

ANEMIA SCREENING CAMP

Anaemia screening health check up camp was organised by Department of Paediatrics in the Shaikh Central School. Total number of students screened was 564.

As today's students are the future of the nation their health must be protected specifically. Anaemia in school age children result in lowered resistance to disease, increased susceptibility to infection, poor cognitive development, impaired physical development, poor school performance and reduced work capacity. The most common cause of anaemia is low levels of iron in the body. Your body needs a certain amount of iron to make haemoglobin, the substance that moves oxygen throughout your body.

Students were advised for maintaining healthy diet and regimen, personal hygiene and have adequate sleep. As short sleep time could lead to low haemoglobin concentration and disturbed sleep also increases the risk of Anaemia.

