

HEALTH CAMP CONDUCTED -NCD ON 03/10/2024

A health camp was conducted as a part of Unnat Bharat Abhiyan on Thursday 3 October 2024. The camp was conducted under the guidance of Dr. Akhilesh Shetty (MO), coordinated by Ranjith (MSW) assisted by Dr. Riswana (PG) along with interns Dr. Abhiroop PKand Dr. Abhiram. The check-up involved general examination, around 7 individuals were screened, and 3 of them had high blood pressure. These patients were counselled and referred to RHTC. 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 11/10/2024

A health camp was conducted as a part of Unnat Bharat Abhiyan on Friday, 11 October 2024. The camp was conducted under the guidance of Dr. Akhilesh Shetty (MO), assisted by Dr. Meghna (PG), Mr. Harish Kumar along with interns Dr. Abhiroop PK and Dr. Adarsh K. The check-up involved general examination, around 15 individuals were screened, and 4 of them had high blood pressure. These patients were counselled and referred to RHTC. 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.



GENERAL HEALTH CAMP NCD-ON 15/10/2024

A health camp was conducted as a part of Unnat Bharat Abhiyan on Wednesday 15 October 2024. The camp was conducted under the guidance of Dr. Amith Rao (MO), assisted by Dr. Meghana (PG) along with interns Dr. Anuj and Dr. Anjali. It was coordinated by MSW Mr. Ranjith. The check-up involved general examination and screening for Blood pressure and sugar among different age groups. Around 4 individuals were screened, and 2 of them had high Blood pressure. These patients were counselled and supplements were provided for the same. 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 30/10/2024

A health camp was conducted as a part of Unnat Bharat Abhiyan on 30/10/2024 by Dr. Akarsh Rai (Intern) and Dr. Akash Shaji (Intern) under the guidance of Dr. Amit Rao (MO), Dr. Riswana (Postgraduate, Department of Community Medicine), Dr. Meghana (Postgraduate, Department of Community Medicine) and coordinated by Mr. Harish (MSW). Health camp aimed at screening the rural population for Hypertension and Diabetes, to raise awareness about these conditions and their management and to provide immediate medical advice and referrals to those in need. During the session, after collecting basic demographic data and adequate medical history, blood pressure and GRBS (using glucometer) of the patients were checked. Dietary and lifestyle advices were given to the people in need and was counselled regarding the complications of hypertension and diabetes.

Along with onsite consultations, referral to nearby healthcare facilities for further treatment was provided for the patients in need. The session succeeded in providing basic awareness about Hypertension, diabetes, complications and the lifestyle modifications for managing the same.



HEALTH CAMP -NCD ON 07/11/2024

A health camp was conducted as a part of Unnat Bharat Abhiyan on Thursday 7 November 2024. The camp was conducted under the guidance of Dr. Akhilesh Shetty (MO), Coordinated by Ranjith (MSW) assisted by Dr. Gireesh (PG) along with interns Dr. Ameya Shenoy and Dr. Akhila Roy. The check-up involved general examination, around 6 individuals were screened, and 3 of them had high blood pressure. These patients were counselled and referred to RHTC. We guided them regarding regular health check-ups to be continued in this locality to monitor health status of beneficiaries and provide necessary interventions.



HEALTH CAMP -NCD ON 13.11.2024

A health camp was conducted as a part of Unnat Bharat Abhiyan on 13/11/2024 by Dr. Athira (Intern) and Dr. Asiya (Intern) under the guidance of Dr. Amith Rao (MO), Dr. Monisha (Postgraduate, Department of Community Medicine), and coordinated by Mr. Harish (MSW). Health camp aimed at screening the rural population for Hypertension and Diabetes, to raise awareness about these conditions and their management and to provide immediate medical advice and referrals to those in need. During the session, after collecting basic demographic data and adequate medical history, blood pressure and GRBS (using glucometer) of the patients were checked. Dietary and lifestyle advices were given to the people in need and was counselled regarding the complications of hypertension and diabetes. Along with onsite consultations, referral to nearby healthcare facilities for further treatment was provided for the patients in need. The session succeeded in providing basic awareness about Hypertension, diabetes, complications and the lifestyle modifications for managing the same.



GENERAL HEALTH CAMP NCD ON 21/11/2024

A health camp was conducted as a part of Unnat Bharat Abhiyan on 21st November 2024, Thursday. The camp was conducted under the guidance of Dr. Akhilesh Shetty (MO), assisted by Dr. Girish (PG) along with interns Dr. Blessy and Dr. Debasmitha. It was coordinated by MSW Mr. Ranjith. The check-up involved general examination and screening for Blood pressure and sugar among different age groups. Around 8 individuals were screened, and 2 of them had high Blood pressure. These patients were counselled and supplements were provided for the same. 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 28/11/2024

A health camp was conducted as a part of Unnat Bharat Abhiyan on 28th November 2024, Thursday. The camp was conducted under the guidance of Dr. Akhilesh Shetty (MO), assisted by Dr. Monisha (PG) along with interns Dr. Anushka and Dr. Apoorva. It was coordinated by MSW Mr. Hareesh. The check-up involved general examination and screening for Blood pressure and sugar among different age groups. Around 14 individuals were screened, and 1 of them had high Blood pressure. These patients were counselled and supplements were provided for the same. 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.



NEWBORN HEALTH CARE WEEK ON 28/11/24

Health awareness programme was done as a part of Unnat Bharat Abhiyan on 28/11/24 by Dr Apoorva and Dr Anushka under the guidance of Dr Akhilesh Shetty (M.O), Dr Monisha (P.G) and Mr Hareesh (MSW). During the programme health awareness regarding “NEW BORN HEALTH CARE” and hygiene measures were taught to local families by going door to door. A chart was presented with the same information and Different questions which arose during the session were answered.



HEALTH CAMP NCD ON 04/12/2024

A health camp was conducted as a part of Unnat Bharat Abhiyan on 4 December 2024, Wednesday. The camp was conducted under the guidance of Dr. Amit Rao (MO), assisted by Dr. Naveen (PG) along with interns Dr. Aruna and Dr. Arushi. It was coordinated by MSW Mr. Ranjith. The check-up involved general examination and screening for Blood pressure and sugar among different age groups. Around 10 individuals were screened, and 6 of them had high Blood pressure. These patients were counselled and supplements were provided for the same. 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.



WORLD AIDS DAY ON 4/12/24

Health awareness programme was done as a part of Unnat BharatAbhiyan on 4/12/24 by Dr Aruna and Dr Arushi under the guidance of Dr Amit Rao (M.O), Dr Naveen (P.G) and Mr Ranjith (MSW). During the programme health awareness regarding "HIV AND AIDS" and transmission as well as prevention, signs and symptoms, treatment, AIDS control program was taught to local families by going door to door. They were also educated about the prophylaxis and regimen in case of exposure to the virus. A chart was presented with the same information and different questions which arose during the session were answered.



HEALTH EDUCATION -AIR POLLUTION ON 11/12/2024

On 11th December 2024, a health education programme was conducted as a part of Unnat Bharat Abhiyan by Dr. Ashwin and Dr. Aruna (Interns), under the guidance of Dr. Amit Rao (Medical Officer) and Dr. Naveen (Postgraduate, Department of Community Medicine), with coordination by Mr. Harish (MSW). The session aimed to raise awareness about National Pollution Prevention Day among the rural population.

The program covered the types of pollution—air, water, soil, and noise—and their causes, health complications, and preventive measures. Participants learned about the impact of pollution on health, including respiratory, cardiovascular, and environmental effects. Preventive strategies, such as waste segregation, reducing emissions, and avoiding open burning, were emphasized alongside practical lifestyle changes like using masks, planting trees, and adopting eco-friendly practices. The session successfully provided basic knowledge and encouraged the community to adopt sustainable habits, contributing to improved individual health and environmental preservation.



HEALTH CAMP NCD ON 12/12/2024

Health camp was organized as a part of Unnat Bharat Abhiyan on Thursday 12th December 2024. The camp was conducted by under the guidance of Dr. Akhilesh Shetty (MO), The camp assisted by (PG) Dr. Aswin along with interns Dr. Arushi and Dr. Arunima. It was coordinated by MSW Mr. Harish. The check-up involved general examination and screening for systemic hypertension and diabetes mellitus among different age groups. Around 12 individuals were screened, and 5 of them needing immediate care were given referrals to higher centres. Health education was provided regarding control of diabetes, hypertension and obesity. 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 AWARENESS CAMP -INTERNATIONAL DAY OF DISABLED ON 19/12/2024

On 19th December 2024, a health education session was conducted as a part of Unnat Bharat Abhiyan by Dr. Gautham Girish and Dr. Gautham Krishna (Interns), under the guidance of Dr. Akhilesh Shetty (Medical Officer) and Dr. Naveen and Dr. Aswin (Postgraduate, Department of Community Medicine), with coordination by Mr. Ranjith (MSW) and Mr. Harish (MSW). The session aimed to raise awareness about International Day of Disabled persons among the rural population.

The program covered the types of disabilities and how to incorporate person with disability into the society as valuable assets. The programme also covered information about various government schemes which can uplift their life in various ways. We ended the session by reminding everyone that “We all have limitations; we all have gifts. It is in mutual sharing that our human family matures and grows”.



HEALTH CAMP -NCD ON 19/12/2024

A health camp was conducted as a part of Unnat Bharat Abhiyan on Thursday 19th December 2024. The camp was conducted under the guidance of Dr. Akhilesh Shetty (MO), assisted by Dr Naveen and Dr Aswin (Post Graduates, Community Medicine) along with interns Dr. Gautham Girish and Dr. Gautham Krishna. It was coordinated by MSW Mr Hareesh and Mr Ranjith. The camp involved general examination and screening for anaemia, Hypertension and diabetes among different age groups.

Hemoglobin estimation was performed especially in people complaining of weakness and fatigue and women in reproductive age group. Around 17 individuals were screened, and 3 of them had high sugar levels and 2 of them had high blood pressure levels. These patients were counselled and 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.



GENERAL HEALTH CAMP NCD ON 26/12/2024

A health camp was conducted as a part of Unnat Bharat Abhiyan on Thursday 26th December 2024. The camp was conducted by under the guidance of Dr. Akhilesh Shetty (MO) and Dr Naveen along with intern Dr. Geo. It was coordinated by MSW Mr. Harish. The check-up involved general examination and screening for systemic hypertension and diabetes mellitus among different age groups. Around 9 individuals were screened, and 4 of them needing immediate care were given referrals to higher centers. Health education was provided regarding control of diabetes, hypertension and obesity. 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.



