स्वास्थ्य एवं परिवार कल्याण मंत्रालय
MINISTRY OF HEALTH AND FAMILY WELFARE

Staying Healthy: Immunization for All

Students' Handbook

Name:_____

Class:_____

Section:_____

Staying Healthy: Immunization for All

Students' Handbook

About the Students' Handbook

The Government of India is committed to achieving the Sustainable Development Goals and protecting children from vaccine-preventable diseases. In alignment with India's commitment to strengthening preventive health and nurturing informed, responsible citizens, the *Students' Handbook: Staying Healthy: Immunization for All* has been developed as an age-appropriate and engaging learning resource for school-going children. Anchored in the principles of health promotion, the handbook introduces students to the foundational concepts of microbes, immunity, vaccines, and immunization in a manner that is accessible, interactive, and meaningful. Recognising schools as vital spaces for shaping lifelong health behaviours, the handbook positions students not merely as recipients of information, but as active participants in safeguarding their own health and that of their families and communities.

The handbook is designed as a learning companion that encourages curiosity, observation, questioning, reflection, and dialogue. Through stories, comics, activities, experiments, role-play, and real-life scenarios, learners are gradually guided to understand how diseases spread, how the body defends itself, and how vaccines act as a protective shield. The *Students' Handbook: Staying Healthy: Immunization for All* is organised around six interconnected themes that guide learners through a progressive journey of understanding health and immunization. Beginning with "Tiny Troublemakers: The World of Microbes, Diseases and Staying Healthy," students are introduced to the unseen world of microbes and the importance of hygiene and healthy practices. This is followed by "Diseases on the Run: Immunity and Vaccines to the Rescue!", which explains how the body defends itself and how vaccines strengthen immunity. In "Superheroes in Your Body: The Vaccine Adventure!", vaccines are presented as protectors that train the body to fight diseases effectively. The theme "India's Shield of Health: Our Vaccination Victory" highlights the country's immunization journey and collective efforts to protect public health. Learners then explore "Special Missions: Vaccines for Extraordinary Times," focusing on outbreaks, pandemics, and special vaccination drives. The handbook culminates with "Be a Vaccination Messenger: Your Mission Starts Now!", encouraging students to apply their learning by spreading accurate information and supporting immunization within their families, schools, and communities. Assessment and reflection are integrated throughout the manual through guiding questions, discussion prompts, classroom activities, and pre-assessment tools.

Ultimately, *Staying Healthy: Immunization for All* seeks to kindle a lifelong appreciation for preventive health, scientific reasoning, and civic responsibility. By bridging lived experiences with public health knowledge, and by connecting the personal with the collective, the handbook aspires to lay a strong foundation for healthier behaviours and informed citizenship in the years ahead.

Immunization Division
Ministry of Health and Family Welfare
Government of India

Training Module Index

On this adventure, you'll learn about:

Introduction: Our Vaccination Adventure

Hello, young health champions!

Are you ready for an exciting journey into the world of vaccines? Imagine you're about to embark on a grand adventure to protect yourself and your community from tiny troublemakers that lead to diseases.

Your Superhero Training Goals

By the end of this adventure, you'll be able to:

- **Know About the Microbes:** Learn about tiny microbes that can make you sick.
- **Your Body's Shield:** Learn about superhero shields called vaccines and how they protect us
- **Spread the Word:** Share your superhero knowledge with friends and family to create a healthier community.
- **Debunk Vaccine Myths:** Learn to spot false information about vaccines and protect yourself from misinformation.

Ready to Begin?

Put on your superhero cap and let's dive into the fascinating world of vaccines together!

1 Tiny Troublemakers: The World of Microbes, Diseases and Staying Healthy

Learning objectives

- Introduction to the world of microbes
- Role of microbes in health and disease
- Understand the role of immunity in protecting our health

Meet the Microbes

Did you know that microbes are tiny living things we can't see with our naked eye?

But if they're so small, where are they?

They're everywhere around us and even inside our bodies! Let's meet the different types.

Bacteria

- Some good bacteria present in our intestines help in digesting food.
- Some bad bacteria can make us sick when they enter our body

Viruses

- They're much smaller than bacteria, requires host cell to reproduce.
- They can cause illnesses like cold and flu

Fungi

- Some fungi, like yeast, help us make bread and other foods
- Some cause fungal diseases like ringworm, itchy rashes

What Makes Us Sick?

But how do these tiny microbes get inside us?

Good question! These tiny microbes can find many ways to enter our body and make us sick through:

Contact with infected persons through cough/sneeze

Eating or drinking contaminated food and water

Touching contaminated surfaces and then touching our face

Exposure to polluted environment

Poor hygiene

You might know some of these common diseases caused by microbes:


Tuberculosis


Diarrhoeal diseases


Chicken Pox


Flu and Common Cold


Measles


COVID-19

Activity 1 The Chalk Powder Microbes

Sprinkle chalk powder on your hands and see how these "pretend microbes" spread! Shake hands with friends and touch different objects or simply clap/shake your chalk-covered hands. Watch as the powder transfers everywhere – just like real microbes! Make sure you wash your hands clean after this activity.

Think About It

How many people or objects did your "microbes" spread to? What does this tell you about why handwashing is so important, especially before eating or after using the toilet?

Activity 2 The Sneeze Zone

Use your wet hands or, if available, a spray bottle to see how far "sneeze droplets" can travel! First, shake your dripping hands quickly or use the spray bottle over white paper and watch the water dots scatter. Measure how far the tiny water spots reach. Now try the same thing but block the droplets with your other hand or a tissue. This simple test shows why we cover our mouths when we cough or sneeze!

Remember This

Covering your nose and mouth when you sneeze or cough can stop germs from traveling more than 6 feet (about 2 meters) and protect people around you from getting sick!

How to Stay Healthy

Washing our hands and maintaining hygiene:
This keeps microbes away.

Getting enough sleep:
Sleep helps your body recover and stay healthy.

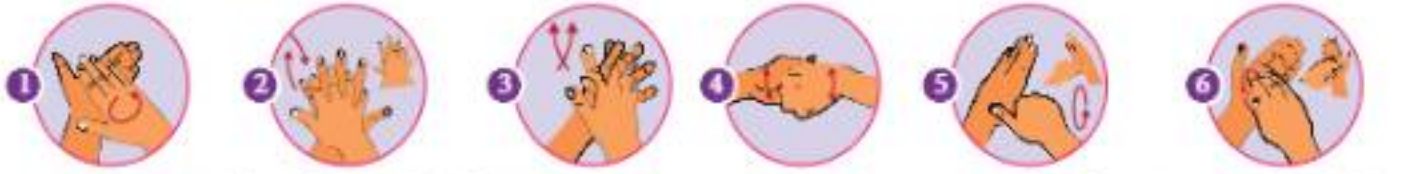
Eating healthy foods:
Fruits and vegetables help keep your body strong.

Staying active:
Exercise keeps your body fit and ready to fight off sickness.

Drinking safe water:
Clean drinking water helps you stay hydrated and healthy.

Getting vaccinated:
Vaccines train your body to fight specific diseases before they can make you sick.

Common Steps of Handwashing* (Wash for at least 20 seconds)



1. Rub hands palm to palm
2. Right palm over back of left hand with interlaced fingers and then repeat with left palm over back of right hand
3. Palm to palm with fingers interlaced
4. Backs of fingers to opposing palms with fingers interlocked
5. Rotational rubbing of left thumb clasped in right palm and vice versa
6. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

Happy hands are clean hands – wash away germs and stay strong!

***Source:** World Health Organization (WHO)

Our Body's Defenders

Our body has a natural defence system called as immune system that protects us from diseases. The immune system in our body is like soldiers that help keep you healthy by fighting off tiny invaders called microbes, which can make you sick. When microbes enter your body, the immune system quickly notices them and helps kill them. The body learns how to fight against that specific microbe. After recovering, your body remembers how to fight it again in the future.

Key Takeaways

- Microbes include bacteria, viruses and fungi
- Microbes can be both helpful and harmful
- Microbes spread through air, water, food and contact
- Understanding microbes helps us stay healthy
- Good hygiene helps prevent illness

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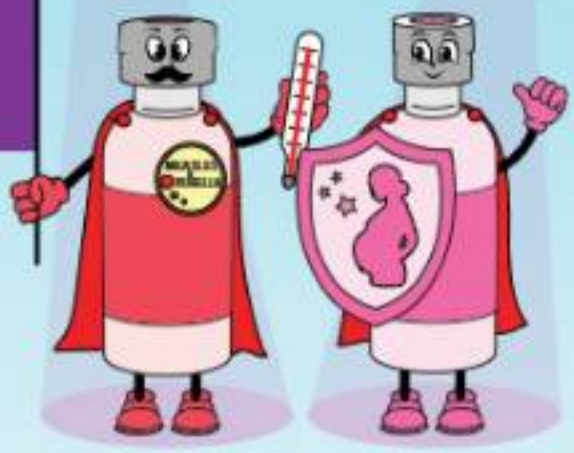


Diseases on the Run: Immunity and Vaccines to the Rescue!

Learning objectives

- Learn how vaccines protect from the diseases
- Learn about vaccine-preventable diseases

Understanding Vaccines: Your Body's Defence Training

- Our body has a natural defence system called the immune system that protects us from diseases. Whenever the body is attacked by tiny microbes like bacteria or viruses, our body fights back these microbes. This defence system is known as the body's immunity against diseases.

The immune system can be trained to fight the microbes either by fighting a real illness or by getting vaccines.

1. Recognize the microbe

2. Attack against it

3. Remember how to fight it for many years

Edward Jenner: The Story of the World's First Vaccine

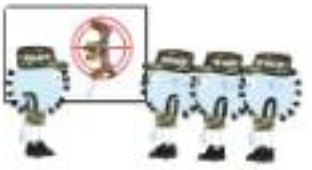
How do vaccines train for defence?

Vaccines build your body's Rakshak Squad (protector army) in four steps.

Vaccine Enters

Vaccine enters your body with weakened or killed microbes that can't make you sick.

ALERT!



Soldiers Wake Up

Your Rakshak Squad (immune soldiers) wake up and study these weakened or killed microbes.

REMEMBER!

Enemy Remembered

Your body remembers exactly what these microbes look like for many years.

PROTECT!

Future Protection

When real microbes attack, your soldiers recognize and defeat them quickly!

The word 'vaccine' comes from the Latin word '*vacca*', which means cow. Now you know why!

Let's learn some common vaccine-preventable diseases (VPDs) that our vaccine superheroes can fight:

Disease	Symptoms	Vaccine
 Polio	Can paralyze (disable) body parts	Oral polio vaccine (OPV)
 Measles	Red rash, fever	Measles rubella (MR)
 Rubella	Red rash, sore throat, fever	Measles rubella (MR)
 Tuberculosis	Cough, fever, weakness	Bacillus Calmette–Guérin (BCG)
 Diphtheria	Sore throat, fever, swollen neck glands	Diphtheria tetanus pertussis (DPT)/ Pentavalent
 COVID-19	Fever, cough, loss of taste and smell	COVID-19 vaccine
 Pneumococcal pneumonia	Fever, cough, shortness of breath, sore throat	Pneumococcal vaccine (PCV)

These superheroes help chase the diseases away! When many people have these superheroes protecting them, diseases find it hard to spread in the community!

Key Takeaways

- Our body's immunity can be trained through vaccination
- Vaccines protect us from several dangerous diseases
- Different vaccines work as superheroes against specific diseases
- When many people get vaccinated, diseases find it hard to spread in the community

Superheroes in Your Body: The Vaccine Adventure!

Learning objectives

- Understand what vaccines are and their types (oral, injectable)
- Recognize the importance of getting vaccinated to stay healthy
- Understand the role of COVID-19 vaccines in pandemic control

Types of Vaccines: Your Body's Special Shields

Oral Vaccines (Drops)

- Given as drops in your mouth
- Example: Polio vaccine drops, Rotavirus vaccine drops

Injectable Vaccines (Shots)

- Examples: Measles vaccine, Pentavalent vaccine, Tetanus vaccine, COVID-19 vaccine

Scientists are working on developing new types of vaccines that might be given as skin patches or nasal sprays. Imagine getting protected from diseases without any shots!

Some Important Terms and Concepts

1. **Immunization**: Immunization is the process when our body becomes strong and protected from diseases as a result of vaccination.
2. **Does this protection stay for life?**

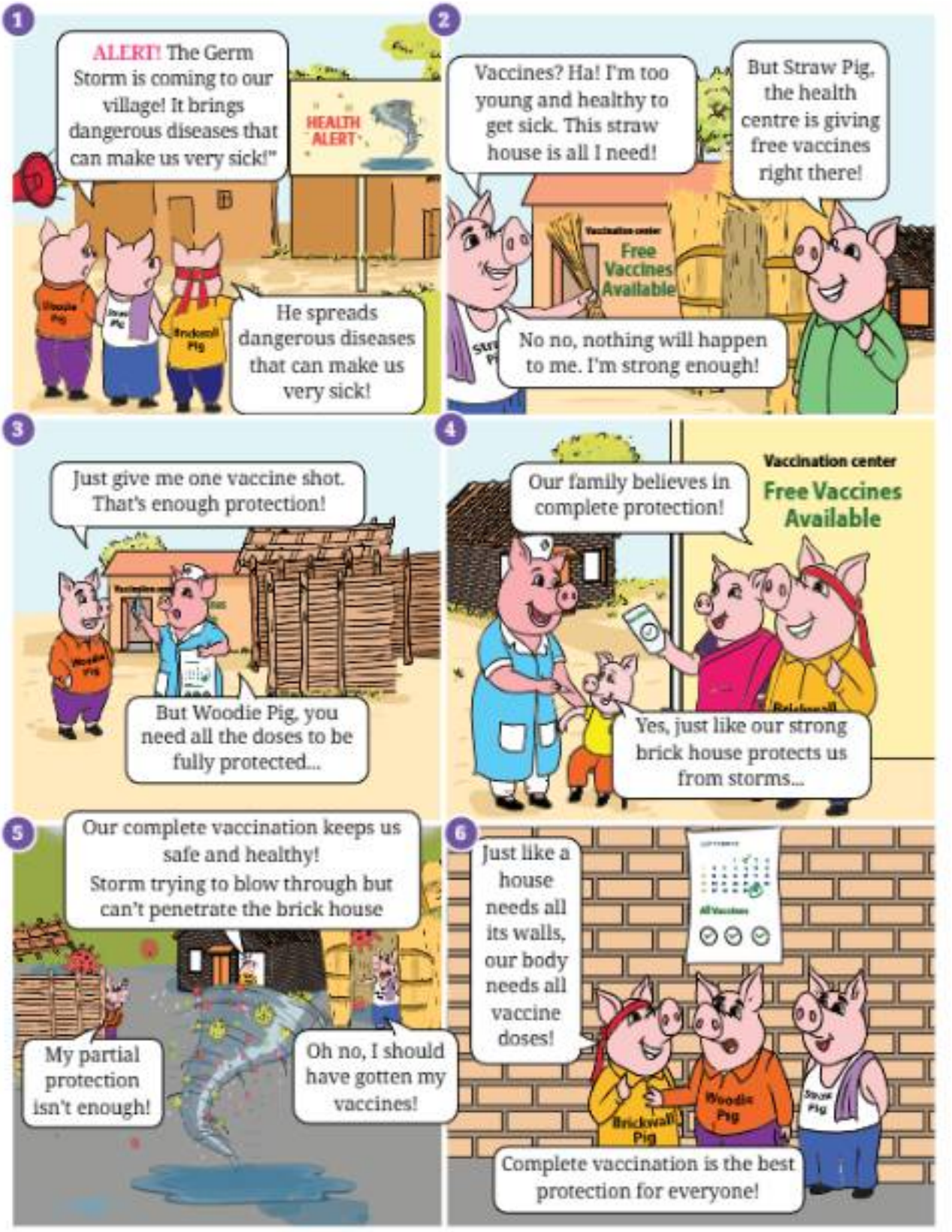
   The protection developed after vaccination lasts for many years. Even if we get the disease after being vaccinated, the disease will be much milder than those who did not get vaccinated.
3. **When should one get vaccinated?**

   Different vaccines are given at different ages based on schedule. Vaccination begins at birth for a child. It is important to get age-appropriate timely vaccination and right number of doses to get the level of protection.

Let us now understand the importance of getting vaccinated through the story of Immune Ghar.

Your vaccination is like holding an umbrella that protects not just you, but everyone standing with you!

Let us now understand the importance of getting vaccinated through the story of Immune Ghar.



Homework Activity: Vaccine Superhero Quiz

1. After reading the story, match the pig to their house type and vaccination status:

a) Straw Pig	Wooden house	Fully vaccinated
b) Woodie Pig	Brick house	Not vaccinated
c) Brickwall Pig	Straw house	Partially vaccinated

The COVID-19 Story: Our Shield against the Coronavirus

Do you remember when we had to stay home and school was online? That was because of COVID-19, a new disease that spread quickly around the world. But India fought back with one of the world's largest and most successful vaccination campaigns!

Children, India achieved something amazing during the COVID-19 pandemic! Our country vaccinated millions of people to protect them from getting very sick. Have any of you seen family members getting their COVID-19 vaccines?

Yes, Madam! My parents and grandparents got vaccinated. They showed us their certificates!

My dadi said the vaccine was like a shield protecting our whole family!

Our family went to the vaccination centre together. There were so many people getting protected!

India proved that teamwork and vaccination can defeat even the toughest diseases! Be proud and stay protected!

Key Takeaways

- Vaccines come in different forms (drops and shots)
- They teach your body to fight specific diseases
- Getting vaccinated helps protect everyone
- COVID-19 vaccine helped control the pandemic
- Timely vaccination keeps communities healthy

Knowledge Check 1

My Vaccine Knowledge Journal

Dear Student,

Let's see what you've learned about vaccines so far! Fill this out and check your scores. Each question carries a star as a point. So, let's see who scores the maximum star.

1. **Match the following diseases with the microbes that they spread through:**

a) COVID-19	Bacteria
b) Tuberculosis	Virus
c) Poliomyelitis	Fungi
d) Measles	Virus
e) Ringworm	Virus

2. **Fill in the blanks:**

a) Diseases can be transmitted through close _____ with a sick person.

b) Diarrhoeal diseases can get transmitted through drinking _____ water and eating _____ food.

c) The six healthy habits to get protected from diseases are:

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.

3. **True or false:**

a) Vaccines make us sick. [ ]

b) Vaccines teach our body to fight diseases. [ ]

c) Vaccines provide us immunity against certain diseases. [ ]

d) We need multiple doses of some vaccines. [ ]

4. **Match each vaccine with the diseases it prevents:**

a) OPV vaccine	Diarrhoea
b) MR vaccine	Tuberculosis
c) Rotavirus vaccine	Pneumococcal pneumonia
d) BCG vaccine	Measles
e) PCV vaccine	Poliomyelitis

5. **Fill in the blanks:**

_____ is when our body builds immunity against the specific disease.

6. **Match the following:**

a) Bacteria	Body's protection against disease
b) Virus	Trains body's defence system
c) Vaccine	Smaller than bacteria and causes flu
d) Immunity	Present in intestines and helps to digest food

India's Shield of Health: Our Vaccination Victory

Learning objectives

- Understand the current immunization schedule
- Interpret basic information on Mother and Child Protection (MCP) cards (vaccination record cards)

India's Universal Immunization Programme (UIP): Your Shield of Protection

This is a Government programme to ensure every child is given a shield of protection through vaccination. Think of UIP as a giant protective umbrella that covers all children in India. Here's what makes it special:

- Free vaccines for all children
- Available at health centres and hospitals near you, and also visible on U-WIN
- Protects against 12 vaccine-preventable diseases (VPDs)
- Reaches children in every corner of India

Your Health Report Card: The Mother and Child Protection (MCP) Card/Vaccination Card from U-WIN

Has anyone seen a card like this at your home?

Oh! I think my mother has something like that!

Yes! The doctor always writes something in it when we visit.

Just like a report card shows your progress in school, your MCP (Mother and Child Protection) card or vaccination card from U-WIN is your health report card! It's a special document that keeps track of all the vaccines that protect you. Let's understand what it tells us:

- Which vaccines you have received
- When you have received vaccines
- Whether you are fully protected against VPDs
- When you need your next vaccine
- Key information on mother and child health

When and Where to Get Your Vaccines

You can get your vaccines from:

- Your nearest health centre
- Government hospitals
- Special vaccination camps
- During vaccination drives
- U-WIN citizen app, where you can see details of nearby vaccination centres and also receive your digital vaccination certificate

Homework Activity: My Vaccination Card Explorer

Children, let's become vaccine detectives and explore our own health journey! This is a special activity to do at home with your parents.

Materials needed:

- Your MCP card/ vaccination card/ digital vaccination card from U-WIN
- Coloured pencils

Instructions:

1. Sit with your parents and ask them to show you your MCP card/vaccination card/digital vaccination card from U-WIN
2. Together with them, look at all the vaccines you have received
3. Ask them to help you understand when you got each vaccine
4. Fill in your special Vaccination Card Chart below, colouring the stars for those vaccines that you have received

Remember

A complete vaccination card means complete protection!

MY VACCINATION CARD CHART		Birth	6 Weeks	10 Weeks	14 Weeks	9-11 Months	16-23 Months	5-6 Years	10 Years	16 Years
	BCG(Tuberculosis)	☆								
	Hepatitis B	☆								
	OPV (Oral Polio Vaccine)	☆	☆	☆	☆		☆			
	RVV (Rotavirus Vaccine)		☆	☆	☆					
	fIPV (Fractional Inactivated Polio Vaccine)		☆		☆	☆				
	PCV (Pneumococcal Vaccine)		☆		☆	☆				
	Pentavalent (DPT+Hep B+Hib)		☆	☆	☆					
	JE (Japanese Encephalitis)*					☆	☆			
	JE (Japanese Encephalitis)*					☆	☆			
	DPT (Diphtheria, Pertussis, Tetanus)						☆	☆		
	Td (Tetanus-Diphtheria)								☆	☆
	Any additional vaccines received that are not mentioned above (please write them below)									

*JE vaccine is provided in select endemic districts

Key Takeaways

- UIP provides free vaccines to all children
- Your MCP card and U-WIN record your vaccination journey
- All children should receive vaccines 7 times till 5 years of age and after that at 10 and 16 year

Special Missions and Campaigns: Vaccines for Extraordinary Times

Learning objectives

- Understand what is pandemic and how vaccine helps in its control
- Recognize situations requiring special immunizations
- Explain the importance of vaccines for all age groups

Understanding COVID-19: When the World Needed a Special Vaccination

Do you remember when schools were closed and everyone started wearing masks? That was because of a tiny microbe called the COVID-19 virus.

Imagine a tiny troublemaker so small that you can't see it without a super-powerful microscope. This troublemaker (the coronavirus) could spread easily when people:

- Coughed or sneezed
- Stood too close while talking
- Touched the same things without washing hands

How Vaccines Came to Our Rescue

Scientists around the world worked very hard to create special vaccines against COVID-19. These vaccines taught our body's defender cells how to:

- Recognize the coronavirus
- Fight it quickly before it could make us very sick
- Prevent severe diseases
- Protect our family and friends

India eradicated smallpox in 1977 and achieved polio-free status in 2014.

Young Polio Warriors

During India's polio eradication campaign, students were engaged as advocates for polio vaccination, encouraging families and communities to participate in vaccination.

Immunization: Campaigns

Campaigns

Pulse Polio Campaign:
Namaste! Thanks to me and millions of dedicated health workers, India is now polio-free! My drops have helped protect generations of children from this paralyzing disease.

Measles Rubella Vaccination Campaign:
Our mission is to eliminate measles and rubella from India by protecting all children.

HPV Vaccine:
Hi! I protect teenagers from certain types of cancers when they grow up. Think of me as a future protector!

Mission Indradhanush Campaign (Rainbow Mission):

Namaste! Indradhanush means rainbow! I travel across India to reach every child under 5 years with vaccines. Whether you live in a city, village, or mountain – I make sure you get your complete protection!

Staying Safe Together

Even today, we can help keep everyone healthy by:

- Getting vaccinated when health workers and doctors recommend it
- Keeping our hands clean
- Staying home if we feel sick
- Taking extra care of elderly family members

Remember:
Just like we wear raincoats during monsoon and warm clothes in winter, sometimes we need special protection like masks and vaccines during health emergencies!

Key Takeaways

- Different diseases need different vaccines
- Vaccines protect people of all ages
- Special vaccines help during emergencies
- Travel to new places may need extra protection
- Getting vaccinated helps protect everyone

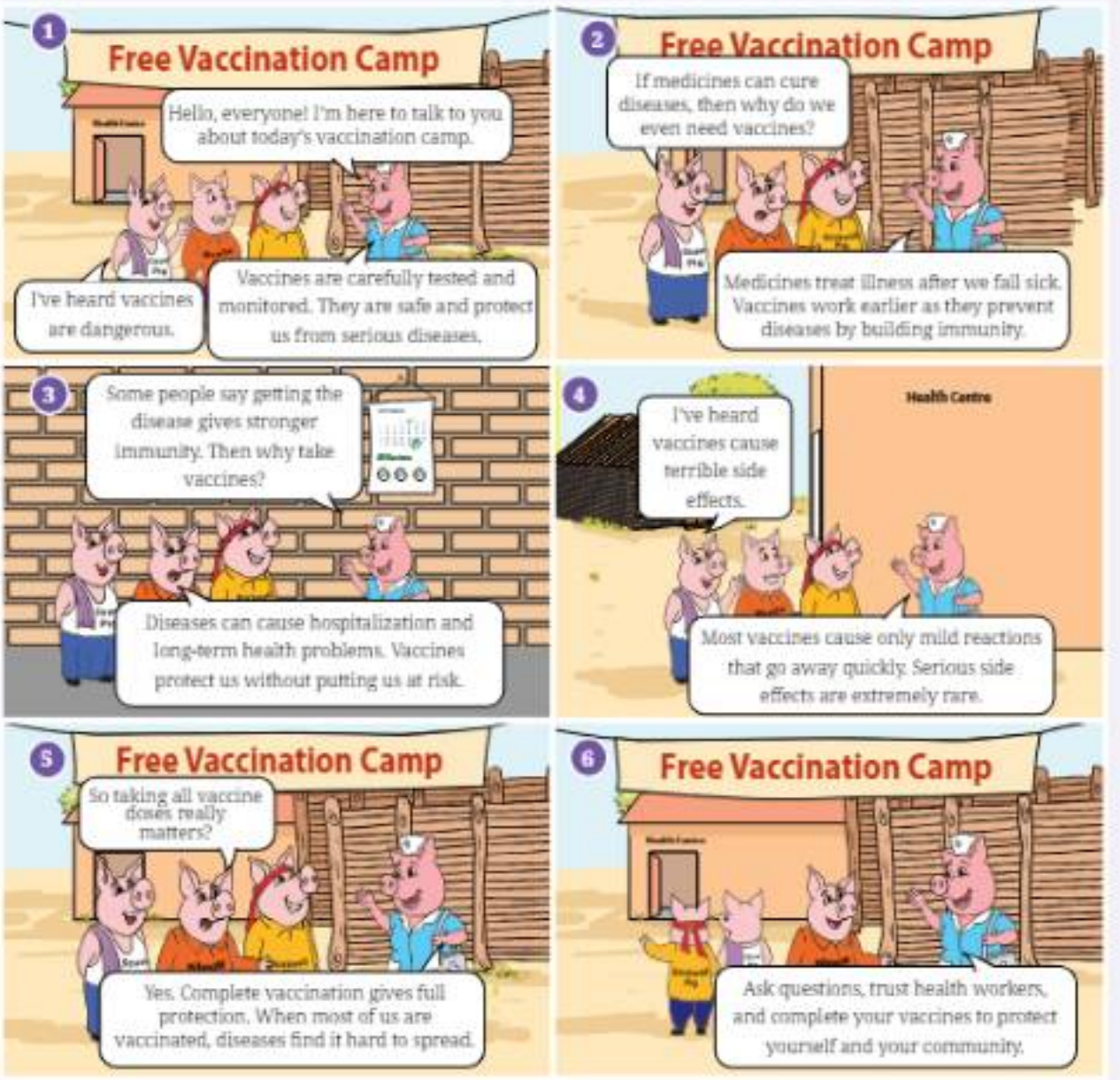
Be a Vaccination Messenger: Your Mission Starts Now!

Learning objectives

- Differentiate vaccine myths from scientific facts
- Understand your role in promotingvaccinationawareness
- Become a Vaccination Messenger

Story: Three Curious Pigs

In the earlier story of the Three Little Pigs, we saw how vaccines keep everyone safe. In this comic, the same pigs learn the facts about vaccination from a trusted health worker.



Ask questions. Learn the facts. | Complete vaccination protects everyone. | Be a Vaccination Messenger.

Homework Activity

Be a Neighbourhood Health Reporter

Talk to the following people in your neighbourhood and ask them the questions given in the table. You can check their vaccination cards or digital vaccination records from U-WIN.

Practise in class first!

Before starting your homework, practise with a classmate! One person acts as the health reporter, the other as a family member or neighbour. Take turns asking the interview questions politely and writing down answers. This will prepare you for the real interviews at home!

How to track your progress:

Every time you complete all questions with one person, stick a bindi in each empty circle (or even color it if you don't have bindis) right above the table.

For Family Members (Name:.....) (Relation:.....)	For Friends and Classmates (Name:.....)	For Neighbour 1 (Name:.....)	For Neighbour 2 (Name:.....)
1. Have you kept the vaccination cards for everyone in our family? .... 2. What do you think are the benefits of vaccines?	1. Where can you get the vaccines? .... 2. Have you gotten your vaccination shots?	1. Do you know where to go for your child's vaccination in your area? .... 2. What do you think are the benefits of vaccines? .... 3. Do you have any children aged above 5 years? How many of them are vaccinated with DPT booster?	1. Do you know where to go for your child's vaccination in your area? .... 2. What do you think are the benefits of vaccines? .... 3. Do you have any children aged above 5 years? How many of them are vaccinated with DPT booster? ....

Make a simple report of what you learned and share it with your teacher. Remember to be polite and respectful when asking questions!

Your Discovery

What was the most important thing you learned about vaccines from your interviews? Share it in class!

Ready to make a difference? Become a Vaccination Messenger across three areas of action!

Being a Vaccination Messenger: Your Three Areas of Action

At Home:

As a Vaccination Messenger, you can:

- Help keep family vaccination cards safe and organized
- Tell fun stories about vaccines to younger siblings
- Share what you learned about vaccines during family time
- Make colorful calendars marking vaccination days

At School

You can help your school community by:

- Supporting friends who are nervous about vaccines
- Sharing correct information about vaccines with classmates
- Telling teachers if you hear any vaccine rumors
- Including everyone in health activities, regardless of their abilities

In Your Community

Be a community helper by:

- Explaining vaccine benefits using simple examples
- Telling positive vaccination stories from your experience

Know Your Health Heroes!

ASHA Worker

- Your neighbourhood health guide
- Reminds families about vaccines
- Carries health kit and register

ANM (Nurse)

- Gives vaccines at health centres and camps
- Keeps vaccination records safe

Work together with them to keep your community healthy!

Remember: As a Vaccination Messenger, you make your community stronger by spreading correct information and helping others stay healthy. Every small action counts!

Key Takeaways

- Check facts with doctors or health workers
- Help others understand vaccines
- Include everyone in vaccination efforts
- Share correct information
- Be proud to be a Vaccination Messenger!

Knowledge Check 2

Become a Vaccine Reporter!

Dear Vaccine Messenger,

Time to show what you've learned about being a vaccine champion!

1. **Match the following:**
   a) MCP card — Helps during disease outbreaks
   b) Campaign — Records vaccination history
   c) Polio drops — Digital vaccination platform
   d) U-WIN — Large-scale vaccination effort

2. **Fill in the blanks:**
   a) India is declared free from _____ disease and _____ disease.
   b) The Universal Immunization Programme provides _____ vaccines to all children.
   c) Children should visit health centres _____ times by their fifth birthday.
   d) _____ immunity happens when most people in a community are vaccinated.

3. **Tick all correct places: I can get my vaccines:**
   a) At the nearest health centre
   b) In government hospitals
   c) At special vaccination camps
   d) During vaccination drives

4. **Tick all correct answers: A Vaccine Messenger should:**
   a) Share correct information
   b) Keep vaccination cards safe
   c) Help others find vaccination centres
   d) Make up stories about vaccines

5. **True or false:**
   a) Medicines treat illnesses while vaccines prevent illnesses. [ ]
   b) Vaccines cure diseases and pain. [ ]
   c) Children are given vaccines right from birth. [ ]
   d) Oral polio vaccine (OPV) and DPT vaccine are given as oral drops. [ ]

6. **Match the following**
   a) COVID-19 vaccine — Given at birth
   b) Do Boond Zindagi Ke — Given at 9 to 12 months
   c) MR vaccine — Polio campaign
   d) BCG vaccine — Prevents severe COVID-19 disease

National Immunization Schedule

(This National Immunization Schedule poster is a product of Ministry of Health and Family Welfare, Government of India)

List of contributors

Notes

Notes

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Immunization Division
Ministry of Health and
Family Welfare
Government of India