

Minutes of the Video Conference on NHPC CSR activity of Social Health Club held on 13th July 2022

1. A meeting through Video Conference was held on 13.07.2014 on the concept of Social Health Club in educational institutions. The meeting was attended by Joint Secretary (H), officers of the CSR Division of NHPC Ltd., NGOs/ organizations like PHFI, UNFPA etc. and nodal officers of NHPC's School Health Clubs.

2. In his opening remarks, JS (H) welcomed all the participants and briefed about the aims and objectives of setting up of Social Health Clubs taken up as a CSR activity by the NHPC presently in the schools run by NHPC at its different project locations. JS(H) appreciated the school management & children of the Kendriya Vidyalaya, Jyotipuram of Salal Power Station for celebrating the 'healthy food day' coinciding with the world chocolate day, thereby highlighting efforts and consciousness about the health issues even as high sugar food items are being promoted elsewhere.

Thereafter, Sh. Rajeev Ranjan Asthana, Group DGM, CSR&SD Division, NHPC Ltd., made a presentation on the Concept of "Social Health Club in Educational Institutions" as in Annexure 1.

The presentation touched upon:

1. Background about the Social Health & well-being Club.
2. Aims of establishing the Club.
3. Activities to be carried out in the Club.
4. Support planned from NHPC.
5. Glimpses of the Club activities carried out in some of the NHPC's schools.

The views of those present in the meeting were sought regarding how the concept of Social Health Club can be firmed up and established with vibrancy in educational institutions to enable a non-commercial platform for preventive and promotional aspects of health.

The concept of the Social Health Club was appreciated by all present and there was a commitment to help achieve the objective by all present. The specific comments were as below:

I. Issues discussed by Mr. Nikhil Pant (Representative of REACHA, an NGO):

- a) REACHA began working with schools since 2004 through the Tata Power (erstwhile NDPL) Energy Clubs that were set up in partnership with Delhi Govt. Schools and other prestigious schools.
- b) Project scaled up to Mumbai and later pan India and is today known as Club Energy.
- c) REACHA focused on embedding energy conservation into the NCERT curriculum being taught at these schools. This was the surest way to ensure sustainability.
- d) The project focused on teacher training, children ownership, parents' participation, and community mobilization.
- e) Social health clubs can be developed through innovative interactive engaging content and pedagogy
- f) For the success of Social Health Clubs, the same needs to be embedded in the curriculum along with a comprehensive and continuous evaluation framework.

II. Issues discussed by Ms. Radhika Srivastava(Representative of HRIDAYA, an NGO) :

- a) HRIDAYA is a Delhi-based NGO, they have actively implemented the prevention and control of communicable diseases. Meaningfully engaging and empowering school-going children and adolescents is critical to fostering healthy lifestyle practices among them and through them, in the classrooms, schools, homes, and communities. Interventions aimed at promoting sound physical and mental health must be evidence-based and aim to build the capacity and provide ownership to students to hone their leadership, communication, and advocacy skills. Interventions that are grounded by robust evidence are critical to bringing about behavioral change, fostering health-promoting societal norms, and informing policies that support measures to enable young people to lead healthier and

happier lives (e.g., restricting the marketing of unhealthy foods and beverages to children and adolescents).

b) HRIDAY's primary focus area is the prevention and control of Non-Communicable Diseases (NCDs) through multi-pronged action on prevention exposure to risk factors – tobacco use, alcohol use, unhealthy diets, physical inactivity, and air pollution.

c) HRIDAY has successfully tested a school-based tobacco prevention intervention among nearly 15000 students, which led to a decline in tobacco use by 17% in intervention school students. Conversely, tobacco use increased by 68% in control school students. This study provided robust local evidence to include School Health Programmes as one of the major components of the National Tobacco Control Programme, of the Ministry of Health and Family Welfare, Government of India.

d) HRIDAY as a vibrant network of schools across several states in the country, in collaboration with its NGO partners. It also works closely with WHO and UNICEF on youth-led campaigns which have shown a positive impact in promoting healthy norms and policies. HRIDAY is committed to working with multiple partners to establish and sustain Social Health Clubs across the country.

### III. Issues discussed by Mr. Sunil Thomas Jacob (Representative of UNFPA) :

a) With life skill dedication training to children at an early age, they can make informed choices.

b) Gender-based violence had adversely impacted health.

c) We can use the collective responsibility of the school students.

d) Students can raise their voices and they can influence other students through these social health clubs.

e) There should be an effort to give students ownership over their health through the Social Health Clubs

f) There should be a component of policy advocacy by students on the basis of evidence-based inputs.

g) Shri Sunil Jacob Thomas (UNFPA) shared the experience regarding the Umang Program through which Lifeskills exposure is sought to be given to students in Madhya Pradesh in collaboration with the Department of Education in Madhya Pradesh. The material got ready for the same could be suitably modified for the inputs in the Social Health Programme. The possibility of working with Government Departments also needs to be explored.

#### IV. Issues discussed by Ms. Shalini Bassi & Mr. Tina Rawal (Representative of PHFI) :

a) PHFI has experience in Designing, implementing, and evaluating evidence-informed school health interventions and programs. These programs have been scientifically evaluated and have shown success in inculcating healthy lifestyle practices among them on various health themes. These interventions and programs focused on the prevention and management of non-communicable disease risk factors

b) They have worked with the Ministry of Development of the North Eastern Region, where they developed an age-appropriate comprehensive school health promotion curriculum for school-going students aligning with the themes of the National Adolescent Health Programme i.e Rashtriya Kishore Swasthya karyakram

c) They have also worked in collaboration with Niti Ayog, UNICEF, and the National Institute of Nutrition and collating research evidence to identify current evidence and situation gaps for strengthening the food policy environment for prevention and management of maternal, Adolescent, and childhood obesity.

d) In collaboration with WHO, they have also conducted a study to assess the food environment in and around educational institutes

e) It was suggested that advisory partners may be collaborated along with the National Institute of Nutrition.

#### V. Issues discussed by Mr. Manish Tilak (Principal KV Gerukamukh, Subansiri Project, Arunachal Pradesh) :

a) Giving more knowledge to children would empower them to take informed decisions in life.

b) Adolescence knowledge may be imparted to students on communicable diseases with the help of Doctors.

The meeting ended with a vote of thanks to all the participants