

## 'Fall sick less often, score better in exams'

**Mumbai:** The Indian Medical Academy conducted a survey that has concluded that those students who fall sick less frequently are bound to do much better in their examinations.

With a sample size of 500 students from the four metros—Delhi, Mumbai, Chennai and Kolkata—the survey was aimed at studying the behavioural differences between students doing exceptionally well in exams as compared to students who do not fair well. The study found out that the main reason for less attendance in schools was sickness and some of the main reasons for this were unhealthy eating habits and poor hygiene. Lack of sleep also added to the deteriorating health of children.

"Frequent sickness, especially repeated intestinal infection may have serious implications on a child's health. These infections may lead to diarrhoea and loss of nutrients, which may hamper cognitive development in the long run," said Dr Sanjeev Bagai, member of Indian Medical Academy. TNN