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CIRCULAR

Operational Guidelines of School Health Camps, Student Health Monitoring and Medical Fitness Certification in EMRSs

1. Background

NESTS has issued guidelines for engagement of Part-Time Doctors in EMRSs to ensure timely medical care, preventive health interventions, and continuous monitoring of students' health status.

Considering the residential nature of EMRSs and the need for systematic monitoring of students' physical and mental well-being, the following guidelines are issued for strict compliance by all EMRSs.

2. Objectives

The objectives of these guidelines are

- 2.1. To establish a uniform system for periodic health assessment of all students.
- 2.2. To promote preventive healthcare through regular health camps and awareness activities.
- 2.3. To facilitate early identification and timely management of health concerns.
- 2.4. To strengthen monitoring of students with chronic illnesses and special health conditions.
- 2.5. To ensure maintenance of comprehensive health records of students.
- 2.6. To ensure medical fitness of students participating in educational tours, competitions, exposure visits and other school-sponsored activities.
- 2.7. To facilitate effective monitoring and reporting of student health-related issues by NESTS.

3. Health Assessment and Monitoring of Students

- 3.1. The Principal shall ensure that every student undergoes a comprehensive health examination by the Part-Time Doctor engaged in the school, at least once every month, in accordance with the guidelines issued by NESTS.
- 3.2. The health examination shall be aimed at assessing the overall physical well-being, nutritional status and general health condition of students and identifying any health issues requiring medical intervention, counselling or referral.
- 3.3. The findings of the health examination shall be recorded in the individual health records of students. Particular attention shall be given to monitoring the growth and nutritional status of students through periodic assessment of height, weight and Body Mass Index (BMI).
- 3.4. Students requiring medical attention, specialist consultation, diagnostic investigation or hospitalization shall be identified during the health examination and referred to the appropriate healthcare facility. The Principal shall ensure that necessary follow-up action is taken and recorded in the student's health record.

- 3.5. The Staff Nurse shall maintain a register of students admitted in the sick room indicating the nature of illness, treatment provided, period of observation and further action taken. Cases requiring referral shall be brought to the notice of the Principal immediately.

4. Identification and Management of Students with Special Health Conditions

- 4.1. Every EMRS shall maintain an updated register of students suffering from chronic illnesses, congenital disorders, disabilities, blood disorders or any other medical condition requiring regular monitoring and special care.
- 4.2. Particular attention shall be given to students diagnosed with SCD, Sick Cell Trait, Thalassemia, Haemophilia, Epilepsy, Asthma, Diabetes, Congenital Heart Disease, Tuberculosis, Hepatitis and other serious medical conditions.
- 4.3. The Part-Time Doctor shall advise suitable precautions, restrictions and follow-up measures in respect of such students. The advice so rendered shall be recorded in the health records and communicated to the concerned school functionaries for necessary compliance.
- 4.4. The school shall ensure that students diagnosed with Sick Cell Disease are identified and monitored separately. Such students shall be advised adequate hydration, avoidance of undue physical exertion during illness and prompt medical attention in case of fever, pain crisis, breathlessness or any other complication. The precautions advised by the Part-Time Doctor shall be communicated to the concerned Hostel Warden, Physical Education Teacher and Staff Nurse for necessary compliance.
- 4.5. Principals shall ensure that Hostel Wardens, PET, Staff Nurses, Counsellors and other concerned staff are sensitized regarding the special care and precautions required in respect of such students.
- 4.6. Students requiring regular medication shall be identified and their treatment schedules shall be monitored by the school in consultation with parents or guardians, wherever necessary.

5. Preventive Health Measures

- 5.1. Every EMRS shall adopt a preventive healthcare approach aimed at reducing the incidence of communicable diseases and promoting the overall health and well-being of students.
- 5.2. Periodic deworming of students shall be undertaken in accordance with the programme and advisories issued by the MoHFW and the respective State Governments. Records of deworming administered to students shall be maintained in the health records.
- 5.3. The Part-Time Doctor shall identify cases of anaemia, nutritional deficiencies, recurrent infections and other health concerns requiring preventive intervention. Appropriate medical advice and follow-up action shall be ensured by the school.
- 5.4. The vaccination status of students shall be reviewed periodically and schools shall facilitate completion of age-appropriate immunization schedules in coordination with local health authorities.
- 5.5. The Part-Time Doctor shall periodically review the nutritional status of students and advise suitable dietary interventions wherever anaemia, malnutrition or other nutrition-related concerns are identified. The Principal shall coordinate with the Mess Committee and concerned staff for implementation of such recommendations.

- 5.6. EMRSs may coordinate with District Hospitals, Community Health Centres, Primary Health Centres, Medical Colleges and other Government health institutions for health screening programmes, specialist consultations and health awareness activities.
- 5.7. The Part-Time Doctor and Staff Nurse shall periodically inspect the hostel, dining hall, kitchen, drinking water facilities, washrooms and other common areas from a public health perspective and advise corrective measures wherever deficiencies are noticed. The Principal shall ensure timely compliance with such observations. Hostel Wardens and Staff Nurses shall maintain regular surveillance of students residing in hostels and promptly report any illness, communicable disease, unusual symptoms or health emergency to the Principal and Part-Time Doctor.
- 5.8. The Principal shall ensure availability of adequate facilities and awareness measures relating to menstrual hygiene management for girl students. Appropriate counselling and health support shall be provided through the Staff Nurse, Counsellor and Part-Time Doctor.

6. Maintenance of Student Health Records

- 6.1. Every EMRS shall maintain a comprehensive health profile for each student from the date of admission till completion of schooling. The health profile shall include the Medical Health Record Certificate submitted at the time of admission, details of periodic health examinations, immunization and deworming records, referrals, hospitalization records, chronic medical conditions, prescribed medications and any special medical advice issued by the attending doctor. Any chronic illness, disability, allergy, blood disorder or special medical condition identified at the time of admission shall be flagged for regular monitoring.
- 6.2. The Medical Health Record Certificate submitted at the time of admission shall not be older than one month from the date of its issue and shall be preserved as part of the permanent health record of the student.
- 6.3. The Principal shall ensure that health records are updated regularly and made available for inspection by NESTS or any other authorized authority whenever required.

7. Medical Fitness Certification for Educational Tours and Other Activities

- 7.1. No student shall be permitted to participate in educational tours, exposure visits, sports competitions, cultural programmes, excursions or any other school-sponsored activity involving travel outside the school campus unless a medical fitness assessment has been conducted by the Part-Time Doctor.
- 7.2. The medical fitness assessment shall take into account the student's current health condition, chronic illnesses, recent hospitalization, communicable diseases or any other factor that may affect participation in the proposed activity.
- 7.3. The fitness certificate issued by the Part-Time Doctor shall be retained as part of the official records of the concerned activity.

8. School Health Camps and Health Promotion Activities

- 8.1. Every EMRS shall organize at least one Health Camp in each quarter in coordination with the Part-Time Doctor, Staff Nurse, Counsellor and local health authorities.

- 8.2. The Health Camps may be conducted with the support of the Chief Medical Officer (CMO), District Hospital, Community Health Centre (CHC), Primary Health Centre (PHC), Medical Colleges, Government Health Institutions or other competent healthcare agencies.
- 8.3. The Health Camps shall focus on preventive healthcare, early identification of health concerns and promotion of healthy lifestyle practices among students.
- 8.4. Health Camps and awareness programmes shall include screening and sensitization activities relating to anaemia, malnutrition, Sickle Cell Disease, vision and hearing defects, dental health, skin diseases, communicable diseases, adolescent health, menstrual hygiene management, nutrition, personal hygiene, mental well-being, first aid, Preventive measure during snake bite (insect/reptile bite) substance abuse prevention and other health concerns relevant to students.
- 8.5. PGT Biology, TGT Science, Counsellors, Staff Nurses and Hostel Wardens shall actively participate in Health Camps and awareness programmes and assist in dissemination of health-related information among students.
- 8.6. The Principal shall ensure that students identified during Health Camps as requiring further medical evaluation or treatment are referred to appropriate healthcare facilities and that follow-up action is recorded in the student's health record.
- 8.7. A report of each Health Camp indicating the date of conduct, resource persons involved, number of students covered, major health issues identified and follow-up action taken shall be maintained by the school and submitted as part of the monthly health monitoring report.
- 8.8. EMRSs shall endeavour to observe important health-related occasions such as National Deworming Day, World Health Day, National Nutrition Month, Menstrual Hygiene Day, World Mental Health Day, International Day against Drug Abuse and Sickle Cell Awareness Programmes through awareness campaigns, expert lectures, exhibitions, competitions and interactive sessions.

9. Reporting and Monitoring

- 9.1. The Principal shall submit a Monthly Health Monitoring Report through the prescribed Google Form by the 5th day of the succeeding month.

Google Form: <https://forms.gle/BVYRZUy5oc7zUJrP9>

- 9.2. The report shall include information relating to health examinations conducted, referrals made, students under special medical monitoring, deworming activities undertaken, Health Camps organized, awareness programmes conducted and any significant health-related issue requiring intervention.
- 9.3. Non-submission, delayed submission or submission of incomplete information shall be viewed seriously and responsibility shall be fixed accordingly.
- 9.4. The Principal shall be responsible for ensuring conduct of monthly health examinations, maintenance of health records, implementation of preventive health measures, organization of School Health Camps and awareness programmes, engagement of the Part-Time Doctor as per approved norms and timely submission of reports prescribed by NESTS.

- 9.5. The Principal shall maintain records of visits of the Part-Time Doctor, health examinations conducted, referrals made, Health Camps organized and follow-up action taken. Such records may be called for by NESTS or the State EMRS Society for review at any time.
- 9.6. State EMRS Societies shall periodically review the implementation of these guidelines, including conduct of Health Camps, student health monitoring activities, maintenance of records and submission of reports by EMRSs under their jurisdiction, and take corrective measures wherever required.

This issues with the approval of the competent authority.

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(Kumud Kushwaha)

Deputy Commissioner, NESTS

To,

The Nodal Officers

State/UTs EMRS Societies

All States.

Copy to:

1. Principal, All EMRSs, All States/UTs.
2. Consultants, NESTS, All States.
3. PS to Commissioner, NESTS
4. NESTS' Website.