

Health

Health term derived from an old Anglo-Saxon word 'HAELTH' or 'HALE' mean that condition of being 'safe and sound or whole'. 'Aarogyam paramo Lavah'

Health is the greatest blessings of all.

But we are generally it considered as – It only by its reverse as disease, ill health or misery.

Health is not just the absence of disease. No Doctor can prescribe health, No Govt. can ordain health by statue, No International agency can administer health.

What is Health?

- Health is basic to learning, to happiness, success, effective citizenship, Worthwhile living.

- Ayurveda 'Swasthya' denote as-

Well balanced metabolism, happy state of being, the senses and the mind.

- According to Swami Vivekananda-

A weak person who has weak body or weak mind can never be master of a strong soul.

So, Health is the way there was no way to health. Let all the habits of living be health promoting.

Definition of Health

Health means soundness of body or mind that condition in which its functions are duly and efficiently discharge. ----- Oxford English Dictionary

Health is a quality of life that enables the individual to live most and serve best. --J F Williams

Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity. WHO (1948)

In 1995 WHO extended the definition

Attainment of a level of health that will enable every individual to lead a socially and economically productive life

Factors Effecting on Health

- Heredity
- Environment
- Social Habits
- Proper Nutrition
- Professional Health Service
- Freedom from disease
- Accident

Dimensions of Health

- Physical Aspect
- Mental
- Social Emotional
- Spiritual
- Vocational
- Educational Nutritional
- Environmental
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Importance of Health

- Improve Fitness
- Build good behaviour
- Healthful living
- Safety measures
- Personal hygiene
- Quality of life

Educational Institutional plants

- Location
- Soil of the location
- Shape of the institution
- Front of the institution
- Floor and ceiling
- Available space for sitting
- Colour of the wall
- Adequate light
- Air passing passage
- Placing of window

- Water
- Sewage &Garbage
- Sanitation
- Changing room
- Leisure room
- First aid Facility
- Locker room
- Play field
- Gymnasium

HYGIENE

Hygiene refers to the good practices that prevent diseases and leads to good health, especially through cleanliness, proper sewage disposal, and supply of safe drinking water. It refers to all those activities that are done for improving and preserving, maintaining sound health

Types of Hygiene

1)Public 2) Personal

Cleanliness of Eye, Ear, Mouth, Teeth, Nose, Genitalia, and Wounds Body etc.

- Drink pure Water
- Pure air
- Regular exercise
- Proper sleep
- Washing of hand before eating something
- Avoid unclean eating utensils
- Avoiding in coughing, sneezing, laughing or talking from others

Maintaining personal hygiene and sanitation is important for several reasons such as personal, social, psychological, health, etc. Proper hygiene and sanitation prevent the spread of diseases and infections. If every individual on the planet maintains good hygiene for himself and the things around him, diseases will eradicate to a great level.

Importance of Hygiene

Hygiene, as defined by the WHO refers to “the conditions and practices that help maintain health and prevent the spread of diseases.”

This means more than just keeping ourselves clean. This means shunning all practices that lead to bad health. By adopting such a practice, we not only make ourselves healthier but also improve the quality of our lives.

Personal hygiene means keeping the body clean, consumption of clean drinking water, washing fruits and vegetables before eating, washing one’s hand, etc. Public hygiene refers to discarding waste and excreta properly, that means, waste segregation and recycling, regular

disinfection and maintenance of the city's water reservoir. Quality of hygiene in the kitchens is extremely important to prevent diseases.

Diseases spread through vectors. Say the vector is contaminated water as in the case of typhoid, cholera, and amoebiasis (food poisoning). By drinking clean water, we can completely eliminate the chances of getting diseases.

Work Place Hygiene

- Dry and clean slip proof floors:
- Organised and Amicable:
- Use of disinfectants in the workplace:
- Green and clean is safe and sound
- Germ controls to fight the flu
- Meeting the essential light level:
- Prevail assets for a long lasting period

Leisure

- Listening music
- Watching TV
- Reading Book, Newspaper
- Recreational activity
- Time spent with Family

School Hygiene Program Strategy

- Striving for a common goal, common purpose, common policy and common planning
- Focusing on the child as the key resource
- Focusing on schools as the knowledge center
- Focusing on education for behavior change
- Acknowledging the teacher as the facilitator
- Concentrating on result oriented/effective delivery system
- Recognizing that the community is an equal partner

Health of Teachers

- Give students word limits to ease marking
- Fit and healthy that will perform better in class
- Think about when you work best
- Change your mind-set
- Don't take your work home with you
- Make time to socialise
- Support others and be supported
- Look at things mathematically
- speak out in condition of struggling

Status of Health Education in India

Health status is a holistic concept that is determined by more than the presence or absence of any disease. It includes measures of functioning, physical illness, and mental wellbeing.

Health status should be count from prenatal stage of life. The health of the Children is one of the most important measure of the wellbeing of the society. In like other country India has taken important step to build sound human resource from beginning of. Life.

PRENATAL STAGE

National Health Portal in India – Recommended that

1.Regular nursing care during pregnancy

2.Regular health check-ups that allow doctors or midwives to treat and prevent potential health problems throughout the course of pregnancy

It includes -

- Monthly visit to doctors- During First two trimester (1-28 weeks)

- Fortnightly (every two weeks) 28th to 36th weeks

- Weekly visit to after 36th to 40th weeks.

Prenatal Diagnosis and Screening

- Medical History of pregnancy mother

- Blood pressure of pregnant mother

- Height and weight

- Pelvic exam

- Doppler fetal heart rate monitoring

- Blood and urine test

- Discussion with care giver

A research study showed that maternal health in India 2005 by demography and health survey showed that **35.5%** of women aged 15-49 are underweight.

S K Mohanty (2012) studied and found that **57%** of women in India deprive in maternal health due to economic status.

Although **Maternal health policy and prenatal health education** reduce mortality rate in India –

Existing Scheme of Health for prenatal Education

- Mother and Child tracking System (2009)

- The Indra Gandhi Matriva Sahyog Yojana Conditional Maternity Benefited Plan (2010)

- Rajiv Ganddhi Scheme for Empowerment of Adolescent Girl- SABALA (2012)

- Rastriya Mahila Kosh (1993)

- Priyadarshini (2011)

Post natal/Neo natal Care

National Rural Health Mission formed a project on Home Based New-born Care termed as **ASHA** (Accredited Social Health Activist)

Work on

- Weighing the new-born babies

- Measuring the temperature

- Breast feeding with proper technique

- Breast feeding counselling

- Skin and eye care

- Vaccination

- Health promotion and counselling of mothers and advising them the how to take child care

Infant Care

- Be ware on Chronic Disease

- Awareness on Hygiene and Sanitation

- Proper Nutrition

- Prevent Dental disease

Mid Day Meal Scheme (1995) policy for fundamental rights of food -100 gm. cooked food are to supplied. It should be reduce protein deficiency -100%

Caloric – 30%

Iron-10%

Pulse Polio Campaign

World Health Assembly (WHA) in 1988 polio crippled an estimated 200000 children in India each year. In 2012 in India Without any recording of Polio case. This success draw history by help of entire people

Secondary School Health

National Population Policy (2000) Identified adolescent as an under served group for which designed to improved sexual and reproductive health

National Youth Policy (2003) Covered by special health education programme.

NCF (2005) Emphasised for school education to improve sexual and reproductive health in curriculum

Adolescent Health Programme in India

Kishori Shakti Yojna (2005-06)

Balika Samridhi Yojna (1999-00)

National Aids Control Programme (1992)

Reproductive and child health programme (1997)

Rastriya Kishore Swasthya Karyakram (2014)

Health Status in Higher Education

- In India higher education level follows healthy practices
- Social Health fo serve better to society
- Occupational Security
- Aware on management Style
- Health programmes like seminar, workshop should be attain
- Active leisure place
- Practice healthy behaviour and avoid drugs and tobacco

Jan Swasthya Abhiyan (2001) campaign to achieve 'Health For All'

All India Drug Action Network (AIDAN) (2014) Use of affordable health products and accessible for millions of people.