

St. Xavier's Institute of Education

2018-2019

Health Cell Report

Health cell aimed to ensure that students and staff of SXIE indulge and involve oneself in healthy eating and practices of living.

Objectives of Health Cell

1. To increase students concern towards one's own health.
2. To adopt healthy eating practices
3. To get into the practice of eating fruits regularly
4. To increase regular consumption of Spouts and Pulses.

Following activities conducted under health cell for the academic year 2018-2019

24th April, 2019 --- Cancer Awareness Program –Prince Aly Khan Hospital

Cancer awareness program by Dr.KrantiRayamane, MD Gyanecology and obstetrics was conducted on 24th April, 2019. The programme was created with an intention to increase student's awareness and knowledge on Oral Cancer, Breast Cancer and Cervical Cancer. The focus of the session was to sensitize students on the symptoms, causes that were prevalent with different kinds of cancer diseases. Preventive measures were also discussed through the session.

7th April, 2019 --World Health Day

The assembly was conducted with an objective of increasing the awareness of students about health and bringing to their notice the importance of World health day. The main theme of the assembly was about the food habits and choices made by the younger generation. Short activity, 'This or That?', healthy survey of first year B.Ed students and F.Y.B.Ed students conscious efforts to remain healthy were discussed in the assembly. Features of Paleo diet, Mediterranean diet were discussed. The assembly concluded stressing the importance of opting for the normal Indian Thali, as it consists of all the necessary things required in a balanced diet. The assembly ended with sharing of reflection among students.

5th January, 2019---Pulses Day Celebration

The purpose of celebrating pulses day was to remind students and staff to include more legumes in our diet. Quiz was conducted to orient students on the different legumes and pulses and to include legume and pulses as a part of one's diet. Students and staff shared the pulses brought by them and displayed the theme of "Action for Harmony".

3rd January, 2019 – Health Cell Assembly – Obesity among school children

Health cell assembly was conducted to increase students and teachers awareness about a proper diet, good lifestyle choices, daily exercise and adequate sleep. The assembly also stressed on reasons of obesity among school children. Few tips on importance of healthy lifestyle to be followed by school children and teachers was conveyed. Two students

shared their testimony on self-made weight reduction programmes followed by them. The assembly ended by students participating in the plank challenge.

20th December, 2018 -- BRING A FRUIT DAY

Bring a fruit day was celebrated to create awareness among faculty members and students about the importance of consumption of fruits in regular diets. Students were encouraged to share the fruits along with the nutritive value of fruits they carried. The motive of this initiative was to encourage students to replace the junk food in their diets with fruits as it would stimulate memory and fight infections. Students and staff believed in the theme of “Action for Harmony” by sharing fruits with one another. Students also shared among themselves why daily consumption of fruits is essential.

Prior to this event, the health cell members spread the awareness of healthy eating and lifestyle through sharing articles on healthy eating on the college notice board.

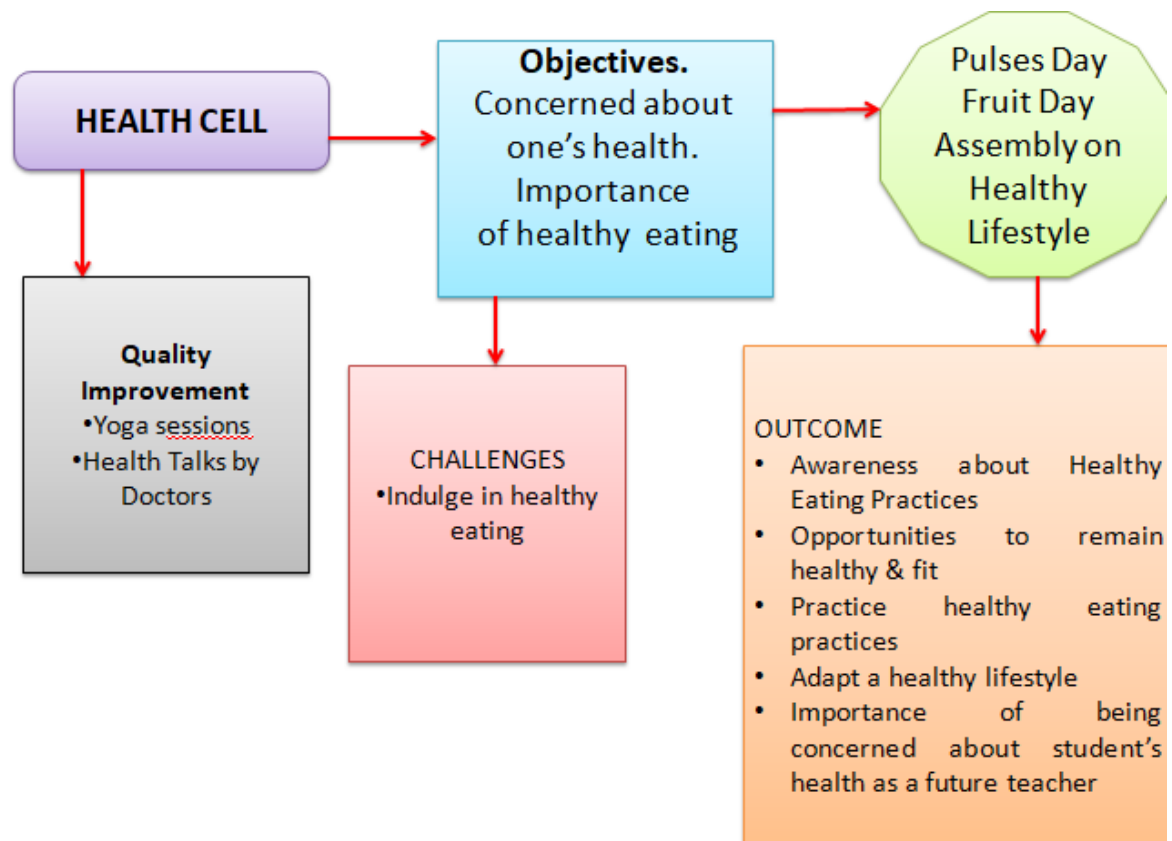
Regular Notice Board Display

At frequent intervals health cell members spread the awareness of healthy eating and lifestyle through sharing articles on healthy eating on the college notice board. Articles focused on healthy eating recipes, exercises to cut belly fat, and ways to boost and flex your mental muscles. Prior to Pulses Day celebration and Bring a Fruit day articles on importance and benefits of fruits and pulses were displayed on the notice board.

Feedback/Outcome of the Health Cell Initiatives

Students outcome and feedback was collected through a reflective journal on health. Students feedback as follows.

- Awareness about Healthy Eating Practices
- Opportunities to remain healthy & fit
- Practice healthy eating practices
- Adapt a healthy lifestyle
- Importance of being concerned about student's health as a future teacher



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