

SCHOOL HEALTH PROGRAMME

Date:31.10.2017

Time: 9-11am

Venue: Al- Azhar Public School Perumballichira

The MBBS 5th semester students (A- Batch) conducted a school health programme at Al- Azhar public school Perumballichira under the guidance of Dr. Tilak S.A (Assistant Professor Dept. of PSM) on 31.10.2017

SCHEDULE OF EVENTS:

The events were planned with the prior permission from the school principal Mr.

| Date | Event | Time | Venue |
|------------|----------------------------|---------------|--|
| 30.10.2017 | Role Play on balanced diet | 9-9.45am | Al- Azhar Public School Perumballichira |
| | Role Play on smoking | 9.50-10.20am | |
| | Health Education | 10.20-10.45am | |
| | Vote of Thanks | 11 am | |

The programme started with a formal invitation and welcome to the Principal, Al- Azhar Public School.

ROLE PLAY: The play was based on the concept of balanced diet and, highlighting the importance of balanced diet and side effects smoking . The students depicted the two families showing how the self care plays a role in healthy living.

The role play was followed by health education, which was given by the MBBS students under the guidance of Dr. Tilak S A .The school children enjoyed the role play and appreciated the efforts made to create awareness on balanced diet and side effects of the smoking and responded to the expectation.

CONCLUSION: The School Health Awareness Programme on BALANCED DIET and SMOKING was planned and executed effectively by the efforts of MBBS students with the active participation of the school students at Al- Azhar Public school. It was a collective effort made by the students and teachers in the success of this event.

