

Health Check-Up Camp for Teachers at Sat Paul Mittal School, Ludhiana



Sat Paul Mittal School, Ludhiana, organized a Health Check-Up Camp to promote the well-being of its teachers. The initiative aimed to ensure that the dedicated educators of the school maintain their health and morale through personalized medical consultations and expert advice.

Dr. Neeraj Bansal, Bone and Joint Surgeon Director Orthopaedics at Orison Hospital, led the event with an insightful health talk focusing on prevalent orthopaedic concerns such as neck and lower back pain, frozen shoulder, osteoporosis, and knee arthritis. His session highlighted the importance of early diagnosis and effective management of these common issues to maintain optimal bone and joint health. In addition to Dr. Bansal's talk, teachers had the opportunity to receive one-on-one consultations with a team of esteemed medical professionals, including Venus Bansal, Senior Consultant Gynaecology & Obstetrics at Clio Hospital. Ravika Kanish Budhiraja, Consultant Cosmetic Dermatologist. Shaffie Baidwal, Senior Consultant Cornea and Refractive Surgeon. Sanchit Budhiraja, Senior Consultant Gastroenterologist. These specialists provided personalized advice and care, addressing a range of health concerns and ensuring that each teacher received tailored medical attention.

Such health initiatives are vital in promoting the overall well-being of the teaching staff. They not only ensure good health but also significantly boost the morale of the staff members, knowing that the school authorities care about their well-being. Sat Paul Mittal School remains committed to fostering a supportive and health-conscious environment for its staff. Sat Paul Mittal School, Ludhiana, is dedicated to providing an enriching educational environment that fosters holistic development. The school prioritizes the well-being of its staff and students through various initiatives aimed at promoting physical and mental health.