

IMPROVE HEALTH, NUTRITION AND WELL-BEING OF SCHOOL CHILDREN IN KHURDA, ODISHA

BACKGROUND

To address the learning gaps of the students across Khurdha District of Odisha through the “Road to School Program”. The program has three main components:

- 1- **Learning Enhancement Programme.**
- 2- **Health and Wellbeing**
- 3- **Community Engagement.**

From a health perspective, the age group of 6-14 years can be divided into two sub-groups:

- a) 6-10 years - child
- b) 10-14 years – early adolescence

Common health issues in these sub-groups are:

6-10 years	10-14 years
<ul style="list-style-type: none"> • Communicable diseases such as sore throat, ear infection, urinary tract infection, skin infection, sinusitis & diarrhoea • Deficiency diseases – Anaemia • Dental problems • Vision problems • Malnutrition – underweight or overweight 	<ul style="list-style-type: none"> • Injuries • Anemia • Malnutrition • Communicable diseases - Diarrhoea, malaria, TB, Pneumonia • Menstrual health related issues • Self-harm

Well-being is commonly considered to be the sense of self as appraised by the individual. Concepts such as quality of life, fulfilment, and ability to contribute constructively to society and one’s own family are important aspects of well-being.