

St. Xavier's Institute of Education 2019-2020

Health Cell Report 2019-2020

The Health Cell team of 2018-2019 (Second year) & 2019-2020 (First Year) decided to take care of the health of B.Ed student teachers and teaching and non – teaching staff of SXIE. For this purpose it was decided to arrange and display articles related to human anatomy per month on the health cell board -- **HEALTHY HEARTS OF SXIE.**

Objectives of the Health Cell Board

1. Inculcate healthy life style in student teachers and staff of SXIE
2. Adopt good eating patterns to have a balanced life
3. Self – care tips about Human Anatomy
4. Simple ways to increase immunity
5. Believe in one self for sound mental health.
6. Adopt strategies for a calm and relaxed mental health.
7. Arrange Competition's to promote importance of healthy living.
8. Increase awareness among students for self hygiene and do's and don'ts during COVID Pandemic

August Month- Brain

For the month of August, 2019, the health cell decided to display articles related to **Brain**. Brain related articles related to brain exercises, food for brain, current researches in the field of brain, positive and negative impact of technology on brain, diseases or disorder due to lack of healthy diet. Articles were also based on consumption of food items for a healthy brain. Articles were also based on consumption of food items for a healthy brain.

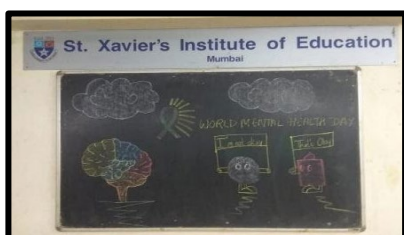


September Month- Eye and Ear



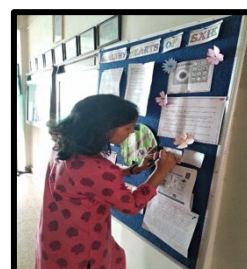
The health cell team adopted dedication to the care of **Eye and Ear** for the month of September. The purpose was to create awareness related to the organs – eye and ear. The bulletin board had been set with various articles related to eye and ear like how to balance the volume with the length of the listening to protect our ears, healthy food sources that can be incorporated in our diet for the care of eyes and ears, how teachers can use eye and ear reading to help students with dyslexia, etc. A follow up activity was conducted where the students and the staff members were asked to carry healthy food sources related to eye and ear- Spinach, green peas, carrots, corn, banana, almonds, egg, citrus fruits, cashew, broccoli.

October Month- World Mental Health Day Assembly



On the 10th of October, the Health cell of St Xavier's Institute of Education had conducted an assembly on account of the **World Mental Health Day** with the theme being – Suicide Prevention. Significance of World Mental Health Day— History of World mental health day along with importance of the World Mental Health Day was sensitized to students. Reasons for mental illness was presented to the students. Students were also taught simple Coping strategies to have a healthy mind. Smiling, complementing, hugging someone who is stressed, listening to soothing music, venting out inner complaints and frustrations were few techniques to ensure good mental health and measures to prevent suicide attempts.

December – January Month- Throat Care



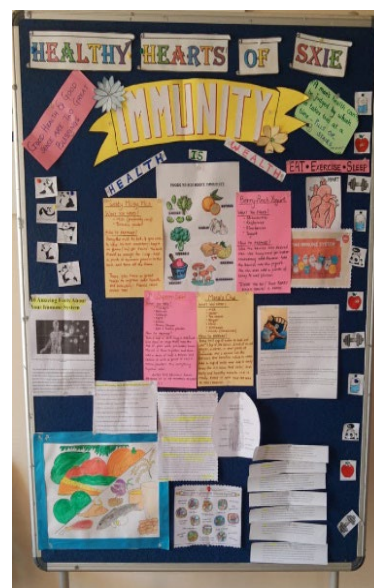
On the 17th of December 2019, the Health Cell of the St. Xavier's Institute of Education took an initiative to conduct a **Throat Care Day** as a part of the Winter Care theme for the month of December. The notice board of the Health cell was updated with articles from the newspaper and also some research articles about tips to cure a sore throat, things to consume that can help to protect your throat and also home remedies that can help in soothing any kind of throat irritation. There was a list of food items that are beneficial for throat that was put up on the notice board for all to check and then decide what they want to bring. On the 17th the Health cell group went to the First year student's class and there they were informed of the causes of the throat ailments, various ways in which they could cure their sore throat and also the importance of home remedies for the same.

February -March- Immunity

On 22nd February, 2020, the Health Cell of the St. Xavier's Institute of Education took an initiative put forth the theme of immunity on the Health Cell Board. The objective was to ensure that immune system works to limit microbes' access to the body and prevent them from growing and causing illness. The Health Cell Team of First years discussed and divided different aspects of Immunity and brought articles related to Immunity.

Articles related to immunity covered various aspects from eating fresh vegetables and fruits and healthy exercise to maintain immunity. Articles covered immunity of the different body parts.

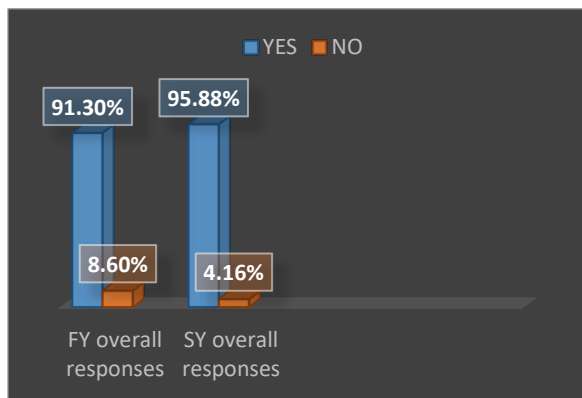
The Health Cell Board on Immunity was a well thought theme as the articles were displayed just before the COVID -10 outbreak in India as it helped the students and staff of SXIE family to take utmost care of themselves and their family from the Corona Virus.



Health cell Feedback (2019-2020)

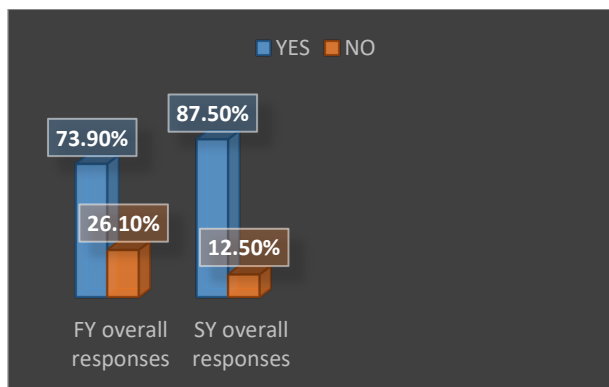
The most appealed themes for the participants were mental health, healthy hair, healthy eating and bad effects of junk food, immunity, brain health and healthy mind some participants also answered that all the themes were beneficial, informative and effective. The themes selected were very much relatable to students daily life and hence served as a useful source of knowledge.

91% of First Year Students and 95% of second year students felt that the health cell activities helped them maintain healthy life.



The assemblies and the information on the bulletin board played a vital role in creating awareness and inculcating healthy habits. It acts as a reminder for some students to take care of their health. Some students made a note of all important facts and habits in their journal that they have to practice in order to live a healthy life. Students meditate atleast 15 minutes a day and also listen to peaceful music to calm their mind in order to have good mental health. Students got to know about various food items to maintain a healthy life. the practice of getting certain food items in the lunch box made sure that all are having healthy food everyday. Many natural and home remedies helped students to find cure of certain illness and also take precautions at home.

73% of first year and 87% of second year students follow few of the health cell tips/advice provided to you by the health cell activities.



Some students drink turmeric milk everyday to boost immunity. Students keep journal to clear thoughts, freshen up their mind and to introspect. One of the respondent applies egg white and oil mixture to their hair before washing it with a shampoo in order to have healthy hair. Mostly all students drink hot water, eat green leafy vegetables and also avoid junk food. Some of the students also mentioned keeping reminders to drink water after every 3 hours. These are well practiced habits which students have inculcated through health cell.

Reflections:

At the end of every Health Cell activity reflections were asked from the students and teachers. Students and teachers read the articles and shared their reflections in the reflection book. Reflection also involved students and teachers sharing about incidents or real life experiences. Students shared their reflections in the Healthy Hearts SXIE Board where students used to share their reflections regularly on topics updated in the Healthy Heart SXIE Board.

Health Cell Initiatives — Global Pandemic

Amidst the harsh lockdown times the Health Cell prepared a flyer covering different aspects that would be useful to fight the Pandemic. The flyer covered different aspects of Pandemic

- a. Timeline of COVID 19 Symptoms
- b. Types of Masks – Benefits
- c. The Right way to use a Mask and Dispose It
- d. Beat The Stress --- Managing Corona Virus (COVID 19 Anxiety)
- e. Power Your Lungs To Fight Coronavirus
- f. Pros of Coronavirus on Lifestyle.

Story Writing Making Competition & Creating a Comic Strip Competition

Health Cell conducted a Story Writing Competition & Creating a Comic Strip competition on the theme of Quarantine Days. The competition was open to college students of B.Ed colleges and degree college students. Participants had to mail the entries by 6th June, 2020. 36 students participated for the story writing competition and 8 students participated for creating a comic strip competition. The rules and criteria for the both the events were clearly specified and mentioned in the flyer. The participants submitted the entries in an gmail account created by the Institute. 10 to 12 days were provided to the participants to submit their entries on the email provided. The entries were judged by experts in the respective fields to judge the events. E-Certificates were mailed to the winners and participants.

Report By -Health Cell Team

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