



State Council of Educational Research and Training

(An autonomous body under Department of Education, Govt. of NCT of Delhi)

Varun Marg, Defence Colony, New Delhi 110024

File No. F.3(2)/NEP2020/TASK guidelines/SCERT/2024-25/411-420 Date: 09/04/25

Guidelines for NEP 2020 Implementation

Monitoring and Tracking of Health Status of Children

Task No. 18 as per SARTHAQ document

Ensuring the health and well-being of children is a critical aspect of holistic education and development. Schools play a pivotal role in monitoring and promoting the physical and emotional health of their students.

The following guidelines provide a comprehensive framework for tracking, maintaining, and improving children's health in schools:

1. Health Tracking and Monitoring System

1.1. Unique Health ID:

- Each child should have a unique health ID number, assigned at the time of admission, to facilitate accurate health tracking.

1.2. Progressive Health Card:

- A health card designed to record critical health parameters like weight, height, and age in alignment with WHO growth standards for children from birth to 11 years.

1.3. Health Register:

- Class teachers should maintain a health register to log health indicators as recorded during periodic examinations.

2. Health Examination and Follow-ups

2.2. Vaccination Status:

- Paramedical staff, doctors, counselors, and teachers should periodically check and update the vaccination status of students.

2.3. Scheduled Health Check-ups:

- Health care workers or paramedical staff should conduct quarterly, half-yearly, or periodic check-ups, addressing immunization challenges and gathering feedback.

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2.4. Annual Health Day:

- Schools should celebrate Health Day annually, either at the beginning or end of the academic session or on National Health Day, to raise awareness about health and wellness.

3. Emergency and Referral Services

3.1. Medical Support:

- Schools should have a dedicated doctor or paramedical staff member available for emergencies and routine medical needs.

3.2. Sick/Medical Room:

- Every school should be equipped with a medical room to cater to students' immediate health needs.

3.3. Emergency Referrals:

- Recognized referral centers with ambulance services should be identified for emergencies.

4. Parental and Community Engagement

4.1. Feedback Mechanism:

- Regular updates on a child's health status should be shared with parents. Similarly, feedback from parents about their child's health should be collected and utilized.

4.2. Community Resources:

- Mobilize community resources wherever possible to enhance children's health and wellness.

4.3. Stakeholder Support:

- Teachers, parents, and SMC members should collaboratively support the health programs and participate in awareness and training sessions for maintaining accurate health records.

5. Health Data Management

5.1. Database Creation:

- Schools may hire or outsource agencies to create a real-time health database. This data should also be accessible on the school's website or portal.



5.2. Health Parameters:

- Follow the prescribed health check-up parameters detailed on the health card for periodic monitoring and screenings.

6. Student Health Card Template

Section	Details
Unique Health ID Number	[To be provided at the time of admission]
General Details of Student	
Name of Student	
Father's Name	
Mother's Name	
Gender	
Date of Birth (DOB)	
School Name	
Address of Student	
Physical Examination	
Height	
Weight	
BMI	
Check (Normal/If Abnormal)	[Describe if abnormal]
Status of Vaccination	[Details to be filled]
General Check-up	
Cough	
Heart	
Lungs	
Extremities	

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Abdomen	
Dental/Oral	
Skin	
Specific Health Issues	
Diabetes	
Seizures	
Other (Specify)	
Allergies	
- Medication	
- Food	
- Other	
Asthma	
Scabies	
Postural Deformity (if any)	
Screening	
Hearing - Right Ear	Pass/Fail
Hearing - Left Ear	Pass/Fail
Vision - Left Eye	[Details]
Vision - Right Eye	[Details]
Comments and Recommendations	[To be filled by examiner]
Signature of Examiner	
Name and Designation of Health Personnel/Doctor	

Monitoring children's health is integral to their academic success and overall development. Schools, as centers of community trust, must ensure proactive health monitoring through structured guidelines and collaborative efforts.

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By maintaining detailed health records, involving stakeholders, and leveraging community resources, schools can create a robust system for fostering the well-being of every child, thus aligning with the broader goals of the National Education Policy.


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2. PS to Director, Education, DoE, Delhi
3. PS to Director, SCERT, Delhi
4. PS to SPD, SS, GNCT, Delhi
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6. All DDE's (Districts and Zones) with request to monitor the training programs under their Jurisdiction, DoE, Delhi
7. Director, Education & DDE Zone of all the Local Bodies (MCD, NDMC & DCB)
8. DDE Private School, DoE
9. WIM SCERT, Delhi
10. Guard file


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