

Date: 07 April 2026

School Health Check-up Camp and Health Awareness Programme on the Occasion of World Health Day

Venue

Mandsaur International School, Mandsaur

Organising Department

Department of Kaumarbhritya and Department of a Swasthavritta

Beneficiaries

Total Students Benefited: 200

Consultants

Dr. Amruta Deokar

Dr. Lekshmi R S

Participants

Interns and Final professional Year students

Description of the Activity

On the occasion of World Health Day, 07 April 2026, a School Health Check-up Camp was conducted at Mandsaur International School, Mandsaur. Along with health screening, educational talks were delivered to promote healthy lifestyle practices among students.

A talk on “Dietary Regimen” was delivered for school students, focusing on balanced diet, importance of healthy eating habits, and prevention of lifestyle disorders. A separate session on “Menstrual Hygiene and Lifestyle” was conducted for female students to create awareness regarding menstrual hygiene, nutrition, and healthy lifestyle practices.

Students were examined and appropriate health advice was provided. The programme aimed at promoting preventive healthcare and awareness among school children.

Outcome of the Activity

- 200 students benefited from health check-up
- Awareness regarding healthy diet improved
- Female students educated on menstrual hygiene
- Preventive healthcare practices promoted
- Students gained knowledge about healthy lifestyle

Mandsaur Institute of Ayurved Education & Research

A Constituent unit of Mandsaur University

(Permitted by Govt. of India, Ministry of Ayush, New Delhi, Govt. of M.P.& Recognised by Central Council of Indian Medicine, New Delhi)
Mhow-Neemuch Road, B. R. Nahata Marg, Mandsaur (M. P.) 458001 ☎ +91 8720822111 ■ Email : miaer@rediffmail.com ■ office.ayurved@meu.edu.in

The School Health Check-up Camp and health awareness programme conducted on World Health Day at Mandsaur International School was successfully organized by the Department of Kaumarbhritya and Swasthavritta. The activity helped in promoting health awareness among students and contributed to community outreach.

Acknowledgement:

The Mandsaur International School sincerely acknowledges the guidance and continuous support of **Principal Dr. Deepak Yadav**. The organisers also express their gratitude to **Dr. Amruta and Dr Lekshmi** for effective planning and smooth execution of the activity

Photographic Evidence





Adarsh
Principal

Mandsaur Institute of Ayurveda Education
& Research, Mandsaur

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