

GAMP RECREATION: HEALTH AND EDUCATIONAL VALUE

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Provisions were made for both indoor and outdoor recreation for the children and staff. For indoor entertainment carrom boards, ludo, chess, playing cards, magazines and books were made available. An on the spot painting competition was held and a video movie (chosen by a majority vote by children) displayed. For outdoor games, cricket, hockey, flying discs and various ball games and badminton were arranged.

Few problems were faced while arranging recreation facilities. One was a very heterogeneous group of children especially as regards the age. At no time, we could manage all the campers together for a nice full-fledged game. They invariably made smaller groups of their age range and spent time on their own. However, video movie show was of common interest to all, where all the campers joined and enjoyed themselves. Second problem was lack of time. Outdoor games and sight seeing we feel were liked more by the campers.

Overall, no significant difference was observed in arranging recreation for these children with juvenile diabetes as compared to those for children attending other types of camps eg... scout-guide camps, National Cadet Corps camps etc.,. These children mixed well with non-diabetic children attending the camp: normal or better socialisation and performance. We concluded the camp recreational activities with 'Camp fire', which seemed to excite and encourage the children profoundly, where they sang and danced merrily. "Secret/hidden agenda": To provide a most pleasant and joyful milieu in which the diabetic children (and their families) can cheerfully and effectively imbibe and assimilate the health maintenance/promotional rigors involved in their day to day and lifelong battle with their malady.