

National Institute of Educational Planning and Administration (Deemed to be University).





National Centre for School Leadership.

State Council of Educational Research and Training Itanagar.

SCHOOL LEADERSHIP ACADEMY (SLA)

To study the level of health and hygiene awareness among the students of the Government's school of Arunachal Pradesh. A Case study of Government Secondary School G-Sector, Naharlagun.

Abstract

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It is very much important to assess the level of awareness and practices of health and hygiene among the student's community. As health and hygiene plays a very significant role in our daily life. The poor hygiene and sanitation issue lead to various health issues like Cholera, diarrhoea, dysentery, typhoid and intestinal infections, etc. among many people in general and students community in particular. As we knew that such health issues may have severe impact on the academic aspect of the students'. Heathy and positive mind of students is extremely beneficial for the nation as a whole, as students are considered to be the future citizens. In this regards to provide better health and hygiene facilities many government and non-government organization (NGOs) are actively indulged in such matter. Further, huge amount has been spent on organizing health awareness camp and messages to generate level of awareness among the public. Thus, this paper is an attempt to assess the level of health and hygiene awareness among the students in particular in one of the government school of the Arunachal Pradesh, which will provide an insight understanding in dealing such issues among the policy makers and the implementers, for formulating affective policies and programmes.

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" Keep your own house and its surroundings pure and clean. This hygiene will keep you healthy and benefits your worldly life"

-Sri Sathya Sai Baba

Introduction

The present paper is an attempt to assess the awareness level and practices of health and hygiene amongst the students of Government Secondary School, G-Sector, Naharlagun, Arunachal Pradesh, India. As there is famous saying "Health is wealth" & "Prevention is better than cure". To base under these quote the present paper is an attempt to conduct case study amongst the health & hygiene awareness and practices amongst the School going students in the Government Secondary School, G-Sector, Naharlagun

As the 17 Sustainable Development Goals (SDGs) were initiated by the United Nation General Assembly (UN-GA) under the umbrella of United Nation Organization (UNO) in the year 2015 which were intended to achieved the said 17 SDGs by the 2030. The 17 SDGs were framed out with Global initiatives to succeed the Millennium Development Goals which were ended up in 2015. The 17 SDGs which are initiated by the United Nation General Assembly (UN-GA) are: (1) No Poverty, (2) Zero Hunger, (3) Good Health and Well-being, (4) Quality Education, (5) Gender Equality, (6) Clean Water and Sanitation, (7) Affordable and Clean Energy, (8) Decent Work and Economic Growth, (9) Industry, Innovation and Infrastructure, (10) Reduced Inequality, (11) Sustainable Cities and Communities, (12) Responsible Consumption and Production, (13) Climate Action, (14) Life Below Water, (15) Life on Earth, (16) Peace, Justice and Strong Institutions, and (17) Partnership for the Goals. As all these goals are broad and interdependent as well which meant to be achieved by 2030 to make better world (UNSDGs).

As the present study has been carried out based upon the three major goals under the 17 SDGs namely- Goal 3: Good Health and Well-being; Goal 4: Quality Education; Goal: 6 Clean Water and Sanitation. To atleast assess the status of health and hygiene practices among the School students at micro level.

Objectives of the study: the present study is based on following objectives:

- 1. To know the profile of the school.
- 2. To assess the level of health and hygiene awareness among the students.

Analysis 1: Profile of the School.

The Government Secondary School, G-Sector, Naharlagun is situated at the exterior side of the Naharlagun town. The school has very beautiful ambience around its surrounding. The school is very well separated to its adjacent by its concrete wall. The beautification of the school's boundary is also very attractive one. As several cartoons images and awareness messages have been drawn and painted in the school boundary wall, which enhance its beautification. Once entered into the school building it is very delighted to see the entire school building which is very well managed by the school authorities and the students. As one can see the porofile of the school via following images.



(Front side of school building)



(Interiors side of school)

Profile of the School

Sl. No.	Particulars	Details
1.	Year of establishment	1/06/1979
2.	Year of upgradation from Upper Primary School to	9/06/2017
	Secondary level	
3.	Name of Circle	Naharlagun
4.	Name of Block	Borum
5.	Name of constituency	16 Itanagar
		constituency.
6.	Name of District	Itanagar Capital
		Region (ICR).
7.	Name of State	Arunachal Pradesh
8.	Pin Code No.	7911120
9.	Total Numbers of Teachers	32
10.	Total Numbers of Students	1044
		(499 Boys & 545
		Girls.)



Moto of the school:

- 1) To educate all, every year adult education is being taught at school for illiterate persons at night.
- 2) School maintain unity in diversity notion. Since 2017 students and teachers are advised to wear own traditional dress on every Wednesday of the week.
- 3) To be a good moral character person. This has been nurtured and inculcate among the children via moral taught lesson at school's morning assembly time.
- 4) School strives for academic excellency. For academic excellency every month the all subject text is compulsory conducted along with revision of chapters after completion of syllabus as encouraged by Department of Education, Government of Arunachal Pradesh.
- 5) Special emphasis given on health and hygiene aspects. Neat and cleanliness of school campus and surrounding. School is plastic free zone where use of plastic items are

restricted. Also encouraged students to maintained cleanliness at their respective homes.



There are total 32 teachers in the Government Secondary School, G-Sector, Naharlagun, Arunachal Pradesh. As the teachers are the main agents to impart knowledge to the students. The very reason the school has provided separate staffs room for the teachers where the teachers can take rest and continue with their academic learningsharing activities. Further, the all the teachers were very active and busy in their academic schedule which again reflects their sincere and functuality in rendering their services in providing better eductaion to the students. Mrs. Tame Yaku, is the current Headmistress of the Government School, G-Sector, Naharlagun. Shge is very active and well smart person. She always encouraged the students and the fellow faculty members to be very fucntual and discipline.

She took over the Headmistress charge of the school in the year 2013. Since then she actively involved herself in the continous growth of the school. She voluntrered herself in many occasion to lead the school issues from the front. Such active initiative of her has been remark amd acknowledged by many students and publics of the locality.



(Office of the Teaching Faculties)

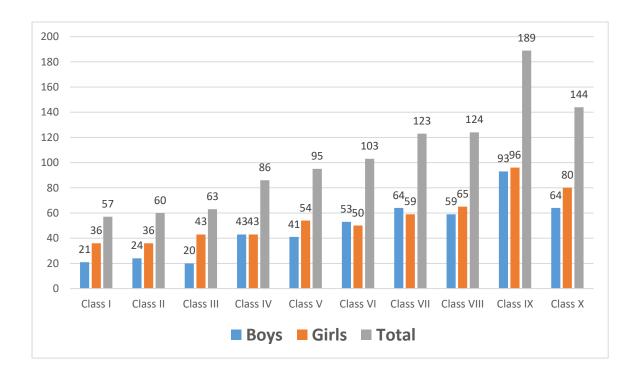
Sl. No.	Human Resources		
1.	Total Numbers of Teachers	32	
2. Total Numbers of Non-Teaching Staff		Staff	
	Clerk	NA	
	Grade IV	1	
	All totals	33	

(Table No.2: Office of the Teaching Staff)

A	(Stud	ents' enrollment))	
Class	Class Boys Girls			
Ι	21	36	57	
II	24	36	60	
III	20	43	63	
IV	43	43	86	
V	41	54	95	
В		Tota	l (A) = 361	
VI	53	50	103	
VII	64	59	123	
VIII	59	65	124	
IX	93	96	189	
X	64	80	144	
		Tota	al $(B) = 683$	
Grand Total	Total (A+B) (361+683) 1044			

Details of the Students' enrollment of the School: The total students' enrollment of the school for the session 2022-23 are shown in the below:

(Table No.3: Students' enrollment)



Details of Teaching Faculties of the School: The details of teaching faculties of the Government Secondary School G-Sector, Naharlagun are furnished in he below:

Sl. No.	Name of the Teacher	Designation	Educational qualification
1.	Mrs. Tame Yaku	Headmistress	Double MA. B. Ed. M.Ed.
2.	Mrs. N.N.Sharma	TGT	MA, B.Lib, B.Ed.
3.	Mr. A.K.Singh	TGT	BSc. B.Ed.
4.	Mrs. Mibi Ngomdir	TGT	BA. D.El. Ed.
5.	Mrs. Nabam Yana	TGT	BA. B.Ed.
б.	Mrs. Hage Anku	TGT	B.A.
7.	Mrs. Ane Borang	TGT	BA. B. Ed.
8.	Mrs. Toi Lollen Padu	TGT	BA. D.El. Ed.
9.	Mrs. Ringam Karlo Ringu	TGT	BA. B. Ed.
10.	Mrs. Mala Bagang	TGT	MA. B.Ed.
11.	Mrs. Ringam Dirchi	TGT	MA. B.Ed.
12.	Mr. Hage Tapu	TGT	BA. B.Ed.
13.	Mrs. Memak Lamgu	PRT	BA. B.Ed.
14.	Mrs. Rashmi Rekha Das	TGT	BSc. B. Ed., PGDM
15.	Mrs. Sima Borah	TGT	BSc. B. Ed.
16.	Mrs. Rimin Leiji	TGT	BA. B. Ed.
17.	Mrs. Taba Mariyam	TGT	BA. B. Ed.
18.	Mrs. Babie L.Guite	TGT	BA. B. Ed.
19.	Mr. Gaffar Ali	TGT	BSc., Bed., MBA
20.	Mrs. Ramjana Rai	TGT	MA., D.El.Ed.
21.	Tame Meka	PRT	BA., D.El.Ed.
22.	Mr. Damto Riji	PRT	BA., D.El.Ed.
23.	Mrs. Epi Gibi	PRT	BA., D.El.Ed.
24.	Mrs. Mudang Sumpi	PRT	XII Passed, DPE
25.	Mrs. L.D. Joram	PRT	X Passed
26.	Mrs. Tamen Rina	PRT	BA., D.El.Ed.
27.	Mrs. Yago Tali Yangfo	PRT	XII Passed
28.	Mrs. Aruna Mize	PRT	XII Passed, B.SB.

29.	Mrs. Tana Limi	TGT	BA., B.Ed.
30.	Mrs. Chanchala Kumari	TGT	B.Sc.B.Ed.
31.	Mr. Tenzing Wangda	PRT	XII Passed
32.	Mr. Techi Pahi Tara	PRT	BA., D.El.Ed.
33.	Mrs. Song Yaha	PRT	BA., D.El.Ed.

(Table No.4: Details of Teaching faculties)

Physical Infrastructure of the School: The below furnished data reflects the availability of the infrastructure of school:

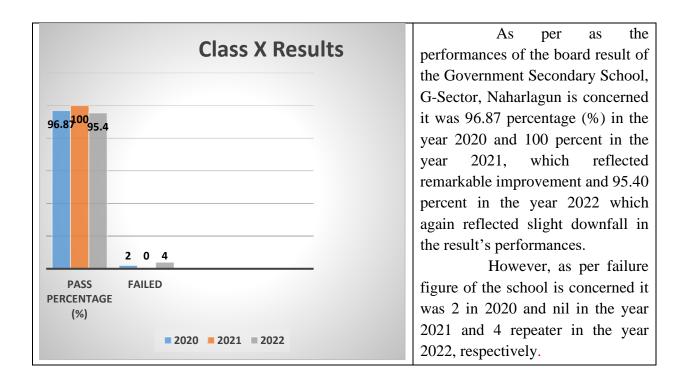
Sl. No.	Particular	Details (in Numbers)	Remarks
1.	Principal Office	1	
2.	Staffs/Teachers Common Room	1	
3.	Class Room	12	
4.	Library	1	
5.	Smart Classes	1	
6.	ICT Lab	1	
7.	Playground	1	
8.	Gardens	1	
9.	Washroom	6	
10.	Store room	1	
11.	Hostels	1	
12.	School building	1	
13.	School wall	1	

(Table No.5: Total Infrastructure of the school)

The Board results of previous three consecutive years of the Government Secondary School, G-	
Sector, Naharlagun are furnished below:	

Sl. No.	Details	2020 Result	2021 Result	2022 Result
1.	Total registered	65	156	91
2.	Total appeared	64	155	87
3.	Absent	01	01	04
4.	Boys	25	70	46
5.	Girls	39	85	41
6.	Pass	62	155	83
7.	Pass percentage (%)	96.87	100	95.40
8.	Fail	02	Nil	04 (Repeaters)

(Table No.6: Year-wise result performances)



Voluntarily initiatives: As there is saying 'Self help is the best help', there are certain wellwishers of the school who voluterely contributed some cash and kinds for the development of the school. One can see from the below images (contributors list) that there are certain individuals who contributed some amounts and items like table, chair, ceiling fan, laptop, sanitizers, lime, rolling chair, cement, bamboos and water filters, etc. for School's welfare nd development.



(Voluntarily initiatives)

Morning Assembly: The Morning Assembly of the Government Secondary School, G-Sector, Naharlagun starts at 9 a.m. in the morning with National Anthem, daily pledges, morning thought and messsages from the School administration's side as a daily routine. The student's assemble for morning Assembly can be seen from the below images.



(Morning Assembly)

Cass rooms: The Government Secondary School, G-Sector, Naharlagun has very beautiful classrooms. The classrooms are decorated beautifully by various arts ans painting and innovative things. Such beautification of the school's classroms can be seen from the below images.



(Class room)

(Teacher's photo hanged on the classroom's wall)



(Class rooms)

Achievement of schools and students: The School has certain achievement in its credit. As some of the achievement mated out by Teacher and the Students of the school are given below.

Sl. No.	Achievement of Teacher	Tittle	Organizer
1	Mrs. Tame Yaku	Best Teacher Awardee-	Department of Education, Govt.
	Headmistress	State Award.	of Arunachal Pradesh.
2	Mrs. Tame Yaku	Best Teacher Awardee-	Department of Education, Govt.
	Headmistress	District Award.	of Arunachal Pradesh.
3	Mrs. Tame Yaku	Best Headmistress	Department of Education, Govt.
	Headmistress	Awardee-State Award.	of Arunachal Pradesh.

(Table No. 7: Achievement of Teacher)







Sl. No.	Achievement of students	Position	Organizer
1	Azadi ka Amrit Mahotsav	1st	Govt. of Arunachal
			Pradesh
2	Winner of folk dance competition	1^{st}	Director of Elementary
			Education
3	Winner of Patriotic Group Dance	2^{nd}	Department of Art &
	Competition on the eve of 75 years of		Culture, GoAP.
	Indian Independence, 2022.		

(Table No. 8: Achievement of Students)







Extracurricular and literary activities.

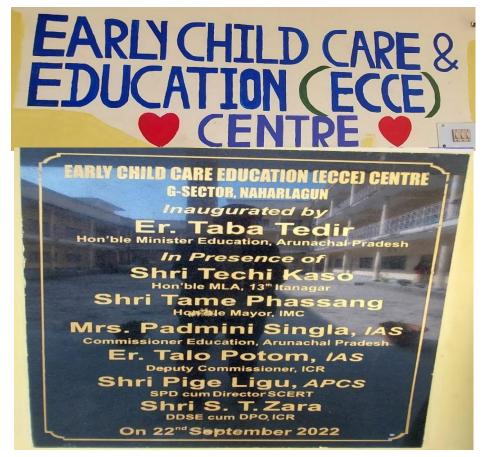






(Meeting with Hon'ble Chief Minister of State)

ECCE: The Early Child Care & Education (ECCE) Centre which is also known as nursery branch education of the Government Secondary School, G-Sector, naharlagun was inaugrated on 22nd September 2022 by the Hon'ble Minsiter of Education, Government of Arunachal Pradesh in the presence of other dignatories. The Early Child Care & Education (ECCE) Centre of the school's seems to be very beautiful and child friendly one. One can see its child friendly teaching-learning atmosphere created under ECCE programme of the school from the below photos. ECCE is considered as an important period in child development at initial stage.







School's Library: Library which consists of collection of books and other important materials played a very significant role in the enhancement of student's knowledge. To certain extent the academic excellence of schools can be judge through its level or standards of the school's library. The school library of the Government dsecondary School, G-Sector, Naharlagun was inaugrated on 18th December, 2019.



Mid-Day Meal



Analysis 2: To assess the level of health and hygiene awareness among the students.

Health and hygiene is important matter of concerned to every individual. As disease has severe impact on health and various other humans' aspects. The unsafe drining water, poor hygiene behavior and lack of sanitation leads to various health issues and complicacies. The reason why there is saying ' prevention is better than cure'. Thus, understanding of each of this components very clearly is fundamental one in seeking for better health and hygiene in our everyday life.

HEALTH: Health is "a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity" (WHO).

HYGIENE: hygiene includes certain personal habits or choices such as regularly taking of shower, wash hand, wash cloth and trim finger nails of hands and toes, etc. "Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases" (WHO).

PERSONAL HYGIENE: refers to maintain personal body's cleanliness.

HOME & EVERYDAY HYGIENE: refers to practices of hygiene which includes hand washing, food hygiene, hygiene in kitchen and bathroom and respiratory hygiene etc.

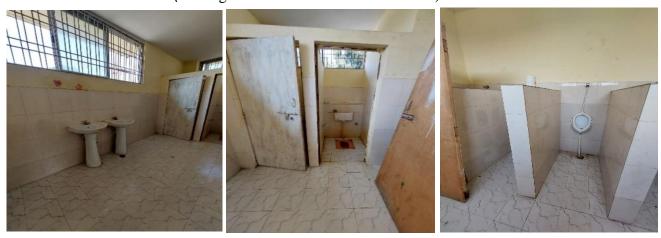
Thus, the present study is to assess the level of health and hygiene behavior and awareness among the students of Government Secondary school, Naharlagun, Arunachal Pradesh.



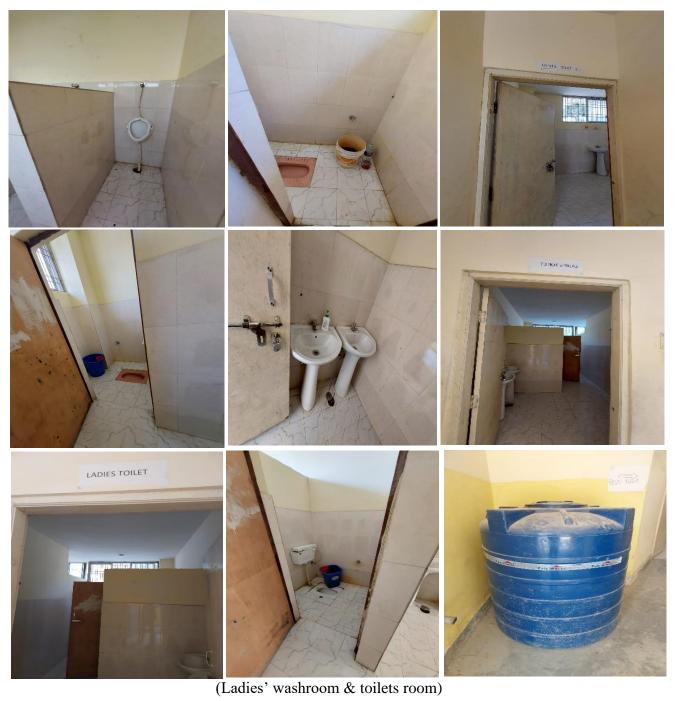




(Message written on notice board & wall)



(Boys' Washroom & toilet room)





(Dutbin placed all arounds at the School campus)



(Checking finger nails of the students)

(Hand wash basin)

Discussion and findings

Table No. 9: Health & hygiene awareness among the students of Government					
	ry School, Naharlagun, Arur				
	ange: 1 for lowest, 2 for avera	age & 3 for b		•	
Sl. No.	Indices		Ma	rKS	
		Students	Teachers	School	Overall
1.	Regular washing of hand	2	3	NA	2.5
	with soap.				
2.	Washing of hand after meal	3	3	NA	3
3.	Regular brushing of teeth	2	3	NA	2.5
4.	Cleaning of tongue	1	2	NA	1.5
5.	Rinse of mouth after meals	1	3	NA	2
6.	Disposal of human excreta	3	3	3	3
7.	Drinking water	2	2	2	2
8.	Disposal of solid waste	2	2	3	2.33
9.	Disposal of liquid waste	1	2	3	2
10.	Regular bathing	2	2	NA	2
11.	Using soap to wash hands	2	3	NA	2.5
	after going to the toilet.				
12.	Nail cutting	2	2	NA	2
13.	Tooth decay issue	2	2	NA	2
14.	Hair oiling & combing	1	2	NA	1.5
15.	Eye cleaning & hygiene	1	3	NA	2

As the above data revealed that the regular practice of hand wash habit is concerned it is more prevalence among the teachers than the students (3>2), where the overall score is 2.5 which again reflected the score is in between the average (2 marks) and highest score (3 marks). If look into the washing of hand after meal is concerned both the students and teachers scored 3 marks each, where the overall scoring is 3 which again reflected that in the matter of hand wash practice after the meal both the students and teachers scored highest marks (3 marks). In the

practice of regular brushing of teeth is concerned such habits are more prevalence among the teachers (3 marks) than the students (2 marks) where the overall scored of the both is 2.5 marks, which again reflected that both scored above average in the matter of regular teeth brushing practice. As per cleaning of tongue is regarded it is 1 < 2 which reflected that the teacher (2) marks) has comparatively scored more than the students (1 mark) and the overall scored is 1.5 which reflected that both scored below average in such case. Rinsing of mouth after meals is concerned teachers significantly scored more marks than the students i.e. 3>1 and the overall scored of both is 2, which reflected that both scored average in this matter. Disposal of human excreta is regarded the school, teachers and students scored highest marks (3 marks) and the overall marks scored by the trio is 3 which again reflected that trio scored highest marks in such practice. As per the scoring in regard to drinking water is considered trio scored 2 marks each and the overall score is 2 marks, which again reflected that the trio scored average in such practice. Disposal of solid waste is considered here the school scored 3 marks, followed by 2 marks each by the teachers and the students and the overall score is considered trio scored 2.33 marks which reflected that the trio scored above average in such practice. Disposal of liquid waste is concerned school scored 3 marks (highest), teachers scored 2 marks (average) and the students scored 1 mark (lowest) and the overall score is 2 which reflected that trio again scored average mark. As per regular bathing is concerned teachers and students scored 2 marks each and the overall score of the both is 2 which shows that both that is teacher and students' scores average in this regular bathing practices. As per as the using of soap to wash hands after going to the toilet is concerned teachers scored 3 marks (highest) and the students scored 2 marks (average) and the overall score of the both in this practice is considered it is 2.5, which reflected that both scored above average in such practices. Nail cutting is considered both the teachers and the students scored 2 marks each (average) and the overall mark is 2 which again shows that the both scored average mark in this practice. As per tooth decay issue is concerned that both the teachers and the students scored 2 marks (average) and the overall score is 2, which further reflected that both again scored average (2 marks) in this practice. Hair oiling and combing is considered teacher scored (2 marks) comparatively higher than the students (1 mark) and the overall score is 1.5 marks which reflected that both scored below average in this practice. And as per eye cleaning and hygiene is considered teacher scored higher (3 marks) than the students (1 mark) and the overall mark is 2 again, which again reflected that the both scored average marks in the practice of eye cleaning and hygiene. Thus, the above mentioned data and analysis highlighted the status of health and hygiene practices among the teachers and students of the Government Secondary School, G-Sector, Naharlagun of Arunachal Pradesh. Which will definitely help in understanding the prevalence of such practices of health and hygiene in one of the government school of the Arunachal Pradesh.

Findings

The Government Secondary School, G-Sector, Naharlagun has no doubt maintained the school campus very well as the above pictures and data reflected the same. The school administration and the students communities of the same school have properly maintained the health and hygiene issues too. Thus, the school authorities and the students' communities needs to be acknowledge and appreciate for such initiatives. However, there are certain issues that also

need to be introspect like; the school administration are facing problems in maintaining punctuality and discipline among the every students in the school, there is also low enrolment rate among the lower level classes in the school, the school is still facing the shortage of mathematics teachers, students are not getting transportation facilities for attending the school and students are also having difficulties in understanding the mathematics subject.

Future plan of the school: The school authorities of the Government Secondary School, G-Sector, Naharlagun proposed for following future strategies for the development of the school in nearby future:

- 1. School administration emphasized on imparting more skilled or vocational oriented course to the students.
- 2. Focused on instilling more moral and ethical values among the students' communities.
- 3. Planning to established boys and girls' hostels for the students.
- 4. To focus more on providing extra classes tot eh students who is/are weak in studies.
- 5. Planning to conduct more teachers-parents-students interaction meeting in order to build up better communication among all.
- 6. School's administration also planning to conduct drugs awareness campaign among the youth in nearby localities.
- 7. School authorities also planning to provide better career counselling and guidance to the students.

Conflict of interest

The authors declare that this paper content has no conflict of interest.

Message from Headmistress Desk

St gives me an immense pleasure to share my message to the students, parents, staff, to the Department of Education and Ondia as a vehole. Obinee 2013 S toiled days and nights for the development of the school. "Chrough diligence and consistent effort, O managed to upgraded the school from upper primary school to secondary school in the year 2017.

On order to mould the students, many innovative ideas were put up in the school. As our school has multi-culture and ethnic student population, we taught them the importance of tolerance and respect for each other's culture and customaries. Apart from imparting knowledge in students we inculcate in them - **Wisdom**, **Compassion, "Cumanitarian Spirit and a sense of responsibility towards the development of the society**. Tiscipline, "Concety and Entegrity are the core reduces of our school



The school has a team of highly qualified and experienced teachers who are dedicated to providing the best education to the students. They are passionate about teaching and strive to create a positive learning environment in the school. The teachers use innovative teaching methods to make the learning process more engaging and interactive. They ensure that each student gets individual attention and personalized guidance.

Our Obchool has a veel-designed curriculum that is designed to cater to the overall development of the students. St not only focuses on academic excellence but also on co-curricular activities such as games & sports, music, dance, art, and cultural activities. The school also provides various facilities to its students such as a library, smart classroom, and sports facilities. These facilities help the students to develop their skills and interests and provide them with a holistic learning experience.

Apart from academics and co-curricular activities our school also focuses on inculaating values and ethics in its students. The school aims to produce responsible citizens who can contribute to society in a positive way. We believe that education is not just about academics, but it is also about character-building and developing a sense of responsibility towards society.

"The school has produced many successful alumni who have excelled in various fields, and it continues to strive for excellence in education.

I encourage all the students to take advantage of the opportunities provided by the school and make the most of their time here. I also urge the parents to be actively involved in their child's education and support them in their academic and personal growth.

With Enoyers and Regards

TAME YAKU

Haadmistrus Gort Obecondary Obchool G-Obector, Haharlagun, A. Z

Reflective questions:

- 1) What is the name of your School?
- 2) What is the year of establishment of your School?
- 3) Name of current Principal/VP/Head Master-Mistress.
- 4) Total no of Teachers in the school.
- 5) Total no of students:(a) Boys(b) Girls......(c) any others.....?
- 6) Do your School have Library ?
- 7) Do your School have Hostel?
- 8) Do your School have Laboratory ?
- 9) Do your School have Smart classes ?
- 10) Do your School have playground?
- 11) Do your School have Gardens?
- 12) Do your School have Canteen?
- 13) Did your School have achieved any Teacher Awardee ?
- 14) What are the major Achievement of Students in the school?
- 15) Do your School's practiced extra curricular activities ?
- 16) Is there any Vocational training impart in your school?
- 17) Do your school provide Art & music classes to the students ?
- 18) Have you heard about School Leadership Activities ?
- 19) Do your school provide Self development activities like NCC and NSS, etc. ?
- 20) Is there any active community participation and adoption takes place in your school by certain Non-Government Organization?
- 21) Do your school maintenance the health and hygiene practices ?
 - If Yes, Please mention the details_
 - 21.1. Do you wash your hand rregularly with soap?
 - 21.2. Do you your hand after meal?
 - 21.3. Do you regularly brush your teeth
 - 21.4. Do you regularly clean your tongue?
 - 21.5. Do you regularly rinse your mouth after maeals?
 - 21.6. Do you properly dispose your (human) excreata?

- 21.7. Do you properly drink safe and hygiene water?
- 21.8. Do you properly dispose off the solid waste?
- 21.9. Do you properly dispose off the liquid waste?
- 21.10. Do you take bath regularly?
- 21.11. Do you regularly wash your hands after going to the toilet?
- 21.12. Do you regularly cut your nail?
- 21.13. Do you have the issue of tooth decay?
- 21.14. Do you regularly do your hair oiling & combing?
- 21.15. Do you clean your eye regularly?
- 22) Do your school provide Sanitary napkin dispenser to the Girl child ?
- 23) What are the issues and challenges of your School ?
- 24) What is/are future plan of your School?

Reference:

1). Primary Data:

The primary data for the study has been obtained through the field study of the same school. The data were collected through interviews with the concerned Head Master, Teachers and Students of the School.

2). Secondary Data:

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