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# BILAL SCHOOL®

English Medium • Govt. Recognised • ISO Certified



**MEDICAL CHECK-UP (PRIMARY)  
in Bilal School Hall, Mumbai**

[www.bilalschool.in](http://www.bilalschool.in)

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## MEDICAL CHECK-UP



Health is a state of physical, mental, and social wellbeing and not merely the absence of disease. To ensure the health of a student's, a medical check-up was organised by the school. Every year it is conducted in the school. Parents are pre-informed about this check-up. They give their full support to the school. Medical check-up dates are already given to the students in their calendar. The management takes appointment of the doctors. They take the list of the required material from the doctors and make the arrangement before the date.

A week before the check-up, students were informed by the teachers. Primary and secondary students were excited to know their weight and increase height. But the students of pre-primary were scared by doctors. Some were crying; they think doctors are going to give them injections. They don't want to enter the room. But the doctors and the admin staff helped the teacher to handle such students. They explained to them that doctors are not having any injections with them. The doctor in a very friendly way did their check-up. Small children are sweet and chocolate lovers. Majority of them were having cavities. They explained to them the importance of brushing teeth. They explained to them the importance of healthy food and encourage them to eat healthy food. Students were listening to them. When they were explaining, so students were giving them excuses, but the doctors very smartly cleared their doubts and took promise from them that they will eat homemade food.

Students of Std. 1<sup>st</sup> and 2<sup>nd</sup> were also explained. The students whose eyesight is weak were instructed to avoid watching on mobile and television. The importance of permanent teeth and how to take care of teeth was explained. The harmful effect of junk food was explained to the students. And the benefit of homemade food was explained.

With the help and cooperation of everybody the medical check-up was completed. Health check-ups in school are important as they help to assess' normal development of the child. To keep track of immunization schedule early detection of disease which when treated in time allow as the child to lead a normal life. Some students were suggested to refer dentist and eye specialist. This preventive check-up data becomes the baseline for future reference.

*Prepared by Event Department*

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