



## **THE SCHOOL HEALTH PROGRAMME**

### **THE SCHOOL HEALTH PROGRAMME: REACHING CHILDREN LIVING IN URBAN SLUMS**

Children living in slums of big cities, reside in overcrowded settlements which often do not have access to clean drinking water, good sanitation facilities and absence of reliable medical facilities.

Since 2006, we have been working with schools servicing the slum children, providing regular health check-ups, and providing information on personal hygiene such as the importance of brushing teeth, taking a bath, and consuming a nutritious diet, among others. We have provided this facility to more than 3000 students from Sankalp, Saksham Bal Vikas Sansthan, Humana People to People and Indian Citizen Forum (ICF).

Our model is simple. A team of one doctor, a dispenser, a counsellor and 2 volunteers assessed the health of every child every six months. A health card was prepared for each child recording his/her growth parameters, development, and medical history. The children were checked for the height, weight, haemoglobin, and general infections. Children requiring any medical help were given the necessary medicines and were counselled about ways to improve their health and were provided with de-worming tablets. Those children who were found to be suffering from an issue were then followed up by the team through monthly visits. During these visits, the team also examined any new cases of viral, infections, injury etc. referring serious cases to hospitals. The school health program was a big platform

for us to build awareness with the children on health, personal hygiene, sanitation, and importance of having a nutritious diet every day.

As an integral part of the program new groups of students (mostly grade-wise), were counselled every month about the importance of washing hands, keeping nails and hair clean, brushing teeth, taking a bath to improve their health and lives.

