

HEALTH CAMP

One of the ways to lead a healthy life is to have a regular health check-up which most of us tend to ignore. Many experienced doctors recommend a health check once in six months.

Health is essential for a teacher to live a harmonious life. The St. Xavier's *parivar* believes in the well-being of every student. Thus the college conducted a Health camp on campus.

A doctor accompanied by his assistants from Breach Candy, conducted a general check-up for the members of the teaching and the non-teaching staff and students. The medical reports were sent to the students within a week. The students who were diagnosed with calcium deficiency and low blood count were provided with the necessary tablets free of cost.



The Health camp team was efficient. They showed commitment to their work. They dealt with every teacher and student cheerfully.

The students obtained a clear picture of the status of their health. The medical reports included the height, weight, Blood count, BP, blood group, real age, metabolic age, etc. They helped students and staff to take stock of their current health status and led them to consider ways of improving their lifestyle.