



DEVELOPMENT SKILLS UNDER NEW EDUCATION POLICY 2020: INTRODUCTION OF HEALTH, HYGEINE AND FIRST AID IN HIGHER-EDUCATION

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Abstract

The future world is arduous and demanding. In order to mitigate the increasing challenge of tumbling resources and climate change, we require a new approach in education system to train and coach our young generation. Keeping the aforementioned challenges and requirements of modern age, New Education Policy (NEP) has introduced a new set of courses that address these issues and to overcome these hurdles effectively. Among the courses and new syllabus started under NEP 2020, health, hygiene and First Aid is one of them This is our utmost priority to equip our future adults with the knowledge of good health, hygiene and first aid.

Key words- NEP, Quality education, Health, Healthy life, Hygiene and First aid

Introduction

Health issues, health emergencies, accidents and mis happenings can occur anywhere or on anytime i.e., in home, offices, schools, colleges and on road etc. Because of this fear we cannot let ourselves hide in four walls. To overcome these situations, one should know about how to maintain good health and hygiene and also equipped with the knowledge of first aid (Pandey, et al., 2017). This will compensate the unavailability of health workers on required places, moreover we can reduce the overwhelming burden on healthcare units. The Indian Government implement the New Education Policy through which they improve the national health issues by educating the future adults. The NEP is a 21st century education policy, was launched on July 29, 2020, under the Ministry of Human Resource Development, Government of India. The NEP is a reformed and better version of Indian education policy. The key aspect of NEP is to provide quality education that change the old trends in education system. Quality education help in developing and improving the hidden talents of youth in India. Not only, our youth can be empowered to face the challenges of life, but they will also become self-dependent, show sensibility to reach their goals and start supporting and believing again in humanity. This directly and indirectly promotes richness of country in relation to education, research, and economy as well. The world's knowledge and data are increasing and changing day by day, on the other hand natural resources are deteriorating. The changes in climate with rise in pollution, increasing risk of exposure to endemic and pandemic diseases and social issues are prevailing in world. To fight and to overcome from these conditions the theme of NEP 'not only learn but more importantly how to learn' is quite worthy. This will enhance the skill and efficiency of students to cope with these problems and conditions. The NEP is helpful in developing the habits like critical thinking, innovative approach, understanding of surroundings, and adapt according to new situations etc. According to NEP, this can be achieved through more holistic and multidisciplinary education. Through the proper knowledge of first aid students become confident and can support others during mis-happenings or emergencies. Better future can be built on base of good health and hygiene. With better health and healthy mind our youth can focus on its goal. In this paper we discuss about the importance and need of health, cleanliness and first aid under holistic and multidisciplinary education among graduates and post graduate students.

Importance of Health

There is an old saying 'Health is Wealth' meaning a good health is a true asset of our life. And a healthy mind stays in a healthy body. According to some definitions, the good health is a status when the body and mind does not show any negative effect and does not feel stress. The WHO Constitution defines health as "a state of complete physical, mental and social well-being and not

merely the absence of diseases or infirmity” (WHO, 1978). However, the world population is not free from diseases, and they are facing either physical problems or mental pressures. So, realizing the challenge that to achieve the highest attainable health and living standards, the Government of India presented NEP. The NEP provide cocurricular courses like-Food and nutrition, Health, Hygiene and first aid etc. Through NEP, we can get our objective to reach optimum health level in the nation. Healthy populations play active role in social and economic development of country (P. Samlee, 2018). As the latest research are going on in developing the best medicines, vaccines, medical care units and advancement in technology, the cost of overall medical care is also increasing. Not every person has access or resources to get to best hospitals and avail these medical facilities due to high cost and infrastructure availability challenges. Apart from this, keeping the thought in mind that ‘prevention is better than cure’ we can avoid unnecessary expenditure of medical care and also can stay away from diseases and live healthy life. In a larger view, including general health courses/ syllabus in an education system is a proactive strategy in which government through NEP develops the ways and means in lowering the graph of sickness and disabilities that maintain and protect good health of people (P. Samlee, 2018). Promoting good health and developing habits of preventing and controlling illness through education is a commendable job. This will encourage society to be healthy and take part in the growth of country actively.

By assigning topics and projects to students, teachers can help them in improving their understanding on healthy body and mind. This will increase perception among them to keep their body fit by staying away from injurious stuff, doing regular exercises, having balanced meal and sleep (M. A. Ali, et al., 2017). This will provide and maintain their body stability and internal peace. Healthy habits improve physical appearance, brain power and increases ability to do work with efficiency. It indirectly makes an individual happy and his/her surrounding people. It should be a matter of prime concern to gain better health and make efforts for living stress free life.

How can we get a healthy life?

Healthy food and simple lifestyle are the key to get healthy and stress-free life. Thus, by implementing and following simple habits, one can keep himself away from deficiencies and diseases. Healthy lifestyle has infinite benefits for people of all ages (Kamakhya, 2107). It all starts from healthy diet which includes fresh and green organic vegetables (especially leafy vegetables), fruits, milk, cereals, pulses, minerals, high fibre eatables, vitamin rich substances and lots of water. By taking all above food material in balanced portion, the body build-up become perfect, energy level will rise, and the body immunity also increases. Healthy body and stable mind can fit in all the three parameters of health i.e., physical, nutritional and psychological well-being. The person with these qualities can perform multitasking with full potential in less time than others. The deficiency in proper food substances leads to several disorders including low energy, memory loss, anaemic conditions, depression, and several skin complaints etc. This will give rise to malfunctioning of body organ systems, that bring about onset of more severe diseases. On the other hand, excess of sugar, oily food, and fast foods lead to diabetes, cardiovascular diseases, obesity and blood pressure. All these disorders are related to unhealthy food and lifestyle, which are showing increased prevalence even in young generation. The youth with these conditions become unfit in this competitive world, in turn they find themselves miserable, inactive with lethargic attitude and become addicted to alcohol and drugs.

To remain calm and full of positive energy we can do simple things like walking and running in fresh air, playing outdoor games, swimming, exercising and keep hydrating our body by drinking sufficient water. This will help to get rid of excessive fat and removal of harmful toxic substances which can cause damage to our body. Yoga is a boon for challenging lifestyle that detriment the mental and physical health of society. Yoga gives double positive effects; it gives relief in both mental and physical state of body. It is helpful in recovering from diseases, strengthen body posture and shape, grow self-confidence, and raise immunity of an individual. Changing from unhealthy to healthy lifestyle also reduce the rate of genetic disorders (WHO, 2001). Several factors affect our health such as, environmental pollution, food and feeding habits, sleep, air, water, sunlight and our mental thoughts and condition (M. A. Ali, et al., 2017). Thus, by applying simple and quality living habits in our daily life, we can gain good health, pleasure, and make our path easy to reach our goal.

Importance of Hygiene

As we know, achieving good health is every human’s right (Nurmaini and Etti, 2019) and this will become possible by improving health status and diseases prevention. The basic source to bring about these goals is hygiene. Good personal hygiene is the most constructive and practical way to shield ourselves from several diseases or disorders, whether they are communicable or non-communicable diseases. We have seen the horrible Covid period in last 3 years. Proper hand wash, wearing face mask, avoiding crowded areas, making distance from each other and maintain cleanliness are the simple hygienic practices through which we could overcome from such a crucial period. If we can defeat Covid through promoting and practicing hygienic behaviour, we can actually make a difference in avoiding illness and can also secure our family, society, and country. According to UNICEF ‘Better hygiene leads to better health, confidence and overall growth.’

Many diseases can be check and avoided by maintaining personal hygiene. One should carry through, the simple hygienic practices like wash hand regularly after and before every meal, using toilets, take daily bath, grooming of nails, proper hair care, keep mouth and nose covered while coughing and sneezing etc. These simple practices neither required special provisions to follow nor need much money to spend upon. Healthy hygienic habits are essential for all age groups. For infants and children special care should be taken. Infants are very sensitive to infections and changing weather. Safe feeding practice, cleaning and sanitizing of baby feeders and baby products that prevent germs or infections are important practices. Those people who have pets should follow additional hygiene measures because animals can spread several diseases like Salmonella, Cryptosporidium, Coxiella, Ringworm etc. Proper cleaning and vaccination of pets should be done, and hands should be properly washed after touching pet and their

equipments. People with low immunity and having certain type of allergies should keep distance from pets. Household cleaning should be done every day, disinfectant can be use in moping and for cleaning surfaces. It will destroy and keep away harmful germs like bacteria, viruses and eggs of nematodes etc. Children belonging to families where healthy hygienic and sanitizing habits are followed, do not fall ill easily. However, it is hard to find and maintain basic sanitized and hygienic conditions in public places. In school's hygienic environment can be obtained by cleaning of floor, dusting of seats etc. Toilets are the main source of many infections; thus, toilets should be cleaned properly with disinfectants and sanitizer stands should be placed at sufficient places. To maintain the better hygiene and sanitization conditions along with the development, the municipal cooperation of cities should make proper arrangement of continuous supply of clean water. Water is an important element for life on Earth. It is not only use for drinking by humans, but several other functions are also done with the help of water. However, water is act as medium for spreading water borne diseases, such as diarrhoea, cholera, T.B, cholera, Hepatitis A and E and larva and eggs of several insects, and nematodes etc. The faulty water supply and management is frequent problem in all over India. The leading cause of mortality related to Among water borne diseases, diarrhoea incidences are the leading cause of mortality. According to survey done by World Health Statistics in 2009, 386,000 deaths were caused by diarrhoea (W. H. S, 2009). Previous studies have shown that lack in implementation of hygienic and sanitary practices and inappropriate water facilities, lead negative effects students' health. Water treatment should be done properly with latest equipments, specially in those areas where water quality is not suitable for drinking and household works. Chlorination of water can be done for domestic use or in water source if necessary or just simple filtration can be carried out. But while handling the drinking water some care should be taken like, hands and utensils should be clean, stored water should be covered with lid. All these measures prevent the contamination of water. Disposal of domestic wastes should be done properly and timely. It prevents from foul smell and control mosquitos' birth also (Apate & Kamble, 2019). By preventing consumption of unsafe water and food and promotes for proper disposal of human waste and excreta, foul water, personal and environmental hygiene we can make clean and safe environment for us.

Importance of First Aid

First aid means provide very first care or immediate help to injured people or individual during medical emergency before official medical care unit reach to them. According to American Heart Association the first aid is the, any medical support and assessments that is given by a person or a bystander with minimal or medical equipment (D. Markenson, et al., 2010). Utility of first aid is not limited to road accidents, but it also helpful in other emergencies like, natural calamities, electricity related mishappening, small, domesticated accidents and in any type of sickness. Unavailability of first aid or paucity in knowledge of first aid can cause serious damage to injured person or even death. On the other hand, owing to understanding and awareness of first aid one can perceive the critical situation during any emergency and can take appropriate measures to keep safe the needy person until medical treatment can be provided (Sharif N. A. M., et al., 2018). By granting first aid on injury site death rate can be decreased in good percentage. According to the US National first aid science board, the first aid knowledge should be provided to everyone i.e., the learning and training of first should be done by every individual (US National First Aid Science Advisory Board, 2005). It is essential to introduce the first aid knowledge and training in student's syllabus. This not only increases the awareness of students, but they can also live healthy and safe life, become confident and strong enough to deal with emergency situations either in home or public places. Eventually it reduces the number of deaths occur due to any type of accident and improve the public health (Sharmila, 2018). The overall knowledge of first aid is very poor not only in students but in society also. Even there is lack of proper first aid knowledge in medical students, doctors, and hospital consultants also (Kumar S, et al., 2008). Through NEP, the Government of India formally introduce first aid in the curriculum of higher education. Because it is an essential survival skill which is necessary for all individuals (Arasu S, et al., 20202). This will provide students clear concept of first aid, came to know dos and don'ts, and enhance their practical skill with self confidence in handling emergencies. According to Glendon it is a good long-term investment to teach students first aid (Glendon, 1987).

Conclusion

The importance of health, hygiene and of first aid in human life cannot be ignored. India is a large, populated nation. Due to large population, there is a heavy burden on country to fulfil the basic needs of people, every person is in hurry and ignores what is happening around them. This results in a habit, of not helping those who are in need. Teaching the young generation about health, hygiene and first aid is essential. This increases the knowledge, awareness and confidence level of students and their outlook towards mankind. This is a good step taken by Indian Government, towards students and public welfare to introduce such utility courses for students in higher education.

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