**ANNUAL HEALTH CHECK-UP AND INDIVIDUAL COUNSELLING WITH MENTAL HEALTH PROFESSIONALS FOR ALL THE STUDENTS**

Aim: To ensure the physical and psychological well-being of the students and contribute to the overall health of the campus community.

Objective: An annual health check-up for the students in a medical college is a comprehensive assessment aimed to promote wellness, detecting health issues early, and providing appropriate interventions, health education and counselling.

1. Preparation and Appointment Scheduling:

Prior to the health check-up, the college administration communicates the schedule and necessary preparation to students.

2. Registration and Documentation:

On the day of the check-up participants register at designated counters where they provide basic information and brief medical history. This data is crucial for health care providers to tailor the check-up according to individual needs and risk factors.

3. Vital Signs Assessment:

The check-up begins with the measurement of vital signs such as blood pressure, pulse, respiratory rate and temperature.

4. General Physician Examination:

A thorough medical history collection and physical examination is conducted by general physician including various body systems such as the cardiovascular, respiratory, gastrointestinal, and musculoskeletal systems, for signs of health issues or abnormalities

5. Ophthalmologist Examination:

Every student visual acuity, colour vision is examined and any other ophthalmology related complaints were addressed by a Ophthalmologist.

6. Gynaecology consultation for female students:

Every female student menstrual history details and any complaints pertaining to Gynaecology were screened and addressed by a Gynaecologist

7. Laboratory Tests:

Participants undergo a set of basic investigations like complete blood picture, random blood sugar, urine albumin & sugar to assess their health status

Mental Health Professional Consultation:

Student individual counselling with a mental health professional is a personalized process that aims to support students in addressing various emotional, psychological, and behavioural challenges they may be experiencing. This form of counselling provides a safe and confidential space for students to explore their thoughts, feelings, and concerns with a trained professional who can offer guidance, support, and strategies for coping and growth.

The primary goal is to provide students with a supportive and empathetic environment in which to process difficult experiences and emotions. Whether dealing with academic stress, relationship issues, anxiety, depression, or other mental health concerns, students can benefit from having a compassionate professional who can listen without judgment and offer validation and encouragement.

Mental health professionals can teach students practical techniques for managing stress, regulating emotions, improving communication, and enhancing problem-solving skills. These skills can be invaluable not only during the counselling process but also in students’ daily lives, helping them navigate future challenges with greater resilience and confidence.

8. Health Education and Counselling:

Throughout the check-up process, participants receive personalized health education and counselling sessions. This includes guidance on maintaining a healthy lifestyle, managing any chronic conditions, understanding test results, and addressing any concerns or questions they may have regarding their health by experts.

A total of around 500 students got benefitted by this annual health check-up. Around 20% of them were screened to be having one or other physical or mental health issue and has been addressed accordingly. This annual check-up helped us in early diagnosis and treatment of 2 students with Type-1 Diabetes Mellitus.