

Health Camp Report

HEALTHY LIVING THROUGH HYGIENE, DIET, EXERCISE AND REST

Held on

03/03/2022

For

Families of Policemen

at

Police Family Welfare Society, Dwarka, New Delhi

Organized by

Rufaida College of Nursing

Jamia Hamdard

In collaboration with

Police Family Welfare Society

Dwarka

INTRODUCTION:

Physical fitness is not the sole basis of being healthy; being healthy means being mentally and emotionally fit. Being healthy should be part of our overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long-term illnesses. Feeling good about us and taking care of our health are important for our self-esteem and self-image.

A one day Health Camp was organized on March 3rd 2022 from 09:00 am to 03:30 pm by Rufaida College of Nursing in collaboration with Police Family Welfare Society for families of Delhi policemen under the guidance and supervision of Ms. Seema Rani, Associate Professor. Ms. Suchhanda Bhattacharya and Ms. Vandana, Tutors of Rufaida College of Nursing, Jamia Hamdard were part of the organizing team.



The Health Camp was sponsored by Jamia Hamdard. Activities of the health camp included registration of family members, screening of all individuals such as; vital signs, height, weight, BMI, Hemoglobin level, random blood sugar checking; consultation from Allopathy and Unani doctors, and distribution of free modern and Unani medicines. All the family members were imparted health education through role play and health talk on healthy lifestyle.

A total of 18 DGNM Nursing and 1 M. Sc. Nursing students participated in the organization of health camp. A total of 120 people attended the health camp consisting of 60 women, 40 men and 20 children. All participants were engaged in Laughter Session led by Ms. Seema Rani. Later all children were made to do

Yogic Kriyas so as to motivate them and their families to imbibe healthy exercise routine in their daily life.



Along with various activities, health camp witnessed the presence of various guests, namely, Prof. (Dr.) Kulvinder Kaur, wife of Mr. Sagar Preet Huda IPS, Additional Commissioner of Police, Delhi and Ms. Namrata Singh, Team Leader of Dwarka Centre, wife of Mr. B. K. Singh IPS, Joint Commissioner of Police. Besides the organizers of the camp; Dr. Kaleem, Medical Officer, Majeedia Unani Hospital, Unani physicians Dr. Zehra Zaidi and Dr. Saman, from School of Unani Medical Education and Research assisted in conduct of the camp.



Prof. Kulvinder Kaur thanked Rufaida College of Nursing teachers and students and doctors for their efforts and felicitated everyone with planters. She then thanked all the families for participating in the health camp. The Health Camp was a success as it was appreciated by all. This was a successful attempt as Healthy

living means both physical and mental health are in balance and functioning well together in a person and it was a great effort to provide some of the tips for emotional and mental healthy living.



AIM OF THE HEALTH CAMP:

- To educate the importance of healthy lifestyle for the betterment of the health of the family members of policemen.

OBJECTIVES OF THE HEALTH CAMP:

- To educate the families of policemen regarding the changes in the lifestyle for the better health and prevention of various diseases.
- To educate people about hygienic practices to improve their health.
- To lay the emphasis upon the importance of balanced diet on one's health.
- To make the community aware about the significance of exercise, yoga, rest and sleep for better physical and mental health.
- To screen the camp attendees for common health issues like Anemia, Diabetes and obesity and take their medical history.
- To distribute free medications to them, if prescribed.
- To refer the people to the health care facility, if required.

THEME OF HEALTH CAMP

HEALTHY LIVING THROUGH HYGIENE, DIET, EXERCISE AND REST

VISION:

To provide awareness to all the families of policemen in such a way that enhances their knowledge in all aspects of healthy living and aids in their overall development including physical and mental health.

MISSION:

To spread the message in the community regarding the importance of healthy living through practicing hygiene, consuming a healthy diet, doing exercise and yoga along with adequate rest and sleep and how it affects an individual's physical and mental health.

TIMINGS: 09:00 AM- 03:30 PM on 3rd March, 2022.

PROGRAMME PROCEEDINGS:

OPENING SESSION

The programme started with introduction of the day's agenda to the families and enlistment of all the activities of the health camp. All the organizers of the camp, guests and the family members of policemen were welcome.

ACTIVITIES

- The session started with a **street play** presented by the student nurses highlighting the aspects of healthy and unhealthy living and habits. All the aspects were presented in an informative as well as entertaining way.



- Street play was followed by **health education** given by student nurses on various aspects of healthy living using variety of self- made posters such as;
 - Personal hygiene, menstrual hygiene and sexual hygiene
 - Physical activities
 - Rest and sleep
 - Balanced nutrition
 - Environmental hygiene
 - Stress management



- 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.



- Towards the end of the health education, a **laughter session** was taken by Ms. Seema Rani which was enjoyed by all.
- After the education session the audience moved to stations where **assessment of the health status of the people** was done for policemen's families. A total of 120 people attended the health camp consisting of 60 women, 40 men and 20 children. Out of which 83 beneficiaries were screened and assessed for weight, height, blood pressure, haemoglobin level, blood sugar level and BMI. Rest around 37 beneficiaries attended health education, exercise and laughter sessions. For each aspect different stations were set for the convenience of the people. All the data were recorded for future references.



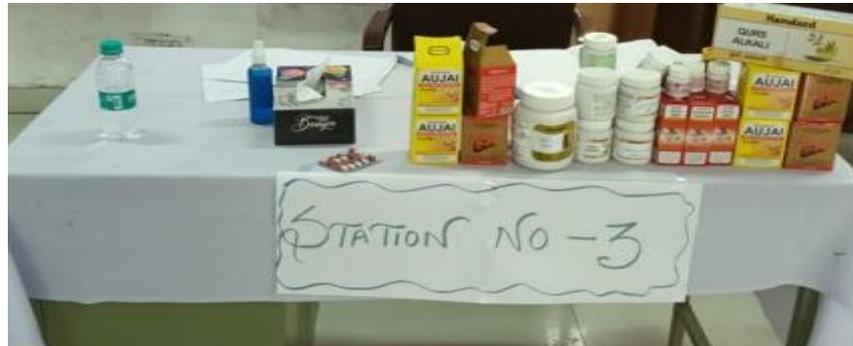
- Then the clients moved for **medical consultation** to doctors for their health problems. Distribution of Unani medicine was done alongside.



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



- Among the Unani medicines, anti-inflammatory and analgesic medicines for arthritis and joint pain, anti- allergic and immune-boosters for Rhinitis were dispensed. Also hepatic tonics were distributed.



PROGRAMME CONCLUDED WITH:

In the end, formal and informal feedback was sought by the beneficiaries of the camp and welfare center in-charges. Hospitality was extended to all by Delhi Police. People expressed that for future camps, we should carry shampoos and medicines for dandruff.

ANALYSIS:

The data was recorded on spot and analyzed later for future references. On analysis of all the 83 people it was found that:

- AGE: 12 people were in 1-18 year age group, 68 were in 19-60 year group and 3 were above 61 years.
- SEX: Out of 83, 54 were female and 29 were male.
- RELIGION: Out of 83, 76 were Hindu, 6 Muslim and 1 was Christian.
- BMI: On calculating BMI, it was found that 11 were underweight, 38 were healthy, 23 were overweight and 11 were obese.
- ANAEMIA: As per Hemoglobin status, out of 83, it was found that 40 were had normal value, 31 were having mild anaemia and 12 had moderate anemia.

- RBS: Out of 83 people checked for RBS, 45 had normal blood sugar level, 16 hypoglycemic, 13 pre diabetic and 9 were in diabetic category.
- BLOOD PRESSURE: Out of 83, 27 had in normal range, 34 hypotensive, 8 in Stage 1 hypertension and 14 were stage 2 hypertensive.
- COMMON COMPLAINTS: The most common complaints included Joint pain, weakness, diabetes, skin allergy, cold allergy, body pain, headache, G.I. irritation, acidity, fever and arthritis, etc.

LEARNING EXPERIENCE:

The Health Camp was a great 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 Healthy living means a happy living in today's stressful world. It was a small effort to provide some of the tips for emotional and mental healthy living and giving back to society in little way. Students got a chance to interact with the families of policemen, understand their health issues and cater the nursing care to them. Also, they developed the organizing and leadership qualities and learnt to work as team.



ORGANIZING TEAM OF THE CAMP:

1. Ms. Veena Sharma: Principal, Ruffaida College of Nursing
2. Ms. Seema Rani: Associate Professor, Ruffaida College of Nursing
3. Ms. Suchhanda Bhattacharya: Tutor, Ruffaida College of Nursing
4. Ms. Vandana Dagar: Tutor, Ruffaida College of Nursing
5. Ms. Arushi Negi: M. Sc. Nursing I Year student
6. DGNM Students: 18
7. Ms. Namrata: Team Leader, Dwarka Welfare Centre, Delhi Police
8. Mr. Suneel: Head Constable, Delhi Police