



***UAPHE***

**UNITED ASSOCIATION FOR PUBLIC HEALTH & EDUCATION**

***Health Camp Report***

## **Introduction:**

Good Health and Wellbeing are the two main parameters of being physically, mentally and socially productive. The modern lifestyle today symbolizes excessive stress and strain. Stress and strain of odd working hours along with various habits and coupled with sedentary lifestyle takes a toll on health. Health problems like Heart conditions, High Cholesterol, Osteoporosis, Diabetes, and Thyroid related problems, High Blood Pressure, kidney Problems etc may have life – threatening consequences. Blue collar workers suffer the most when it comes with extended working hours, irregular eating habits, tobacco addiction, and inadequate rest, coupled with high level of pollution which are bound to cause these health related problems.

To meet the growing demands of the competitive world, most of us tend to ignore our health until we are compelled to confront a medical complication. To cope up with a rising risk of the medical disorders, health monitors have become mandatory. After all, most health problems can be managed more effectively if detected early. The health awareness and check-up program of United Association for Public Health & Education (UAPHE) aims to preserve and promote good health, to prevent disease and disability and to facilitate early diagnosis and treatment of illness. This can save economic and productive resources in terms of finance and working hours.

## **Project Summary:**

The mandate of this health camp was to give information and raise awareness among the employees on certain health problems along with some primary basic physical screening. This camp offered consultation on Physical Examination for all the workers with basic medicines and treatment.

**Health Camp Location:** Nava Sheva, Navi Mumbai

**Partner Organization:** Centre for Human Progress

**Date:** 8<sup>th</sup> March 2015

**Time:** 10am to 3pm

### **Goal:**

To spread awareness about health and wellbeing among employees

**Number of Employees Screened:** 80

### **Objectives and Activities:**

**Objective 1:** Primary screening of employees

#### **Activities:**

- ✚ Physical Examination with height and weight measurement

**Objective 2:** Doctor Consultation for the employees.

#### **Activities:**

- ✚ General Physician Consultation

**Camp Intervention Activities:**

All the 80 employees of the company were screened and consulted for general and physical health. The common problems included Hypertension, Joint Pains, Diabetes, recurrent cold and cough etc. Of the 80 patients screened, 35 were given some kind of basic medicines as per their requirement. The patients were also counseled on various issues related to sedentary lifestyle, occupational issues and the need for good nutrition and physical exertion. Basic screening included BP, screening for obesity, height weight measurement and clinical history. Work plan of the camp is appended below.

<b>Corporate Health Camp</b>				
<b>Objective 1: Primary screening of employees</b>				
<b>Resources</b>	<b>Activities</b>	<b>Key Deliverables</b>	<b>Person Responsible</b>	<b>Outcome</b>
<ul style="list-style-type: none"> <li>✚ Weight Machine and Height measurement tape</li> <li>✚ Sphygmomanometer</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>✚ Physical Examination</li> </ul>	<ul style="list-style-type: none"> <li>✚ Screening for Obesity</li> <li>✚ Screening for High Blood Pressure</li> </ul>	1) Doctor for Physical Examination along with one assistant	Primary Screening of employees.
<b>Objective 2: Doctor Consultation for the employees</b>				
<b>Resources</b>	<b>Activities</b>	<b>Key Deliverables</b>	<b>Person Responsible</b>	<b>Outcome</b>
<ul style="list-style-type: none"> <li>✚ Torch</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>✚ General Health Consultation</li> </ul>	<ul style="list-style-type: none"> <li>✚ General Health Consultation</li> </ul>	1) General Physician	Doctor Consultation for employees.