

**Government of Jammu and Kashmir  
Directorate of School Education, Kashmir.**

**Subject; School Health Programme under Mid-day Meal Scheme.**

**CIRCULAR**

School Health Programme is envisaged as an **important tool** for the provision of preventive, primitive and curative health services to the population. Its focus is to address holistically the **health** and **nutrition** needs of children in a manner which fulfils the needs of today's lifestyle. As per **MDM guidelines** on School Health Programme, various components are;

- Screening of general health, assessment of Anaemia/Nutritional status, visual acuity, dental check up, common skin conditions etc.
- Immunization as per National schedule.
- Distribution of Vitamin A and Iron Folic Acid tablets.
- De-worming as per National schedule. Siblings of the students also to be covered.
- Health Promoting Schools where counselling services, Promotion of mental well being, Yoga practices, Physical Education, Health Clubs/Cabinets and First Aid room/corner or clinics are provided.
- Capacity building of teachers and involved health personnel by Health and Family Welfare Department.

Management structure as followed for the RCH programme can be followed for the implementation of the School Health Program at State, District and Block levels. The National Rural Health Mission (NRHM) convergence mechanism can apply to this programme as well. Children of the schools in the age group **6 to 14** years are being checked up by the Medical staff of the nearby Health Centre at least twice in a year and the Basic medicine kit of common ailments and referral Card for priority services at District/sub-district hospital to be provided. Visually impaired children are to be provided spectacles.

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