

**Health Camp Report**

**on**

**Celebration of**

**WORLD HEALTH DAY : OUR PLANET, OUR HEALTH**

**With Focus on Non Communicable Diseases**

**for**

**Community Members**

**of**

**Sudhar Camp, Kalkaji, New Delhi**

**08/04/2022**

Organized by

M. Sc. Nursing I Year (CHN) and DGNM III Year Students

Rufaida College of Nursing

Jamia Hamdard

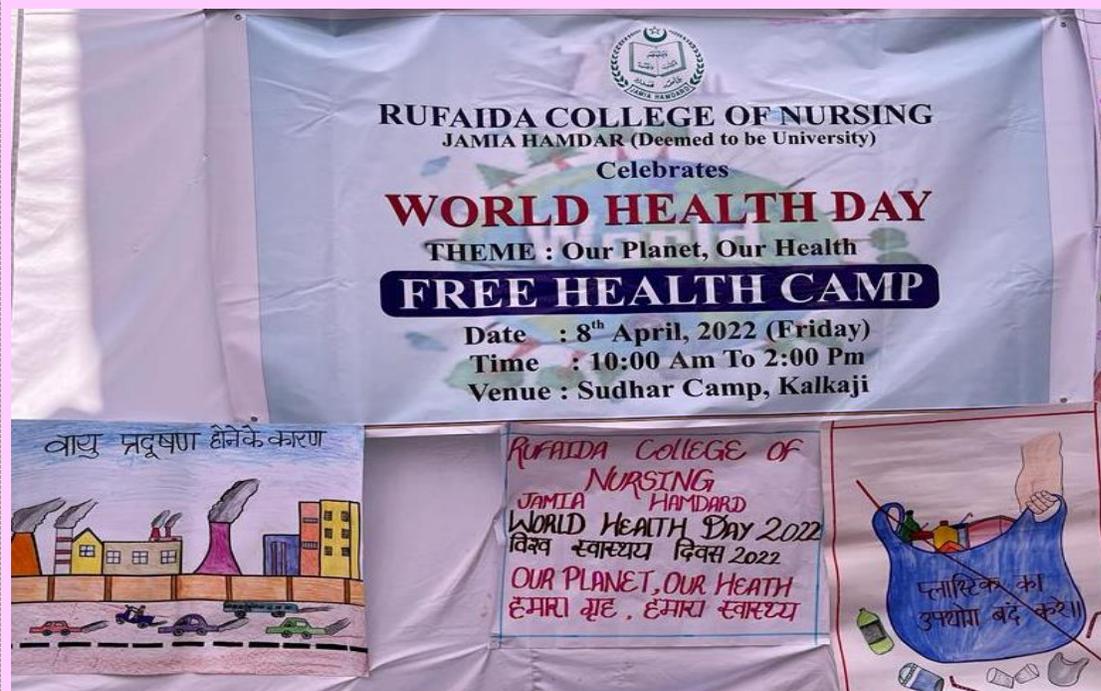
## INTRODUCTION:

### THEME OF HEALTH CAMP: OUR PLANET, OUR HEALTH

World Health Day is celebrated every year on 7 April to commemorate the anniversary of the founding of the World Health Organization (WHO) in 1948. The theme for World Health Day 2022 is 'Our Planet, Our Health' which fosters a movement to create societies focused on well-being.

World Health Day is celebrated every year to raise awareness about the ongoing health issues that concern people across the world. The day is also used as an opportunity to spread awareness about the overall health and well-being of people along with focus on environmental pollution and non-communicable diseases (NCDs), including heart disease, stroke, cancer, diabetes and chronic lung disease which are collectively responsible for almost 70% of all deaths worldwide. The rise of NCDs has been driven by primarily four major risk factors: tobacco use, physical inactivity, the harmful use of alcohol and unhealthy diets.

A one day Health Camp was organized by Rufaida College of Nursing under the guidance and supervision of Ms. Seema Rani, Associate Professor and Ms. Suchhanda Bhattacharya, Tutor of Rufaida College of Nursing, Jamia Hamdard for families residing at Sudhar Camp, Kalkaji, Delhi on April 8, 2022 from 10:00 am to 02:00 pm.



Sudhar Camp is located in between the ward boundaries of East of Kailash (Ward No. 194) and Kalkaji (Ward No. 196). It is surrounded by a high-end residential area comprising plotted developments of minimum 500 square m of area under each plot .The camp has inadequate basic amenities like toilets, proper sewerage and other facilities. Moreover lack of proper maintenance is a major concern. Sudhar Camp is an adopted village of Jamia Hamdard under Unnat Bharat Abhiyan.

The Health Camp was sponsored by Jamia Hamdard and co-sponsored by students and Community Health Nursing teachers of Rufaida College of Nursing. It included registration of family members, screening of all individuals, consultation from doctors, distribution of free medicines and a role play to impart health messages on Environmental pollution and various non communicable diseases. A few lab investigations were also done along with checking vital signs, blood pressure, weight and height.

A total of 24 DGNM and 1 M. Sc. Nursing students participated in the organization of health camp. A total of 70 people participated in the events of the health camp.



#### **AIM OF THE HEALTH CAMP:**

- To educate the members of Sudhar Camp community about impact and prevention of pollution and non- communicable diseases for the betterment of their health.

#### **OBJECTIVES OF THE HEALTH CAMP:**

- To educate the community members of Sudhar camp regarding the pollution and non-communicable diseases for the better health and prevention of the diseases.

- To make the community aware about the significance of adequate 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 beneficiaries for common health issues like Anemia, Diabetes, Obesity, etc.
- To distribute free medications to them, if prescribed.

**TIMINGS:** 10 AM- 2 PM on 8<sup>th</sup> APRIL, 2022.

### **PROGRAMME PROCEEDINGS:**

#### **OPENING SESSION**

The programme started with introduction of the day's agenda to the families and enlistment of all the initiatives through the health camp. All the participants were welcomed by the student organizers under the guidance of Ms.Suchhanda Bhattacharya, Tutor, Rufaيدا College of Nursing. Dr. Kaleem and Dr. Tehseen from Majeedia Unani Hospital participated in the camp.

#### **ACTIVITIES**

- The camp activity started with a **street play** presented by the students of DGNM focusing on various aspects of non- communicable diseases, its types, clinical manifestations and ways to prevent them and also control and prevention of pollution and effects of pollution on health of people. All the components were explained to the people. They were introduced the concept of 'Reduce, Reuse and Recycle'.



- Role play was followed by **health education** given by student nurses discussed pollution and various non- communicable diseases using posters such as; global health, air and water pollution, hypertension, cancer, Asthma, stroke, Obesity and Diabetes Mellitus.



- The health education was supported with the interactive session of Ms. Seema Rani, who emphasized on each component and explained all the aspects with the involvement of the audience.
- The health education ended with Yogic and laughter exercises under the guidance of Ms. Seema Rani which was enjoyed by all.





- After the Yoga session the audience was moved to stations where **assessment of the health status of the people** was done out of which 70 beneficiaries availed the services. The activities included registration and assessment like 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.



- Then the clients moved for **medical consultation** to Dr. Kaleem and Dr. Tehseen for general health problems.



- Following consultation with the doctors, according to the prescription **free Unani medicine** along with modern medicines **were dispensed**.



- During the programme, Shanti Sahyog, NGO who is dedicated towards services for underprivileged in the same area, also participated and gave information about their activities such as helping the victims of domestic violence, provision of dental health services in the area.

#### **PROGRAMME CONCLUDED WITH:**

In the end, all participants thanked the organizers from Rufaida College of Nursing for their efforts and expressed the usefulness of such camps.

#### **FINDINGS:**

- AGE: 20 people were in 1-18 years age group, 50 were in 19-60 year group.
- SEX: Out of 70, 46 were female and 24 were male.
- RELIGION: Out of 70, 49 were Hindu, 21 Muslim.
- BMI: On recording BMI, it was found that 25 were underweight, 32 were healthy, 11 were overweight and 2 were obese.
- ANAEMIA: On recording Hb for 60 people out of 70, it was found that 21 were in normal range, 27 had mild anaemia and 12 had moderate anemia.
- RBS: Out of 70, 60 people were checked for RBS, which showed 45 in normal range, 8 hypoglycemic, 6 pre diabetic and 1 in diabetic category.
- BLOOD PRESSURE: Out of 70, 55 were checked which showed 15 in normal range, 30 hypotensive, 2 in Pre hypertensive and 8 were hypertensive.
- COMMON COMPLAINTS: History taking revealed that the most common complaints included joint pain, leg pain, weakness, diabetes, decreased appetite, body pain, headache, acidity, fibroids and irregular menstrual periods etc.

## LEARNING EXPERIENCE:

The Health Camp was a success as it was appreciated by all and was satisfying for teachers as well as students of Rufaida College of Nursing. This was a successful attempt as non-communicable diseases (NCDs), which are chronic in nature and are the result of a combination of genetic, physiological, environmental and behavioral factors and students were able to put forth this concern. Students got a chance to interact with the community, understand their health issues. Also, they developed the leadership qualities and learnt to work as a team.

