

National Activity

# Conduction of Three-Day Health Checkup Camp by BGS World School, Chickballapur

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BGS World School, Chickballapur conducted a three-day Annual Health Checkup Camp from 08th to 12th August 2022 to check the physical and mental health of their 1708 students from standard I to X. This programme was organised by the school in collaboration with Indian Association for Adolescent Health – Karnataka Chapter (IAAH-K) and the Department of Community Medicine, Akash Institution of Medical Sciences and Research Centre, Devanahalli, Karnataka.

The camp was inaugurated jointly by Wg Cdr Ranjit Kumar Mandal (Retd), Director-Principal of the school as well as President of IAAH-K, and Mr Sunil Kumar, Head of the Department of Community Medicine, Akash Medical College as well as the Vice President, IAAH-K (Figure 1). The Vice Principal of the school, Mrs Chhabi Mandal, the Headmaster of the school, Mr Giribabu, the staff members, and the medical team attended the inauguration ceremony on the morning of August 10, 2022 (Figure 2).



**Figure 1. Students' Health Checkup Camp jointly inaugurated by Wg Cdr Dr RK Mandal, Director-Principal, BGS World School, and Mr Sunil Kumar, HOD, Community Medicine, Akash Medical College and Research Center**



**Figure 2. Some of the Participants of the Inauguration Ceremony**

A team of 30 doctors from the Departments of Medicine, ENT, Ophthalmology, Dermatology, Dental, Paediatrics, Gynaecology, and Psychiatry carried out the tests (Figure 3) with the help of about 8 medical assistants.



(a)

(b)

**Figure 3(a,b). Health Checkup Camp in Progress**

Two doctors, namely Dr Lakshmi H, Associate Professor, and Dr Vidya R, Assistant Professor from the Department of Community Medicine, delivered an awareness lecture on nutrition, necessity of physical exercises, and COVID-appropriate behaviours to 475 students from standard VIII to X. During the three-day camp, they carried out two cross-sectional studies, one on 'Vaccine Coverage State' among the students who were 12-14 years of age, and the other on 'Mental Health State' among approximately 852 students from standard VII to X. It was a successful camp and its closing ceremony was held on the third day (Figures 4 and 5).

The BGS World School launched its 'School Health Programme' on November 23, 2016, as per the norms of WHO, and has been working tirelessly towards the promotion of adolescent health. The school has been conducting annual physical health checkups since its inception in 2008. After the school declared itself as a 'Health Promoting School', the school has been carrying out several kinds of mental health surveys among the school students, such as violent tendencies, obesity, and other major ailments. Dr Jugal Kishore, Secretary-General, Indian Association of Adolescent Health (IAAH)



and Director-Professor & HOD, Mahavir Vardhaman Medical College and Hospital, New Delhi has been coming down to the school every year to carry out a 'Life Skill Lecture' for the students. To create awareness among the staff members on adolescent health, Dr Jugal Kishore conducted workshops in 2017 and 2019. On April 14, 2000, a team of 8 doctors from NIMHANS oriented the teachers to make them capable of providing guidance to the students, whenever required.



Figure 4. Closing Day of the Health Checkup Camp at BGS World School, Chickballapur



(a)

(b)

Figure 5(a,b). Director-Principal of the School and the Doctors of Akash Medical College and Research Center interacting during the Closing Ceremony

Under the School Health Programme, 366 students of standard VI to X were made to furnish their responses by filling up forms titled 'Students Health Scanning Form' containing 76 questions in 2016. The form was jointly prepared by the school and the IAAH. It contained objective-type questions to obtain responses on physical, mental, and social health as well as educational factors. 186 students of classes VIII to X were also tested for their tendency of social violence

using the form named 'Social Behaviour Study'. At the beginning of the academic session, 91 teachers of the school were tested for their awareness about their own health and the health of students. To sensitise the students about community health, the school had organised a 'Community Health Survey Programme' in four neighbourhood villages around the school in which 21 students of VIII (11) and IX (10) standards had participated; out of which, 11 were boys and 10 were girls. The students visited the houses eight times during their survey, other than the first visit which they had done along with their teacher-in-charge, Ms Pallavi, a Biology teacher. The students visited the houses between 18 June 2016 and 06 August 2016. A total of 178 houses were surveyed by the students under this programme.

About 10 research papers have been published by the school in collaboration with a number of medical colleges and institutions on adolescent health matters so far.