

Partnership Project between

***Centre for Lifelong Learning and Extension -
M.S. University (Vadodara)***

&

***ASHA- Oasis Movement
(Health and Hygiene Education)***



Adolescent Students' Health Alternative

A project undertaken by Oasis Movement

CONTENTINDEX

Partnership Overview	01
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Major Objectives of the Partnership	02
-------------------------------------	----

Outcome of the Partnership	03
----------------------------	----

Reflection from Participants	04
------------------------------	----

Pictorial Glimpses	07
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***Mass Awareness Event
on Public Hygiene***

Vadodara City - 21st March, 2016



*'Health and Hygiene Education is the best way for Promotion
of Health. Health promotion improves the health status of
individuals, families, communities, states, and the nation'*



Introduction – Partnership Overview

The Institute of Leadership and Governance, **Maharaja Sayajirao University of Baroda** in partnership with **Oasis Trust**, launched certificate course on Health and Hygiene, India's first such course offered by any university.

It is an academic collaboration where Oasis Trust will conduct the course for students of M. S. University.

The course was inaugurated on 8th January 2016, in the presence of **Dr. Parimal H. Vyas**, Vice Chancellor, M. S. University of Baroda, **Dr. Neerja Jaiswal**, Registrar, M. S. University, **Mr. Jigar Inamdar**, Honorary Director, Institute of Leadership and Governance, **Dr. Mona Mehta**, Home Science faculty, **Ms. Shilpi Sharaswat**, Home Science faculty, **Dr. Neha Vakharia**, ASHA Project Founder, Oasis, Bangalore and Dr. Maya Soni, Oasis, Ahmedabad.

The course is designed to train the college youths for Health and Hygiene where they can reach out to school children and community.

About ASHA - Adolescent Students' Health Alternative

Our program, ASHA is a successful Health Education program making a significant difference in the health of underprivileged children-youths. It facilitates cultivation of good health habits that help the children to become healthier citizens. So far, we have reached 57000 underprivileged children through our intensive one-year Health and Hygiene Education Program. Today apart from Bangalore, ASHA has reached Mooganhundi (Mysore), Mysore, Coimbatore, four Villages around Coimbatore, Hosur, Krishnagiri, Ahmedabad, Vadodara and Patnagar.



Major Objectives of the partnership

- To educate participants on the importance of health and hygiene education in schools.
- To inspire participants to take an active role in promoting health and hygiene around their community and in society as a whole.
- To equip participants so they can teach and educate underprivileged section of society about the importance of health and hygiene.
- To institutionalize basic habits of health and hygiene education.

Course duration: 10-12 days spread over 3-6 months; 3 days workshops every, One and a half months.

Vision of ASHA

Providing comprehensive, intensive Health Education to underprivileged children/youth
Providing preventive, holistic, long lasting, cost effective health solutions

It will lead to

- Empowering underprivileged children/youth for health skills & Life skills, which make them realize that they are capable of taking care of their health by learning health skills and simultaneously facilitate voluntary adaptation of Healthy Lifestyle for healthful living
- Healthier Citizens, Healthier Workforce, Greater Productivity
- More Healthy, Vibrant and Prosperous Nation



Outcomes of the Partnership



Health Teachers
Course
Beneficiaries **55**



Total Beneficiary
Schools
34



Health Class
Beneficiaries
1200 Children

The **First workshop** was conducted on **8, 9, 10 January 2016** for Health and Hygiene, which was facilitated by Dr. Neha Vakharia, Founder ASHA Project, Bangalore and Dr. Maya Soni, Oasis, Ahmedabad. **43 youths** attended the workshop. They were educated on My precious Body, Air, Water, Food, Oral Hygiene, Worm Infestation and Anemia. Discussion on the practical difficulties that they would face while conducting the sessions in schools. They also prepared charts for presentations and interactive learning for school children.

The **Second workshop** was conducted on **29, 30, 31 January 2016** for topics on Adolescent Health and prevention of Child Sexual Abuse. **38 new volunteers** joined in for the course enthusiastically, making the **total strength of 76**, after the first workshop. Intense participation was observed as the youths were sensitized for physical, psychological, and behavioural changes during the period of adolescence. An atmosphere of sharing queries was built among the volunteers where they also shared their personal traumas about sexual abuse in their childhood.

The **Third workshop** was conducted on **5, 6, 7 March 2016**. In this workshop, the volunteers discussed current scenario of Public Health and Hygiene in India and what can be the possible solutions. All participants were appreciated for their bold and responsible initiative towards Health and Hygiene of their own selves and of the community as a whole.

On the occasion of **International Women's Day, 8 March 2016**, the course participants took up the initiative to reach out to **1200 children** of **34 schools** of Vadodara Municipal Corporation. They educated the children of 6th, 7th and 8th standards about 'Safe Touch, Unsafe Touch' and cleared many myths and misconceptions of children about menstruation, sex and their private parts.

Reflections from Participants about the workshop

"To do special" એટલે કે કોઈ એવું કામ કરવું જે સમાજ માટે બહુ જ important હોય, પરંતુ, એની સમાજને ખબર હોવા છતાં પણ લોકો તે સુધારવાના પ્રયાસો તરફ આગળ વધતા નથી; જે "Health & Hygiene" પ્રોગ્રામ થકી સમાજને inspire કરે છે. આ પ્રોગ્રામ એવો એહસાસ કરાવે છે કે ગમે તેટલો પણ કિમતી સમય છોડીને સમાજ સુધારણાનું આ કામ કરવું તે ભવિષ્ય માટે લાભદાયી સાબિત થઈ શકે છે.

- Yash Shah

"બાળકો સાથે થતા શારીરિક અન્યાયના વિષય માટે ખૂબ જ દુઃખની લાગણી થતી હતી, આને લઈને હું સાંભળું કે પેપરમાં વાંચું ત્યારે થતું કે આમાં હું કંઈ કરી ના શકું? પરંતુ આ વિષય અહીંયાં શીખીને હું બાળકોને સમજાવીશ ત્યારે હું પણ કંઈ કરી શક્યો એ વાતનો મને આનંદ થશે."

- Jaymin Patel

After seeing those children & ladies who are not having day to day basic things which we get easily, I realized how precious these common small things are. At last, one aim in my life I want is to give small contribution to make my city healthy and hygienic.

- Shweta Jadhav

The environment created during session was very good. Every one of us was free to ask any type of questions. Our queries were satisfied entirely. Topics like adolescence, physical and psychological change were discussed without any hesitation.

- Rucha Pardikar

Biggest thing that I learnt is that happiness isn't something what you will find in driving an expensive car, living and expecting for more and more money, luxury, comforts but in the smile of a child for which you have worked. The satisfaction that one gets in helping others is the most amazing of all.

- Wasim Munshi



Reflections from Children

"If someone touches us with bad intentions, we should tell someone whom we trust the most. And we came to know how to take care of our private parts and their cleanliness during menstruation."

- Archana Lalajeet

"We came to know that if somebody touches our private parts, we need to do 3 things. 1.Shout, 2. Run and 3. Tell someone you trust."

- Luhar Devraj

Now we know that we can protect ourselves." - Anjali Kumari

Reflections from Student - Teachers

When as a health teacher, I came across different views, perceptions, superstitions prevailing amongst children, I realized that our Nation and society badly needs this kind of Adolescent Health education programs. It is through workshops like this that we can scientifically address the myths and doubts of our children."

- Wasim Munshi

"Students welcomed us very enthusiastically, they were eager to learn and very much curious. Student & us,all enjoyed very much.They promised us that they will take care of health & hygiene very sincerely."

- Anand Kapdi

Reflections from students for Facilitators

"I feel very inspired by seeing their selflessness and efforts for society. Very happy to see that such persons are working in India. I must say both of them are very encouraging and positive to everyone."

- Rucha Pardikar

"The best thing about facilitators is that they always wore a smile on their face, no matter what the situation is. While taking any decision, they didn't behave with us as if they were our trainers, but they took decisions after having everybody's opinion. They had always appreciated us and encouraged us."

- Riya Engineer



Pictorial Glimpses



The most effective, powerful, cheapest, sustainable, smartest way to deal with any epidemic/pandemic is to start with the Prevention

He who has health has hope; and he who has hope has everything

An ounce of prevention is worth a pound of cure. - Benjamin Franklin

The doctor of the future will give no medicines,
but will interest his patients in the care of the human frame,
in diet, and in the causes and prevention of disease. - **Thomas Edison**

True Prevention is not waiting for bad things to happen,
it's preventing things from happening in the first place.



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