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Influence of management health techniques in college health programme

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Abstract

The term health is derived from the, anglo-Saxon word "health", Meaning "the condition of being safe and sound or whole". For centuries, health as signified common belief of "freedom from disease". In 1948, a S'-nation assembly which later on became World Health Organization arrived at consensus on the definition of health as "a state of complete physical, mental, social and spiritual well-being and not merely absence of disease or infirmity". In the words of J.F. Williams: "Health is the quality of life that enables the individual to live most and serve best". In the Oxford English Dictionary, health is defined as "soundness of body or mind, that condition in which its functions are duly and efficiently discharged". Webster considers health as "the condition of being sound in body, mind and spirit especially freedom from disease or pain". In simple words, health means absence of disease and illness; adequate reserve of strength for work a.nk` vocational activity, mental equilibrium, endurance and ability to withstand environmental hazards. As the new philosophy of health is dramatically changing, the nations all over the world are striving to broaden the meaning and dimensions of health so as to make it more comprehensive and understandable to all. Like health, health education has a variety of meanings and its usage differs. The college level learning and implementing the management of health may change the entire society lead a better living hood. The college students are adulthood growing level the entire management will influence them for to act as role model of society.

Keywords: health education, college health service, first aid, fitness

Introduction

Healthful living pertains to the physical surrounding or environment of the college. The college planners should get the infrastructure - building, plays fields, surroundings-designed in such a way that they help maintain stud nit's health and enhance the quality of their life. While planning, focus should not be lost of the future requirements and likely developments. From the view-point of healthful living, the planning of college physical plant must take into consideration the following things. Quite a large member of college going children suffer from preventable diseases such as bad vision, defective teeth, general weakness etc. Such ailments cause; health among children adversely affecting their learning capacity and development of balanced personality. If proper care is given at school, these defects in the health could be diagnosed and corrected. A great favour shall be done to the students' community if the school provided a bare of minimum of health services such as health appraisal, health records, control of communicable diseases, counseling, first aid and emergency care, solution for special medical problems, drugs and child abuse. If the health problem of students is dealt with at an early age, the ability to learn can be maximized. In this matter, teachers and physical educators hold the most strategic position. The teacher's keen sense of observation and understanding play an important role in knowing about student's health problems. The general signs and symptoms of weakness, stunted growth and other ailments displayed by the students must put the teachers on alert and appraise the situations. Once detected, all serious cases of ill-health should be referred to the concerned medical authorities. Timely information about the frequency of disease, illness, postural defects etc is an important factor in health appraisal

Importance of college health programme

College health programme aims at promotion, protection and maintenance of health and well-

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being of the student. It is considered important in several ways. If it is known to everyone, we can create a healthy life style.

Promoting and developing sound health knowledge, practices and positive attitudes of students

The programme inculcates in students the habits of healthy living and enjoying blessings of life. The good health habits are formed in the formative years of an individual and college span is the best time for developing them. The knowledge of the principles of health makes students develop good health at the right time, at the right age through practical means and to develop good attitudes towards themselves, others and life in general. It also makes them aware of the efforts done by college, and the government towards ensuring healthy school atmosphere and healthy living in the country.

Understanding health of the students, detecting and curing disease

The college health programme helps to understand student's health in terms of their upbringing, development, general living conditions, and routines and tries to detect any defect there in at an early stage. The early diagnosis and treatment of disease, defect, infirmity etc. can prevent further harm to the child. This is very economical from the view-point of time and cost. A stitch in time saves nine is the principle on which the school health programme functions.

Influencing student's total well-being and growth and development

The college health programme creates a health environment where in the student total well-being is ensured. Physical, mental, emotional and social health of the child must conform to the universal characteristics appearing at various developmental stages. Periodic checkup of skin, hair, eyes, ears, nose, lungs, heart, extremities, etc. enables teachers to spot out any problem associated with growth and development. With proper activities and good living habits, several defects in growth and development can be removed and general "well-being assured.

Enabling the child to achieve maximum potential for learning

Healthful college environment makes the child more active. It enhances his ability to concentrate more on. It motivates him to participate in co-curricular activities through which he can understand his development potential. He can know what his strengths and weakness are. Learning comes by doing things. The college health programme imparts knowledge of general anatomy and physiology making the child aware of his body and its functions and also the areas where his backwardness lies. One cannot realize one's potential without knowing about college health programme. This helps the studies to overcome such deformities are also Overcome through proper instruct correct posture. By imparting instruction about correct posture, corrective exercise, also ensures adoption fundamental movements, emergency services and first aid o to services in case of serious injury or illness. Constant reminder by the college health programming makes parents more conscious about their child's health. It inspires the community to take care of his health. The strong foundation of health laid by the college program determines the health of the student, in adult life. The programme also reinforces parents' responsibility towards their child and the community.

The college health programme makes people in general realize that health of the college going population is also a responsibility of all members of the community. This coordinated effort pays rich dividends to the college general health.

Health programme is multi-directional

For example, it creates congenial environment for students to learn basic principles of health and healthful living including knowledge of various diseases, cultivate good personal habits, keep the environment clean and healthy, prevent accidents, and engage in some health-improving exercise and play. The whole concept of college health programme is quite comprehensive' and holistic in nature; It is a cooperative affair and requires support from all segments of community to provide a strong support for it's for the sake of convenience; the scope of school health programme can be discussed under the following heads

Healthful college living

Location site of the school

The site directly affects educational experience. The college is set up in a peaceful and pollution-free area away from the noise and congestion. The site should be accessible by public transport. The infrastructure should be large enough to accommodate present and projected college population. Adequate water supply and sewage systems are its prerequisites. As far as possible, natural ground cover such as trees anti shrubs should be planted and preserved. The site should be far away from land falls, dumps, refineries, industrial or manufacturing plants so that no health hazards air, water or sound pollution; are caused to the college community. Beautiful healthy and pleasing college surroundings have a soothing effect on the student's body and mind. They inspire good thoughts and productive acts.

Size of sites and grounds

The sites should be spacious leaving no scope for students feeling cramped or crowded. The size of the buildings, rooms, halls, theatres etc. should be in accordance with the norms prescribed by the authorities for various types of institutions. Must have adequate space not only to accommodate class rooms but also for open air gym, playground, assembly area etc.

Safety considerations

The safety considerations can be divided into two general sections - for the internal and external environment. The physical education teachers should conduct frequent safety checks on all equipment, furniture, sport gear etc. used in the activity programme and sports. From the view-point of external environment, the greatest threat to health is from the traffic. The college site should, therefore, be away from heavily used roads, railways, airports and water courses. In our country most of the students travel. By college transportation, bicycles or on foot. Teachers should educate them how to travel safely by paying attention to bypassing traffic, and also observing road safety rules.

Building and furniture

Building does not mean the external concrete structure but also design, colour and shape of the class rooms, office, auditorium, laboratories, lavatories, etc. as well as fixtures and furniture. The building should be aesthetically pleasing

and protect students from flying debris, dust, pollution and winds. It should have natural source of light and ventilation. The structure of the building should be designed in such a way that it creates no feeling of monotony. It should have arrangement for disposal of waste. Application of acoustics reduces echoing and the chances of noise pollution. Scientifically constructed and functionally superior buildings add significantly to educational environment.

Provision for accessories

Amenities- Adequate arrangement for drinking water, toilets and changing rooms go a long way in making the school living healthy. Water - both for drinking and general use - is a basic necessity. Unsafe water as well as unsafe water supply system may cause diseases and accidents. Proper drainage system in the buildings and the play fields keeps the college environment accident free and minimize the chances of damage to the structures, fixtures, equipment etc. Amenities also include urinals, toilets, lavatories etc. which school community uses so frequently during instruction hours. These should not only be provided in adequate number separately for male and female students and staff but be kept clean and tidy by ensuring quick disposal of waste and adequate water supply. Non-existent, inadequate or badly kept up accessories are, perhaps, the greatest danger to the college health. The school authorities must realize this.

Parking areas, sidewalks and drives

As most of the school children in our country, travel by bicycles or private transport like auto-rickshaw, bus, tempo, and mini bus, the school should make enough space available for parking these vehicles. There should be separate area for parking bicycles and motor vehicles so as to avoid crowding, stampede when the school closes. Drive-ways should be planned in such a way that they do not cut across the school play grounds and create safety hazards. The side-walks should be wide enough to accommodate several people at any moment. Side-walks should not lead up to the entrance of the school. The movement Health & Physical Education of the people and that of the vehicles of all sorts inside the school campus should be well-regulated to minimize the occurrence of accidents. (Special group requirements: Disabled and handicapped students constitute special groups. Their requirements and those of the other staff should also be considered by the college health programme. The doors should be wide-enough to accommodate a wheel chair. There should be no structural barriers, affecting the participation of the disabled in various activity programs. It needs to be realized that the foundation for human health, happiness, character and personality is laid at school. It is, therefore, necessary that the planning for healthful school living should be carried out in such a way that it provides the best environment meeting the mental, physical, emotional and social needs of the students.

College health service

Health screening, as a part of appraisal is another useful tool. It refers to a preliminary evaluation of the state of development or functioning of various body organs to uncover health problems not identified by observation of pupil appearance and behaviour [Webstar, 1980]. The process includes screening vision, hearing, height and weight, blood pressure, cholesterol, posture, dental health, health of feet etc. and Health examination in general.

Health records

Health record is an important document Containing students parental information, observations of teachers, findings of health examinations, screening test results and student's complaints. The information included in health records must be objective, factual and complete. Physico-medical examination should be done periodically and records maintained in an orderly fashion.

Control of communicable diseases

Control of communicable diseases is an area of overlapping responsibilities. The college health programme and the public health programme share the responsibilities. Communicable diseases have to be prevented at early stage as the school children are in close contact with one another in the class and the play fields. Under this head, the primary task is to give vaccination to prevent diseases caused by pathogen (bacteria, viruses, fungi, protozoan, parasitic worm's and rickettsia). In addition, medical intervention and knowledge about communicable diseases and their control should be provided to all the students. The community - students, teachers, administrative personnel - must play an active role in both prevention and control process of the communicable diseases.

First aid and emergency care

Several types of accidents - major and minor - occur with the students at school and even outside it. An accident is "an unplanned act or event resulting in injury or death to person or damage to the property". Accidents may be prevented by observing precautions and alertness but they are unavoidable. College health programme should give top priority to prevention of accidents as the first safety component. It is important to provide emergency care to the injured. The primary aid is the first aid. This includes not only the basic primary care and treatment but also transportation of the causality to a medical centre. The school personnel should also check law and state regulations to see what they are supposed to do legally in emergency situations. Special Medical Problems: There are several special medical problems which school health personnel have to face. This includes cases of epilepsy, arthritis juvenile rheumatoid, arthritis, allergies, asthma, overweight and obesity, developmental disabilities, etc. The school health programme should provide education to make the school community aware of common problems experienced by large number of students.

Drugs and child abuse

The health programme should ensure that strike a balance in time for homework and recreation. Frequent arguments and quarrels among students over trifles at school and constant napping from parents and teachers may cause emotional turmoil in them. Health instruction guides students, teachers and parents to work in cooperation for creating an atmosphere where better mental and emotional development of the pupil could be ensured.

Conclusion

The study may help to find out the effectiveness of health education management. The study may help the teachers to train their students to help them achieve to manage health living conditions in colleges. This study may help the state government to include the health education as part of the syllabus. In our society today, many people have stress and other health related problems, and results of this knowledge

can be a positive change to the life styles of the common people. The results and outcomes as conclusions of this study may motivate youths to take sports activities as their means in achieving minimal and standard physical fitness, mental health and happiness in their work routines and life.

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