

Report: Health Camp

WORLD HEALTH DAY CELEBRATION: OUR PLANET, OUR HEALTH

FOCUS: POLLUTION AND LIFESTYLE

on 21/04/2022 for

Families of Delhi Policemen

at

Police Families, Welfare Society,

Ashok Vihar, Delhi

Organized by:

Rufaida College of Nursing

Jamia Hamdard

In collaboration with:

Police Family Welfare society

Ashok Vihar, Delhi

INTRODUCTION TO THE THEME:

World Health Day 2022 theme is Our Planet, Our Health. An important way to facilitate a healthy lifestyle is to understand what it really means. We often mistake healthy lifestyle to being achievable only via stringent and unrealistic diets. Hence, we end up trying various unreliable diets and workouts to maintain or achieve our ideal weight. This April 7th the message is to recognize the benefits of living a healthy lifestyle in an healthy environment. A healthy lifestyle involves a nutritional diet, daily exercise, adequate sleep, being happy, and thinking positively.

Roughly 24% of all global deaths are linked to the environment – a healthier environment could prevent these deaths. The COVID-19 pandemic is a further reminder of the delicate relationship between people and our planet. Our political, social and commercial decisions are driving the climate and health crisis.

Pollution and plastics are found at the bottom of our deepest oceans, the highest mountains and have made their way into our food chain. Systems to produce ultra-processed, unhealthy foods and beverages are driving a wave of obesity, increasing cancer and heart diseases while generating a third of greenhouse gas emissions. Asthma, heart disease, lung diseases are skyrocketing as over 90 percent of people breath unhealthy air resulting from burning of fossil fuels.

Health Camp was organized by Rufaida College of Nursing under the guidance and supervision of Ms. Seema Rani, Associate Professor; Ms. Sartaj Parveen and Ms. Suchhanda Bhattacharya, Tutors of Rufaida College of Nursing, Jamia Hamdard for families of Delhi Police Officers.

The Health Camp was sponsored by Jamia Hamdard. It included registration of family members, screening of all individuals, consultation from doctors, distribution of free medicines and a role play including health talk on pollution and disciplined lifestyle.

A total of 17 DGNM Nursing third year students participated in the organization of health camp. Around 100 people benefitted from various events of the health camp. Out of these 100, only 57 were screened and tests were done. Rest of the 43 clients joined education and Yoga sessions only.

AIM OF THE HEALTH CAMP:

- To educate the masses about the importance of environmental pollution, its prevention, healthy lifestyle and its incorporation in daily life for the betterment of the health of the family members of Policemen.

OBJECTIVES OF THE HEALTH CAMP:

- To educate the families of Delhi Police regarding the environmental pollution and healthy lifestyle for the improvement of health and prevention from the diseases.
- To make the community aware about the importance 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 and take their medical history.
- To refer the people to the medical personnel, if required.
- To distribute free medications to them, if prescribed.

THEME OF HEALTH CAMP: OUR PLANET, OUR HEALTH

TIMINGS: 10 AM- 3 PM on 21st APRIL, 2022.

PROGRAMME PROCEEDINGS:

OPENING SESSION

All the organizers and participants were welcome by the Team Leader, Ms. Sumita Singh, wife of Joint Commissioner of Police, Crime Branch. Organizers; Ms. Seema Rani, Ms. Sartaj Parveen and Ms. Suchhanda Bhattacharya from Rufaida College of Nursing along with Unani physicians; Dr. Usman, Dr. Shoaib and Dr. Musarrat were felicitated by the Team Leader.

ACTIVITIES

- The session started with a **Role play** presented by the student nurses, focusing on the aspects of environmental pollution and healthy and disciplined lifestyle. All the components were presented nicely and it was appreciated by all. Also, it was emphasized that how our health and our planet's health are interrelated and interdependent. Various types of pollution and their impact upon health was discussed.

- A session on Yoga for Physical Health was taken for all the beneficiaries of the camp by Seema Rani, President, Yoga Club, Jamia Hamdard. Trikonasana, Tadasana, Vrikshasana, and yogic kriyas followed by laughter sessions.
- Role play was followed by **health education** given by student nurses on various issues pertaining to minimizing pollution, impact of pollution on health and significance of healthy diet, hygiene and exercise using posters such as;
 - Air Pollution
 - Water Pollution
 - Say No to Plastic
 - Balance Diet
 - Environmental Hygiene
 - Drug Abuse
 - Personal Hygiene
- The health education was supported with the interactive session of Ms. Sartaj Parveen and Ms. Suchhanda Bhattacharya who emphasized on each component and explained all the aspects with the involvement of the audience.
- After the education session the audience was moved to stations where **assessment of the health status of the people** was done out of which 57 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. Usman, Dr. Shoaib, Dr. Musarrat for health problems
- Following consultation with the doctors, according to the prescription **free Allopathic and Unani medicines were dispensed** as well.

ANALYSIS:

The data was recorded on spot and interpreted later for future references. On analysis of the 57 people it was found that:

- Age: 2 Children were in 1-18 year age group, 55 were in 19-70 year group.

- *Sex*: Out of 57, 37 were female and 20 were male.
- *Religion*: Out of 57, 48 were Hindu, 5 were Sikh and 4 were Muslim.
- *Anaemia*: On recording Haemoglobin for 57 people, 46 were in normal range while 11 were mild anemic.
- *Random Blood Sugar*: Out of 57, 39 were in normal range, 12 in pre diabetic range while 5 in diabetic category.
- *Blood Pressure*: Out of 57, 20 were in normal range, 28 were pre- hypertensive and 9 were hypertensive.
- *Common Complaints*: During the data collection the most common complaints were joint pain, weakness, diabetes, decreased appetite, body pain, headache, hypertension 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. It gave a platform to the students to impart health education and to interact with the community, understand their health issues and give need based care. Also, they developed the leadership qualities and learn to work as team. Student nurses thanked and admired the services of policemen and sacrifice of their families and saluted PFWS members.

GLIMPSES OF THE EVENT :





