

Health Camp Report

Rufaida College of Nursing, Jamia Hamdard Celebrates

“WORLD HEALTH DAY 2022: OUR PLANET, OUR HEALTH”

WITH SPECIAL FOCUS: PREVENTION OF NON- COMMUNICABLE DISEASES

For

Families of Delhi Policemen

At

Police Families Welfare Society, Shalimar Bagh, Delhi

on 21/4/2022

Organized by:

Rufaida College of Nursing

Jamia Hamdard, Delhi

In collaboration with:

Police Families Welfare Society

Shalimar Bagh, Delhi

INTRODUCTION:

On World health day, 7th April 2022, World Health Organization set forth a unique theme “Our Planet, Our Health” which provides an opportunity for a green and healthy recovery from the COVID-19 pandemic, which puts the health of individuals and the planet at the center of actions. A polluted planet, increasing non communicable diseases (NCDs), WHO demands urgent actions needed to keep humans and planet healthy and foster a movement to create societies focused on well-being. To attain this, the implementation must include building a world with clean air, safe water, and sanitation, where healthy food is available to all, cities are livable, economies are climate-resilient and focused on health and well-being.

Pollution increases the risk of respiratory infections, heart disease, stroke, and lung cancer, and more severely affects people who are already ill. Children, the elderly, and people in low-income neighborhoods experience disproportionate health effects from air pollution. NCDs are the number one cause of death and disability in the world today. Many NCDs can be prevented by reducing common risk factors such as tobacco use, harmful alcohol use, physical inactivity and eating unhealthy diets. Many other important conditions are also considered NCDs, including injuries and mental health disorders.

A one day Free Health Camp was organized by Rufaida College of Nursing under the guidance and supervision of Ms. Seema Rani, Associate Professor and Ms. Vandana Dagar, Tutor, Rufaida College of Nursing, Jamia Hamdard for families of Delhi policemen.

The Health Camp was sponsored by Jamia Hamdard. It included registration of participants, screening of all individuals, consultation with doctors, distribution of free medicines and a role play, poster exhibition and health talk on prevention of pollution and non- communicable diseases and environment conservation.

A total of 17 DGNM III year and 1 M.Sc. Nursing students participated in the organization of health camp. A total of 80 people participated in the events of the health camp.

AIM OF THE HEALTH CAMP:

- To educate people about environment protection, ways and means to prevent pollution and non- communicable diseases and for the healthier individuals and healthier planet.

OBJECTIVES OF THE HEALTH CAMP:

- To educate the families of Delhi Policemen regarding the environment protection, prevention of pollution and non- communicable diseases for the better health.
- To make the community aware about the significance of exercise, yoga, rest and sleep.
- To lay the emphasis upon the importance of balanced diet on one’s health.

- To educate people about hygienic practices to improve their health.
- To screen the camp attendees for common health issues like Anemia, Diabetes, Obesity, cancer, etc.
- To refer the people to the medical personnel, if required.
- To distribute free medications to them, as prescribed.
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**THEME OF HEALTH CAMP: *OUR PLANET, OUR HEALTH WITH SPECIAL FOCUS ON
PREVENTION OF NON- COMMUNICABLE DISEASES***

VISION:

To provide awareness to all the families in such a way that enhances their knowledge in all aspects regarding pollution, resulting non communicable diseases, their prevention and provide opportunity for overall development including mental health.

MISSION:

To spread the message in the community regarding the importance of adopting healthy practices for a healthier planet.

VENUE and TIMINGS: Police Families Welfare Society, Shalimar Bagh, Delhi from 10 am to 3 pm on 21st April, 2022.

PROGRAMME PROCEEDINGS:

OPENING SESSION

The programme was started with introduction of the day's agenda to the families and enlistment of all the initiatives of the health camp. All the participants were welcomed by Ms Sumita Singh, wife of Joint Commissioner, Delhi Police along with Ms. Seema Rani, Associate Professor, Ms. Vandana Dagar, Tutor, Ruffaida College of Nursing and Dr. Roohi Azam.

ACTIVITIES

- 1) The session started with a **role play** presented by the students of DGNM 3rd year of RCON, Jamia Hamdard focusing on the aspects of environmental pollution and non- communicable diseases, it's types, risk factors, clinical manifestations and prevention. All the components were presented in clear and understandable terms which were appreciated by all.
- 2) Role play was followed by **health education** by nursing students using various Audio Visual Aids on different topics like:

- Environmental pollution
- Hypertension
- Cancer
- Stroke
- Obesity
- Diabetes Mellitus

- 3) After the health education and role play, an interesting session on Yoga was conducted by Ms. Seema Rani laying emphasis upon mental health. All performed yogasanas and meditation good for mental health, which was enjoyed by all and everybody actively participated in the same.
- 4) Following the yoga session, the audience was moved to stations where **assessment of the health status of the people** was being done; a total of 80 beneficiaries availed the services. The activities included registration and physical assessment including measurement of weight, height, blood pressure, haemoglobin level, blood sugar level and calculation of BMI. For each aspect, different stations were formed for the convenience of the people. All the details were recorded for future references.
- 5) Then the clients moved for **medical consultation** to Dr. Roohi Azam for general health problems.
- 6) Following consultation with the doctors, according to the prescription **free medicines were dispensed** as well.

PROGRAMME CONCLUDED WITH:

In the end, Ms. Sumita Singh, Team Leader of PFWS, Shalimar Bagh, wife of Joint Commissioner, thanked the organizers and student nurses and Unani physicians for their efforts in organization of the camp and felicitated them with the planters.

ANALYSIS:

The data was recorded on spot and interpreted later for future references. On analysis it was revealed that of all 80 beneficiaries, 20 joined Yoga and education sessions whereas rest 60 people went ahead with detailed health assessment and it was found that;

- 7) AGE: 5 people were in 1-18 year age group, 54 were in 19-60 year group and 1 was over 61 years.
- 8) SEX: Out of 60, 35 were female and 25 were male.

- 9) RELIGION: Out of 60, 54 were Hindu, 4 Muslim, 1 Sikh, 1 Christian.
- 10) BMI: On recording BMI, it was found that 6 were underweight, 16 were healthy, 28 were overweight and 10 were obese.
- 11) ANAEMIA: On recording Hb for 56 people out of 60, it was found that 32 were in normal range, 19 were having mild anaemia and 4 had moderate anemia and 1 was severe anemic.
- 12) RBS: Out of 60 client assessed for RBS it showed; 40 in normal range, 1 hypoglycemic, 14 pre diabetic and 5 in diabetic category.
- 13) BLOOD PRESSURE: Out of 60, 30 were in normal range, 24 in pre hypertensive and 6 were hypertensive.
- 14) COMMON COMPLAINTS: During the data collection the most common complaints included joint pain, leg pain, weakness, diabetes, constipation, allergy, body pain, headache, acidity, etc.

LEARNING EXPERIENCE:

The Health Camp was a success as evidenced by the feedback from the participants. It was appreciated by all and was satisfying for organizers as well as students of Rufaida College of Nursing.

It acted as a way of giving back to society in whatever little way one could, among students. Students got a chance to interact with the community, understand their health issues and cater the nursing care to them. Also, they developed the leadership qualities and learnt to work as team.

GLIMPSES OF THE EVENT :





