

**RUFAIDA COLLEGE OF NURSING
JAMIA HAMDARD (DEEMED TO BE UNIVERSITY)**

**REPORT OF MASS HEALTH EDUCATION PROJECT CONDUCTED AT MAJEEDIA UNANI
HOSPITAL**

Good nutrition, daily exercise and adequate sleep are foundation of healthy living. In the era of Covid-19 the importance of health is known to all but still many are unable to take right measures towards it. According to World Health Organization, the health is defined as “a state of complete physical, mental and social well-being and not merely absence of disease”. Keeping this in mind, a Mass Health Education Project was carried out on 22nd October, on the topic “Healthy lifestyle” during the 3rd week of free vaccination drive in Majeedia Unani hospital. It was planned for the vaccine beneficiaries by the student nurses of Rufaida College of Nursing under the guidance of Ms. Seema Rani, Associate Professor.

All the individuals, who were waiting after vaccination in the observation area, were educated for healthy lifestyle along with prevention and management of Covid-19. The post vaccination observation time was utilized to impart the health education for the beneficiaries.

The aspects covered under healthy lifestyle were as follows:

1. Significance of healthy lifestyle
2. Importance of rest, sleep and exercise
3. Food hygiene
4. Balanced diet
5. Personal hygiene with special emphasis on hand hygiene
6. Menstrual hygiene
7. Tips to improve mental health

Other aspects covered under the project were as follows:

1. Prevention and control of Covid-19
2. Post vaccination care
3. Spread and control of Dengue in community

Each aspect was covered elaborately and the health talk was delivered with the help of posters prepared by nursing students and exhibited in the observation waiting area, followed by the explanation of each point depicted in posters. Handwashing steps were shown to the group and two volunteers re-demonstrated the same.

Around 50 people, including men and women who were vaccinated for Covid-19 belonging to the neighborhood colonies like Sangam Vihar, Tuglakabad Extension, Batla House and Kalkaji, participated in the project. Beneficiaries also included students and employees of Jamia Hamdard. This was followed by distribution of Covid Care Kit which comprised of hand sanitizer, soap, N-95 mask, almonds, biscuits and flavored milk tetra pack etc.

The program lasted for about 1 hour and successfully ended with the participation of beneficiaries as they left with knowledge gained from health talk. Doubts and Queries were clarified at the end of the session

GLIMPSES OF THE MASS HEALTH EDUCATION PROJECT



