

Event Name	School Health Program
Topic	School Health Program on importance of Personal hygiene
Date	18 th October, 2024
Venue	Government Elementary School, Old Rajpura
Organizers	Mr. Gaurav Kohli, Professor, Ms. Annu, Assistant Professor, Ms. Preetika, Nursing Tutor, Ms. Sonali Katoch, Nursing Tutor,
No. of Participants	44
No. of Impacted Individual	-
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objectives: -

- Educate school students on the importance of personal hygiene.
- Assess the students' health through anthropometric measurements.
- Provide interactive learning experiences through role-play and other activities.

The 7th semester B.Sc. Nursing students organized a School Health Program at Government Elementary School, Old Rajpura, with the aim of promoting awareness of personal hygiene, health, and wellness among school students. A total of 44 nursing students participated in conducting the program, creating an engaging learning environment for the school children.

Nursing students measured the height, weight, and BMI of schoolchildren to assess their physical development and nutritional status. The nursing students conducted a session on personal hygiene, covering key practices such as handwashing, dental care, and grooming, to promote health and prevent illnesses. An interactive role play illustrated proper hygiene practices, encouraging students to incorporate these habits into their daily routines. The school students participated enthusiastically, engaging in discussions, asking questions, and showing a keen interest in learning more about health and hygiene. It provided valuable practical experience for the nursing students and offered essential health knowledge to the schoolchildren, fostering long-term benefits in personal hygiene and wellness.



Students performing role play on importance of personal hygiene on 18th October, 2024



Students Giving Awareness Talk on “dental hygiene” on 18th October, 2024

Outcomes:

The School Health Program has a positive impact on students' understanding and practice of personal hygiene. Students learn about the importance of personal hygiene practices like regular handwashing, oral hygiene, and bathing. Lessons on how germs spread and how cleanliness impacts health lead to a better understanding of why hygiene matters.

Event Name	School Health Programme
Topic	School Health Programme on Good Habits
Date	7 th March, 2025
Venue	Government Elementary School, Kalomajra
Organizers	Ms. Annu Singhal (Assistant Professor)
No. of Participants	2
No. of Impacted Individual	26
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

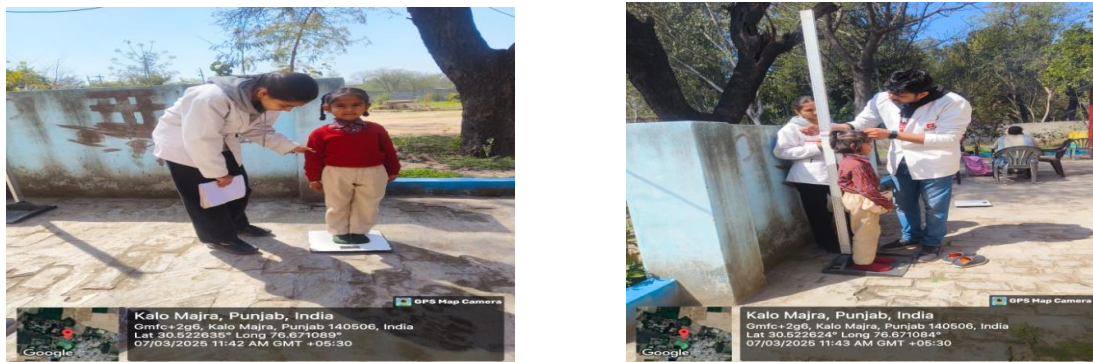
Objectives: -

- To Promote personal hygiene
- To Improve Physical Fitness.
- To Educate students about the importance of healthy eating habits
- To Prevent Lifestyle Diseases.
- To Enhance Mental Health.

Students of M.Sc. Nursing 1st year, Department of nursing, Chitkara School of Health Sciences, Chitkara University, Punjab has organized a School Health Programme “Good Habits” in Government Elementary School, Kalomajra, Punjab. They organized a series of activities focusing on Good Habits to promote the importance of a healthy lifestyle among students. The event held on 7th March 2025, aimed to educate students about the importance of a balanced diet, drinking clean water, avoiding junk food, and developing healthy eating habits and also encouraged students to maintain personal cleanliness, such as regular hand washing, bathing, brushing teeth, and wearing clean clothes. **School Health Programme** aims to promote and maintain the physical, mental, and emotional well-being of schoolchildren through planned interventions and awareness activities. Introducing **good habits** at an early age is essential in shaping a child’s behavior, preventing lifestyle diseases, and encouraging positive choices that last a lifetime. The programme provides students with the knowledge, skills, and attitudes needed to practice and sustain healthy behaviors. Height and weight was checked for school students. Health education was given using different posters to empower the school students and aware the school children about the importance of balanced meals and healthy snacks. The event was closed by offering refreshment to the school students. School teachers and students appreciated the programme.



Students assessing personal hygiene of the Students in Government Elementary School, Kalomajra , Punjab on 07/03/2025



Students measuring Weight and Height of the Students in Government Elementary School, Kalomajra , Punjab on 07/03/2025



Group photo of school teachers, school students, supervisors and students of M.Sc Nursing 1st Year.



Students participating stretching exercises in school health programme on 7th March, 2025 in Government Elementary School, Kalomajra , Punjab on 07/03/2025

Outcomes:

- Students gained a better understanding of the importance of Good Habits for maintaining physical and mental health.
- Students gained a better understanding of the importance of balanced meals and healthy snacks.
- Awareness about the link between physical fitness, healthy food, academic performance, and overall well-being was significantly enhanced.
- Many students expressed a commitment to incorporating healthy habits into their routines.

Event Name	School Health Programme
Topic	School Health Programme on “Healthy Food”
Date	26 th October, 2023
Venue	Government Elementary Smart School , KaloMajra, Punjab
Organizer	Ms.Annu Singhal (Assistant Professor), Ms.Divya Sethi (Nursing Tutor),
No. of Participants	24
Under SDG no.	03
SDG Details	03 Good health and wellbeing

School Health Programme was organized by Department of Nursing, Chitkara School of Health Sciences, Chitkara University by students of B.Sc. Nursing 5th Semester. The objective of conducting the school health programme was to create awareness regarding importance of healthy and nutritious food among school children. It was organised on 26th October, 2023. The topic for school health programme was “Healthy Food”. Eating a wide variety of healthy food helps to keep everyone in good health and protects against chronic disease.

Height and weight was checked for school students to assess the growth of child with age. Body mass index was calculated to rule out obesity or underweight. Health education was given using AV aids to empower the school students. The event was closed by offering refreshment to the school students. School teachers and students appreciated the programme.



Students giving Health Education on importance of Healthy food



Students giving Health Education on importance of Healthy food on 26th October, 2023



Students Assessing Height of school children in School Health Programme



Students assessing weight of school children

DEPARTMENT OF NURSING

Event Name	School Health Programme
Topic	School Health Programme on “Personal Hygiene “
Date	15 th February,2024
Venue	Sanatan Dharm School , Rajpura, Punjab
Organizer	Mr. Gaurav Kohli (Professor),Ms.Eenu(Associate Professor), Ms.AnnuSinghal(Assistant Professor), Ms. Keerat (Nursing Tutor) andMs. Preetika (Nursing Tutor)
No. of Participants	50
No. of impacted individuals	55
Under SDG no.	03, 11
SDG Details	03 Good health and wellbeing, 11 Sustainable cities and Communities

Objectives:

- To Promote Health Education.
- To Prevent and control Disease.
- To encourage healthy nutrition.
- To promote physical Activity.
- To create a safe environment.

School Health Programme was organized by Department of Nursing, Chitkara School of Health Sciences, Chitkara University by students of B.Sc. Nursing 4th year and Post Basic B.Sc. Nursing 2nd year. The objective of conducting the school health programme was to create awareness regarding Personal Hygiene among school children.It was organised on 15th February,2024. The topic for school health programme was “Personal Hygiene”.

Height and weight was checked for school students.Students performed handwashing and brushing techniques dance and role play was also performed for the school students. Health education was given using AV aids to empower the school students. The event was closed by offering refreshment to the school students.School teachers and students appreciated the programme.



**Group Photo of Students organising School Health Programme on “Personal Hygiene”
on 15th February, 2024**



Students Performing Dance on “Brushing Techniques” on 15th February, 2024



Students Performing Dance on “Handwashing Techniques” on 15th February, 2024



Students Performing Role Play on “Brushing Techniques” on 15th February, 2024

Outcomes:

School Health Programme was effective and School students gained knowledge regarding Health Education, healthy nutrition, physical Activity and safe environment.

DEPARTMENT OF NURSING

Event Name	CSR Activity
Topic	School Health Programme on physical activity and exercise
Date	26 th November, 2024
Venue	Government Elementary School, Kalomajra
Organizers	Mr. Gaurav Kohli (Professor), Ms. Annu Singhal (Assistant Professor), Ms. Sonali (Nursing Tutor), Ms. Preetika (Nursing Tutor), Ms. Manreet (Nursing Tutor)
No. of Participants	58
No. of Impacted Individual	36
Under SDG no.	03, 04
SDG Details	04 Good health and wellbeing, 04 Quality education

Objectives: -

- To Encourage Healthy Habits
- To Improve Physical Fitness.
- To Prevent Lifestyle Diseases.
- To Enhance Mental Health.
- To Encourage Inclusion of Physical Activity in Daily Routine

Students of B.Sc. Nursing 5th Semester, Department of nursing, Chitkara School of Health Sciences, Chitkara University, Punjab has organized a School Health Programme “physical activity and exercise” in Government Elementary School, Kalomajra, Punjab. They organized a series of activities focusing on physical fitness and exercise to promote the importance of an active lifestyle among students. The event, held on 26th November, aimed to instill lifelong healthy habits and emphasize the role of regular physical activity in overall well-being. Students assessed the physical fitness levels of students and provide personalized feedback and guidance for improvement. Introduce 15-20 minute fitness routine during school hours to ensure regular physical activity. Students participated in stretching exercises, aerobics, and basic yoga to start the day on a refreshing note. Height and weight was checked for school students. Health education was given using puppet show about the importance of regular physical activity and its positive impact on overall health to empower the school students. The event was closed by offering refreshment to the school students. School teachers and students appreciated the programme.



Students assessing personal hygiene of the Students in Government Elementary Smart School, Kalomajra , Punjab on 26/11/2024



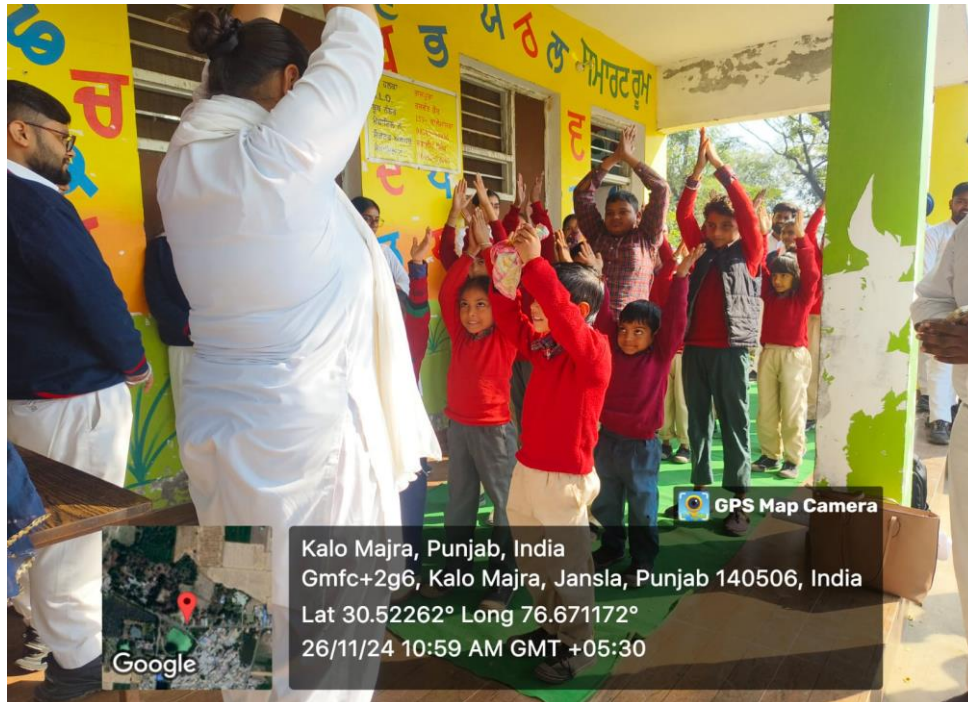
Students measuring Weight of the Students in Government Elementary Smart School, Kalomajra , Punjab on 26/11/2024



Students performing puppet show regarding physical fitness and exercise in school health programme on 26th November, 2024



Group photo of school teachers, school students, supervisors and students of B.Sc Nursing 5th Semester.



Students participating stretching exercises in school health programme on 26th November, 2024



Students participating stretching exercises in school health programme on 26th November, 2024

Outcomes:

- Students gained a better understanding of the importance of regular exercise for maintaining physical and mental health.
- Awareness about the link between fitness, academic performance, and overall well-being was significantly enhanced.

- Many students expressed a commitment to incorporating daily exercise into their routines.
- Enhanced physical fitness, reduced stress, and improved emotional resilience among students.
- Improved athletic skills, teamwork, and a sense of discipline through regular sports participation.