



Ministry of Health
and Family Welfare
Government of India



Ministry of Education
Government of India



Health and Wellness Ambassadors under **Ayushman Bharat - School Health and Wellness Programme (AB - SHWP)**

Eleven Themes of Curriculum



**Growing Up
Healthy**



**Emotional Well-being
and Mental Health**



**Interpersonal
Relationships**



**Values and
Responsible Citizenship**



**Nutrition, Health
and Sanitation**



**Gender
Equality**



**Prevention and Management
of Substance Misuse**



**Promotion of
Healthy Life Style**



**Reproductive Health
and HIV Prevention**



**Promotion of Safe use of
Internet, Gadgets and Media**



**Safety and Security against
Violence and Injuries**

Your roles in your school



Organize weekly
AB - SHWP
sessions
for students



Encourage
students to actively
participate in these
weekly sessions



Select two Health
and Wellness
Messengers
(HWMs) per class



Set up a question
box in school with help
of HWMs in school



Place question box
at easily accessible
location



Open the
question box
every month



Answer the
questions
from question
box and do it
on a fixed day



Do not disclose
the names of
students who
asked questions



Call the doctor/counsellors
from Adolescent Friendly
Health Clinic (AFHC) or
Health and Wellness
Centre (HWC) to answer
the questions, if needed



Organize school
assembly on
11 themes



At Parent-Teacher
meeting, sensitize
parents on the needs
of growing children



Organize
Adolescent Health
and Wellness Days
in your school



Guide HWMs to spread
awareness on health and
wellness in school, family
and community



Have monthly meetings
with HWMs to address their
queries and challenges

