

School Health Programme

Date: 03 September 2026

Venue: Adarsh Bal Vidya Mandir School, Lal Singh Basti, Bathinda

Target Group: Students of Classes VIII–X

Number of students covered: 70

Organized by: Institute of Nursing Education and Research (INER), AIIMS Bathinda

The Institute of Nursing Education and Research (INER), AIIMS Bathinda organized a School Health Assessment and Health Education Programme on 03 September 2026 at Adarsh Bal Vidya Mandir School, Lal Singh Basti, Bathinda, with the aim of promoting health awareness, early identification of health concerns, and development of essential emergency response knowledge among school students of Classes VIII–X.

The programme was conducted under the able leadership and guidance of Executive Director, Dr. Ratan Gupta, and Principal, Dr. Kamlesh K. Sharma, INER AIIMS Bathinda led by Dr. Simarjeet Kaur, Assistant Professor and Mr Pardeep Kumar, Nursing Tutor serving as the supervisor and organizer.

Health Assessment

As part of the programme, dedicated health assessment counters were established to facilitate systematic screening and assessment of the students. The activities included:

History taking and health related information collection

Measurement of height and weight Calculation and assessment of Body Mass Index (BMI) and general health assessment as per RBSK performa.

The assessment aimed to identify common health concerns among adolescents and create awareness regarding the importance of regular health monitoring and timely consultation.

Health Education on Emergency Care

An interactive health education session on common diseases and emergency situations was also conducted. Students were sensitized about recognizing emergencies and the importance of providing appropriate first aid and seeking timely medical assistance.

The topics covered included:

Heart attack and CPR

Road traffic accidents

Bleeding control and epistaxis

Fractures

Snake bite and dog bite

Electric shock

Burns

Drowning

The sessions emphasized early recognition, immediate first-aid measures, prevention of complications, and timely referral to healthcare services. The interactive nature of the programme encouraged students to actively participate and clarify their doubts regarding emergency situations.