

# Criterion - 7

## Institutional Values and Best Practices

NAAC- SSR (2<sup>nd</sup> Cycle)



# ETERNAL UNIVERSITY

BARU SAHIB, SIRMOUR-173101  
HIMACHAL PRADESH

# 7.3.1(14)

## Free medical camp services



# ETERNAL UNIVERSITY

BARU SAHIB, SIRMOUR-173101  
HIMACHAL PRADESH

AKAL COLLEGE OF HEALTH AND ALLIED SCIENCES  
ETERNAL UNIVERSITY

Barusahib, Distt. Sirmaur, Himachal Pradesh, INDIA - 173101



*Cordially invite you to the*

## **WORLD HEALTH DAY**

**“Our Planet, Our Health”**

at

**Bagroti, Neri Nawan, Chunar, Jabiyana, Macher, Lana Mue, Riwalda & Bonglekech**

**On : 4<sup>th</sup> to 6<sup>th</sup> April 2022**

**Activities :**

**Blood Pressure Monitoring**

**Blood Sugar Testing**

**Haemoglobin Estimation**

**Body Mass Index Checking**



## **Free Health Checkup and Medical Camp**

As a part of Eternal University Sustainable Development outreach Activities SDG Goal 3: Good Health and Well Being Akal College of Health and Allied Sciences celebrated World Health Day 2022 “Our Planet, Our Health” on 1st April to 6th April 2022.

**MISSION:**

Amid the ongoing pandemic and pollution growing on the planet, diseases like cancer, asthma, and heart diseases are increasing rapidly. World Health Organization aims to focus global attention on the urgent actions needed to “keep humans and the planet healthy.”

**OBJECTIVES :**

- Raise awareness about our “Planet and Health”
- Encourage systematic screening of all School Children to Elderly.
- Encourage preventive behaviours.



- Educate and create awareness among all Adolescents, Adults, Elderly people about their key role in detecting and reducing the risk of any Diseases and illness, particularly in high risk populations.

<b>Time</b>	<b>Tentative date</b>	<b>Proposed Activity</b>	<b>Proposed area</b>
09.00 am- 01.00 pm	01.04.2022	<b>School Health Program</b> Health Assessment Sexual reproductive awareness program for adolescent girls Health Education	Govt. Sec. School Bonglikhech
09.00a m- 5.00 pm	04.04.2022 to 06.04.2022	<b>Medical Camp</b> BP Monitoring Random Blood Sugar Hemoglobin BMI Checking Mobile Exhibition with propaganda Pamphlet distribution Mass Awareness Program	Bagroti Neri Nawan Chunar Jabiyana Macher Lana Mue Riwalda Bonglikech
10am – 11am	07.04.2022	<b>Valediction</b>	Eternal University Auditorium

### **Day I – SCHOOL HEALTH PROGRAM**

**01/04/2022**

### **Bongalikech Government Senior Secondary School**

On 01/04/2022 School Health program was organized at Bongalikech Government Senior Secondary School. B.Sc.(N) 3rd Year and 1st Year students were involved in the program. During the Program General Health Check-up and sensitized about Adolescent Reproductive and Sexual Health Program, Personal Hygiene and Sanitation.

## **OBJECTIVES :**

At the end of the school health program students are able to:

- 1. Observe the infrastructure and health practice adopted by the model school.
- 2. Conducting the health checkup
- 3. Identifying the common health problem in school children.
- 4. To provide awareness to students regarding the management of these problems.
- 5. Gather data, analyze and interpret the findings in term of knowledge , practices regarding health in school.
- 6. Appreciate working together as a team.

After conducting health checkup we found that out of the total population of students i.e 89 none were having any serious health complication while a moderate number of children had common health issue. Mass Health Education Program was conducted for students based on the health problems identified through Health Checkup and Observation of the School.

### **DAY 2 to DAY 4 – HEALTH CAMP On 04th to 6th April 2022**

Health Camp was organized at 7 adopted Villages of Department of Community health Nursing, Akal College of Nursing, Eternal University such as Bagroti, Neri Naeen, Chunnar, Jabiyana, Macheer, BongliKech, Lana Mue and Riwadla.

B.Sc.(N) 3rd Year and 1st Year students were involved in the program. During the Program General Health Check-up the following was carried out by the students under the guidance of faculty:-

- BP Monitoring
- Random Blood Sugar
- Haemoglobin estimation
- BMI Checking
- Mobile Exhibition with propaganda
- Pamphlet distribution
- Mass Awareness Program

### **CONCLUSION: -**

The program was much appreciated by everyone who witnessed the event and it was effective, doubts raised by the public were cleared. We got feedback from the public that the programme was good and more informative and created awareness. We take this opportunity to thank Kalgidhar Trust for their support towards this Programme.

Programme.

# Gallery































## 96<sup>th</sup> INTERNATIONAL FREE MULTISPECIALTY MEDICAL AND SURGICAL CAMP

19<sup>th</sup> - 20<sup>th</sup> April 2019

Akal Charitable Hospital, Baru Sahib, Sirmour, Himachal Pradesh

A dedicated team of Physicians, Surgeons and Paramedical staff from USA, Canada and from different states of India joins us every year in our social cause to work for the health of the community. The camps are organised in association with Akal College of Nursing, Baru Sahib.

*because everyone deserves good health!*







Akal  
Charitable Hospital  
to bring  
Hope and Healing  
to those in Need  
through  
103<sup>rd</sup> Free  
Medical Camp

28<sup>th</sup> | May | 2023

8 am to 2 pm  
Baru Sahib

[www.BaruSahib.org](http://www.BaruSahib.org)

