Nurturing Wellness: Health Awareness and Screening Programme at M.K DAV Public School,Daltonganj

With the objective of fostering preventive healthcare and promoting conscious living, the institution organised a Health Awareness and Screening Programme under the aegis of the Biology Department . The programme was thoughtfully designed to sensitise the students, teaching and non-teaching staff about the importance of regular health monitoring and early detection.

The programme commenced on a dignified note with a gracious welcome extended to the esteemed guests and resource persons. The august presence of the Chief Guest, Dr. Varsha Kashyap, Paediatrician, Medinirai Medical College, accompanied by junior doctors lent greater purpose and value to the initiative. Various health screening activities such as Blood Group Testing, Blood Pressure Monitoring, procedure for administering CPR and Body Mass Index (BMI) assessment were conducted in a systematic and professional manner. The students and the staff members participated wholeheartedly and appreciated the opportunity to gain first-hand insight into their health parameters.

The initiative served as a gentle yet powerful reminder that awareness is the first step towards prevention and that a healthy individual contributes to a healthy institution and society The programme successfully reinforced the idea that physical well-being and professional efficiency are deeply interconnected.

The event was inaugurated by the Honourable Principal, Mrs. Indrani Chatterjee whose constant encouragement continues to inspire initiatives that focus on holistic development. The smooth conduct of the programme reflected the collaborative efforts of the Biology Department and the organising team.

The Health Awareness and Screening Programme concluded on a positive note, leaving behind a renewed sense of responsibility towards personal health and collective well-being.

Appreciating the initiative, the Honourable Principal highlighted that good health is the silent strength behind every meaningful achievement. She emphasised that awareness, discipline and timely care are essential not only for personal well-being but also for building a resilient and productive work environment. She commended the Biology Department for organising a programme that blends scientific awareness with genuine concern for the staff and encouraged everyone to adopt a proactive approach towards health, stating that nurturing wellness today ensures vitality for tomorrow.


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