



*Health Club,
St. Bede's College Shimla, (H.P)*

Activity Name: Health Check-up Camp for Govt. School Children.

Date: September 23, 2023

Objective: To make students aware about their health and about the importance of the routine check-ups.


Description: Health club of St. Bede's College organized a Health Check-up for School children. The check-up was done for the students of Govt. Primary School, Sanjauli, Shimla. There were three parameters for the check-up, viz. Weight, Height and Harward Step Test. Total 32 children were tested on the above parameters. More over the faculty members of the college got themselves checked on the parameters along with tests for Blood Pressure and Pulse rate. A proper record was maintained for the check-up and students were advice to take nutritious food supplements and to take care of their health by participating in various health activities.

Outcome: To improve health, attention should be paid to balanced diet along with daily health check-up.





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Glimpses:



Y20
2023 INDIA





Y20
2023 INDIA

“HEALTH CHECK-UP CAMP”

(FOR GOVT. SCHOOL, SANJAULI, SHIMLA)
23rd September 2023 (Saturday)

- 1. Weight
- 2. Height
- 3. Blood Pressure and,
- 4. Harvard Step Test

*Org. by:
Health Club,
St. Bede's College, Shimla, (H.P)*





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St. Bede's College Shimla, (H.P)*



(Health Club)