

HEALTH CAMP- HYPERTENSION AND DIABETES MELLITUS ON 11-01-2024

A health camp was conducted at Sasihithlu village as a part of Unnat Bharat Abhiyan on 11-01-2024, under the guidance of faculties Dr Lavannya Mary, Dr.Akhilesh Shetty (MO) and Dr.Monisha (PG).Reeba,Reshma,Richa (interns) attended the camp. It was coordinated Mr. Ranjith and Mr.Harish (MSW). The check-up involved general examination and screening for systemic hypertension and diabetes mellitus among different age groups 16 individuals were screened, and those needing immediate care were given referrals to higher centres. Health education was provided regarding the control of diabetes, hypertension and obesity. They were advised about the importance of salt-restricted diet, dally moderate exercises (walking for 30 minutes per day), and regular BP monitoring. Diabetic individuals were advised dietary restrictions and regular blood sugar monitoring. We guided them regarding regular health check-ups to be continued in this locality to monitor the health status of beneficiaries and provide necessary interventions.



HEALTH CAMP NATIONAL GIRL CHILD'S DAY **CELEBRATION ON 16-01-2024**

A health camp was conducted at Sasihithlu village as a part of Unnat Bharat Abhiyan on 16-01-2024, under the guidance of faculties Dr Amith Rao (MO), Dr Meghana (PG). Rizul Gupta and (interns) attended the camp. It was coordinated by MSW Ranjith.

On the occasion of National girl child's day celebration, a Sasihithlu we gave a health talk on PCPNDT act, followed by health camp. The check-up involved general examination for girls aged between 3-10 years, and providing advice regarding optimizing growth and development of the children.

Screening for systemic hypertension and diabetes mellitus among different age groups was also done. Approximately 12 individuals were screened, those needing immediate care were given referrals to higher centers.

Health education was provided regarding control of diabetes, hypertension and obesity to adults. Parents were advised about the importance of nutritious diet, vaccinations, warning signs and regular checkup at nearby hospitals and clinics. Importance of the above and overall child development was highlighted as well. We guided them regarding regular health check-ups to be continued in this locality to monitor the health status of beneficiaries and provide necessary interventions.



HEALTH CAMP NCD ON 25-01-2024

A health camp conducted at Sasihithlu village as a part of Unnat Bharat Abhiyan on 25-1-24 under the guidance of Dr. Akhilesh Shetty (MO), Dr. Monisha (PG) and MSW Mr Harish. Shezil. M, Shipra Miglani (interns) attended the camp. The checkup involved general examination and screening for Systemic Hypertension and Diabetes Mellitus among different age groups. 13 individuals were screened, those needing immediate care were referred to higher centres. Health education was provided regarding control of diabetes, hypertension and obesity. They were advised about the importance of salt restricted diet, daily moderate exercises (walking for 30 minutes a day), regular BP monitoring and diabetics were advised dietary restrictions and regular blood sugar monitoring. We guided them regarding regular health checkups to be continued in this locality to monitor the health status of beneficiaries and provide necessary interventions. Further health education was provided to children at the Anganwadi regarding importance of hygiene and hand washing and they were taught about steps of handwashing.



HEALTH CAMP- NCD ON

02- 02-2024

A health camp was conducted at Sasihithlu village as a part of Unnat Bharat Abhiyan on 02-2-24 under the guidance of Dr Akhilesh Shetty (MO), Dr.Nanjesh Kumar (HOD), Dr. Saniya (PG), Shobin Preshobe, Seema Dhaka(interns) and MSWs Mr. Ranjith and Mr. Harish. The check-up involved general examination and screening for Systemic Hypertension Diabetes Mellitus and Anemia among different age groups. 22 individuals were screened, those needing immediate care were referred to higher centres. Health education was provided regarding control of diabetes, hypertension, anemia and obesity. They were advised about the importance of salt restricted diet, daily moderate exercises (walking for 30 minutes a day), regular BP monitoring and diabetics were advised dietary restrictions and regular blood sugar monitoring. We guided them regarding regular health check-ups to be continued in this locality to monitor the health status of beneficiaries and provide necessary interventions.



HEALTH EDUCATION ON WORLD CANCER DAY ON 08/02/2024

Health awareness programme was done at Sasihithlu village as a part of Unnat Bharat Abhiyan on 8/02/24 under the guidance of Dr Saniya (PG), Shamyia Bhat, Satyam (interns) and Mr Harish (MSW) at Ira. During the programme health awareness regarding signs and symptoms of cancer, the preventive methods were taught to local families. Different screening methods, risk factors and warning signs were talked about. The aim was to create awareness regarding different manifestations of cancer and its prevalence in the community. They were also taught about lifestyle measures to prevent the incidence of the disease. A poster was presented with the same information and different questions which arose during the session were answered.



HEALTH CAMP NCD -ON 15-02-2024

A health camp was conducted at Sasihithlu village as a part of Unnat Bharat Abhiyan on 15-02- 2023, under the guidance of our faculties Dr Akhilesh, Dr Saniya (PG) ,Shagun and Shaziya ilam(interns)attended the camp. It was coordinated by MSW Ranjith and Harish. The check-up involved general examination and screening for systemic hypertension and diabetes mellitus among different age groups 31 individuals were screened, those needing immediate care were given referrals to higher centres. Health education was provided regarding control of diabetes, hypertension and obesity.

They were advised about the importance of salt restricted diet, dally moderate exercises (walking for 30 minutes per day), regular BP monitoring, diabetics were advised dietary restrictions and regular blood sugar monitoring. We guided them regarding regular health check-ups to be continued in this locality to monitor the health status of beneficiaries and provide necessary interventions.



HEART DISEASE HEALTH AWARENESS PROGRAMME ON 15/02/24

Health awareness programme was done Sasihithlu village as a part of Unnat Bharat Abhiyan on by under the guidance of, Dr Akhilesh Shetty (MO), Dr Saniya (PG), Shaziya ilam and Shagun (interns) and Mr Ranjith (MSW). During the programme health awareness regarding signs and symptoms of heart disease, the preventive methods were taught to local families by going door to door. The aim was to create awareness regarding different manifestations of heart disease and its prevalence in the community. They were also taught about lifestyle measures to prevent exacerbation of the disease. A chart was presented with the same information and Different questions which arose during the session were answered.



HEALTH CAMP NCD-ON 22-2-2024

A health camp was conducted at Sasihithlu village as a part of Unnat Bharat Abhiyan on 22-2-2024, under the guidance of faculties Dr Akhilesh Shetty (MO), Dr Saniya (PG) and Sreelakshmi(intern)attended the camp. It was coordinated by MSW Mr. Ranjith. The check-up involved general examination and screening for systemic hypertension and diabetes mellitus among different age groups 18 individuals were screened, those needing immediate care were given referrals to higher centres. Health education was provided regarding control of diabetes, hypertension and obesity. They were advised about the importance of salt restricted diet, dally moderate exercises (walking for 30 minutes per day), regular BP monitoring, diabetics were advised dietary restrictions and regular blood sugar monitoring. We guided them regarding regular health check-ups to be continued in this locality to monitor the health status of beneficiaries and provide necessary interventions.



SEXUAL AND REPRODUCTIVE HEALTH AWARENESS PROGRAMME CONDUCTED ON 22/02/24

Health awareness programme was done at Sasihithlu village as a part of Unnat Bharat Abhiyan, on 22/2/24 under the guidance of Dr Akhilesh Shetty (MO), Dr Saniya (PG), Sreelakshmi (intern) and Mr Ranjith (MSW.) During the programme health awareness regarding reproductive and sexual health were taught to local families by assembling them in an Anganwadi. The aim was to create awareness regarding various aspects of reproductive health including menstrual hygiene, family planning and contraception, sexually transmitted diseases, screening for cervical cancer and HPV vaccine, antenatal and infant care. A chart was presented with the same information and Different questions which arose during the session were answered.



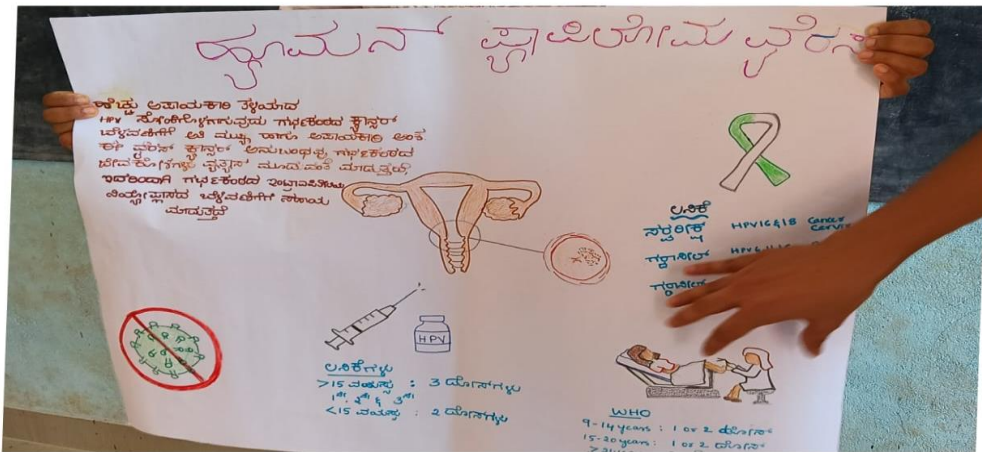
HEALTH CAMP NCD-ON 29-2-2024

A health camp was conducted at Sasihithlu village as a part of Unnat Bharat Abhiyan on 29-2-2024, under the guidance of our faculties Dr Akhilesh Shetty (Medical Officer), Dr Saniya (PG) ,Rathan(intern) attended the camp. It was coordinated by Mr. Ranjith (MSW). The check-up involved general examination and screening for Systemic hypertension and Diabetes mellitus among different age groups. 9 individuals were screened, those needing immediate care were given referrals to higher centres. Health education was provided regarding control of diabetes, hypertension and obesity. They were advised about the importance of salt restricted diet, daily moderate exercises (walking for 30 minutes per day), regular BP monitoring, diabetics were advised dietary restrictions and regular blood sugar monitoring. We guided them regarding regular health check-ups to be continued in this locality to monitor the health status of beneficiaries and provide necessary interventions.



HEALTH EDUCATION PROGRAMME -IMPORTANCE OF HPV VACCINATION CONDUCTED ON 29/02/24

Health awareness programme was done at Sasihithlu village as a part of Unnat Bharat Abhiyan on 29/2/24 by under the guidance of Dr Akhilesh Shetty (Medical Officer), Dr Saniya (PG), Rathan(intern) and Mr Ranjith (MSW). During the programme health awareness regarding Importance of HPV Vaccination and Screening of cervical cancer were taught to localities' by assembling them in a school. The aim was to create awareness regarding Prevention of Cervical cancer, Importance of HPV Vaccination and screening for cervical cancer, A chart was presented with the same information and different questions which arose during the session were answered.



GLAUCOMA -HEALTH AWARENESS PROGRAMME **CONDUCTED ON 07/03/24**

Health awareness programme was done at Sasihithlu village as a part of Unnat Bharat Abhiyan on 07/03/24 by under the guidance of Dr Amit Rao (Medical Officer), Dr Jeni (PG), Shreyal(intern) and coordinated by Mr. Ranjith (MSW). During the programme health awareness regarding Glaucoma was taught to local families by assembling them in an Anganwadi. The aim was to create awareness regarding early detection, preventive measures, importance of 6th monthly eye checkup for people with comorbidities for example hypertension, diabetes mellitus and treatment measures were explained to them for glaucoma. A chart was presented with the same information and Different questions which arose during the session were answered.



HEALTH CAMP NCD-ON 07-03-2024

A health camp was conducted at Sasihithlu village as a part of Unnat Bharat Abhiyan on 07-3-2024, under the guidance of faculties Dr Amit Rao (Medical Officer), Dr Jeni (PG) and Shreyal(intern). It was coordinated by MSW Mr. Ranjith. The check-up involved general examination and screening for systemic hypertension and diabetes mellitus among different age groups 21 individuals were screened, those needing immediate care were given referrals to higher centres. Health education was provided regarding control of diabetes, hypertension and obesity. They were advised about the importance of salt restricted diet, dally moderate exercises (walking for 30 minutes per day), regular BP monitoring, diabetics were advised dietary restrictions and regular blood sugar monitoring. We guided them regarding regular health check-ups to be continued in this locality to monitor the health status of beneficiaries and provide necessary interventions.



NO SMOKING -HEALTH AWARENESS PROGRAMME ON **14/03/2024**

A health awareness programme was done at Sasihithlu village as a part of Unnat Bharat Abhiyan on 14/03/24 under the guidance of Dr Akhilesh Shetty (Medical Officer), Dr. Jeni (PG), Sneha Dubey, Shubham Bansal (Interns), Mr. Ranjith and Mr. Harish (MSW).

During the programme patient were given awareness on no smoking, hazardous effects due to smoking and encouraged about methods of quitting smoking. The aim was to create awareness regarding no smoking in the community. A chart with the same information prepared and queries of the people who participated during the session were addressed.

