



The importance of health education in practical life

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Abstract: Education and health are interlinked. Education leads to health awareness among the public. Earlier, superstitious medical methods were used to solve any disease problem, but day by day, with the improvement of the education system, health has improved. Parents and teachers should be made aware of their health through various media. Children should be given health education through primary education in schools. The main objective of health education programmes is to motivate students to maintain and improve their health and reduce health-related risk behaviours. Health education is very necessary these days, as the number of people suffering from common diseases is increasing every year. Health education promotes responsibility for one's health by addressing health concerns such as nutrition, exercise, fitness, disease prevention, growth and development, environmental and social health, conflict resolution, and violence prevention.

Key words: Health Education, Improvement, Society, Teaching and learning, awareness.

Introduction:

Health awareness campaigns should be developed among the public. A message about health should be sent to the public through mass media like TV, radio, etc. Teaching children proper discipline. Washing hands before meals and providing fresh mid-day meals to children. Health education informs people about health-related problems and identifies their solutions. The education system should be developed in such a way that the mental balance of the child is maintained and he can learn healthily. A student can learn easily in a flexible environment and develop holistically. Physical education becomes essential in the early stages of schooling as it prepares students to be fit, brave, and confident and helps them achieve good health and focus. Most parents are not aware of the importance of physical education and the benefits of physical activity in their children's lives because encouraging students to exercise ultimately complements their mental and physical health.

Different types of health:

We can see different types of health in our society. Such as mental health, physical health, personal health, social health, and emotional health.

Objectives of the study:

- 1) To study is to make students aware of health education.
- 2) To study is to make students aware of various diseases and how to protect themselves.
- 3) To study how to impart health knowledge from primary education to higher-level education.
- 4) To study how to increase awareness about cleanliness and health among the students.
- 5) To study how to keep schools, the environment, and homes clean.

Principles of Health Education:

- 1) These principles of health education provide us with a deeper understanding of the concept of health education and how it is communicated to the public. Health education has a wider and greater influence on society. These principles of health education are followed by many people to stay healthy. Health education is available almost everywhere today. People have started to take care of their health and follow health educators, and they have taken a happy lead. Healthy lifestyle. Being healthy also affects the personality factor; the personality development of children should be associated with a proper, healthy lifestyle because health comes first and being healthy will determine all other factors of personal development. What they say is true: eat healthy, stay healthy.
- 2) People should participate in health programmes for a better understanding of health education. Health educators should encourage people and help them identify and solve health problems. It will increase participation, and people will gain more knowledge about health education.
- 3) In health education, we must know the level of understanding, education, and literacy of the students to whom the education is delivered. Education should be within the mental capacity of students.
- 4) Health programs need to be structured in such a way that the students are interested in the subject they want to know or understand.

Health education impacts the teaching and learning process.

Relationship between teacher and student:

A teacher will guide the student as a friend, philosopher, and guide. The teacher-student relationship will be very good. The teacher will try hard to solve the various problems of a student. If a student fails an exam in a course, the teacher will relieve him of frustration and help him achieve his goal.

Teacher's relationship with parents:

Parent-teacher relationships will be very good, and every month, teacher-guardian meetings will be held in the school. It will be the responsibility of the teacher to receive information about the student from the parent. Discussing education and health. Informing the parent about the student's educational and other uses.

Methodology:

This research paper is based on qualitative research. The content analysis method is used in this study. This study uses research papers from many books, journal articles, online papers, journals, blogs, websites, etc.

First Aid Box:

In the school activity, students are asked to make a first-aid box. A student will make the box and put different types of equipment in it. If a student has primary medical needs, they will use it appropriately and with proper training. The first aid box contains bandages, triangular bandages, a thermometer, an instant cold packet, scissors, tweezers, cotton wool, a pain reliever, and emergency contact number.

First aid instructions:

Teachers can teach students about first aid so they can deal with any problems they may have. For example, what should be done when bitten by a snake? Giving knowledge about how to stop bleeding, when a limb is cut with a dead weapon or a knife or a blade, how to protect a body part when it is burned, and how to protect it when a part of the body gets infected.

Health education has a positive impact on teaching and learning.

Health education has a proactive effect on teaching and learning. If a teacher conducts the class with a healthy mindset, students can easily absorb the content taught. At the same time, if a healthy student continues his studies properly, his results will be much better.

Various problems are faced in the implementation of health education:

1. It is very expensive to pay attention to health education, which our country cannot afford to provide properly due to its large population.
2. There are many educational institutions that are not aware of health education. Does not inform children about health education. Many educational institutions are unable to implement health education in practice, resulting in students not getting proper knowledge about health education.
3. A trained teacher is needed to impart proper understanding and knowledge about health education, which is lacking in our country.

4. Currently, as most people are not aware of health, they do not see much importance in health education, which has become a major problem.
5. Correct knowledge and understanding about “health is the wealth of man” is not given properly among people till date; they are ignorant about good health knowledge, and therefore health education is lagging behind.
6. For the physical development of boys and girls, every year the number of sports competitions in educational institutions is decreasing day by day, and more attention is being given to recreational activities, which has become a major problem in health education.
7. People are losing interest in health education day by day due to a lack of proper understanding in health education about the physical exercises that need to be done to get good health.
8. It is true that health educators are discussing the good health that can be gained by eating the right food, but its proper implementation has become a problem in our society.

Conclusion:

Health education is very necessary in our society. People should be made aware of health in society so that we can get rid of diseases. Every educational institution should have a health education centre, Where students can get medical treatment. Different types of health tests should be arranged in schools for children, such as eye, obesity, diabetes, hypertension.

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