



JARMA WELLNESS LLP WORKS IN THE FIELDS OF HEALTH, FITNESS, SAFETY AND EDUCATION SERVICES

www.jarmawellness.com | admin@jarma.co.in | 7045645661

HEALTH SCREENING REPORT

JARMA WELLNESS ID WACC5003507






SCHOOL NAME	<u>DPS TAPI</u>		
STUDENT'S NAME	<u>ZAREEFAH NOORANI</u>		
DATE OF BIRTH	<u>MARCH 26 , 2007</u>	GENDER	<u>F</u>
CLASS	<u>VII</u>	DIVISION/SECTION	<u>B</u>
SCREENING DATE	<u>AUGUST 26 , 2019</u>	ADMISSION NO.	<u>N-0076-11</u>

A Public Awareness Initiative



For more information please visit

www.vitamindguru.com

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Jarma Wellness LLP is an ISO 9001:2015 certified organisation

Visioncare Partner



For more information on kid's eyecare please visit
www.thinkaboutyoureyes.in

GENERAL BIOMETRICS (Recorded as on screening day)



HEIGHT



160.8 cm

WEIGHT



52.7 kg

BMI PERCENTILE



75.14

BMI CLASSIFICATION



NORMAL

Height and weight are measured using digital scales. The weight of the child may vary slightly depending on various factors like time at which the weight is taken, weighing scale used, any persisting illness etc.

BMI-for age for a child is based on the percentile method, the percentile is calculated based on the age and gender of the child. The BMI classification is done based on the WHO prescribed range:



Note: This BMI calculator is not meant to serve as a source of clinical guidance and is not intended to be a substitute for professional medical advice. As BMI is based on weight and height, it is only an indicator of body fatness. Individuals with the same BMI may have different amounts of body fat. Persons may consider seeking advice from their healthcare providers considering individual circumstances.

PULSE RATE



102

OXYMETRY %



97

indicates oxygen saturation level in blood

SPIROMETRY %



78

indicates lung capacity, done for students of class III & above

HAIR HYGIENE



NAIL HYGIENE



Comment

Pulse Oxymeter Value

Oxymetry has been conducted using a digital Oximeter. Normal Oxymeter readings usually range from 95 to 100 percent. Values under 93 percent are considered as low.

Spirometry

Spirometry has been conducted using a portable digital spirometer.

- ✓ EXERCISE
- ✓ REDUCE SCREEN TIME
- ✓ EAT HEALTHY FOOD



15 Minutes of Brisk walk burns

100 calories



1 Cupcake =

131 calories

Exercise: Regular Physical Exercise burn calories and builds muscle both of which helps you look good, feel good and keep weight off.

Reduce screen time: People who spend a lot of time in front of screens are more likely to be overweight

Watch out for portion: Big Portions pile on extra calories that cause weight gain. Sugary beverages, such as sodas, juice drinks, and sports drinks, are empty calories that also contribute to obesity. So choose smaller but nutritive options

DENTAL EXAMINATION



Caries	ABSENT	Number of carious tooth/teeth	NA	Position of carious tooth/teeth	NA
Alignment of teeth	NORMAL	Tartar	ABSENT	Bleeding	ABSENT
Plaque	ABSENT	Gum Inflammation	ABSENT	Dental Hygiene	GOOD

If any of the above mentioned parameters has its finding as "PRESENT/ABNORMAL", please visit Dentist for further detailed examination.

Comment

Good dental hygiene observed during examination. Brushing twice a day, healthy food habits and regular dental check up will help maintain good dental hygiene.

BRUSH TWICE A DAY 2 MINUTES EACH



There are an estimated **300** different species of bacteria living inside our mouths.

Brushing: Brushing twice a day for 2 minutes can help reduce the cavities

Change your Brush: Bristles deteriorate with time and usage, so to get the best cleaning make a point of getting a new brush every three to four months

Avoid sugary drinks and food at night: Having a snack or sugary drink before sleep (without brushing) can allow food particles and sugar to remain on your teeth for too long, providing fuel for bacteria that feeds on it.

EAR, NOSE, THROAT EXAMINATION



Hearing sensitivity	NORMAL	Ear hygiene	GOOD
Nose Examination Findings	NORMAL	Throat Examination Findings	NORMAL

If any of the above mentioned parameters has its finding as "NORMAL/POR", please visit ENT Specialist for further detailed examination.

Comment

Good ear hygiene observed on ENT examination.

NERVOUS, CARDIO, RESPIRATORY SYSTEM & GENERAL EXAMINATION



Murmur	ABSENT	Auscultation	NORMAL	Nervous system parameters	NORMAL	Icterus (if present, indicates Jaundice)	ABSENT
Palor (if present, may indicates Anaemia)	ABSENT	Clubbing (Deformity of Nails)	ABSENT	Cyanosis (Indicates low oxygen in blood)	ABSENT	Edema (Indicates swelling)	ABSENT
Lymphadenopathy (if present, indicates Infection)	ABSENT	Skin	NORMAL	Allergy (As specified by thr child)	ABSENT	Allergen (As specified by thr child)	

If any of the above mentioned parameters has its finding as "PRESENT/ABNORMAL", please visit Physician for further detailed examination.

Comment



15 Minutes of Sun Exposure between 10AM-3PM at least twice a week leads to sufficient Vit-D requirements

EYE EXAMINATION



Right SP dpt CY dpt Axis ° Pupil Size mm SE dpt
Left SP dpt CY dpt Axis ° Pupil Size mm SE dpt

Gaze Asymmetry Value Pupil Distance mm

Vision Screening Result

PASS / REFER Criteria	Refer
Anisometropia (Unequal refractive power in each eyes) Difference in Spherical Equivalent (SE) ≥ 1.00 dpt	NO
Astigmatism (Improper curvature of Cornea or the shape of the Eye's lens resulting in blurred vision) Cylinder ≥ 1.50 dpt	NO
Hyperopia (Farsightedness - Difficulty in seeing near objects) Spherical Equivalent (SE) ≥ 2.50 dpt	NO
Myopia (Near sightedness - Difficulty in seeing faraway objects) Spherical Equivalent (SE) ≥ 1.50 dpt	NO
Gaze Asymmetry (Eye misalignment) Asymmetry ≥ 100	NO
Anisocoria (Unequal pupil size) Difference in pupil size ≥ 1.00 mm	NO

If any of the above mentioned parameters has its finding as "YES", please visit Ophthalmologist for further detailed examination.

Comment

Vision screening result indicates normal vision. In paediatric age group vision changes with age. As per global screening protocol vision screening is recommended in every 6 months.

Amblyopic Risk Factors

Amblyopia (lazy eye) is a condition in which one of the eyes is not in sync with the other, it could mean that one eye is better focused than the other. Amblyopia is a childhood eye condition that has much higher likelihood of a positive outcome if detected early in childhood. The following conditions are regarded as risk factors that may cause Amblyopia:

1. Anisometropia
2. Gaze Asymmetry
3. Anisocoria

Note: This is a screening report generated using a portable Vision Screener plusoptiXS12C and is not intended as a conclusive diagnostic report. It is suggested that you take an opinion from an appropriate medical practitioner in case of a 'REFER' result. The 'Pass', 'Refer' criteria mentioned in this report is based on the range / criteria as designed by manufacturer of vision screener, it should be noted that the ranges / criteria often differ and an Ophthalmologist may have an alternate opinion. The ranges and the criteria has been clearly mentioned on the report for your / Medical Practitioner's reference. Vision screening should be conducted regularly as eyes may change over time. In case the child is wearing glasses, the Vision Screening has been done with the Glasses on. Unless the child specifies, it is at times difficult for the screening team to realise that the child has been already prescribed glasses. It is recommended that any vision screening should always be done with Glasses on, if these have been prescribed.



80% of everything children learn comes through their eyes

Eat Healthy: Colourful fruits and vegetables that are loaded with Vitamin A, C, D, E, beta-carotene and zinc will give your eyes a healthy boost. Omega-3 fatty acids from fish and flavonoids from berries are great, too!

Blink more often: Blinking is very important — it rewets your eyes to keep them moist, comfortable and clear. This greatly decreases the risk for dry eyes, blurred vision, eye irritation and fatigue.

Disclaimer:

This is a Screening report and not a diagnostic assessment. The findings of this report need to be medically co-related by an appropriate medical practitioner. For any non-normal observation/condition mentioned in this report kindly consult an appropriate medical practitioner for any treatment/further diagnosis or opinion. Kindly note that the diagnosis/opinion of the consulted medical practitioner may be different from the one made by our Doctors. In general, opinions/treatments often differ among medical practitioners.

We do not recommend validation of any adverse issues mentioned in our report on search site like 'Google', 'Wikipedia' etc., as these are likely to throw up generalized information which may be misleading.