

HEALTH EDUCATION & HEALTH CHECK-UP AND BLOOD GROUPING CAMP by SCMCH&RI

Date: 11/09/2026

Venue: Government High School, Mangkunda

A Free Health Check-up and Blood Grouping Camp was organized at Government High School, Mangkunda, on 11th September 2026 by the Department of Community Medicine.

The camp was conducted for more than 50 students and school staff. The objective of the camp was to provide basic health screening, identify common health problems at an early stage, and create awareness regarding the importance of regular health check-ups.

The following medical services were provided:

- Paediatric consultation
- ENT examination
- Dental examination
- Ophthalmology examination
- Blood pressure (BP) measurement
- Blood sugar testing
- Blood group

A Health Education Programme was conducted at Government High School, Mangkunda, **on 11th September 2026**, focusing on Food Labelling and the Healthy Plate concept for children.

The program aimed to educate students about the importance of making healthy food choices and understanding basic information provided on food labels. Students were sensitized about:

- **Importance of reading food labels before purchasing packaged foods**
- **Understanding ingredients, sugar, salt, fat, and expiry dates**
- **Identifying and avoiding foods high in added sugar, salt, and unhealthy fats**
- **Importance of consuming a balanced and nutritious diet**
- **The concept of a Healthy Plate, including appropriate portions of vegetables, fruits, cereals,**

pulses/protein, and other essential food groups
- Importance of choosing fresh and nutritious foods over highly processed food

The session was conducted in an interactive manner, encouraging children to participate and understand practical ways to make healthier food choices in their daily lives.

The programme was successfully completed with active participation from the students and helped promote healthy eating habits and nutrition awareness among children.



Health education program at govt school,
 Mankunda

11:00 AM