

BUILDING HEALTHY CITIES



ACTIVITY GUIDELINES FOR TEACHERS TRAINED UNDER HEALTH PROMOTING SCHOOLS



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Building Healthy Cities

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Activity Guideline Development

Building Healthy Cities

Dr. Damodar Bachani, Ms. Alsa Bakhtawar, Ms. Lauren Azmon

Madhya Pradesh Voluntary Health Association

Mukesh Kumar Sinha, Ashish Daniel

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District Administration, Indore Smart City Development Ltd., Education Department, Department of Health & Family Welfare, World Health Organization.

Compiled by:

Madhya Pradesh Voluntary Health Association

Near Bilawali Lake, Khandwa Road, Indore (M.P.) 452 020

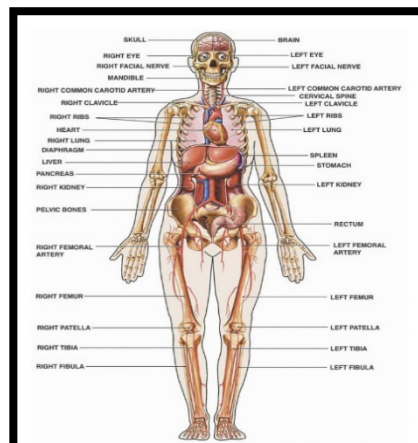
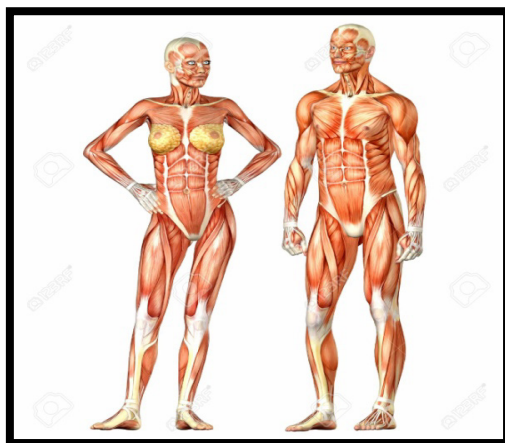
Phone: 0731-2877734

Email: mpvha1973@gmail.com

CHAPTER 1: KNOW YOUR BODY

Activity Objectives

To improve students' understanding of the human body, organs, and functions of various systems.



Activities

Activity	Guiding steps	Materials used	Time
Know your body systems	Teacher puts up a chart on the board showing parts of the body. Ask students to list the systems of the human body. Then list the organs and functions of each: • Nervous system • Digestive system • Respiratory system • Cardiovascular system • Urinary system • Reproductive systems • Musculoskeletal system • Immune system This can also be a group activity (each group chooses one system to present). Students will write down key organs/parts and functions of each system.	Chart, black board, marker	45 min

Methodology

- Discussions/interactions using flash cards, skeleton model, and body part chart.
- Presentation using chart paper, marker.

CHAPTER 2: FOOD & NUTRITION

Activity Objectives

- To improve students' knowledge about food, nutrition, and a balanced diet.
- To raise awareness about healthy eating habits, including the concept of the food pyramid and essential nutrients in various food items.

ACTIVITIES

Activity	Guiding steps	Materials used	Time
Sources and functions of key nutrients	Form five groups of students who will be given one of the following nutrients: • Carbohydrates • Fats • Proteins • Vitamins (A, B, C, D) • Minerals (iron, calcium) Each group will prepare a table with columns for the main sources and functions of the nutrient.	Table, marker, pen/pencil	30 min
Healthy eating practices: Let's eat healthy	A poster-making competition on themes such as healthy eating practices, consumption of green leafy vegetables, and nutritional deficiencies.	Colored chart sheets, color pencils, eraser	30 min
	Use the color scheme of our national flag to give an example of a healthy meal.		30 min
	Prepare a balanced diet thali (chart or raw eatable items). Use recommended contents in Annex 1.	Raw food items, weighing scale	60 min
Grow healthy	Try growing moong/chana sprouts to see how tiny seeds, with proper watering, warmth, and air, make a crunchy, nutritious snack.	Moong/chana, water, container covered with a cloth	2-5 days
Eat right, students!	Organize a debate on healthy versus fast food. Split the students into groups and assign each group a side of the debate.	Debate by students	30 min
Measure body mass index (BMI)	Each student measures his/her weight (in kg) and height (in meters), calculates their BMI, and categorizes it (normal, undernutrition, overnutrition, obesity).	Weighing machine, measuring tape	20 min

Methodology

- Group work, practical demonstration.
- Poster competition, debate.
- Presentation using chart paper, marker.

CHAPTER 3: PERSONAL HYGIENE & SANITATION

Activity Objectives

- To educate students on living healthy in a clean environment.
- To enhance knowledge on the importance of personal hygiene and sanitation.

Activities

Activity	Guiding steps	Materials used	Time
Hand washing	Demonstrate correct whole hand washing (Annex 2).	Audiovisual aids, water, soap, towel	20 min
Water safety	Demonstrate simple and hygienic way of storing water at home and at school.	Earthen pot, alum, straining cloth	20 min
Personal hygiene	Video screening on maintaining personal hygiene and sanitation. Suggested video: • <i>Hygiene and Personal Care (Hindi)</i> https://www.youtube.com/watch?v=ljzAe-SQtzk	Audiovisual aids	40 min
Monthly inspection day	Students from 8 th to 12 th standard work together to inspect the following items/locations at their school. Students make a list of possible contaminants and issues for each. • Drinking water • Coolers • Canteen, kitchen • Toilets • Waste bins Prepare a report and share it during morning assembly.	Audiovisual aids, chart, marker	60 min
Respiratory hygiene	Group discussion or skit on maintaining respiratory hygiene, especially related to COVID-19.	Clean cloth, face mask, handkerchief, tissue paper, soap	30 min
Menstrual hygiene	Peer learning sessions for girls (10 years and above) on menstrual hygiene: how to use a pad and how to dispose of it. Sessions are for senior female students.	Sanitary pads, chart papers, marker pen, video (if available)	45 min

Cleanliness at home	Teachers help students prepare a checklist to make sure they maintain hygiene while at home and in school. The following can be part of the checklist: • I wash my hands before and after eating food and teach my siblings to do the same. • I wash my hands when I use the toilet and teach my siblings to do the same. • I bathe daily and use clean clothes and teach my siblings to do the same. • I keep my hair, teeth, and nails clean and teach my siblings to do the same. • I help my parents to store water safely in closed containers.	Printed checklist	Monitor once in 15 days
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Methodology

- Group work, practical demonstration.
- Discussion, debate.
- Presentation using chart paper, marker.
- Record keeping using checklists.

CHAPTER 4: HARMS OF TOBACCO, ALCOHOL, AND DRUGS

Activity Objectives

- To raise awareness about the types of tobacco products used in India.
- To understand health hazards of tobacco, alcohol, and drug abuse.
- To know provisions under the Cigarettes & Other Tobacco Products Act (COTPA).
- To raise awareness about how to make schools tobacco-free spaces.

Activities

Activity	Guiding steps	Material Used	Time
Health hazards	Audiovisual or poster on health hazards of consuming tobacco, alcohol, and drugs. Teachers should refer to the <i>Health Promoting Schools Teacher's Training Guidelines</i> to prepare.	Audio-visual aids, presentation	30 min
Tobacco-related laws	PowerPoint presentation on tobacco prevention, control, and COTPA. Refer to Tobacco Free Educational Institutions Guidelines.	PowerPoint presentation	30 min
	Display signage of sections 4 and 6 of COTPA (Annex 3). Teachers can print the signage from the <i>Guidelines for Tobacco Free Educational Institution</i> at the link below: https://ntcp.nhp.gov.in/assets/document/TEFI-Guidelines.pdf	Signage	Ongoing
Discouraging consumption	During every academic session on World No Tobacco Day (May 31 st), students and teachers take an oath not to use tobacco, alcohol, or illicit drugs. All such students and teachers can sign a banner (Annex 4).	Copies of the oath	15 min
	Discussion during meetings of the parent-teacher association.		Ongoing
Access to tobacco products	Joint teacher-student committee to monitor tobacco control in and around schools.	Copy of COTPA Act	Ongoing

Methodology

- Teachers to refer to the Ministry of Health and Family Welfare's *Guidelines for Tobacco Free Educational Institution*:
<https://ntcp.nhp.gov.in/assets/document/TEFI-Guidelines.pdf>
- Presentation and discussion.
- Oath ceremony.
- Forming joint teacher-student committee on tobacco control. Report to be sent to relevant authority in case of non-compliance with provisions of COTPA for action.
- Printable signage from Annex 2, 3, and 4 of *Guidelines for Tobacco Free Educational Institution*.

CHAPTER 5: PHYSICAL ACTIVITY

Activity Objectives

- To raise awareness of the importance of physical activity and sports.
- To motivate students to perform physical exercise, yoga, and outdoor sports.

Activities

General Guidance: All of the following activities should be conducted in collaboration with the school's physical education teacher.

Activity	Guiding steps	Materials used	Time
Learning meditation, yoga, and physical exercises	Session on method of meditation, yoga, and other physical exercises.	Sessions by invited experts	30 min
Physical training	Physical training period to be included in the weekly timetable during school hours.	Sessions by physical instructor/sports teacher	30 min
Encouraging sports	Organize periodic sports meets/participate in inter-school competitions.	Physical instructor/sports teacher	As per schedule
	Inspirational sports movie/documentary screening such as Chak de India, Marykom, Bhag Milkha Bhag.	TV/projector	140-180 min

Methodology

- Sessions by physical educators/instructors/sports teachers and invited experts.
- Video/TV/projector.

CHAPTER 6: ENVIRONMENTAL EDUCATION

Activity Objectives

- To educate students on various types of waste and the importance of waste management.
- To promote the importance of the 3Rs: Reduce, Reuse, Recycle.
- To raise awareness of measures taken for safe storage and disposal of waste at home, in schools, and in communities.

Activities

Activity	Guiding steps	Materials used	Time
Types of solid waste	Group work: Identify and list biodegradable and non-biodegradable waste and places where waste is generated in the school: • Paper waste • Plastic waste • Food waste • Aluminum foil • Other (pencil sharpening, used stationary, etc.)	Notepad, chart, marker	30 min
Understand 3Rs	Group work: List examples of waste that can be reduced, reused, and recycled.	Chart, marker	60 min
Waste segregation	Video screening to show waste segregation and its use to students. Videos from Indore: • <i>How Indore is Becoming Garbage-Free</i> https://www.youtube.com/watch?v=-MS8vfcTmSM • <i>Waste Management Model of Indore, India's Cleanest City</i> https://www.youtube.com/watch?v=Whz4WEdTSCc Additional video: • <i>Waste Management. What is Wet Waste & Dry Waste? Waste Segregation (Hindi)</i> https://www.youtube.com/watch?v=uaombvgCEuk	Projector/ TV/use of smart class	30 min

Composting	Demonstrate composting wet waste. Suggested videos: • <i>How Compost is Made</i> https://www.youtube.com/watch?v=cBkBwVFFEWw • <i>Compost Pit in Our School MPUP Pettugollapalli Design for Change</i> https://www.youtube.com/watch?v=Oq5XtBzPOOI	Demonstration of vermi-composting (video)	30 min
Waste free schools	Identify student volunteers (by rotation) to take steps to make schools waste free.	Badges or caps for volunteers	30 min per week
Plantation drive at schools and communities	Organize a plantation drive in the school and surrounding communities each year on World Environment Day (June 5 th). Teachers should identify 5–6 representatives from each class to take care of the planted saplings.	Saplings, manure, soil, equipment	Every June 5 th (World Environment Day)

Methodology

- Group work.
- Video presentation followed by discussion.
- Demonstration on composting (video or visit).
- Volunteers devoting time to making schools waste free.

CHAPTER 7: LIFE SKILLS & BEHAVIORS

Activity Objectives

- To improve knowledge of road safety.
- To impart knowledge and skills on first aid.
- To raise awareness about good touch and bad touch.
- To educate students about life skills and how to apply them in daily life.
- To learn about hazards of experimentation and risky behavior.

Activities

Activity	Guiding steps	Materials used	Time
Road safety rules	Presentation on road safety (by traffic police or trained teachers). Suggested videos: • <i>Short Video on Road Safety</i> https://www.youtube.com/watch?v=IDQ3-7-wAOI • <i>Road Safety (Hindi)</i> https://www.youtube.com/watch?v=MdLLpHwin8g	Audiovisual aids, slide show/ video on road safety	30 min
	Skit by students on road safety.	Materials for role play	30 min
	Quiz on road signs for road safety.	Quiz	30 min
Let's assemble a first aid kit	Empty the first aid box provided by BHC and share the purpose of each item with students. Have a student volunteer, with help from classmates, to reassemble the kit.	First aid box	30 min
	Practical demonstration of cleaning a wound and bandaging.	Gauze, bandage, antiseptic	15 min
Personal safety	Video screening on good touch and bad touch. Suggested video: • <i>Komal: Child Sexual Abuse (Hindi)</i> https://www.youtube.com/watch?v=CwzoUnj0Cxch • <i>Good Touch Bad Touch</i> https://www.youtube.com/watch?v=Dvxi8sCdvfs&t=9s	Video, audiovisual aids	30 min
	Presentation of unhealthy and risky behavior.	PowerPoint presentation or video	30 min

Methodology

- Video/poster presentation followed by discussion. Sample posters on road safety: <https://indiairf.com/posters-on-road-safety/>.
- Skit by students.
- Quiz (winners may be awarded certificates as champions of road safety).
- Demonstration of first aid.

CHAPTER 8: MENTAL HEALTH

Activity Objectives

- To improve knowledge and understanding about health, mental health and mental disorders using a life cycle approach.
- To improve knowledge and understanding about learning disorders among children.
- To learn about body image issues and their symptoms among adolescents.
- To learn about emotional disorders (anxiety, depression, self-harm) and their symptoms among adolescents.

Activities

Activity	Guiding steps	Materials used	Time
Identify common real-life problems	Role-play: Learn to deal with a problem. Write and share 2–3 common real-life problems through role-play and suggest problem-solving steps. Suggested problems can be: • Exam pressure and anxiety. • Physical and emotional changes during adolescence. • Peer pressure for unhealthy practices.	Role-play, script	20 min
	Presentation by the teacher on body image and other issues during adolescence.	Presentation	30 min
Emotions and stress	Video screening or presentation on common causes of anxiety, stress, and depression, and ways to deal with them.	Video or PowerPoint presentation	20 min
Mental exercises	Play game involving mental exercises, e.g., arranging color cubes.	Cubes	30 min
	Demonstration on meditation for mental concentration.	Demonstration by experts or teachers	30 min

Methodology

- Video presentation followed by discussion.
- Role-plays by students.
- Mental exercises.
- Demonstration on methodology.

ANNEX 1: A HEALTHY DIET CHART FOR INDIAN ADOLESCENTS

A Healthy Diet Chart for Indian Adolescents							
Food groups	Portion definition	Recommended number of portions for a balanced diet					
		10-12 years		13-15 years		16-18 years	
		Girls	Boys	Girls	Boys	Girls	Boys
Cereals and millets	30 gm	8	10	11	14	11	15
Pulses	30 gm	2	2	2	2.5	2.5	3
Milk and milk products	100 ml	5	5	5	5	5	5
Roots and tubers	100 gm	1	1	1	1.5	2	2
Green leafy vegetables	100 gm	1	1	1	1	1	1
Other vegetables	100 gm	2	2	2	2	2	2
Fruits	100 gm	1	1	1	1	1	1
Sugar	5 gm	6	6	5	4	5	6
Oils and fats	5 gm	7	7	8	9	7	10

Source: Dietary guidelines for Indians National Institute of Nutrition, ICMR

ANNEX 2: HOW TO HANDRUB?



Novel Coronavirus Disease COVID-19

How to handrub?

**RUB HANDS FOR HAND HYGIENE!
WASH HANDS WHEN VISIBLY SOILED**

 **Duration of the entire procedure: 20-30 seconds**

1a

Apply a palmful of the product in a cupped hand, covering all surfaces;

1b

2

Rub hands palm to palm;

3

Right palm over left dorsum with interlaced fingers and vice versa;

4

Palm to palm with fingers interlaced;

5

Backs of fingers to opposing palms with fingers interlocked;

6

Rotational rubbing of left thumb clasped in right palm and vice versa;

7

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8

Once dry, your hands are safe.

Stay protected!

Stay safe from Coronavirus!



Contact Ministry of Health and Family Welfare Helpline:
+91-11-23978046 & 1075

Source: Ministry of Health and Family Welfare and World Health Organization

ANNEX 3: TOBACCO FREE EDUCATIONAL INSTITUTION GUIDELINES

TOBACCO FREE EDUCATIONAL INSTITUTION	
Sale of cigarettes and other tobacco products in an area within radius of one hundred yards of this educational institution is strictly prohibited and is a punishable offence.	
If you see any violation, please report to –	
Name	_____
Designation	_____
Contact Person	_____
OR	
Call at Quitline Number – 1800-112-356 (Toll free)	
By Order	

60 CM

45 CM

TOBACCO FREE AREA	
	
Tobacco Use here is a Punishable Offence	
If you see any violation, please report to -	
Name	_____
Designation	_____
Contact No.	_____
OR	
Call at Quitline Number – 1800-112-356 (Toll free)	

60 CM

45 CM

ANNEX 5: WORLD NO TOBACCO DAY OATH

“On this occasion of the **World No Tobacco Day**, I take a pledge that I shall never smoke and consume any type of tobacco and other illicit drugs in my life. I **pledge** to lead a healthy, **tobacco**-free lifestyle. I will say **NO** to **tobacco** and will help my friends say **NO**.”

JSI RESEARCH & TRAINING INSTITUTE, INC.

2733 Crystal Drive
4th Floor
Arlington, VA 22202
USA
Phone: 703-528-7474
Fax: 703-528-7480
Web www.jsi.com

JOHN SNOW INDIA PRIVATE LIMITED

Plot No. 5 & 6, Local Shopping Complex
Nelson Mandela Marg (Near Post
Office)
Vasant Kunj
New Delhi 110070
India
Phone: +91 11 4868 5050

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