

B.E.S.T.

**Breathe Easy - Stay Tough
School Clubs**

Towards Better
Lung Health for School Children
And
Awareness & Action
For Reducing Air Pollution

What are B.E.S.T. Clubs?

A year long engagement plan with **20 Schools** of Delhi-NCR having around **100 Activites** across various schools to empower and engage school children **to influence society** by:

Understanding air pollution, health impacts of sustained exposure to air pollutants and ways to reduce damage.

Training and setting guidelines for management of Asthma in schools to avoid fatality.

Increasing Basic Lung Health Awareness through information dissemination.

Pilot Project in: **20 Schools**
Total Direct Reach: **80,000+ Students**
In-Direct Reach: **2,40,000+ Family Members**

How will the B.E.S.T Club function?

- Supervised in each school by **2 teachers**.
- **Led by 2** students from **Senior Standards**.
- A team consisting of **students from middle and senior schools** to increase awareness amongst others, conduct activities and drive change.
- Guided by technical and operational **support from Lung Care Foundation (LCF)**.
- **Completion of all activities** to get an annual certificate for school and students and retain B.E.S.T Club membership.
- **Members Eligible for Letter of Recommendation** from LCF for their work.

Process in steps:

Step 1

- **Training Seminar** for Teachers, Students to sensitize about Pollution & Lung Health.
- Sharing best practices across the world.

Step 2

- **Induction of more students** by coordinators at the school level.
- **Training of other team members** by the coordinators at individual schools.

Step 3

- **Formulating individual school level action plan** by individual school clubs with support from Lung Care Foundation.
- Sharing the annual year plan.

Step 4

- **Initiation of annual activity plan**, the start of intra-school and interschool activities.
- Propagation of student actions on social media.

Annual Activity Plan (tentative):

Steps of Implementation	Activity	What School Need to Do
Education & Empowerment: Introductory Training Seminar		
Step 1:	1 Day training program organized by Lung Care Foundation to empower Students and Teachers with the required knowledge	Nominate <ul style="list-style-type: none"> • 2 teachers • 2 Students As leadership for the B.E.S.T. club who will attend the seminar.
Starting Club & Activities at School		
Step 2	Recruitment and Training of Club Members in School	Club leadership to recruit and train 10 – 15 more students who will help organize other activities.
Step 3	Formulating the Annual Action	BEST Club members will a plan of activity, add timelines and assign responsibilities. Plan to include the below mentioned things:
Step 4	Awareness & Action Plan for Air Pollution	Make a plan to spread awareness about Air Pollution & Reduce it in school.
Step 4	Awareness & Action Plan for Asthma	Make a plan to spread awareness about Asthma among children and Teachers.
Step 4	2 Intra-school School Competitions	Organize 2 intra-school competition to engage students on Air Pollution.
Step 4	1 Change at School	Decide to work on an area throughout the year and bring a change
Activities by Lung Care Foundation		
Step 4	2 Inter School Activities (Activities to Be Close By)	School teams to take part in interschool competitions.
Step 4	Social Media Promotion for Further Impact	Schools will share small videos/ photographs of their work which will be promoted on social media to inspire other schools.
Step 5	Culmination Meet and Awards ceremony	Certificates to All Schools and B.E.S.T. Clubs Members, Awards to most innovative and impactful schools.