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Objective:

The health check-up camp organized by Asutosh College's National Service Scheme (NSS) and Health Unit aimed to provide a holistic health check-up for the residents of a village adjacent to Asutosh College's second campus in Joka. The camp focused on key health indicators such as diabetes, blood pressure, weight, oxygen levels, heart rate, and offering free ECG check-ups. The overarching goal was to empower individuals with knowledge about their health status and provide guidance for preventive measures. The members of Health Unit and NSS were present in the camp. Both Students and teachers volunteered for all the activities.

Activities:

- **Diabetes Screening:** Comprehensive testing was conducted to identify individuals at risk or diagnosed with diabetes, ensuring early intervention and management.
- **Blood Pressure Monitoring:** Blood pressure checks were administered to assess and address hypertension, a prevalent health concern in many communities.
- **Weight Check-up:** Body weight assessments were carried out, with personalized consultations to discuss healthy weight management strategies.
- **Oxygen and Heart Rate Assessment:** Oxygen levels and heart rates were measured to gauge cardiovascular health, enabling timely interventions.
- **Free ECG Check-up:** ECG tests were offered to detect any potential heart abnormalities, allowing for immediate attention if required.

Outcome:

Following the health check-up, individuals were provided with detailed explanations of their diagnostic results. Personalized advice was offered to each participant, emphasizing lifestyle modifications, dietary changes, and regular physical activity based on their health conditions. The camp not only identified health issues but also empowered individuals to take proactive steps towards improving their well-being.

Benefits of the Health Check-up Camp:

- **Early Detection:** Early identification of health issues, such as diabetes and hypertension, facilitates timely intervention and management, preventing further complications.
- **Empowerment through Education:** Individually tailored advice and explanations empower participants with the knowledge needed to make informed decisions about their health.

- Preventive Healthcare: By addressing key health indicators, the camp promotes a culture of preventive healthcare, reducing the risk of chronic diseases

Aim for Organizing the Health Camp in a Village:

The primary goal of organizing such health camps in villages is to bridge healthcare gaps and make quality healthcare accessible to rural communities. By providing free check-ups and personalized advice, the aim is to empower individuals with the tools and knowledge needed to lead healthier lives. Additionally, these camps create awareness about the importance of regular health check-ups and contribute to building a healthier, more resilient community.

The participation from the villagers was noteworthy. 62 villagers coming from different socio-economic backgrounds came for the check up. A good number of women came for a check up. Moving forward, continuous engagement with the community and periodic follow-up initiatives can further enhance the long-term impact of such health camps.

