



# School Health Education



**Dr. Sanjay Shrirang Choudhary**

Principal

Shri. Bhimashankar B. Ed. College  
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Dist. Pune Pin - 410503



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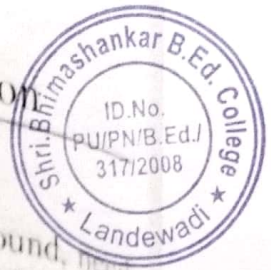
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The present chapter is designed to review research background, need and importance of research, definition of terms, objectives, assumptions, hypotheses, scope and limitations, chapter structure, etc.

## 1.1 Background of the research study

Personality development is a critical goal for students at all levels of the Indian educational system. The idea of building a healthy personality has appeared in various forms throughout educational history, from the University Education Commission to the "National Education Policy of 1986".

In 1918, the American Board of Child Health, which existed in the United States, coined the term "Health Education" (hereafter HE). According to the experts, the real cause of physical infirmity is inadequate HE in schools. Since then, 'HE' has become an important part of school. In India too, healthcare at the school level. Since 1909 HE was developed in Indian education. The Secondary Education Commission of 1953 insisted on conducting a personal examination of the students. Later, the Government of India also set up a School Health Committee. The goal of HE at the school health level was to inculcate good health habits in children in order to lead a happy, prosperous and creative life. (Karandikar, S. And Mangrulkar, N. 2006) It helped to develop the concept of "School Health Education" (hereafter SHE)

Prof. Prabhakar Veerkar and Pratibha Veerkar (2005) have defined the World Health Organization's definition of SHE as follows. "The idea of SHE is important in the efforts of the school to pay attention to the physical and mental development of the students". Also according to the Mudaliar Commission, a complete health check-up of the students should be done in the school every year. (Reference Jadhav, Mohan and Sarpotdar Prachi. 2003)

"Health is wealth", we often say. A person's health is likewise a valuable asset. Everyone requires health in order to live a happy and healthy life. At the same time, one must consider how to promote the health of one's family, society, and neighbourhood. Other elements must be taken into consideration in order to live a healthy life. Every person has the right to good health. It is, nevertheless, a

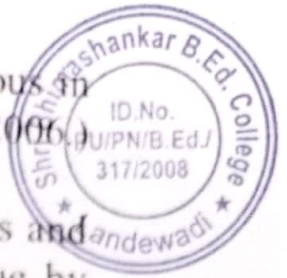
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component of the job. Individuals and society must be conscious in order to reach this health. (Karandikar, S. And Mangrulkar, N. 2006.) An attempt is made to make them aware of this through HE.

Only a person in excellent health can contribute to the nation's and society's affluence. That person backs to his national revenue by accomplishing a lot of efficient and outstanding work; in other words, wellness is a means of raising the community and oneself. You can learn how to obtain this healthiness through education. Even in youngster and old age, achieving excellent health through appropriate health habits from childhood can offer satisfaction. This is due to the fact that good habits learned in childhood are carried over into adulthood. As a result, the foundations of health in education should be discussed.

The World Health Organization's (hereafter WHO) definition of health includes not just the idea of a lack of disease, but overall well-being. It also includes physical and mental health. The WHO has stated the following objectives of HE.

- 1) To prove that health is the property of the society.
- 2) To develop people's knowledge, skills and attitudes and prepare them to resolve their health glitches by their own engagements and struggles.
- 3) To develop health services and to impart knowledge of proper use of these services.

(Date, Sushma.2007)

The concept of SHE is clear from the above objective.

All Human beings need to get HE for better health, health care etc. This knowledge is imparted more or less directly and indirectly from each family. But the most influential factor in this work is the school. Because, good health habits can be inculcated in school. And from this point of view, if HE is given from school, it will be much better. This was realized. And it was with this awareness that the subject began to be studied at various academic levels. For example D.T.Ed.Course. The subject of HE has been included in the syllabus for the second year.

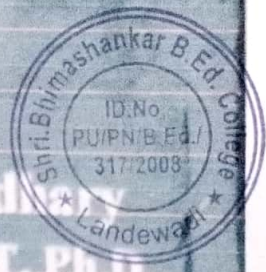
HE can help people learn about health issues and how to apply what they've learned. The nation is in serious need of a replacement for the individual who has amassed health wealth. A healthy person performs national labour. Every citizen of the country needs to be conscious of their health. Schooling can help to develop this consciousness. Health is a tool for the human and the country.

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Dr. Sanjay Shrirang Choudhary had his college education in Pune University. After obtaining his degrees of B.Ed., M.Ed. & SET in Education, he is serving as an Assistant Professor for 17 years in Shri Bhimashankar B.Ed. College, Landewadi, Pune. And From Last 4 Years he is serving as an Incharge Principal in same college.

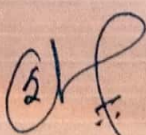
He worked as examiner as well as moderator of B.Ed. General Paper Quality and Management in School Education and English Method in Pune University. Also he worked as Resource person in English Teacher Training Program. He had published many Research Papers in National and International level on various subjects. He participated in National conference and seminars conducted by Pune University as well as Bombay University. Apart from educational field he worked as Resource person in Skill Development Programme.

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