

**Website Contents
for
Social Health Clubs in Educational Institutions**

NHPC Limited

21/07/2022

Contents of the Web-site

- The Web-site shall provide the options of uploading:
- Concept
- Registration of Schools
- Pages for active Schools
- Uploading Bye-laws/Rules of the Club
- Resource Material/Content for Club
- Activities of Clubs
- About Partnering Organizations/ Organizations supporting
- Capability to upload and showcase Club activities
- Publicize Club activities
- Social Media Feed
- Publish announcements like Competitions/ Awards/Prizes/Winners etc.

Social Health & Well-being Club in NHPC Schools

Background:

- NHPC has established 14 Educational Institutions (Kendriya Vidyalayas/ DAV Public School).
- The Children of all the 14 locations have formed a Social Well being & Health Club in their respective Schools.
- The Club started functioning from a What's App Group created for initiating the activities of the Club with has all the 14 School Principals and Cub In-charges in the group.
- The Club In-Charges post the snapshots of the activities of their Clubs on the What's App Group.

Aim of the Project:

Lifestyle diseases are increasing by the day and simultaneously various ill habits are increasing, which our future generation needs to be insulated against. Social Well being & Health Club have been formed with the aim to:

- educate the next generation regarding the changing challenges to a healthy life
- establish **Social Health & Well-being Clubs in 10001 Educational Institutions.**
- save numerous lives in the long run from lifestyle diseases.
- positively impact **a very large number of beneficiaries** in the long run.
- onboard Schools run by NHPC, Schools around NHPC Locations, National level School conglomerates like Kendriya Vidyalayas, Navodaya Viyalayas etc. across other geographical locations.
- identify activities which convey messages regarding health in a non-commercial manner, which would go a long way in percolating the message in the society. This initiative would also help in honing the Organizational skills and leadership traits of students.

Types of Well being

Well-being is the **experience of health and happiness**. It includes mental and physical health, physical and emotional safety, and a feeling of belongingness, sense of purpose, achievement and success. Well-being covers **a range of psychological and physical abilities**. The major types of well-being are:

- The major types of well-being are:
- **Emotional well-being** – the ability to be resilient, manage one's emotions and generate thoughts that lead to good feelings
- **Physical well-being** – the ability to improve the functioning of one's body through healthy eating and good exercise habits
- **Social well-being** – the ability to communicate, develop meaningful relationships with others and create one's own emotional support network
- **Workplace well-being** – the ability to pursue one's own interests, beliefs and values in order to gain meaning and happiness in life and professional enrichment
- **Societal well-being** – the ability to participate in an active community or culture.

Overall well-being depends on all these types of abilities integrated together.

Importance of Well-being in Schools

- Schools have an essential role to play in **supporting students to make healthy lifestyle choices and understand the effects of their choices on their health and well-being**. Childhood and adolescence is a critical period in the development of long-term attitudes towards personal well-being and lifestyle choices. The social and emotional skills, knowledge and behaviours that young people learn in the classroom help them build resilience and set the pattern for how they will manage their physical and mental health throughout their lives.
- Schools are able to **provide students with reliable information and deepen their understanding of the choices they make**. They also provide students with the intellectual skills required to reflect critically on these choices and on the influences that society brings to bear on them, including through peer pressure, advertising, social media and family and cultural values.
- There is a **direct link between well-being and academic achievement** and vice versa, i.e. well-being is a crucial prerequisite for achievement and achievement is essential for well-being. Strong, supportive relationships provide students with the emotional resources to step out of their intellectual 'comfort zone' and explore new ideas and ways of thinking, which is fundamental to educational achievement.

Key Activities for Schools

- Student well-being at school begins with **helping students feel that they are understood and valued as an individual in their own right, and that school life has a meaning and purpose for them**. This can be achieved in a variety of small ways, the cumulative effect of which can have a very powerful influence on students' sense of well-being. These include:
- developing a **welcoming environment where everyone at school can feel supported and safe** through access to meaningful activities, e.g. clubs, societies, interest groups and associations dealing with issues of concern to young people, including health;
- using **teaching methods that contribute to a positive classroom climate and well-being**, e.g. cooperative learning, student-centred methods, self-organised time, outdoor activities;
- finding **curriculum opportunities to talk about well-being issues with students**, e.g. healthy eating, exercise, substance abuse, positive relationships etc.
- encouraging healthier eating by **providing healthy options in the school canteen**, e.g. avoiding high amounts of sugar, saturated fats and salt;
- **working with parents** to enhance students' achievement and sense of purpose in school, e.g. on healthy food, safe internet use and home-school communication.

Activities of Social Health Clubs

- Speech by Children
- Debates and Talks
- Poster-making
- Video Clips on Club Activities/ Key Learnings
- Demonstration of Plays/Skits on Healthy Behaviour
- Any other activities suggested by the Club members

Institutional Support

- NHPC has committed to support these Clubs during FY 2022-23. This would incorporate:
 - Sponsoring Prizes in the Schools
 - Dissemination of Club Activities to increase the outreach



Glimpses of Social Health & Well-being Clubs in NHPC Schools





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