

Health Education of School Students in India: Project Seeking Funds

Rahul Mehra, PhD - Rotary Club of Cañon City

Many children in India grow up with unhealthy lifestyle habits and maintain these habits into adulthood. One of the best opportunities for youth to learn and develop healthy lifestyle habits is during school. This will allow each child to reach its full potential. Our Vision is that Health Education should be mandatory in every school.

Presently, there is no comprehensive curriculum or books on Health Education. Through our previous District Grant with support from several Rotary Clubs, we have developed a comprehensive Health Education curriculum for Grades 6 & 7, written and printed Health Education books for students and the corresponding Teachers Manuals in English. These are one of the first set of books with a comprehensive Health Education curriculum in India. The cover for the Grade 6 book is illustrated.

Only about 20-50% of the students in India have the fluency to read such books in English and this varies with geographical location. Both Hindi and English are national languages. Most government schools are primarily Hindi medium and private schools tend to be English medium. Therefore, these four books need to be translated into Hindi and printed. *The funding being sought is for translation, design and printing of these books in Hindi.*

Following the printing of these books, we will conduct an evaluation of the Health Education curriculum in Chandigarh, India. We will enroll 1000 students in 20 schools; 10 government schools and 10 private schools. If we get the funds needed for printing of the books in Hindi, my Rotary partner in Chandigarh (Dr.J.S.Thakur) and I will conduct teacher training and plan to begin evaluation of the curriculum in June 2019. The evaluation will take two years.

Funding requirement: \$15,800

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