

## **RX HEALTH CAMP 2017 (22 and 23 March, 2017)**

### **Dept. of Pharmacology, SPER**

The Department of Pharmacology, SPER organized a two-day health camp on 22 and 23 March 2017 in remembrance of Late Hakeem Abdul Hameed, the founder of Jamia Hamdard during the annual fest of the School of Pharmaceutical Education and Research "Rx". The camp was organized in collaboration with the School of Unani Medical Education and Research and Rotary Blood Bank. The camp was inaugurated by Mr. Firdaus Wani, the Registrar of the Jamia Hamdard. . The camp was exclusively organized for poor people living in nearby areas, for the students and staff of the Jamia Hamdard. The camp was divided into three verticals. The first vertical had a blood donation camp, vaccination program, physiotherapy session, and IFFCO TOKIO health insurance policy information center. Rotary blood bank came up with their mobile bus facility for blood donation. 50 donors turned up to donate their valuable blood. In Hepatitis b vaccination program, 25 people from the economically weaker background were given first vaccination and remaining two booster doses were given at the specified time intervals. The second vertical was for full body checkups and free pathological tests. Hematological tests (Kidney Function Test and Liver Function Tests), blood pressure monitoring, blood group determination, body mass index, random blood sugar test, and spirometry (PFT) were done. In the third vertical all the awareness and counseling sessions were included. Different stalls were set up for various awareness programs that included Women's health awareness on cervical cancer, anemia, osteoarthritis, breast cancer (method of self-examination), smoking cessation & alcohol abuse, antibiotics use antibiotics resistance awareness, lifestyle modification for metabolic disorders. More than 300 people benefited from the camp. Postgraduate, Undergraduate, and Diploma students of SPER actively participated in the camp. Mr. Ibraheem Hussain, Ms. Gulnaz Bano, Rustam Ekbbal, Mr. Shamshuddin, and Mr. Nadeem PhD and m Pharm Scholars of Dept. of Pharmacology were student coordinators. The camp was concluded on 23 March 2017 with the vote of thanks by Prof. Abul Kalam Najmi, the Faculty In-charge of the camp.



## HEALTH CAMP

In the remembrance of Late. HAKEEM ABDUL HAMEED, Founder of Jamia Hamdard.  
Organized by Pharmacy Practice (Department of Pharmacology)

➤ **ROTARY BLOOD DONATION CAMP**

➤ **PHYSIOTHERAPY**

➤ **HEALTH INSURANCE POLICY**

➤ **VACCINATION (Hepatitis B)**

➤ **HEALTH SCREENING CAMP**

(Haematological Tests)

- Blood pressure monitoring(BP)
- Blood group determination
- Body mass index(BMI)
- Blood sugar test(RBS)
- Haemoglobin test(Hb)
- Spirometry(PFT)

➤ **HEALTH AWARENESS PROGRAM**

**Women health awareness**

- Cervical cancer
- RTI
- Anaemia
- Osteoarthritis
- Breast cancer(Method of self examination)

**Smoking cessation & alcohol abuse**

**Antibiotics use**

**Antibiotics resistance awareness**

**Lifestyle modification**

**Pharmacovigilance awareness**



(SPECIAL DISCOUNTED PRICES FOR JAMIA HAMDARD STUDENTS)





## Women Health Camp: SEHAT (18-10-2020)

### Dept. of Pharmacology, SPER

After lifting of the lockdown in the midst of 2020, a health camp “SEHAT” for women was organized on October 18, 2020. Women are more delicate to their health and more prone to suffer from bone disease and iron deficiency. During the lockdown, women’s health and nutrition were the least taken care of, especially women from lower-income strata. Keeping that in mind, students of Pharmacy Practice, Dept. of Pharmacology, SPER, Jamia Hamdard organized a one-day free health camp for women in the Noor Nagar slum area. In this camp free check-ups were provided, more than 100 women were screened for bone density, calcium deficiency, and nutrition distribution assessment. In addition, free medicines were provided to the women. The camp received an overwhelming response from the people. Prof. Abul kalam Najmi, the faculty in-charge of the camp thanked all the volunteers for their enthusiastic participation.



# सेहत



## निशुल्क महिला स्वास्थ्य शिविर

महिलाओं के लिए निशुल्क स्वास्थ्य जांच एंवम दवाई वितरण  
दिनांक 18-10-2020, रविवार  
नूर नगर पार्क, जामिआ नगर, ओखला  
प्रातः 10 बजे से सायं 4 बजे तक



स्वस्थ होगी, तभी तो 'सशक्त' होगी नारी

माताओं बहनों से अनुरोध है की शिविर में आकर अपनी निःशुल्क जांच करवाएँ

आयोजक: गुलनाज बनो, अभिषेक शर्मा, रुस्तम इकबाल, मेहर नसीम, सुम्मैया खान









## Diabetes Screening Camp in Rural Areas: Aarogya (23-07-2021)

### Dept. of Pharmacology, SPER

The Department of Pharmacology, SPER, Jamia Hamdard in collaboration with the Miracles Happen foundation, organized a diabetic screening and awareness health camp on 23 July 2021 at Sunderwal village of Lakhimpur district, Uttar Pradesh. The health camp started at 11 am at the Royal polyclinic of Sunderwal. Parameters like body mass index, blood pressure, and blood glucose were estimated to screen villagers for diabetes mellitus. For people having blood glucose levels above the normal range, confirmatory blood tests at a very nominal price were arranged. Those who were already on hypoglycemic drugs were counseled regarding the lifestyle medication and drug therapy. Patients with altered findings and poor adherence to the old treatment were referred to higher centers for further need. Non-adherence to the drug regimen was the major problem owing to the cost of the pharmacotherapy. Total 85 villagers turned up for the health checkup. Free medicines for the general ailment, were distributed. It was the first of its kind camp in the area.



## मिरेकलस हैपन फाउंडेशन



### निशुल्क स्वास्थ्य एंवम मधुमेह जांच शिविर



ग्रामवासियों के लिए निशुल्क स्वास्थ्य जांच  
दिनांक 23-07-2021, शक्रवार  
ग्राम सुंदरवल, जिला लखीमपुर खीरी, उत्तर प्रदेश

सभी ग्रामवासियों से अनुरोध है की जाँच शिविर आकर अपनी  
निःशुल्क जाँच करवाए

स्वस्थ गांव स्वस्थ भारत  
सेहत सबका अधिकार



आयोजक: मिरेकलस हैपन फाउंडेशन, नई दिल्ली





Miracles Happen Foundation  
मिरेकलस हैपन फाउंडेशन  
निशुल्क स्वास्थ्य एंवम मधुमेह जांच शिविर  
बामवासियों के लिए निशुल्क स्वास्थ्य जांच  
दिनांक 23-07-2021, बुधवार  
बाम सुंदरवल, जिला सखीमपुर खोरी, उत्तर प्रदेश  
सभी बामवासियों से अनुरोध है की जांच शिविर आकर अपनी  
निःशुल्क जांच करवाए  
स्वस्थ गांव स्वस्थ भारत  
सेहत सबका अधिकार  
आयोजक: मिरेकलस हैपन फाउंडेशन, नई दिल्ली