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A study on Health Promoting Services at Elementary School of Jorhat District

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Abstract---The present study aims to reveal the entire infrastructure facilities of the elementary school in Jorhat District, and the different activities practices done by the schools for attainment of the students good health. Here health denotes the physical and mental health of the elementary school students the study comprises four (4) elementary schools of Jorhat District.

Keywords---mental health, physical health, promoting, elementary.

Introduction

Health in mind is the product of two passionate organizations collaborating to tackle a national crisis that is playing out in our nation's classrooms and impacting one of the most precious sources of hope for any person's future. The school teachers, principal, administrator to aware the relationship between education and health. The nourishment is required for development of the mental and physical health of the students. Students are sometime unable to perform at their best because of unhealthy school environment and due to their unhealthy mental and physical condition. In classroom across the country teachers contend with student health issues that stand in the way of learning. This provides teachers from getting students fully engaged in the lesson. Some research shows that school based health services are critical to support student's health and wellness. The health people 2020 objectives include increasing access to health services by putting one fulltime nurse in each school for every 750 students for proving some chronic disease management and first aid.

On the other hand a healthier school environment is one in which all students have access to health services. The school settings support students wellbeing and students health build a foundation of learning. In this type of environment, good condition at school , nutrition,, physical activity, basic safety clean air and water, access to care and education making healthy choices thus in a healthy school students can learn lesson and value their own health. So to achieving the totally developed and well environment in school the school must require –

Providing safe and healthy places to learn and play: All students have the rights to access to a clean and safe environment with good air quality. School should provide students nutritious food and opportunities of physical activity.

Recognize the health as the integral part of the Education system: There should be must in integration of the health with the education system.

Providing teachers, principals and school staff with knowledge and skills to create a healthy environment: The school administration and personnel need information and cost effective strategies to include the health services in school and also includes some healthy classroom practices at school.

Ensuring access to health services to the students at school: Ensuring access to health services to the necessary students.

Connecting parents and community members with good school based health promotion: to achieving good health condition and preserving the health of the students school administration must engage the parents and community members to understanding the students mental and physical health of the students and its connection to their achievement.

These efforts must be needed for create a better future for the students by improving their mental and physical health well. Thus school environment and health or wellness of the students to be recognized as an eligible community benefit.

Need and significance of the study

As the number of school children with chronic disease increases in Assam and specially during the covid19 situations. So the school must give importance on chronic condition management improving students quality of life and preserving their educational potential.

Educators know that healthy students are better prepared to learn and succeed in school. So health promotion and wellness boost academic success. In an research study it was showed that prioritizing health in schools will yield lifelong benefits for the 52 million students currently in America's school. so that our nation must giving all children a chance for a healthy brighter tomorrow. Healthy students are more likely to attend school and are better able to focus in class and they are more ready to learn.

Research question

- What are the different mental health services that practiced at Elementary school of Jorhat District?
- What are the different physical health services that are available at the Elementary school of Jorhat District?

Objectives

- To study the Mental health promoting services at elementary school of Jorhat district.
- To study the Physical health promoting services available at elementary school of Jorhat District.

- To study the facilities available at elementary school of Jorhat district.

Methods of the research

In this research study the descriptive survey methods is used.

Sources of data collection

In this study the primary data is use. The 4 (four) schools in Jorhat district is selected as the sample schools for collecting the data.

- 337 no Thengal L.P school.
- Balijan goan L.P school
- Titabor Town L.P school.
- Jalukanibari govt. basic school- Gojpuria goan.

Analysis and Discussion

- To study the Mental health promoting services practiced at elementary school of Jorhat district :

Parent engagement services are there in all the four schools of Jorhat district to know the students mental health conditions and their anger level and situations where the child get angry and the situation where child become possessive. And the school also report on the students achievements their weak points. But it was informed by the school authority that some of the parents were not present some time specially from the rural area at the parents teachers meeting. Due to their daily labour work. And it was found that after covid19 less students were present at school. and they become irregular. The four schools practiced the healthy discipline and timetable for the students. All the four schools were organized healthy competition among the schools to reduce their stage and mental phobia. Sometime the students can participate at the district level competition. All The schools taking students to the story telling competition organized at district level. To reduced boredom during class the teachers adopt some teaching techniques through play for teaching the students.

- To study the Physical health promoting services available at elementary school of Jorhat District.

The four schools practiced to observed their dental condition and whether they brush up their teeth or not. And all the four schools inspect whether their nails have been cut or not to maintain the hygiene level. For the physical health the school provide regular Mid-day-meal to the students and every day the food item is different. 3 days in every week they provide egg to each of the students. 2 days nutrela and for 1 day fruits were provided to the students. Out of 4 schools only two schools i.e Jalukani bari basic. L.P school and Titabor town L.P school have the sufficient playing equipments. These 2 schools can practiced skipping, ludo, Football etc were been played at their school week time and sometime at the break time. In every month at Saturday the government service 104 is visit at the schools i.e- Titabor town L.P school and Jalukanibari basic school-Gojpuria.

- To study the facilities available at elementary school of Jorhat district:
The four schools have the basic facilities such as- toilet facility, Proper drinking water facility, and one of the school i.e. Balijan goan L.P school don't have the proper toilet and drinking water facility. Out of the 4 schools only 2 schools have the sufficient amount of playing equipments for the students. All the schools have proper ventilation facility. But it was seen that the electric fans were not available at the elementary schools of Jorhat District. So that in summer days the students faced problems and it can affect their educational outcome or sometimes on their concentration.

Conclusion

The link between health and learning is very clear that healthy and active well nourished children are more likely to attend school and they are always ready to learn and stay engaged in class. However sometimes the school settings doesn't support the students to achieve their mental and physical wellness condition and to better academic achievement. Many of the students at elementary school spend their days in building with unhealthy air, limited opportunities for physical activity and inadequate access to fresh water, nutritious food. Many of students among them come to school with one or more health problems that compromise their ability to learn. This challenge is specially critical in light of the nations vast health disparities. The low income and minority, Tribal students are in the risk of health problems that can affect their learning. Thus for truly support the learning settings schools must create the conditions for health of the students specially at the elementary level. Give the strong connection between health and learning and must recognize the health as the foundation of children's learning.

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