

*Partnership Project between*

***BBMP schools, South Zone 3, Bengaluru,***

***&***

***ASHA- Oasis Movement***

***(Health and Hygiene Education)***



**Adolescent Students' Health Alternative  
A project undertaken by Oasis Movement**

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***Teachers Training Program  
BBMP schools, South Zone 3, Bengaluru***



**Government Teachers in training session**

*‘Health and Hygiene Education is the best way for Promotion of Health. Health promotion improves the health status of individuals, families, communities, states, and the nation’*



## ***Introduction – Partnership Overview***

OASIS ASHA has partnered with South Zone-Bangalore Government schools for the duration of one academic year 2016-17.

The main goal of this partnership is to empower our government school children with the knowledge of good health habits as well as Health and Life skills to a maximum number of Government school children in the south zone area of Bangalore.

## ***About ASHA - Adolescent Students' Health Alternative***

Our program, ASHA is a successful Health Education program making a significant difference in the health of underprivileged children-youths. It facilitates cultivation of good health habits that help the children to become healthier citizens. So far, we have reached 57000 underprivileged children through our intensive one-year Health and Hygiene Education Program. Today apart from Bangalore, ASHA has reached Mooganhundi (Mysore), Mysore, Coimbatore, four Villages around Coimbatore, Hosur, Krishnagiri, Ahmedabad, Vadodara and Patnagar.

## ***Overall reach and impact***

<b>ASHA Oasis - BBMP Schools, South zone 3</b>				
<b>S.no</b>	<b>Year</b>	<b>2016-2017</b>	<b>2017-2018</b>	<b>Total</b>
2	Total number of TTEP	6	14	20
3	Total number of Teachers	80	40	120
4	Total number Children	3500	2000	5500
5	Total number of Schools	55	35	90

## Details of ASHA health classes for teachers

### ASHA TTEP for South Zone Government School Teachers 2016-17

Facilitators	Mrs. BhagyalaxmiMhamane Mrs. PournimaNadgauda Dr. Neha Vakharia
TTEP Date	Subjects covered in TTEP
27th Aug 2016	Participant Introduction
	Introduction to Health and Hygiene course About Asha program, My Precious Body, Air
20th Sept 2016	Introduction, Worm Infestation, Food
27th Oct 2016	Adolescence & Peer Pressure
19th Nov 2016	Safe Touch Unsafe Touch
16th Dec 2016	Anaemia, Oral Care, Water, Eye and its care
	Ear, Nose and its care, Skin, Hair, Hands and Feet
9th Feb 2017	Infectious diseases
	Feedback with BEO Shri Rameshaiah and Ms Malini
	Exercises, Sleep and Rest
	Dream Camp announcement and registration





Division 1: First Tuesday of every month (exception: Public Holiday)( Clusters: Arekere, Gottigere, Austin town, Ellukunte, Wilson garden, Lalbagh)

Division 2: First Wednesday of every month (exception: Public Holiday) (Clusters: Hongasandra, Madiwala, Domluru, Singasandra, Kannakunte, Yediyur, Gurubanpalya)

**Oasis- South Zone Govt. Schools, Bangalore 2017-18 (2 trainings a month)**

Sr no	Division 1	Division 2	Topic
1	Tuesday 11 <sup>th</sup> July 2017	Wednesday 12 <sup>th</sup> July 2017	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Vision of Health &amp; Hygiene Course</li> <li>3. Do' and Don'ts of Health teacher</li> <li>4. My precious Body</li> </ol>
2	Tuesday 1 <sup>st</sup> August 2017	Wednesday 2 <sup>nd</sup> August 2017	<ol style="list-style-type: none"> <li>1. Air &amp; Water</li> <li>2. Food</li> <li>3. Oral care</li> <li>4. Worm infestation</li> <li>5. Anaemia</li> </ol>
3	Wednesday 6 <sup>th</sup> Sept 2017	Thursday 7 <sup>th</sup> September 2017	<ol style="list-style-type: none"> <li>1. Objectives of the Adolescent Health Education</li> <li>2. Menstruation and its Hygiene</li> <li>3. Q &amp; A Session and Boys</li> <li>4. Feedback</li> </ol>
4	Tuesday 3 <sup>rd</sup> Oct 2017	Wednesday 4 <sup>th</sup> October 2017	<ol style="list-style-type: none"> <li>1. Peers: do they count?</li> <li>2. Expressing yourself</li> <li>3. Don't say "YES" when you want to say "NO"</li> <li>4. How can I be Assertive?</li> <li>5. Resisting Peer Pressure</li> </ol>
5	Tuesday 7 <sup>th</sup> Nov 2017	Wednesday 8 <sup>th</sup> Nov 2017	<ol style="list-style-type: none"> <li>1. Safe Touch – Unsafe touch</li> <li>2. Facts /myths about child sexual abuse</li> <li>3. Workshop for teachers/parents</li> <li>4. Workshop for children</li> </ol>
6	Tuesday 5 <sup>th</sup> Dec 2017	Wednesday 6 <sup>th</sup> Dec 2017	<ol style="list-style-type: none"> <li>1. What is HIV-AIDS</li> <li>2. Stigmas associated with HIV/AIDS</li> <li>3. How we get HIV/AIDS</li> <li>4. Prevention</li> </ol>
7	Tuesday 2 <sup>nd</sup> Jan 2018	Wednesday 3 <sup>rd</sup> Jan 2017	<ol style="list-style-type: none"> <li>1. Personal Hygiene</li> <li>2. Exercise, sleep, rest</li> <li>3. Skin, Hair, Hands and Feet Care</li> <li>4. Eye care</li> <li>5. Ear, Nose and Throat</li> </ol>



## Reflections about the Training

ASHA is really encouraging. Truly helpful for girls. Topics which are very promising are Adolescence, Safe and unsafe touch, worm infestation, CD and flash cards are attractive and good.

- Chandrika P, GKHPS

Children are washing their hands, taking the albendazole tablets properly, girls especially during period time are taking care of cleanliness

- Jayanthi, G.H.P.S KSRP

Yes, definitely we must reach more and more people to enrich India. So, we should have this program in other schools also. In India population is more hence we need to utilize these human powers in proper way

- Anupama N, GHP School

Yes. As these children are coming from poor families, they can't spend much money on their health. Hence if they take steps for prevention, they can be healthy. Today's children are tomorrow's citizens, they will share this with other children too.

- RaziaSulthana, Govt. Urdu higher primary school

There was rapid change in our students. They learnt cleanliness and discipline. They wash their hands, flush after using washrooms, cut nails, bath daily, clean our environment, surroundings and avoid plastics.

- Soumya K.R, G.H.P.S Jambusavaridinne



## *Reflections from BEO*

Oasis "ASHA" NGO is working towards educating children about the importance of "Health and Hygiene" in our life. They are specially focussing on Adolescent's Health and Hygiene. This education can help a girl child pursue her further education. This selfless contribution of "ASHA" volunteers towards the welfare of children is commendable. Oasis "ASHA" program is creating awareness about health and hygiene among not only children but also parents and teachers. The method of teaching is understandable by all age groups. These methods can be practically implemented and makes it possible to prevent many diseases. My wish to spread awareness towards the importance of a girl child's education is also happening through this workshop and I am happy for it. Dr Neha and other volunteers of Oasis "ASHA" are here to help you all to get that knowledge and proper information on adolescence health and hygiene. Take help of this workshop, share this knowledge with all children of your school. This will be the first step towards building a healthy society. Next year also I promise to make all necessary facilities and steps for conducting this workshop successfully.

- **Mr. K. Rameshiah, Board Education Officer – South Zone**

## *Reflections from participants for Facilitators*

They are good in interaction, kind and cooperative. They have good knowledge about all the aspects like social, physical, cultural development. They are more humanity service minded, urge to transform India.

- **Soumya K.R, G.H.P.S Jambusavaridinne**

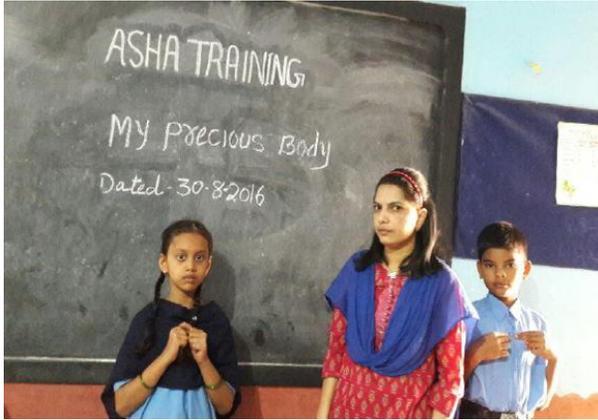
Both the trainers are good and kind hearted. Specially Neha and Pournima mam. They interact with everyone and this quality improves the self confidence in us. Their ideas and tolerance are very good.

- **Fatima BI, Govt. Urdu Model primary school**

## Pictorial Glimpses – Government School Teachers Training Workshop



## Pictorial Glimpses – Government School Teachers taking class



The most effective, powerful, cheapest, sustainable, smartest way to deal with any epidemic/pandemic is to start with the Prevention

He who has health has hope; and he who has hope has everything

An ounce of prevention is worth a pound of cure. - Benjamin Franklin

The doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease. - Thomas Edison

True Prevention is not waiting for bad things to happen, it's preventing things from happening in the first place.



## Oasis Movement

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