



SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

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SCHOOL HEALTH PROGRAMME AT MOTHER INDIA PUBLIC SCHOOL, KALLARA

ORGANIZED BY DEPARTMENT OF COMMUNITY HEALTH NURSING ALONG WITH 5th SEMESTER BSc NURSING STUDENTS AND SECOND YEAR P.B.B.Sc. NURSING STUDENTS

Children are the most valuable asset of any nation, and their health is the foundation for a productive and prosperous society. School age is a critical period in the physical, mental, emotional, and social development of a child. During these formative years, children acquire habits, attitudes, and knowledge that influence their health and well-being throughout life. Therefore, promoting and protecting the health of school children is not only essential for their academic performance but also for their overall growth and future quality of life.

The School Health Programme is an organized and comprehensive approach aimed at promoting, maintaining, and improving the health of school children. It serves as a link between the health system, the education system, and the community. This programme focuses on preventive, promotive, and curative aspects of health by providing regular health check-ups, early detection of diseases, immunization, nutritional assessment, health education, and referral services. Through these activities, the programme helps in identifying health problems at an early stage and ensures timely intervention, thereby reducing morbidity and preventing long-term complications.

In addition to physical health, the School Health Programme also emphasizes mental health, personal hygiene, nutrition, environmental sanitation, and healthy lifestyle practices. By educating children about healthy behaviours and life skills, the programme plays a vital role in shaping responsible, health-conscious citizens. Teachers, parents,



health personnel, and the community work together to create a supportive environment that fosters healthy growth and development of children.

Thus, the School Health Programme is a key component of community health services and an important strategy for building a healthier future generation. This report highlights the objectives, activities, and importance of the School Health Programme and describes the practical experience and outcomes observed during its implementation.

OBJECTIVES OF SCHOOL HEALTH PROGRAMME

- Promotion of positive health
- Prevention of communicable diseases
- Early diagnosis, treatment, and follow-up
- Promotion of health environment.
- Arousing health consciousness in school children. Aims of School Health Programme To detect and treat diseases early in children and adolescents, including identification of malnourished and anemic children with appropriate referral to PHCs and hospitals.
- Health Services: Services are provided for students to ensure, protect, and promote
- Nutrition Services: Access to a variety of nutritious, affordable meals that accommodate the tastes and nutritional needs of all students.
- Counselling and Psychological Services: Services are provided to improve students' mental, emotional, and social health. This includes individual and group assessment, intervention, and referrals.



PHILOSOPHY OF SCHOOL HEALTH PROGRAMME

- Every child is entitled to educational opportunities that will allow him/her to reach full capacity as an individual and prepare him/her for responsibility as a citizen.
- Every child is entitled to a level of health which permits maximum utilization of educational opportunities.
- The school health programme should be consistent with the philosophy and objectives of the school.

ROLE OF NURSE IN SCHOOL HEALTH

- Health Promotion & Specific Protection:
 - ✓ Immunization of school children helps in school authority to plan a mid-day meal, which is cheap, nutritious, hygienic, and supplemental
 - ✓ Health education to children, parents, and teachers.
 - ✓ Providing counselling.
 - ✓ Examination of the school environment.
- Early Diagnosis & Treatment:
 - ✓ Helping students to develop positive attitudes and health behaviours.
 - ✓ Conducting regular and periodic health appraisals for children.
 - ✓ Notify parents about health appraisal results.
 - ✓ Making referral services in time.
 - ✓ Follow-up care services & special health care for children.
 - ✓ Conducting home visits.
 - ✓ Counselling services.



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SCHOOL HEALTH PROGRAMME

School Health Programme in Mother India Public School conducted in 2 sections on 26/11/2025 to 28/11/2025 and 07/01/2026 to 08/01/2026 at 9.30am to 1.00pm.

ACTIVITY LIST

- Registration
- Height, weight and BMI
- Vital Signs and BP
- GRBS
- Head to foot examination
- Eye examination
- ENT examination
- Health education
- AV Aids display

PROGRAMME REPORT

The first session of School Health Programme conducted on 26/11/26 to 28/11/16 and the second session on 07/01/2026 to 08/01/2026 at 9.30am to 1.00pm. Prior to the programme, the faculties obtained permission from the school principal and plan the logistics. The students were organized to different teams and assigned specific roles to ensure smooth operation.

After a formal introduction health screening started. In first session, about 3 days, the team screened about 287 students from play school to 3rd standard and in the second session the students from 5th to 12th standard were screened. Students obtained a data sheet from the registration counters, and findings were noted in that slips till the end of the check-up.



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Health check-up included monitoring vital signs, measuring anthropometric measurements such as height, weight, BMI calculation, head-to-toe, physical examination, eye and ENT examination, and medical examinations through OP consultation. Doctors gave appropriate medical advice according to the complaints.

Individual physical assessments and medical consultations of students and adults were completed by 1:30 PM. Abnormal findings were noted, and data recorded. Throughout the process, the school principal, faculties, and other staff were so supportive and encouraging for the timely completion of this programme.

We thanked the principal and staff, along with our faculties, for all the facilities arranged at the school for the smooth running of the programme.

SI NO	DEMOGRAPHIC VARIABLES	FREEQUENCY
1	Total beneficiaries	515
2	Gender	
	Male	258
	Female	257
3	Healthy children	340
4	Over weight	30
5	Under weight	46
6	Children with dental carries	97
7	Children with earwax	2



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CONCLUSION

The student of 5th semester B.Sc. Nursing students and 2nd year P.B.B.Sc. Nursing students along with the Community Health Nursing Department conducted school health programme successfully at Mother India Public School Kallara. The experience was invaluable in developing the competencies in health appraisal, team work, community interaction and preventive health care delivery of nursing students.





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Pwvp+732, Kallara Muthuvila Road, Mithirmala, Kerala 695608, India
Lat 8.742616° Long 76.934092°
Thursday, 08/01/2026 01:09 PM GMT +05:30



Mithirmala, Kerala, India 🇮🇳
Pwvp+732, Kallara Muthuvila Road, Mithirmala, Kerala 695608, India
Lat 8.74262° Long 76.934085°
Thursday, 08/01/2026 12:59 PM GMT +05:30



Mithirmala, Kerala, India 🇮🇳
Pwvp+732, Kallara Muthuvila Road, Mithirmala, Kerala 695608, India
Lat 8.742632° Long 76.93408°
Thursday, 08/01/2026 12:22 PM GMT +05:30



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Thursday, 08/01/2026 12:22 PM GMT +05:30



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Thursday, 08/01/2026 12:21 PM GMT +05:30



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Pwvp+732, Kallara Muthuvila Road, Mithirmala, Kerala 695608, India
Lat 8.742688° Long 76.93412°
Wednesday, 26/11/2025 12:58 PM GMT +05:30





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IQAC Coordinator

Principal

