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This Karnataka school rings water bell thrice a day

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MANGALURU: At Indraprastha Vidyalaya, in Uppinangady, about 60 kilometres from Mangaluru, a special bell rings thrice a day to encourage students to drink water. The school authorities decided to launch 'water bell' initiative and the feedback, especially from parents has been positive.

Providing details about this initiative, Jose M J, principal, told TOI, "In the recent years, we have come across an increase in the number of students suffering from health related issues including kidney stones. Students are in the habit of carrying water bottles from their homes, but instead of drinking water, they tend to take it back home as it is or end up sipping very little water during the day. This has resulted in a rise in headaches, dehydration and other health issues among students. The issue was raised during a recent meeting and discussed in detail among staff members which led to the launch of water bell or special

intervals to make students drink water,” he said.

The water bell rings thrice a day at 10.35 am, 12 pm and 2 pm that is about 30 minutes before the five minute interval that the school provides to the students. “When the water bell rings, students have to drink water. We have not specified the quantity of water intake, but teachers in the classroom as well as council of ministers will ensure that everyone drinks water during the special interval,” said Jose.

Based on the United Nations guidelines that every child should have access to safe drinking water and that it is a human right, most schools provide safe drinking water, but there is no mechanism to ensure that every child drinks adequate water, principal said.

The water bell concept is gradually picking up in Kerala. “The benefits of drinking adequate water are plenty. Students have been informed about the importance to stay hydrated. Paediatric urolithiasis has increased globally in the last few decades. The number of students suffering from urinary tract infection leading to fever is also increasing. The students will gradually get used to the habit of drinking water and hopefully will continue the same, even after they leave school,” said Jose.

The school has a total of 1,121 students studying in LKG to class 10.