

# 3

## Health and Hygiene – Role of the Government

### Lesson Plan

#### Contents

- ▶ An overview of what health is and the government's role in helping people maintain good health
- ▶ Understanding the activities that help maintain good health in urban and rural India

#### Objectives

- ▶ To understand the extent and purpose of government in the health sector
- ▶ To learn how the government is helping and guiding the citizens towards better health
- ▶ To know about government programmes and their purpose in the health sector
- ▶ To appreciate the activities of the government towards improving people's health

#### Teacher's Aids

- ▶ Globe
- ▶ Pictures, charts, atlas and newspapers
- ▶ Blackboard
- ▶ Internet

#### Tips for Teacher

- ▶ Explain comprehensive meaning of health – freedom from illness, immunity, strength, physical and mental health, etc.
- ▶ Students should be encouraged to know the various ways to improve health – food, water, exercise, sunlight, sleep, cleanliness, check-up, oral health, mental health, good habits, etc.

#### Background and Reading

- ▶ Read the lesson aloud and explain, sharing the aids, etc., pausing to examine and explain the data in the boxes.
- ▶ Particularly focus on the ways people can remain healthy always and what to do if they fall ill. The recent pandemic is a good example of the need for maintaining good habits and practices and of remaining healthy.

## What is Health

- ▶ Health is more than absence of disease – people remain healthy if they have clean drinking water, live in pollution-free surroundings – are active, energetic and in good spirits.
- ▶ Physical and mental health important.
- ▶ Indian Government – health care services.

## Strengths

- ▶ Major exporter of medicines
- ▶ Medical colleges and medical students qualifying professionally
- ▶ Hospitals and healthcare centres
- ▶ People coming for specialised medical treatment
- ▶ Pulse Polio programme launched successfully
- ▶ Swachh Bharat – awareness programme to make people aware of the dangers of lack of cleanliness
- ▶ Awareness programmes – to prevent cancer, tuberculosis, AIDS, etc.

## Weaknesses

- ▶ Malnourished children who get very little food
- ▶ Waterborne diseases like hepatitis, cholera, diarrhoea due to unclean drinking water
- ▶ Patients affected by malaria and tuberculosis
- ▶ Lack of civic sense about cleanliness in urban and rural areas

## Conditions of Healthcare in Rural and Urban Areas

- ▶ **Rural areas:** Lack of clinics, hospitals, transport and communications, non-availability of medicines in time, delayed treatment of patients – affecting rural areas more than the urban areas – can lead to death.
- ▶ **Cities and towns:** Hospitals, public health centres, multi-specialty hospitals – some provide free medical services and low-priced medicines – other facilities like testing and scanning available.
- ▶ Steps taken to prevent diseases like tuberculosis, chikungunya, H1N1 virus, jaundice and dengue – Pulse Polio campaign on Sundays marked as Polio Day – by government, Rotary and Lions Clubs administer the drops.
- ▶ Government has taken responsibility to protect people from disease and taken steps to safeguard citizen's right to live – others available: Private clinics, hospitals, nursing homes, etc., provide private health facilities – private medical stores.
- ▶ Goal still not achieved – many states have low level of sanitation and malnutrition high – 62 million Indians suffering from fluorosis; among them 6 million are children.
- ▶ Reality – both urban and rural people prefer to pay and seek more sophisticated services than going for free medical treatment – because they prefer a healthy environment and

good medical attention—in some places unqualified private practitioners and unethical practitioners are cheating and exploiting people.

### **Need of the Day—Government’s Role in Health Care**

- ▶ Government should play a more active role in providing health care services to all citizens in the country.
- ▶ Provide medicines and medical facilities—efficient doctors, nurses and other professionals to be appointed—prevent various diseases.
- ▶ Ensure health centres, hospitals, laboratories, ambulance services, blood banks, maids and nurses are available—necessary for nation’s progress—citizens should be made aware of unhealthy practices in personal and public areas and told to prevent/avoid them.
- ▶ Niti Aayog [National Institution for Transforming India]—formulates plans for balanced utilisation of country’s resources and work for economic development.

## **Assessment Corner**

### **Oral Assignment**

- A. Ask for answers at random from the students. Confirm the right answers. Let them write down the correct answers if they like in their books.

### **Written Assignment**

- B–E. The teacher has two options—(i) Either do these exercises orally first and then ask the students to write them down. OR (ii) Ask the students to write the answers on their own. Then the teacher can announce the correct answers to the students and they can ask their partners to cross-check them.

In either case, the answers can be written as homework and the teacher can check them in the class.

### **Think Tank**

- F. **HOTS questions:** Discuss the questions in the class and let the students write the answers to F and G as homework. Teacher should assess individual work.