



# NETAJI SUBHAS OPEN UNIVERSITY

## School of Vocational Studies

### Report of the Outreach Programme {Free Health Check up Camp}

On the occasion of 127th Birth Anniversary of Netaji Subhas Chandra Bose, the free Health check up camp was organized.

Venue: Shivananda Health Society (P-19), Nimta, Belghoria (New Azad Sporting Club, Raigachi, Azad Nagar, Rajarhat).

Date: 24<sup>th</sup> January 2024

No. of Participants: About 150 local residents.

Doctors Name:-

Dr. Subrata Pal (Homeopath, Yoga therapist, Naturopath)

Dr. Bonhishikha Ghosh ( Psychological counselor)

Dr. Subhra Sankar Sen ( Allopathic Physician)

Mr. Amiya Sarkar - Physiotherapist

The objectives of health camps were as follows:

- To provide medical care and treatment to people in remote areas.
- To identify and address health issues in the community.
- To promote preventive healthcare and reduce the incidence of diseases.
- To create awareness and educate people about healthcare.

Health camps play a critical role in providing medical care and creating awareness about health issues especially in remote areas. The lack of access to healthcare facilities is one of the most significant factors of organising such camps. In remote areas, access to medical facilities and doctors is limited. This is mainly because of a lack of hospitals, clinics, and qualified medical professionals. As a result, people in those areas often have to travel long distances to reach medical facilities.



To address these issues, health camps have emerged as an effective solution. These camps are typically organized in remote and rural areas to provide medical care and create awareness about healthcare. By setting up these camps in areas where people do not have access to medical facilities, patients can receive treatment and medical care without having to travel long

distances. This programme was conducted to provide health check-up facilities and counselling services to the local residents, especially the aged person.

Firstly, the doctors and professionals present in the camp checked up the health of the patients through the parameters like height , weight , Blood pressure, Blood Sugar , Blood Group, ECG, BMI, etc.



Through these parameters, they were provided a regular healthy lifestyle that should be followed in their life further (Yoga therapy, Naturopathy and dietary advice etc.)

During the camp, for mentally upset patients, they were guided with mental health awareness through the process of Psychological Counselling.

Providing various types of Management and Prevention, to get relief in different types of diseases such as IBS, Hypertension, Diabetes (type II), Spondylosis, Osteoarthritis

-Report prepared by Dr. A. Ghosh