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## A Pragmatic Study on the Importance of Teacher's Role for Promoting Health Education of the Students

Debabrata Bhattacharjee,

*Guest Lecturer, I.A.S.E, Tripura*

### ABSTRACT

*Education in a narrow sense denotes only to learn and to acquire a degree but in wider connotation Education is regarded as "Panacea". As Education, illuminates the path of its journey from darkness towards light, it blooms' many of the aspects which are directly and indirectly related to survival. And for surviving, good health is a pre-requisite as until and unless one does not possess good sound health, he/she would not be able to explore himself/herself to the world properly. Besides, good healthy citizens are too needed from the corner of the state to the country, to the country to the world. Health is related to the well-being of every individual and both the physical health and mental health must be possessed by every citizen. In this regard, the role of the teachers are very important in-order-to promote "Health Education" to all the students as the Teachers are called the "Second Parents" of the children. The role of the teachers is vibrantly important. As the future foundation of the society lies upon the students who are the future of the tomorrow, so the role of the teachers is very much important to promote Health Education towards all. This paper aims to focus on the role of the teacher in-order-to promote Health Education to the students and to find-out some remedial measures. The paper is descriptive in nature, so basically is based on secondary data.*

**Key words:** Health Education, promote, main-stream

### 1. INTRODUCTION

In narrower connotation, Education denotes acquiring a degree in a certain period especially in Formal Education system and it becomes much wider in perspective of Non-formal Education. In Informal Education, the concept of learning is a continuous process. But in Formal Education system, there are main four components:--- student, teacher, school, curriculum. It has been observed that in Formal Education system, the teachers play a very crucial role as a lion's share of time, the students spend in school. So, the teachers have a lots of responsibility to play as "Second Parent" for the students. As in wider connotation, Education is regarded as the "Panacea" so the importance of Education can hardly be ignored and Health Education makes Education complete because no Education can be completed if there no sustains a sound body and mind. Hence, only by Health Education, this objective can be fulfilled.

### 2. WHAT IS HEALTH EDUCATION?

Health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their

attitudes. Health Education is that Education which teaches how to preserve and sustain good health both in physically and mentally with the course of time.

### 3. CHARACTERISTICS OF A GOOD HEALTHY STUDENT:

Among many characteristic of good healthy students, some of are as follows:---

- (i) The students who are possessing good physical health.
- (ii) The students who are not suffering from any type of mal-nutrition.
- (iii) The students who know the rules and regulation of protecting their health organs.
- (iv) The students who maintains proper hygiene in their day-to –day life.
- (v) The students who do possess a good mental balance and free from emotional dis-balance.
- (vi) The students who have proper defense mechanism in-order-to adjust with daily life situations etc.

### 4. NEED OF THE STUDY

Health Education is a very important factor in –order-to live a complete life and the habit of preserving and promoting good health is a pre-requisite for every individual. If this habit is acknowledged from the very early years of life in a proper guided way so human civilization would be able to get best resources from its members. In every society, there remains some stratifications and in every society, some section are lagging behind from the main stream. They are also integrated part and parcel of the society and a nation can never prosper if any section of the society remains lagging behind. The necessity of Health Education is most important for them also to make a proper healthy nation.

### 5. HEALTH AND EDUCATION

It has been observed that a major section of People those who specially live in hills, suffer from mal-nutrition, superstition and have the lagging of knowledge of various health related programmes mainly due to illiteracy. They believe in traditional ways to prevent and cure diseases and suffer from severe consequences throughout life-time and even face un-time death also. Most of the time, local newspaper, media reflect those type of pathetic incidents. As lack of Education play the role, so education should be the means of weapon or tool to fight against them and the teachers are the best soldiers of it.

### 6. OBJECTIVES OF THE STUDY

- (i) To know about the necessity of Health Education
- (ii) To identify about the barriers of Health Education
- (iii) To find-out some measures to sustain and promote Health Education

## 7. SCOPE OF THE STUDY:

As the necessity of Health Education is a universal concept so this study has a universal scope from its related perspective.

## 8. RESEARCH METHODOLOGY

The study is Descriptive in nature and is based on pure secondary data related to its area.

## 9. BARRIERS OF HEALTH EDUCATION

(i) **Illiteracy of the parents:---** The main cause behind suffering of various types of diseases is illiteracy. It is noteworthy to mention that if generally the parents themselves are not educated so their children would not be under the light of education and too would suffer from many of the problems; such as suffering various types of communicable disease etc.

(ii) **Remote area or geographical hindrance:--** If people live in remote area so that area generally cuts off from the mainstream of the society and there sustains a lots of age-old superstitions and most of the time, people of those localities suffer from various types of problems and among them, health related problems are one most vibrant.

(iii) **Un-ware of various Health Related Programmes:--** It is astonishing to know that many of the health related programmes are not known even by the literate people also. It is a serious challenge before any nation. Lack of proper awareness campaign is sole reason behind it.

(iv) **Mal-nutrition:--** Lack of proper nutrition causes a lots of diseases and due to malnutrition body resistance becomes weak and immunity system becomes unable to fight and protect body from very of virus and diseases.

(v) **Poverty:---** Poverty is another important aspect which plays its significant role in the path of attaining good health. Most of the people who generally come under "Below Poverty Line" suffer from various types of health related problems as they are even unable to have a meal in a day.

(vi) **Negative Attitude:---** Due to various reasons, parents do not want to know the root cause of the disease and its way to prevention and cure, rather they adopt the traditional superstitious ways to prevent and cure them. But, unfortunately, those ways and means are not guided by science so in-stead-of prevention and cure, harm is achieved to overall health.

(vii) **Improper implementation of Health Related Programmes:---** Many of the health related programmes are there in the nation. But, proper implementation are not being actualized by the people properly.

(viii) **Lack of Economic Resource:--** Lack of economic resource is another drawback behind the successful implementation of health related programmes in due time.

(ix) **Lack of Trained Personnel:---** In-order-to make any health related campaign, there must required a lots of trained personnel but provision of arrangement of them becomes a very difficult matter.

(x) **Lack of Positive Attitude of the Teachers:---** Most of the teachers do not want to involve themselves except teaching and academic related activities and they do not prefer to participate in positive way to health related programmes and campaigns so it too plays as a barrier of attaining good health for the students and community in a wider perspective.

## **10. WAYS TO SUSTAIN AND PROMOTE HEALTH RELATED EDUCATION BY THE TEACHERS.**

(i) **Conduction of Parent-teacher Meetings:--**There must be the provision of conduction of regular parent-teacher meeting so that the parents can know about the importance of good health for sustaining a complete living for the fullest expression of every individual.

(ii) **In Prayer and in Extra-class to Make the Provision about Importance of Health Education:---** In prayer and if needed extra class must be taken to impart about the necessity of health education and its relative importance in our daily life.

(iii) **Regular Inspection of Students:--** There must be a constant inspection of the students to become sure whether they are suffering from any type of diseases or not.

(iv) **Taking Proper Care Who are Suffering of Health Related Problems:---**if any student is suffering from any type of diseases, so in form the parents regarding such or else if serious, so to take to the doctor.

(v) **Community Awareness Programmes:---** Teachers should participate and conduct community awareness programmes.

(vi) **Regular Conduction of Health Camps in School:---** By conduction of health camps in schools, overall health can be secured, so it must be on regular basis.

(vii) **Taking knowledge on “First Aid Knowledge” from Medical Personnel:---** Taking the First Aid Knowledge from medical personnel for handling sudden and emergency situations .

**(viii) Ways to Taking Care of Eyes, Ears, Nose, Teeth, Hair, Skin, Posture etc:---**To preach the importance of eyes, ears, nose, teeth, hair, skin, proper postures to make oneself fit and healthy.

**(ix) Maintain of Good Mental Balance in Daily Life Situations:--- In-order-to remain,** healthy in life, good mental health is pre-requisite to proper care should be taken by the teachers in this aspect.

**(x) Assurance of Mid-Day Meal Scheme:---**To properly inspect the matter whether all the students are taking mid-day meal properly.

**(xi) Using Proper Dress and Maintain of Proper Hygiene both in School and outside of School:---** Proper clean dress should be used and school and our mother earth must be kept clean so hygiene must sustain and it will make us healthy.

## 11 .FINDINGS AND CONCLUSION

School is a place where the students spend a lion's share of time with the teachers and the teachers play the role of "Second Parent" of them. It is said: "Prevention is Better than Cure." So, if the preventive measures are comprehended by the students through the teachers so it would be life time asset to carry . By following some simple procedures both physically and mentally, the students health can be secured and restored by the active effort of the teachers in-order-to make a better healthy world and these are too much needed for those especially who are out of main-stream of the society.

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