



HOLY CROSS COLLEGE (AUTONOMOUS)
Affiliated to Bharathidasan University,
Nationally Accredited (4th Cycle) with A++ Grade by (CGPA 3.75/4)
by NAAC,
College with Potential for Excellence,
Tiruchirappalli – 620002.



**Department of MLT and RAPHA Health care Centre Health Check-up and Awareness
Programme for School Students
Sennakarai Village, Sirugambur, Manachanallur, Tiruchirappalli.**

A comprehensive health check-up and awareness programme was organized for school students of Sennakarai Village, Sirugambur, Manachanallur, Tiruchirappalli. The programme aimed to assess the basic health status of children and to create awareness on nutrition, hygiene, and preventive health practices. The health screening was conducted on **20.11.2025** at **PUM School, Sennakarai, Sirugambur, Manachanallur, Tiruchirappalli. In Collaborate with CRDE, Holy Cross College, Department of MLT and RAPHA Health care Centre Holy Cross College.**

Objectives

The primary objectives of the programme were:

- To assess the general health of school students.
- To identify early signs of anaemia and malnutrition.
- To record height, weight, and BMI for monitoring growth patterns.
- To educate students on healthy lifestyle habits and anemia prevention.
- To promote health awareness among children in rural areas.

Examinations Conducted

Medical professionals carried out the following screenings for all participating students:

- **Height Measurement**
- **Weight Measurement**
- **Body Mass Index (BMI) Calculation**
- **Anaemia Screening (haemoglobin analysis)**

Each student's health parameters were documented, and those who required further medical attention were advised to visit nearby healthcare facilities.

Awareness Session

An interactive awareness talk was conducted by healthcare staff, covering:

- Causes and symptoms of anaemia
- Importance of iron-rich foods
- Personal hygiene and sanitation

- Benefits of regular physical activity
- Balanced diet and hydration

The session encouraged students to adopt healthy daily practices and clarified their doubts regarding nutrition and general health.

Participation

A total of **137** students participated enthusiastically in the programme. Teachers and volunteers supported in organizing the students and maintaining records.

Key Outcomes

- Improved awareness among students about anaemia, nutrition, and hygiene.
- Identification of children requiring additional follow-up for low BMI or anaemia symptoms.
- Enhanced understanding of growth monitoring and healthy lifestyle habits.
- Positive engagement from students and staff, contributing to the success of the programme.

Conclusion

The health check-up and awareness programme conducted at Sennakarai Village proved to be highly beneficial. It provided valuable health insights and empowered students with essential knowledge to take care of their well-being. It is recommended that similar initiatives be conducted periodically to ensure the continued health and development of school children in the region.





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