

Report on Health Camp Conducted under Unnat Bharat Abhiyan (UBA)

Organized by: Shivalik Institute of Nursing, Shimla

Location: Mashobra, Shimla (Himachal Pradesh)

Date: 08 March 2026

Batches involved: P.B.Sc. II YEAR, GNM III YEAR

1. Introduction

A free health camp was organized by **Shivalik Institute of Nursing, Shimla** under the initiative of **Unnat Bharat Abhiyan (UBA)** on **08 March 2026** at **Mashobra, Shimla**. The purpose of the camp was to promote community health awareness, provide basic health screening services, and encourage early detection of common health issues among the local population.

2. Objectives of the Health Camp

- To provide basic health screening services to the rural population.
- To create awareness about preventive healthcare and healthy lifestyle practices.
- To identify individuals with abnormal blood pressure and blood glucose levels for early intervention.
- To provide professional medical advice and counseling.

3. Activities Conducted

During the camp, several essential health services were provided to the local residents. The key activities included:

1. Blood Pressure (BP) Monitoring

Blood pressure of the participants was measured to identify cases of hypertension or hypotension. Individuals with abnormal readings were advised on lifestyle modifications and referred for further medical consultation if required.

2. Blood Glucose Monitoring

Random blood glucose levels were checked using glucometers. This helped in screening individuals who might be at risk of diabetes or have uncontrolled blood sugar levels.

3. Health Counseling and Medical Advice

Health education and medical advice were provided by **Dr. Aaashima (Junior Resident), Department of Community Medicine, IGMC Shimla**. She guided participants regarding:

- Prevention and management of hypertension and diabetes
- Importance of balanced diet and regular physical activity
- Personal hygiene and healthy lifestyle habits
- Need for regular health check-ups

health supplements were distributed accordingly.

4. Health education

Students actively educated the people on prevention of Hypertension, diabetes Mellitus, Breast feeding techniques and importance of balanced diet.

5. Participation

Local residents of **Mashobra village** actively participated in the camp. Nursing students and faculty members assisted in organizing the camp, registering participants, conducting screenings, and maintaining records.

Outcomes of the Camp

- Many villagers benefited from free health check-ups.
- Early identification of individuals with high blood pressure and high blood glucose levels was possible.
- Participants gained awareness regarding preventive healthcare practices.
- The camp strengthened the connection between the institution and the community.

Conclusion

The health camp organized by **Shivalik Institute of Nursing, Shimla** under **Unnat Bharat Abhiyan** at **Mashobra** on **08 March 2026** was successfully conducted. The initiative helped in providing essential health screening and spreading awareness about common lifestyle diseases. Such community-based health activities play a vital role in promoting preventive healthcare and improving the overall well-being of rural populations.

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