

Brief Write up
School Health Education Programme
Hamdard Institute of Medical Sciences & Research
Jamia Hamdard
New Delhi

After a great success of the first round of health education lectures at Kendriya Vidyalaya, Airforce Station Tughlaqabad, now the health educational talks series meant for school students is now all set to cover students of classes V to VIII in the remaining three schools identified for coverage in **Phase I** as follows:

1. Hamdard Public School, Talimabad
2. Hamdard Public School Old Delhi &
3. Sarvodhya School, Madan Pur Khadar (Rural Field Practice Area of HIMSR)

Carrying on with the initiative, now the next school for the series of Health Educational Talks is the Hamdard Public School Talimabad.

First lecture of the series was organised here on **Thursday, the 01st Oct 2015**. The programme will continue till **16th Dec 2015** on every Thursday from 9.30 AM to 10.30 AM

List of speakers and topic to be discussed by each, is also attached.

Accordingly, first speaker of the first day, the **1st Oct 2015** was distinguished Dean and Principal HIMSR, Prof Shridhar Dwivedi himself. He dealt with the topic **"Life style, Tobacco Use and Health esp Heart Ailments"**.

Being a topic very dear to his heart, Prof Dwivedi explained in simple tone, making the message amply clear to students of younger age-group. The message conveyed by him was loud and clear, that is, the benefits of exercise, playing games and to shun tobacco at all costs throughout life, as also to convince their other family members, friends and neighbours.

Shri Ali R Rizvi, IAS, Joint Secretary Government of India, was the Chief Guest on this inaugural event of the School Health Education Programme.

Dr Firdous A Wani, Registrar Jamia Hamdard graced the occasion as a mark of his keen interest in the event.

Later, both the dignitaries addressed the students and emphasized the importance of adopting healthy lifestyle to lead healthy productive life.

On the inaugural day, all the 15 faculty members of HIMSR who will be participating in the series of Health Education lectures planned from **01st Oct to 16th Dec 2015** were also present on the inaugural day; details attached below.

The talks generated the desired impact in students mind and they felt encouraged to ask questions to clarify their doubts. One girl child's inquisitiveness to learn about - "How to convince elders in the family to stop smoking" turned out to be thought provoking about the youngsters' dilemma of propagating healthful messages to elders without offending or breaking age old cultural values of respect for the elderly in the family !

The programme seems to hold high hopes and promises for achieving its aim of creating necessary awareness about health hazards among the youth so that they bring about the desired change in their own life-style enabling them to lead healthful and productive life at all times.

Details of Speakers and Topics to be Discussed
(9.30 AM – 10.30 AM on dates mentioned)

Topic	Speaker	Date
1. Life style, Tobacco use & Health esp Heart Ailments	: Prof Shridhar Dwivedi (Dean HIMSR & Prof Medicine)	01 st Oct 2015
2, Diabetes	: Prof IB Sareen (Community Medicine)	15 th Oct 2015
3. Child Obesity	: Prof Chandra Mohan (Paediatrics)	15 th Oct 2015
4. Diet, Nutrition, Exercise	: Dr Sushovan Roy, Dr Bilkish (Community Medicine)	29 th Oct 2015
5. Diseases spread by insects, e.g. Malaria & Dengue etc.	: Dr Nazish Rasheed & Dr Mamta (Community Medicine)	05 th Nov 2015
6. Menstrual Hygiene for Girls	: Prof Rambha Pathak & Dr Rashmi (Community Medicine)	19 th Nov 2015
7. Precautions for Tuberculosis	: Dr Farzana & Dr Faheemh (Community Medicine)	26 th Nov
2015		
8 Personal Hygiene	: Dr Zakirhussain Shaikh (Community Medicine)	03 rd Dec 2015
9 Importance of Hand Washing	: Dr Mahvash Haider (Microbiology)	03 rd Dec 2015
10. Importance of Right Posture	: Dr Sandeep Kumar	



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Registrar Jamia Hamdard... Gyan Daan



The HIMSR Think Tank, ready to share knowledge with students



The interactive session