banner

SCHOOL HEALTH

Paragraph

The Holistic Wellness is a leading private sector organization working in School Health. We enable Schools across the country to develop a Healthier student population and inculcate positive Health behaviours and attitudes.

Our Programs for Schools Addresses all the dimensions of a child’s health (Mental and Physical Well Being) through a combination of counselling, testing and interventions. We take a 360-degree view of the eco-system affecting the child (i.e. Parents, Teachers and Support Staff apart from the Students themselves). Impart and reinforce important ‘Life Skills’.

Section 1

**PROGRAM DELIVERABLES**

Our program for School Health Screening is based on the guidelines provided in the CBSE Health Manual and our experience in working in this field. It consists of the following activities and deliverables

Detailed class wise project plan

Health Report cards - Digital & Physical, for students

Complete Health Analytics

Doctors Consultation within School premises

Session with Teachers on important observations

Discussion session with Management on Health Analytics

Follow-up Screening

Sessions / seminars for Students, Teachers, Parents and Support Staff

Section 2 carosol

**HEALTH SCREENING MODULE FOR STUDENTS**

Biometrics

Height, Weight

BMI (Using Percentile Method)

Personal Hygiene

Hair, Nails

Skin

Vision

Visual Acuity Test (Plus Optics based)

Colour vision

Check for squints Check for pathological anomalies

Oral care

Cavities

Alignments

Gum Health

ENT Examination

Ear hygiene, hearing (Tuning fork sensitivity)

Nasal Examination

Throat Examination

Respiratory Disorders

Spirometry (Measure Lung Capacity)

Oximetry

Upper respiratory tract examination

Non-normal breathing sounds

Ergonomics

Overall bone/muscle match

General gait check B

one joint checks (knee, elbow shoulder)

General Physical Health

General health check by physicians using PICCLE test

Examination for abdomen, cardiac

sounds, overall health, Allergy

Section 3

**HEALTH AWARENESS MODULES**

As an Organization, our primary focus is on increasing "Health Awareness" and reinforcing "Life Skills".

Below is an illustrative list of programs that we conduct at schools for various stakeholders:

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**Health Awareness Modules**

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5 cards

Food and Nutrition

'Get Moving'

Ergonomics

Changing Bodies

Stress Management

Vision and Oral Care

Substance Abuse

Road Safety

Managing Expectations

Sex Education

7 Intelligent Type Workshops

Identifying Learning Disabilities

Ergonomics

Stress Management

Building Vision in children

Women Health

Workshop / Training Safety