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HEALTH EDUCATION AND HEALTH PROGRAMMES

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“Health Education and Health Programmes”

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Abstract – Physical Education is very essential for the proper development of our personality. It is practiced in every context. It is required for the relatives, family and groups in the community. It is a tremendous art to practice health education in the hospitals and health centers and in the rural and urban community an informal atmosphere is highly essential for the individual or group.

Key words: Health Education, Geographical, Social and Culture Life, Individual Cares.

Physical education is very essential for the proper development of our personality. It is practiced in every context. It is required for the relatives, family and group in the community. It is a tremendous art to practice health education in the hospitals and health centers and in the rural and urban community an informal atmosphere is highly essential for the individual or group.

Human beings are different from animals. Animals also have a capacity to use nature and adopt themselves to nature. But in man the utilization of various things in the environment for his own existence and comfort is much greater because of his highly evolved thinking power and his ability to use his hands. Man is a part of community.

Every health education specialist must be able to develop and build a good health education model for every health programme. It must be remembered that in each specific programme the health education in the community is required for creating awareness. The health care programme can be divided in to curative preventive and pro-motive care. They can be further divided in to specific programmes, like ambulatory cure, hospitalized cure, minor ailment treatment, and also treatment is specialized branches of medicine and surgery like eye, ear, nose, throat, internal medicine, neuro surgery, thoracic surgery, orthopedic surgery, MCH, gyhaccology etc. similarly the preventive programmes are numerous.

Apart from programmes like environmental sanitation, nutrition, rehabilitation, maternal child health, etc all the control and eradication programmes for specific disease entities also come under preventive care pro-motive care programme refers to such programmes as goods housing specific immunization, Physical exercise, recreation etc. All the programmes have the family and community approaches as well. Health education is essential to ensure proper acceptance of what is supposed to be good for individual as well as the rest

of the community for maintenance of normal health. In every programme the workers should be able to introduce health education in an appropriate manner.

Physical education is very essential for the proper development of our personality. Health education is practiced in every context with a purpose of ensuring a health related behavior for preservation and maintenance of health. On many occasion healths education is required for the relatives, family and groups in the community. It is a tremendous art to practice health education with a natural ease and make it as much natural and informal as possible. It is only in rare situation like in sophisticated medical clinics that formal instruction and health education may appear normal. In the hospitals and health centers and in the rural and urban community an informal atmosphere is highly essential for the individual or group. Throughout their work doctors, nurses, health workers, in different programmes have to deal with people. They should get in to the habit of providing health information and utilize every opportunity for health education without only special efforts. This is, however seldom followed. By and large people in the medical profession, para-medical etc. are in the bad habit of not communicating properly. They give health touch of instruction but not with a touch of intimacy and involvement.

All living beings observe certain types of behavior necessary for co-existence with his intellectual development man has taken to different pursuit and occupations with his differentiate him from animal kingdom. Animals also have a capacity to use nature and adopt themselves to nature. But in man the utilization of various things in the environment for his own existence and comfort is much greater because of his highly evolved thinking power and his ability to use his hands. Man is a part of community. It can be defined as a collective or a group of persons in social

interaction in a geographical area and sharing a common social and cultural life.

Every health education specialist must be able to develop and build a good health education model for every health programme. The model that is built should be used as a guide line not only for the training of health workers but also as day to day references material in the field situation. It must be remembered that in each specific programme the health education in the community as required for creating awareness and sustenance of the programme and also for close involvement of community whenever necessary for programme planning. It will be wrong to think that any unplanned effort in health education depending on the ingenuity of the programme personal can provide results. The consistence effort of either the health educator or any other experts to make proper educational diagnosis in the community and to formulate and design a proper health education framework is of the essence in achieving a whole hearted participation and acceptance of the health programme by the community. It requires considerable ingenuity imagination and articulate skills for being able to integrate health education not only in every activity of the health care service but in each programme. The health care programme can be divided into curative preventive and pro-motive care. They can ailment treatment and also treatment is specialized branches of medicine and surgery like eye, nose, throat, internal medicine, neuro surgery, thoracic surgery, orthopedic surgery, MCH, gyhaccology etc. similarly the preventive programmes are numerous. Apart from programmes likes' environmental sanitation, nutrition, rehabilitation, maternal child health, etc all the control and eradication programmes for specific disease entities also come under preventive care pro-motive care programme refers to such programmes as good housing specific immunization, physical exercises, recreation etc.

Except for the treatment of individual cares of sickness either at home or in a hospital, clinics etc. all the other programmes have the family and community approach as well. In the situation however, health education is essential to ensure proper acceptance of what is supposed to be good for individual as well as the rest of the community for maintenance of normal health. In every programme, therefore, the workers responsible for different health care activities or activities connected with health programme should be able to introduce health education in appropriate manners and see that the people are effectively involved in the utilization in programme.

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