



Schools & Health

"Bridging the Gaps"

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MFHRD - Introduction



- Shariah Compliant Healthcare
- Standardized Healthcare
- Cost-Effective Healthcare

'HAUNA' of Healthcare



What is Health? – WHO definition

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.



Format of Discussion

Meaning

Factors
Influencing

Common
Issues

Solutions
(School level)

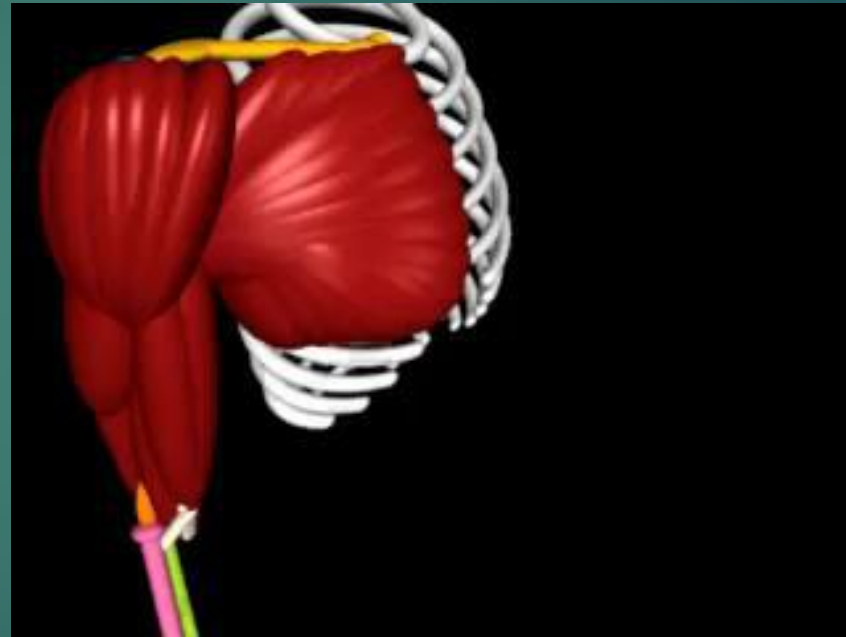
Physical Health

The Amazing Human Body

فَتَبَارَكَ اللهُ أَحْسَنُ الْخَالِقِينَ

What is the only organ (other than our
brain) that is under
'our' **voluntary control?**

What is the only organ that is under 'our' voluntary control?



Muscles

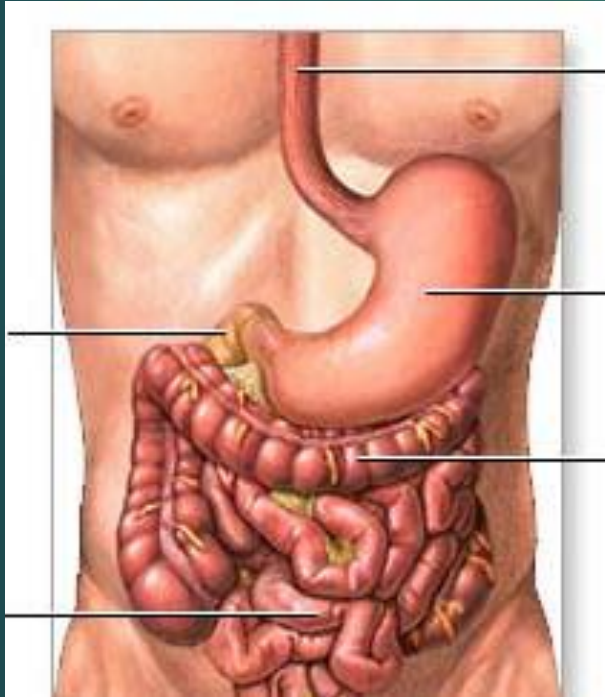
What do the muscles need?



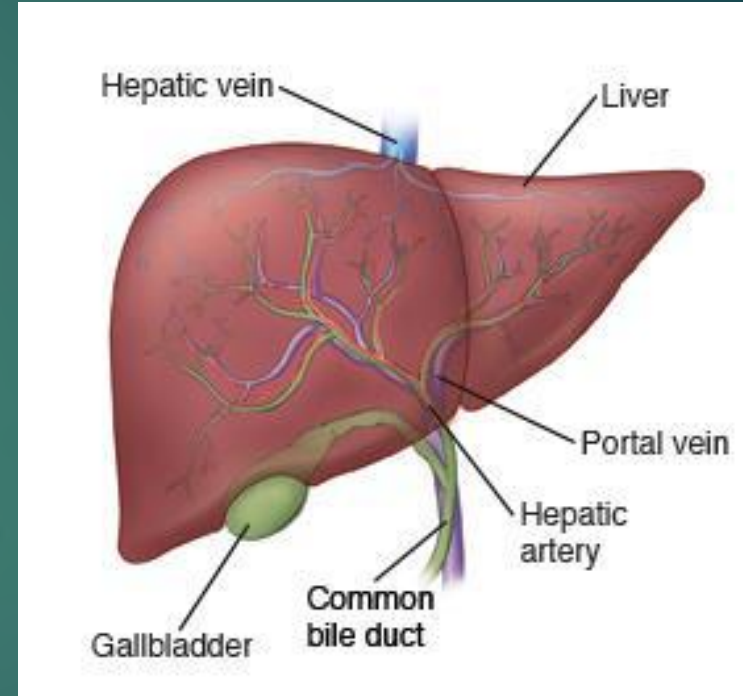
Fuel / Energy

- Food (Glucose)
- Water
- Oxygen

Food Supply and Storage



Stomach & Intestines



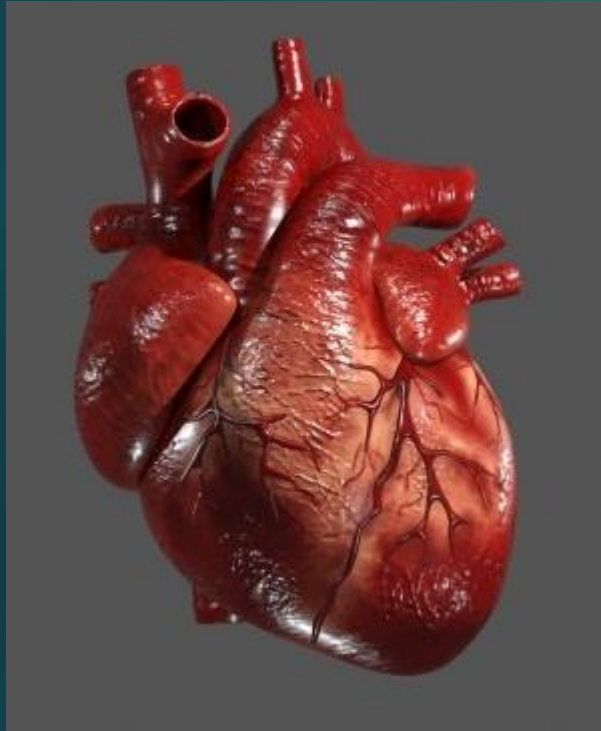
Liver

Oxygen Supply

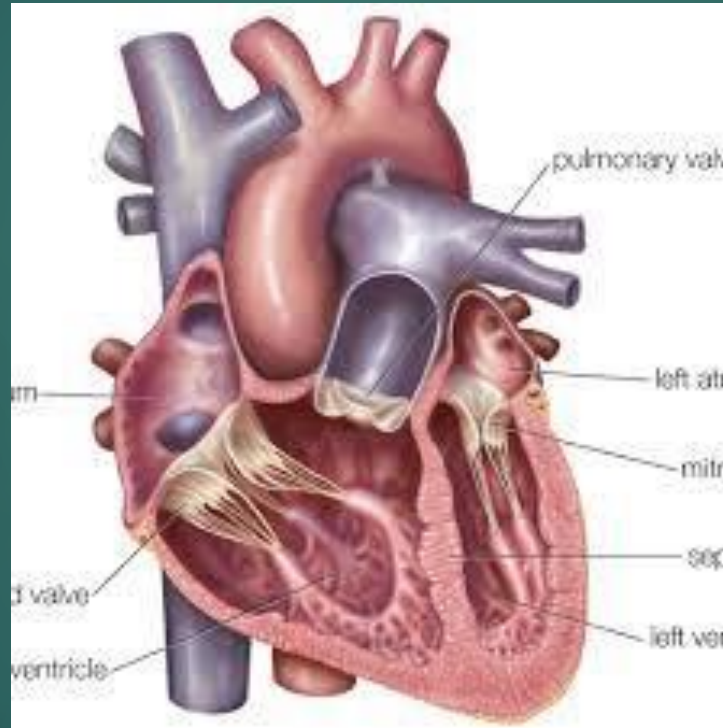


Lungs

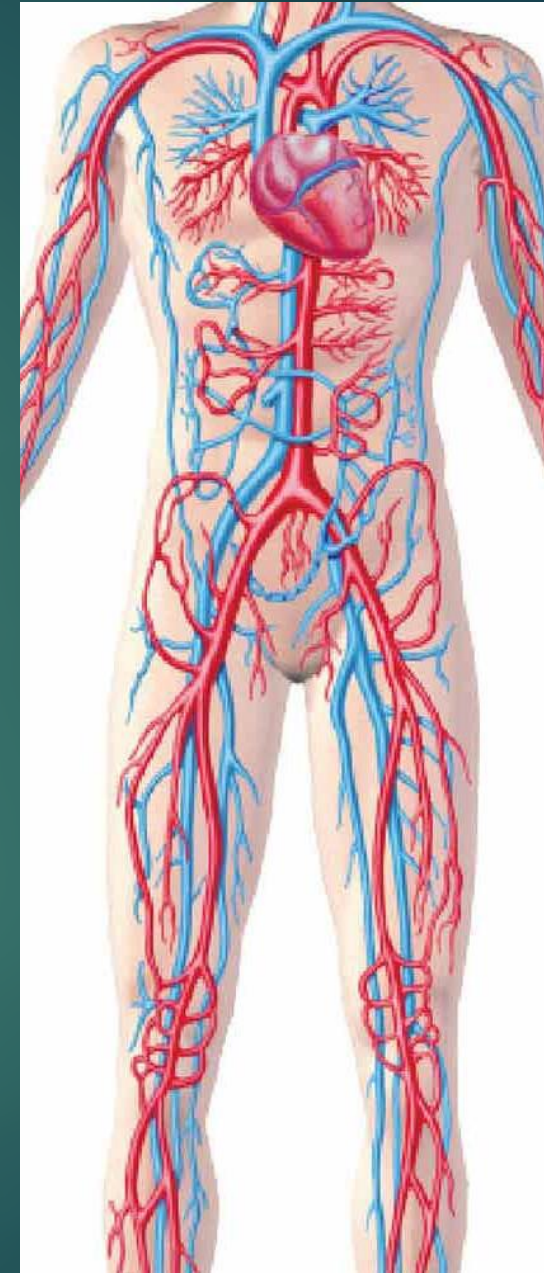
Transport Mechanism



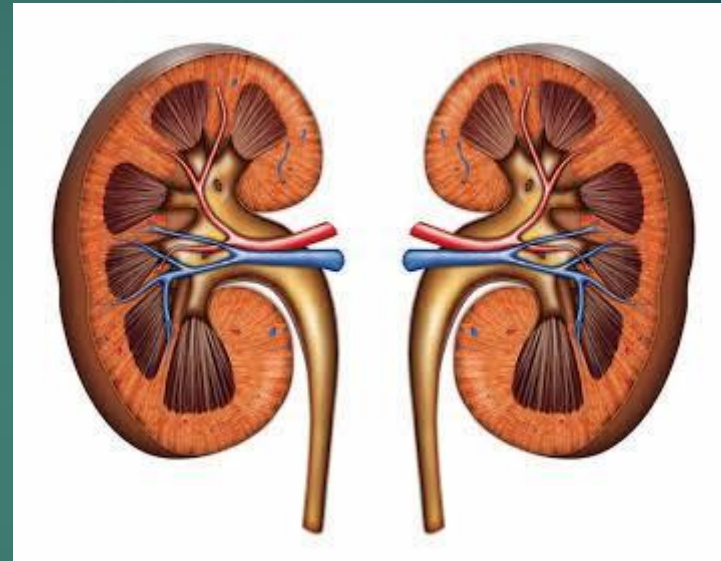
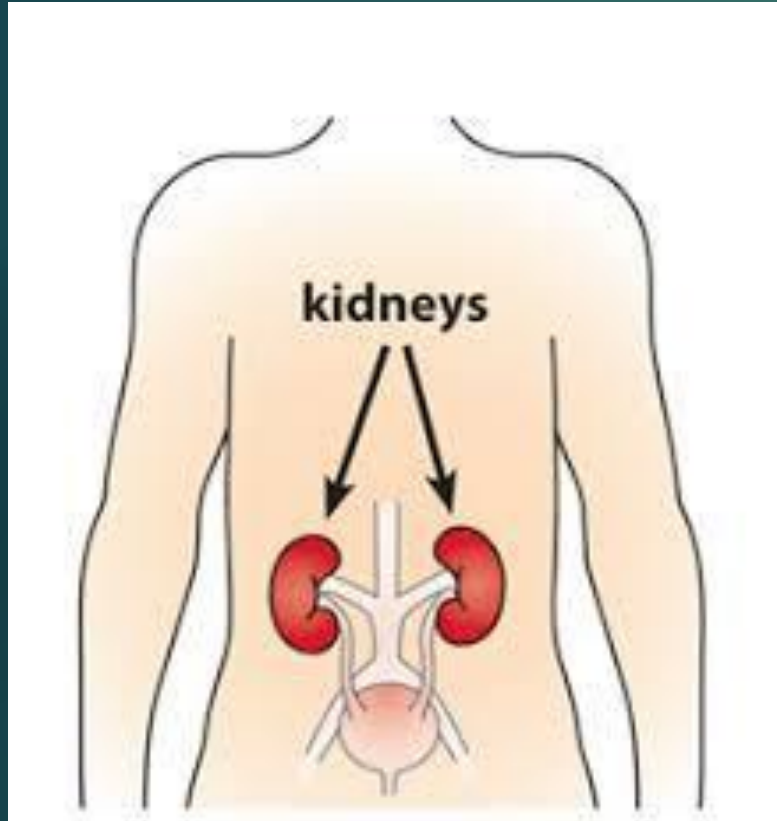
Heart



Arteries, Veins



Excretion – Removal of waste products



Kidneys

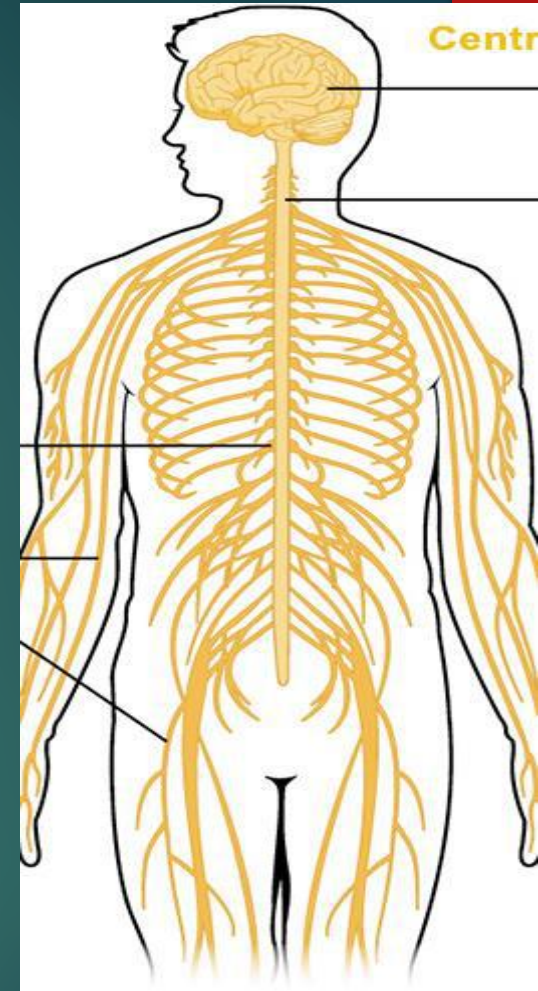
Control Mechanisms



Brain



Hormones



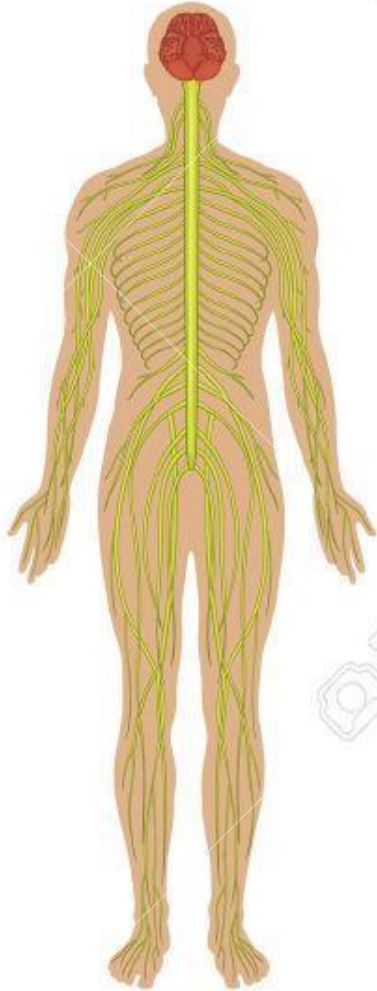
Nerves

Other Systems

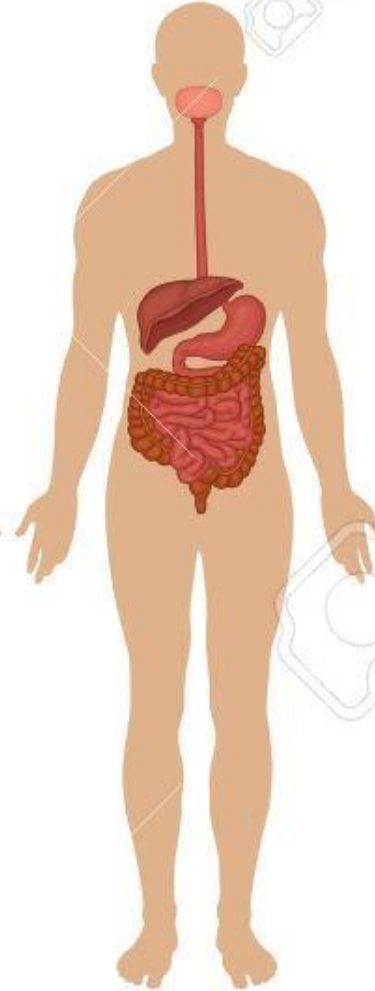
- Reproductive Organs
- Immune System

Human Body Systems

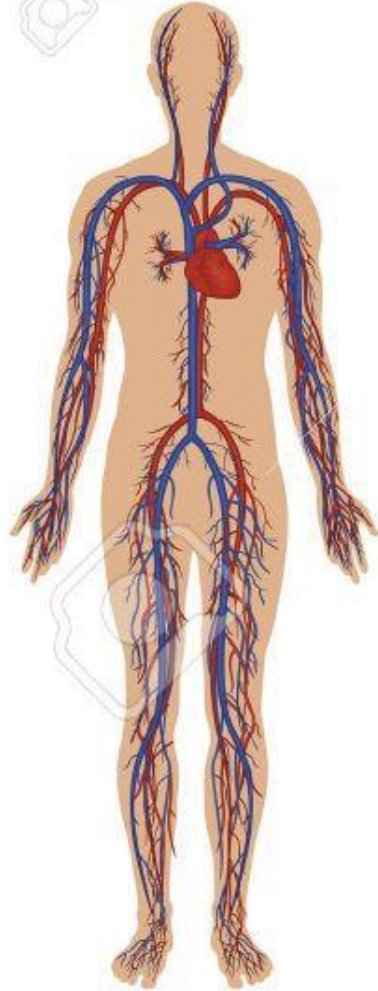
Nervous System



Digestive System



Muscular System



Circulatory System

Respiratory System



Skeletal System

Factors Influencing Physical Health

Everything thing that enters our body

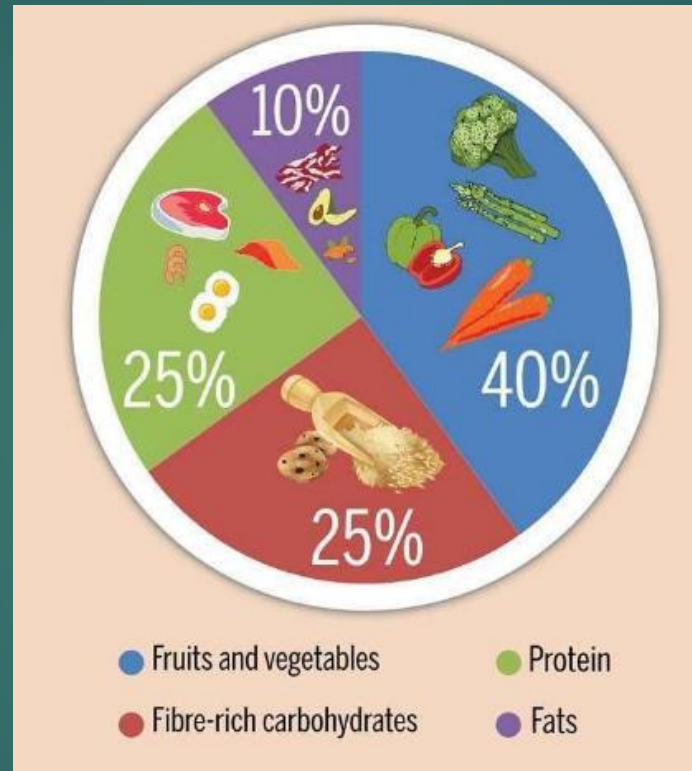
Becomes a part of the body

Has an influence on the body

FOOD – WATER – AIR

What should enter our body?

- Right Food
 - What to eat
 - How much to eat
 - How to eat
- Potable Water
- Clean air



Balanced Diet

Body weight	Water
45 kgs	1.9 Ltrs.
50 kgs	2.1 Ltrs.
55 kgs	2.3 Ltrs.
60 kgs	2.5 Ltrs.
65 kgs	2.7 Ltrs.
70 kgs	2.9 Ltrs.
75 kgs	3.2 Ltrs.
80 kgs	3.5 Ltrs.
85 kgs	3.7 Ltrs.
90 kgs	3.9 Ltrs.
95 kgs	4.1 Ltrs.
100 kgs	4.3 Ltrs.

Water / day

Factors Influencing Physical Health

USE all systems
DO NOT MISUSE the system

Gastrointestinal System –

Stomach, Intestines, Liver

How to keep it healthy?

Use them

Do Not Misuse them

Components of Food

- Carbohydrates (Glucose)
- Proteins
- Fats
- Vitamins
- Minerals
- Water

Balance in Traditional Food



Balance in Traditional Food



Misuse - Junk Food



- Cold
- Stale
- Adulterated
- Toxic

A moment on the LIPS
Forever on the HIPS

Common Problems

- Malnutrition
- Deficiency diseases
- Obesity
- Early onset of systemic diseases

(BP, Diabetes, Heart Diseases, Stroke etc.)

Paisa Aayega Chala Jayega
Khushiya Aayengi Chali Jayengi



INSTA@Desisoch INSTA@Desisoch

Ek Motapa He Sacha Dost Hai
Jo Aakar Jata Nahi

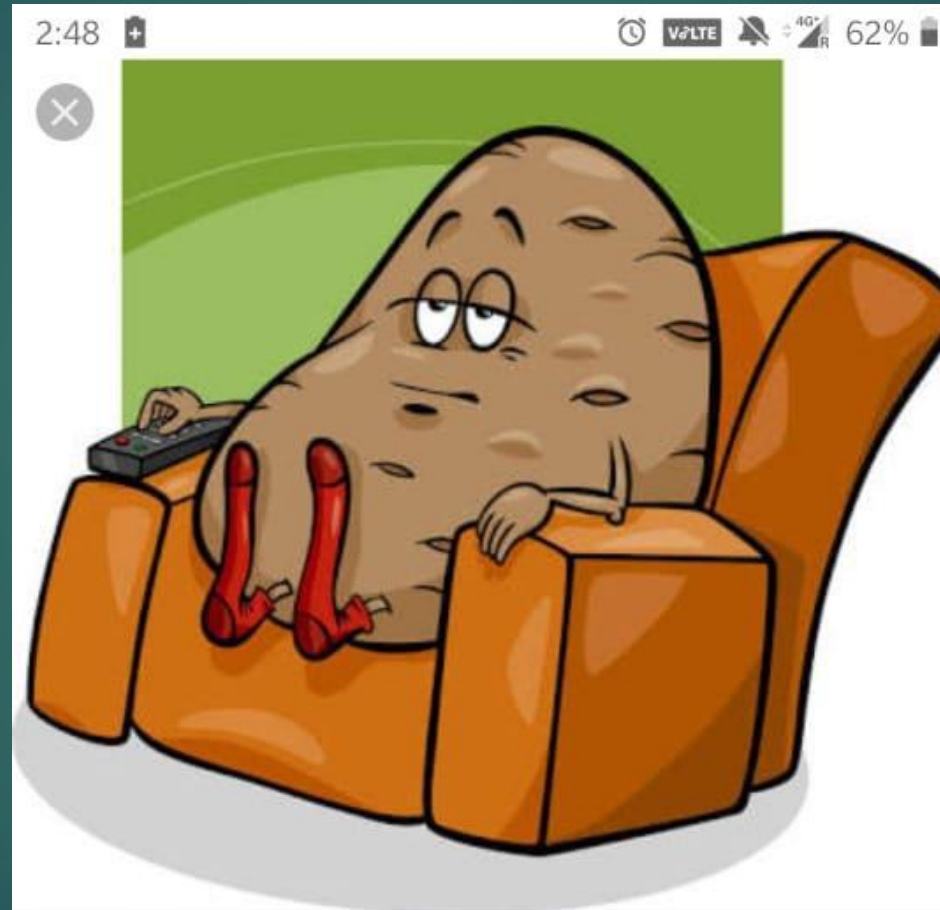
Musculoskeletal System

How to keep it healthy?

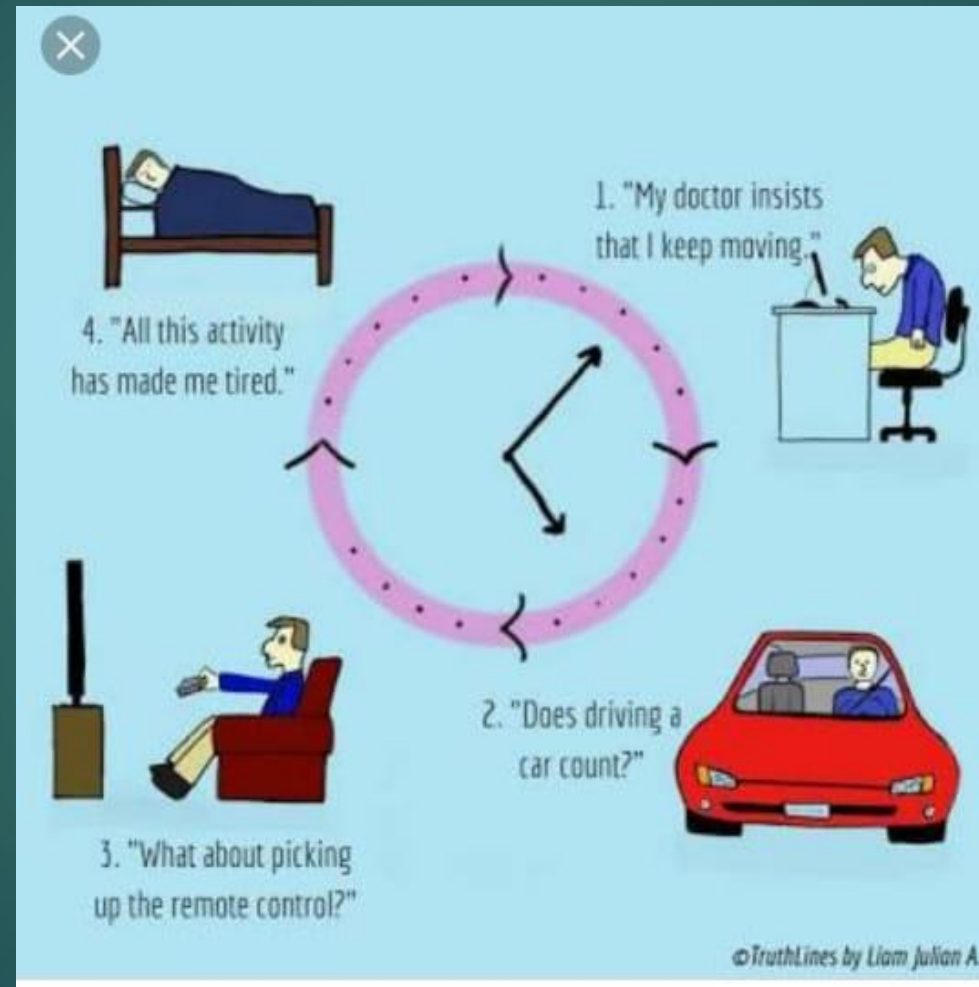
Use them

Do Not Misuse them

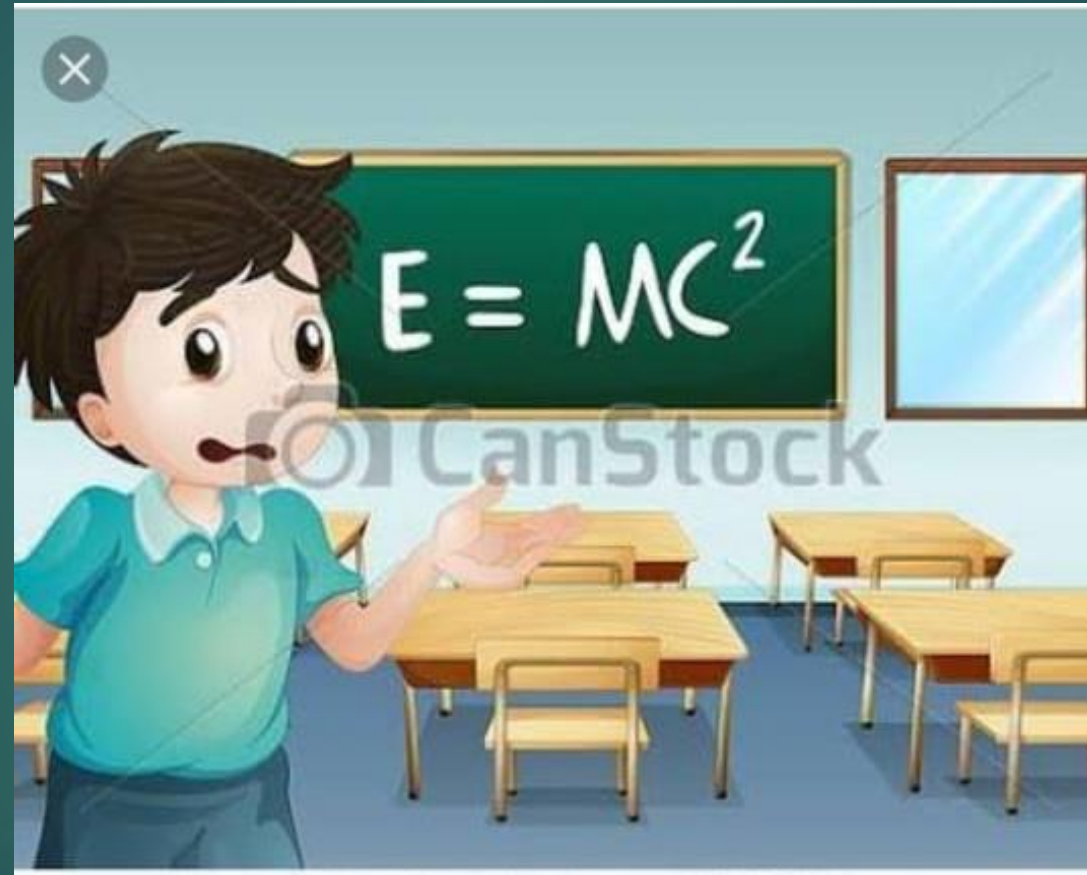
Couch Potato



Sedentary Lifestyle



Good Student

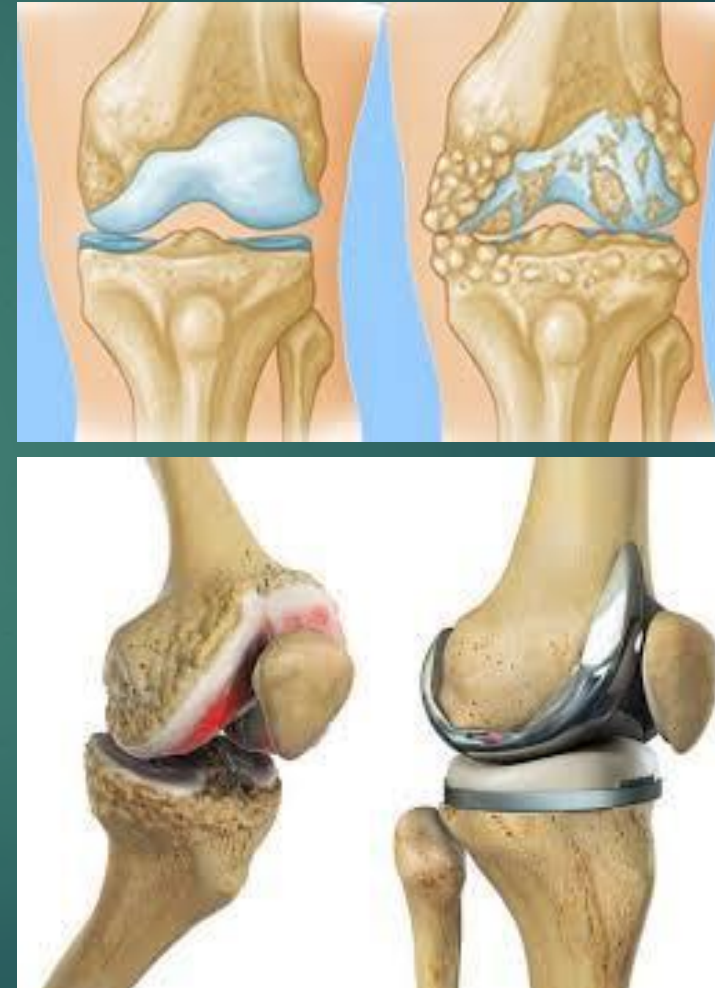


From Cycle to Exer-Cycle



Misuse

- Muscle Pains – Postural
- Lack of strength & stamina
- Joint Pains
- Injury



Respiratory System - Lungs

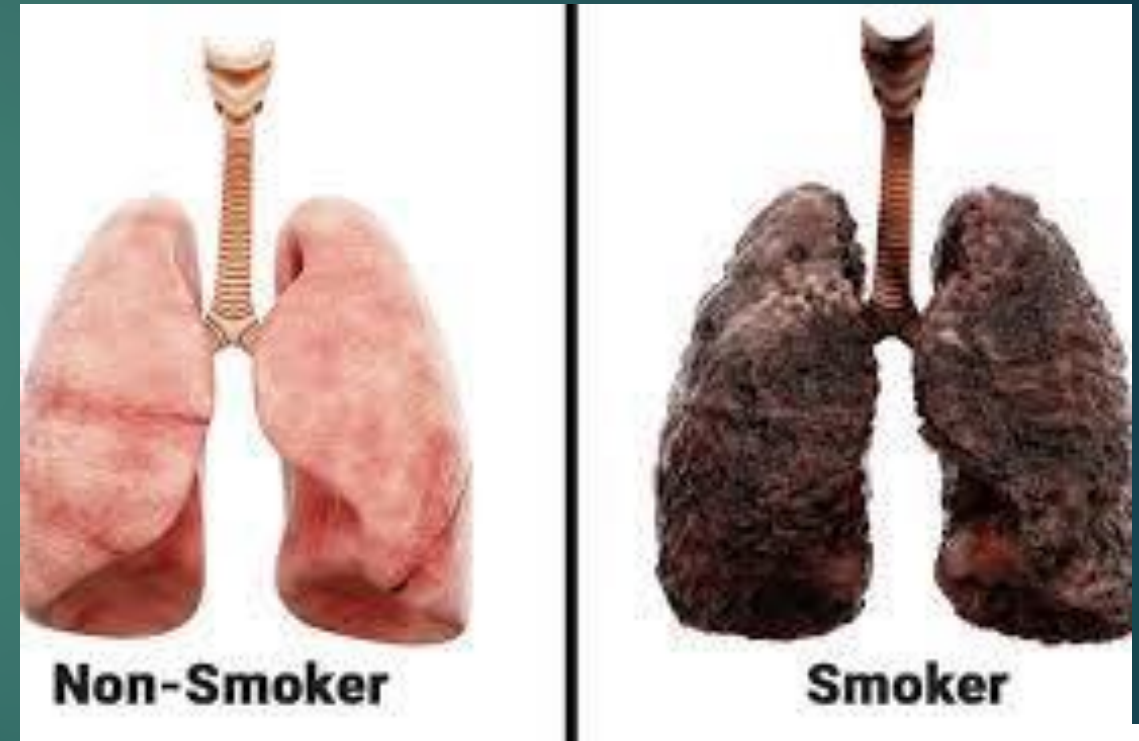
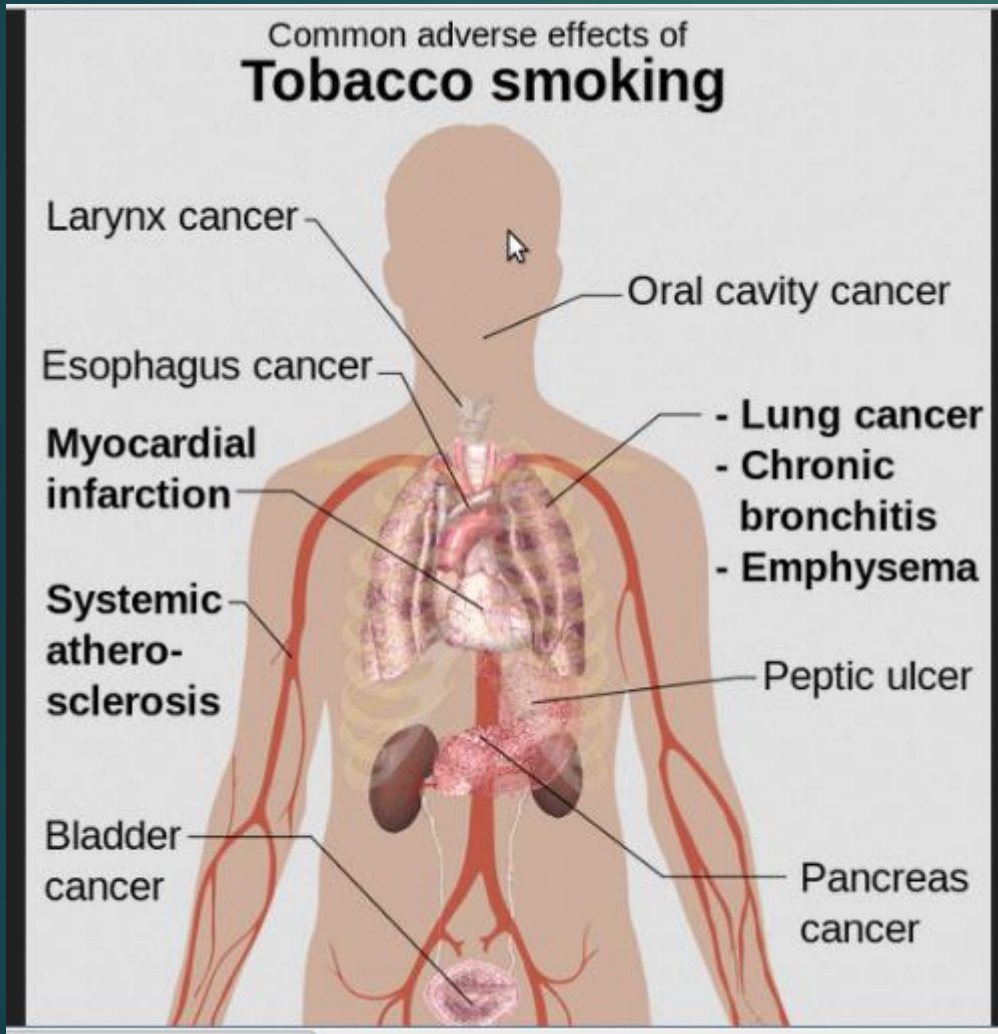
How to keep it healthy?

Use them

Do Not Misuse them



Harmful effects of smoking



Common Habits that Damage Your Kidneys



NOT EMPTYING YOUR
BLADDER TIMELY

INSUFFICIENT
WATER INTAKE

HIGH SALT
CONSUMPTION

HIGH PROTEIN
DIET

IGNORING COMMON
INFECTIONS

CONSUMING TOO
MUCH CAFFEINE

DRINKING
EXCESSIVE ALCOHOL

SMOKING
CIGARETTES

REGULAR USE
OF ANALGESICS

LACK OF SLEEP

Causes of kidney damage

Action Plan – Level 1

■ COMPULSORY

- Prevention – CLEANLINESS - water, toilets etc.
- Safety – Building, staircase, transport, fire safety etc.
- Health check up – medical, eye and dental – at least once a year
- Health record
- Food – Parents' counseling
- First aid kits + First-aid training
- Physical activity - Sports

Action Plan – Level 2

- **DESIRABLE**

- Immunization
- Child counselor (part - time)
 - Each child visits at least once a year
 - Does follow up work on children with issues
- Training of teachers on Basic Life Support (BLS)
- Conduct emergency drills
- Special provisions for differently abled children

Action Plan – Level 3

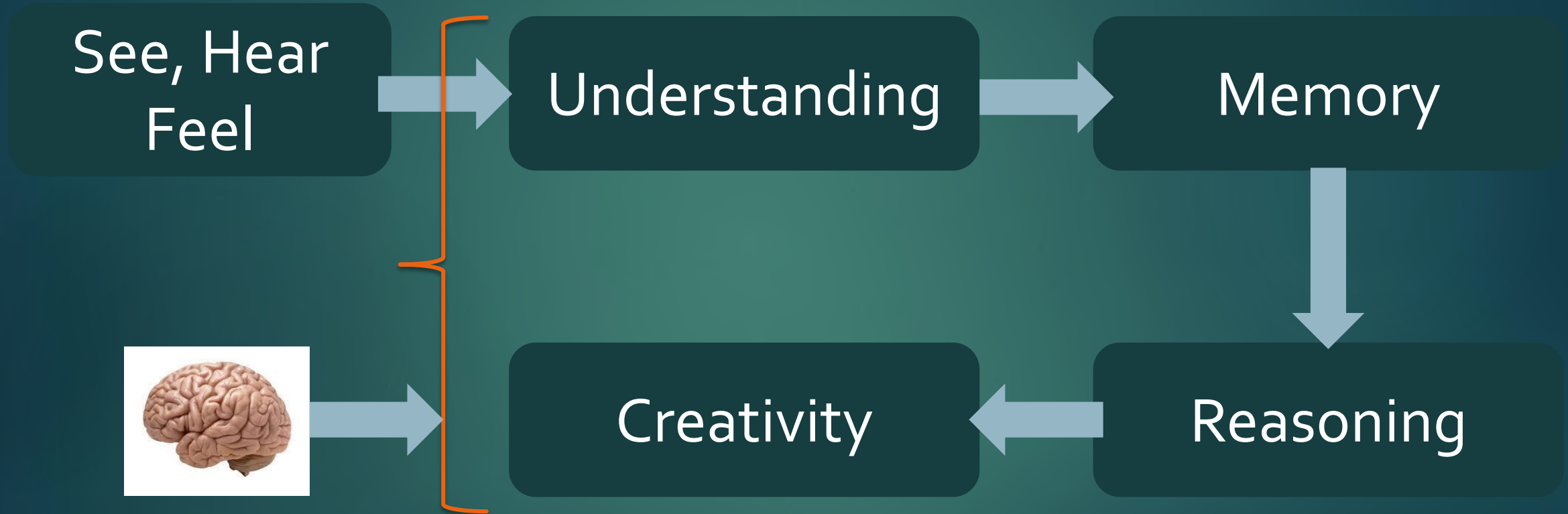
- IDEAL

- Infirmary (Sick Room) with a trained Nurse
 - 3-4 beds per 1000 students
 - Facilities for injections, IV fluids etc.
- Tie up with a hospital for regular health check ups, treatment and follow up.
- Full time in house counselor



Mental Health - Mind

What does it mean?



Factors Influencing Physical Health

1. Everything thing that enters our mind

Becomes a part of the mind

Has an influence on the mind

SEE - HEAR - FEEL

Common problems



- Anxiety
- Depression
- Addiction
- Boredom
- Obsessive compulsive disorders
- Attention deficit disorder

How to keep the MIND healthy?

Use it

Do Not Misuse it

Action Plan

- Refrain from sins – Taqwa – CLEAN MIND
 - No intermingling
 - See No Haram, Hear No Haram, Speak No Haram
 - Be with wudhu
- Counseling
 - Teachers, students, parents
- Specific Trainings
 - All faculties from listening to creativity



Social Health - Heart

Interpersonal Relationships

- Self awareness – Who am I?
- Family
- School
 - Classmates, peers, teachers, attenders, drivers, specially abled children etc.
- Society

Factors Affecting Social Health

Every person around me
(Including those I see on Media)

I experience him
He Influences me

Actions to be taken

- CLEAN HEART – Dil ko keena se paak rakhna
- Sahaba as role models
- Teachers and management – as mentors

Actions to be taken

- Group activities
 - Class, School, Interschool
- Competitions
- Social programs – Field visits
 - Orphanage, Old-age home
 - Madrasa visit
- Social projects – ex: Literacy project

What is Health?

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.



Spiritual Health



Spiritual Health - Soul

Spiritual Health

- Relationship with Allah
- Relationship with Rasoolullah (pbuh)
- Emaan + Aamaal (Aqeeda)
 - Touheed, Risalat, Aakhirat



Factors influencing spiritual health

- Mental and Social influences together result in formation of AQEEDA (Belief System)

Actions to be taken at schools

- CLEAN BODY – CLEAN MIND – CLEAN HEART
- Quran ki mehnat
- Emaan ki Mehnat
 - Students, teachers, staff, drivers – for all
- Emaan & Amaal ka mahol
- Sheikh...?
- Unity of curriculum
 - Ex: Law of conservation of matter and energy

Action Plan Summary

Body

Self
With Help
By Experts

Mind

Taqwa
Targheeb
Trainings

Heart

Huqooq
Ehsaan
Eesaar

Soul

Deeniyat
Mahol
Unified
curriculum

Comprehensive Health

Allama Iqbal

Ataa aslaaf ka soz-e-duroon kar
Shareek-e-zumra-e-Laa yahzanun kar
Khirad ki gutthiyan suljha chukka hun
Mere maula mujhe saahab junoon kar



JAZAKALLAH

Khair

