

Report of Health Camp

on

Healthy Lifestyle

heldon 21/12/2021

for

Families of Policemen

at

PTS Colony, Malviya Nagar, New Delhi

Organized by

Rufaida College of Nursing

Jamia Hamdard

In collaboration with

Police Family Welfare Society

INTRODUCTION:

It's a common myth that getting fit is only about eating healthy and exercising. In reality, creating a healthy lifestyle and maintaining it isn't about just those two factors—it's also about being able to keep a positive attitude, strong mental health and a healthy self-image.

Keeping this in mind a one day Health Camp was organized by Rufaida College of Nursing in collaboration with Police Family Welfare Society under the guidance and supervision of Ms. Seema Rani, Associate Professor and Ms. Neha John, Assistant Professor, Rufaida College of Nursing, Jamia Hamdard for families of Delhi policemen. 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 healthy lifestyle. A total of 16 BSc. Nursing and 1 M.Sc Nursing students participated in the organization of health camp.

AIM OF THE HEALTH CAMP:

- To intensify awareness on the importance of healthy lifestyle to improve the health of the family members of policemen.

OBJECTIVES OF THE HEALTH CAMP:

- 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 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: **HEALTHY LIFESTYLE**

VISION

All policemen's families will be able to know components of healthy lifestyle and follow a healthy routine required for the development of their sound physical and mental health through the commissioning of person centered, and clinically effective integrated services in the community.



MISSION

- To spread the message in the community regarding the importance of healthy lifestyle and how it affects an individual's health and its contribution upon their productivity.

TIMINGS: 10 AM- 2 PM on 21st December, 2021.

STRATEGIC ACTIVITIES FOR THE CAMP:

- Creating awareness about healthy lifestyle among families of Delhi Policemen.
- Registration of all the families participating in health campaign.
- Screening of family members of Delhi policemen for any disease condition checking their height, weight, temperature, blood pressure, blood sugar and hemoglobin.
- Individual counselling.
- Consultation from the doctors present on site.
- Distribution of free medicines among beneficiaries of the camp.
- Role play and health education
- Recording of the data collected.

PROGRAMME PROCEEDINGS:

OPENING SESSION

The programme was initiated by Ms. Arushi Negi, student of M.Sc. Nursing 1st year who gave welcome speech and introduced Guest of Honour, Ms. Anu Asthana, President, Police Family Welfare Society (PFWS), Ms. Preeti, Vice President, PFWS, Ms. Arpana, Ms. Arpita, Ms. Sangeeta Singh, Team leader from PFWS. The welcome was extended to Mr. Syed Saud Akhtar, Registrar, Ms. Veena Sharma, Principal, Rufaida College of Nursing(RCON), Jamia Hamdard, Dr. Kaleem, Majeedia Hospital, Dr. Fareeda, HIMSR, Ms. Neha John, Assistant Professor,

RCON, Ms. Anju, Tutor, RCON. The audience was then welcomed while briefing them about the proposed activities.

ACTIVITIES

- The session started with a **Role play** presented by the students of B.Sc. Nursing 4th year of RCON, JH focusing on the difference between healthy and unhealthy lifestyle, its complications and ways to improve healthy lifestyle. It was appreciated by all.



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



- Going further, during the camp **assessment of the health status of the people** was done for policemen's families out of which 54 beneficiaries availed the services. The activity included registration and assessment like weight, height, blood pressure, haemoglobin level, blood sugar level and calculation of BMI. All the details were recorded for future references.



- Then the clients moved for **medical consultation** to Dr. Kaleem for general health problems and Dr. Fareeda for Gynae related issues.



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



PROGRAMME CONCLUDED WITH:

In the end, Ms. Anu Asthana summed up the day and thanked Rufaida College of Nursing for their efforts and facilitated everyone with planters. She then thanked all the families for participating in the health campaign. Tea and refreshments were served at the end.



Mr. Syed Saud Akhtar, Registrar, Jamia Hamdard, joined the dignitaries to view all the activities taking place and appreciated the efforts of all nursing students and teachers.



OUTCOME OF THE HEALTH CAMP:

There were a total of 54 beneficiaries of the camp.

- i. 47 beneficiaries were in the age group 18-65 years while the rest 7 were in the age 65+.years.
- ii. 3 beneficiaries were male rest 51 were female.
- iii. On calculating BMI of 54 individuals, 18 were found overweight while 36 were in normal BMI category.
- iv. All the beneficiaries had normal temperature ranging from 97-98.9 degree Fahrenheit.
- v. Out of all beneficiaries; 17 beneficiaries were found with hypertension whereas others had normal blood pressure.
- vi. 21 were found to be anemic and rest had normal hemoglobin.
- vii. Out of 54 beneficiaries 7 were found with high blood sugar and rest 47 had blood sugar in normal range.

LEARNING EXPERIENCE:

The outreach programme by way of Health Camp was highly satisfying for teachers as well as students of Rufaida College of Nursing. This was a successful attempt to inculcate the values and the spirit of giving back to society in whatever little way one could, among students. 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 leadership qualities and learnt to work as team. Organizers were appreciated and motivated by all office bearers of Police Family Welfare Society.

