

O. P. Jindal School, Raigarh (C.G.)

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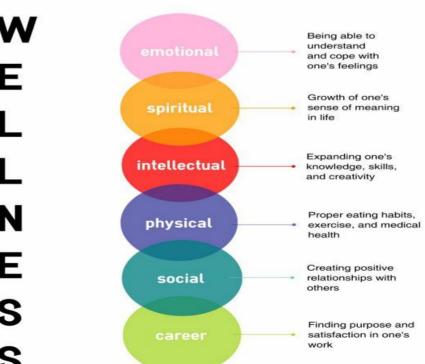
Health & Wellness

Health, Wellness and Safety- The Comprehensive Need-based Care

"A healthy outside starts from inside..."

Health stands as a prime concern to O.P Jindal School and works relentlessly towards the physical and mental health of students. The school caters all the needs of a child and helps in addressing a range of issues in the community for long-term well-being of students.

Health and wellness club consistently works towards the stress management strategies under the guidance of experts at schools. The school curriculum incorporates a carefully planned Counselling and Guidance Programme that aims to flourish the educational journey, promote skill development, develop resilience against adversities and resolve their concerns before those can snow-ball into serious psychological problems. It observes 'The World Health Day' religiously to draw the students' attention towards Global Health. Conduct of Special Assemblies on 'Food Safety' are frequented at school as a prerequisite for food security. Social and emotional learning of students as well as growth of a positive personality is the prime target of the club.



O. P. JINDAL SCHOOL, RAIGARH (CG) 496 001, INDIA

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OPJS/QMS/Report/24-25

Report: Orientation Programme for Health and Wellness Messengers

Topic - Role of Health Messengers in School health and Wellness Programme

Venue -Training Development and Counselling Hall

Purpose -To **train** the selected Health and Wellness Messengers in performing their **role** /**responsibilities** appropriately and **efficiently**.

An orientation programme was organized by our school authorities on 24th August 2024 to enhance the efficiency and competence level of our elected Health and Wellness Messengers from classes VI- XI. The session was jointly conducted by the School Doctor and Counsellor.

Key Points of the Session

- Introduction : School Health and Wellness Programme (SHWP)
- **Importance** of SHWP
- Specific objectives to be achieved by the government through SHWP
- Eleven themes of SHWP curriculum
- Suggestions on theme based activities for students
- Specific responsibilities of Health Messengers
- Wellness guidelines for students to be popularized by the messengers

Activities

Group Discussion: Situation based questions based upon the topics discussed in the session were asked to actively involve the Health Messengers in the learning process.

Closure

The session was wonderfully summarized by the school doctor. She strongly encouraged the attendees for promoting, participating and involving their classmates in all the health activities organized by the school as well as integrating the SHWP themes in their co-curricular activities . The session was attended by 105 students.

Sujata Banerjee Counsellor

<u>Pictorial Evidences</u>













BEAWARE OF PENAL ACTION FOR SEXUAL HARASSMENT @ WORKPLACE

Undergoing Counselling | Community Service |
Any action including a written apology or warning |
Reprimand or censure | Withhold of promotion, pay
rise or increments | termination from service

Members of Anti-Sexual Harassment Committee

- * Mrs. Leena Chacko, Vice Principal (Head of the committee)
- * Dr. Sanjay Debnath, Administrator
- * Mrs. Sunita Kapoor, Sr. Mistress (PW)
- * Dr. Shilpa Dixit, Sr. Mistress (PPW)
- * Dr. Monika Tripathi, (School Doctor)
- * Mrs. Ravindra Choubey, External Member