chance to share their untold stories. They were provided with an activity sheet and were asked to share what they cannot speak to others. Participants showed enthusiasm and wrote about what they could not speak till date. Many of them wrote that they



Activity secret sharing or untold stories

want to be heard by others and with importance. Many of the participants wrote about their love affairs and how they are unable to speak about it to the loved one. Few girls wrote about not getting equal status as boys in their house. Few said that since they belong to the tribal area and follow tribal language so they find it difficult to communicate in their school.

### ***Be a change maker & drawing up action plan***

Adolescents were motivated to bring changes in society. They were asked what changes they want to see in their society and many came up with interesting suggestions. Almost everyone said they want education for all, elimination of social evils like child marriage, child labour, gender inequality, etc. They wanted to reduce school dropout, keep their house and surrounding clean. They wanted to save the planet by growing more trees. In this activity representatives were elected within the classroom and one or two topics were selected which they will be pursuing in the coming month with the help of teachers or head master. The following table gives a detail of action plan drawn in six schools of Malda:



Adolescents taking pledge as a change maker

<b>Action Plan drawn by Schools, Malda</b>			
<b>Name of School</b>	<b>Action Plan</b>	<b>Class</b>	<b>Support from</b>
Mashaldighi Shib brata High School	Cleaning the surrounding of the school	IX - X	Teachers/ Headmaster
Bairgachi High School	Drop out List in the school	IX - X	Teachers/ Headmaster
Jagjibanpur High School	Keeping school clean & Skit on prevention of Child Marriage	VIII - X	Teachers/ Headmaster
Olandar Jr. High School	Sanitation for all & reducing absenteeism	VIII - X	Teachers/ Headmaster
Srirampur Anchal High School	Cleaning the surrounding of the school & Prevention of Child Marriage	VIII - X	Teachers/ Headmaster
Khutadaha High School	Prevention of Child marriage & School dropout list	VIII - X	Teachers/Headmas ter

#### WAY FORWARD

The following activities will be taken in the month of April 2016:

- Follow up with the action plan drawn in the six schools.
- Monitoring the activities undertaken in the schools
- Planning for health week celebration in other schools of Malda



**ANNEXURE – I TOTAL OUT REACH IN SCHOOL HEALTH WEEK CELEBRATION**

<b>Total Outreach</b>									
<b>Period from 21 March 2016 to 31st March 2016</b>									
<b>Sl . No</b>	<b>Name of the Block</b>	<b>Date</b>	<b>Name of the Schools</b>	<b>Contact Number</b>	<b>Health Check Up</b>	<b>Drawin g</b>	<b>Qui z</b>	<b>Sensitizatio n Session</b>	<b>Gran d Total</b>
1	Gajol	21.03.16	Dhaael High School	94748511 69	60	65	100	-	225
2			Amsole High School	94349812 93	150	105	40	-	295
3			<b>Masaldighi S.B Bidyapith (H.S)</b>	<b>97350681 23</b>	-	<b>15</b>	<b>30</b>	<b>146</b>	<b>191</b>
4		22.03.16	Badnagra High School	99335164 38	170	30	35	-	235
5			Dohil High School (H.S.)	97341928 48	40	19	90	-	149
6			Garadhul High School (H.S.)	95936401 06	140	20	100	-	260
7			<b>Bairgachi High School</b>	<b>99338355 57</b>	<b>60</b>	<b>80</b>	<b>24</b>	<b>150</b>	<b>314</b>
8	Habibpur	28.03.16	Singabad Tilason High School	94340668 34	75		100	-	175
9			<b>Jagajibanpur High School</b>	<b>90028898 48</b>	<b>99</b>	<b>30</b>	<b>550</b>	<b>134</b>	<b>813</b>
10			Palashdanga jr. High school	97330548 40	35	12	50	-	97
11			Kendu	97340844	105	19	26	-	150

			Danga High School	55					
12	Bamongo la	29.03.16	Olandar jr. High school	<b>9547833744</b>	<b>31</b>	<b>15</b>	<b>31</b>	<b>31</b>	<b>108</b>
13			Amratali Jr.High School	9051280603	32	14	18	-	64
14			Garapara jr. High school	9733322742	33	15	50	-	98
15		30.03.16	Khutadaha r.c. High school (H.S.)	8145879481	<b>120</b>	<b>20</b>	<b>29</b>	<b>180</b>	<b>349</b>
16			Nababnagar k.k.j.k. Vidyapith (H.S)	9593843537	110	20	100	-	230
17			Shon Ghat High School	9732044241	45	20	50	-	115
18		Habibpur	31.03.2016	Jamalpur jr. High school	9563010733		30	50	-
19	Srirampur Anchal High School			9434323608		<b>20</b>		<b>150</b>	<b>170</b>
20	Niyamatpur Krishnapur Jr.High School			9126532339		30	42	-	72
<b>Total</b>					<b>1305</b>	<b>579</b>	<b>1515</b>	<b>791</b>	<b>4190</b>

Mashaldighi Sibrata High School, Gazol



Drawing competition on thematic issue with students from class VII – X



Activity on understanding your society



Activity on knowing your surrounding and bridging the gap



Adolescents taking pledge as a change maker

# Boirgachi High School, Gazol



Adolescent Health Checkup at School Health Week Celebration



Sensitization programme on Adolescent mental health



Discussion on Child Rights



Drawing Competition

# Jagjibonpur High School, Habibpur



Health Checkup



Health Checkup



Demonstration of Social Ecological Model



Activity on What you want to change in the society

# Olandar Junior High School, Bamangola



Health Checkup



Discussion on the importance of IFA tablet intake



The adolescent girl sketching her aspiration



Discussion on Child Rights

# Khutadaha High School, Bamangola



Adolescent taking oath to stop Child Marriage, Malnutrition , and School dropout



Adolescent sharing the changes they face during this period



Activity to map the behavior that adolescents want to change through Social behavior change communication



Anwasha Counselor demonstrating proper method of Hand Washing

# Srirampur Anchal High School, Habibpur



Secret sharing or untold stories



Activity on the grievances against the family/society



Activity to understand that any social evil practices puts negative impact on every individual



Sharing action plan drawn by the Adolescent with Head Master of Srerampur Anchal High School