

BEST PRACTICES - 1

COMPREHENSIVE HEALTH AND WELLNESS CHECKUP CAMP

(A Free Health Checkup camp)

Introduction

This report summarizes the "Comprehensive Health and Wellness Checkup Camp" hosted by SBR. Govt. Women's College on December 4th, 2023. The camp aimed to promote health and wellness awareness, encourage preventive behaviors, and ultimately create a culture of health within the college community.

Objectives

- Promote awareness: Raise awareness about comprehensive health and wellness within the college community.
- Encourage screening: Encourage students, faculty, and staff to undergo systematic health screening.
- Preventative behaviors: Encourage preventative behaviors to reduce health risks.
- Culture of health: Create a culture of health and wellness within the college environment.

The Context

The camp was organized by the Youth Red Cross, in collaboration with the Department of Medicine at MKCG Medical College and Hospital. Dr. Nihar Ranjan Sahoo, Assistant Professor of Medicine, oversaw the camp with his team. The camp offered various services, including:

- Blood pressure measurement
- Body mass index (BMI) checkups
- Blood sugar tests
- Lipid profile tests
- Thyroid tests
- HBA1C tests
- Talks on blood pressure and its treatment
- Talks on obesity and women's health

Over 200 people participated in the camp, including students, faculty, and staff.

Challenges: The organizers faced several challenges:

- Campus-wide engagement: Encouraging participation from the entire college community.
- Diverse health needs: Addressing the diverse health needs required collaboration with various medical specialties.
- Privacy and confidentiality: Ensuring privacy and confidentiality for everyone seeking medical services.

- Resource allocation: Managing resources such as medical supplies, equipment, and testing funds.
- Collaboration: Establishing effective collaboration between medical professionals and the college community.

Practice and its uniqueness: The camp adopted a unique approach by incorporating the following elements:

- Holistic health approach: Integrating traditional medicine systems like Ayurveda and Yoga with modern medical services.
- Community engagement: Catering to the health needs of the local community alongside the college population.
- Emphasis on preventive health care: Promoting health education and awareness programs alongside medical services.

Evidence of Success:

The camp's success is evidenced by:

- High participation: Over 250 individuals participated, demonstrating interest and engagement.
- Increased awareness: The camp helped raise awareness about various health issues and preventative measures.
- Positive feedback: The program received positive feedback from participants and was appreciated by the community.
- Media coverage: The event was covered in newspapers, on local television, and on social media platforms.

Constraints and problems encountered:

The camp faced limitations and challenges, including:

- ❓ Limited resources: Funding, medical supplies, and equipment were limited.
- ❓ Stigma and awareness: Overcoming stigma associated with certain health issues and misinformation about health and wellness.

Conclusion:

The Comprehensive Health and Wellness Checkup Camp was a successful initiative that promoted health awareness, encouraged preventative behaviors, and contributed to creating a culture of health within the college community. The camp also served the local community by offering access to medical services. Despite facing challenges, the program demonstrated the value of such initiatives in addressing health inequalities and improving community well-being.

Appendix:

A photo of Dr. Nihar Ranjan Sahoo delivering his talk on blood pressure and its treatment.



Photo of participants:



Photos of participants lined up for check up



ଏର୍ବିଆର୍ ମହିଳା କଲେଜରେ ସ୍ଵାସ୍ଥ୍ୟ ଶିବିର



ବୁଧ୍ଵ ପୁର, ୧୨/୪ (ବୁଧ୍ଵରୋ) : ଶଶିଭୂଷଣ ରଥ ସରକାରୀ ମହିଳା ବିଦ୍ୟାଳୟରେ ଯୁଥ୍ଵ ରେଡ୍ଵକ୍ରସ୍ଵ ଓ ମେଡିସିନ୍ ଓ ଡାଇବେଟିସ୍ କ୍ଵିନିଜ୍ଵ ଦ୍ଵାରା ମେଗା ସ୍ଵାସ୍ଥ୍ୟ ପରୀକ୍ଷା ଶିବିର ଏବଂ ସେମିନାର୍ ବୁଧ୍ଵବାର ଅନୁଷ୍ଠିତ ହୋଇଛି । ଅଧିକ୍ଷ କାହ୍ନୁଚରଣ ପାଢ଼ୀ ଅଧିକ୍ଷତା କରିଥିବା ବେଳେ ମହିଳାବିଦ୍ୟାଳୟର ଯୁଥ୍ଵ ରେଡ୍ଵକ୍ରସ୍ଵ ସଂଯୋଜିକା ସୂତାସ୍ମିତା ସାହୁଙ୍କ ତତ୍ଵାବଧାନରେ ଶିବିର ଅନୁଷ୍ଠିତ

ହୋଇଥିଲା । ଶିବିରରେ ମଧୁମେହ, ଲିପିଡ୍ ପ୍ରୋଫାଇଲ୍, ଥାଇରଡ୍, ଏର୍ବିଏ ଆଇସି ପ୍ରମୁଖ ଚିକିତ୍ସା କରାଯାଇଛି । ରକ୍ତଚାପ ଓ ଏହାର ଚିକିତ୍ସା ବିଷୟକୁ ନେଇ ଏମ୍କେସିଜି ଭେଷଜ ବିଭାଗ ସହକାରୀ ପ୍ରଧାପକ ଡା. ନିହାର ରଞ୍ଜନ ସାହୁ ବକ୍ତବ୍ୟ ଦେଇଥିଲେ । ଶିବିରରେ ଅଧ୍ୟାପକ, ଅଧ୍ୟାପିକାଙ୍କ ସମେତ ବହୁ ଛାତ୍ରୀ ଓ କର୍ମଚାରୀ ସ୍ଵାସ୍ଥ୍ୟ ପରୀକ୍ଷା କରାଇଥିଲେ ।

Few participant names:

| Sl. No. | Name | NO | NAME | NO | NAME | Sl. No. | Name |
|---------|-----------------------|----|-------------------------|----|---------------------|---------|---------------------------|
| 1 | Dr. Dharmendra Singh | 32 | Deepanjali Pradhan | 63 | T. Ranjita | 95 | S.P.S. Sahu |
| 2 | Dr. Prabir Kumar Sahu | 33 | Suchismita Pradhan | 64 | Shivani Mandal | 96 | Smita Rani Thakur |
| 3 | Janusia Nigsi | 34 | Jyoti Peck | 65 | Anita Behera | 97 | Manodini Behera |
| 4 | Pankaj Basik | 35 | Dr. Madhusmita Mishra | 66 | Mausumi Behera | 98 | Tapaswinee Behera |
| 5 | Anuj Kumar Mishra | 36 | Bisakha Singh | 67 | Sagnika Panda | 99 | Sunali Priya Gamanga |
| 6 | Kamakhya Prady | 37 | Trupti Priya Mohanty | 68 | Arpita Mahapatra | 100 | Laxmi Bhuyan |
| 7 | Puspansali Prady | 38 | Umaprakashini Raut | 69 | Deepti Badatya | 101 | S. Ayumita Patro |
| 8 | Narayan Behera | 39 | Dr. Namita K. Mahapatra | 70 | Kajal Biswal | 102 | Rajeshwari Sahu |
| 9 | Debaraj Samin | 40 | Pinki Sethi | 71 | Deepamaya Satapathy | 103 | Chandrika Sabara |
| 10 | Neelam Dubey | 41 | Suman Rani Sahu | 72 | Pragyanrani Mallik | 104 | Akanksha Biju Das |
| 11 | Dr. Pramila Behera | 42 | Jyoti Pradhan | 73 | K. Niharika Patro | 105 | Symalita Karjal |
| 12 | Situ Behera | 43 | Priyanka Raita | 74 | Lucky Behera | 106 | Bhama Prady |
| 13 | Dr. P. K. S. S. | 44 | Ashwini Kanta Sahoo | 75 | Isha Rani Patro | 107 | Jharna Behera |
| 14 | Ch. Srinivas Rao | 45 | Saiba Patra | 76 | Susmita Mahapatra | 108 | Pragyanrani Bisoi |
| 15 | P. Padma | 46 | Ana Kuma Mishra | 77 | Smriti Gantayat | 109 | Bachchanani Panda |
| 16 | Dr. Dibakar Mahapatra | 47 | Hemalata Saha | 78 | Sandhya Rani Jena | 110 | Samita Munia |
| 17 | Susmit Sahu | 48 | Prakrasi Nayak | 79 | Kirupa Mallick | 111 | Tinku Behera |
| 18 | Gonalo Haha | 49 | Manisha Saha | 80 | Kalyani Patraik | 112 | Lipa Rani Sahu |
| 19 | Kanchan Dasgupta | 50 | Gurjun Behera | 81 | Anita Kumari Patra | 113 | Gayatri Mahapatra |
| 20 | Jaswanti Nayak | 51 | Pramodini Gamanga | 82 | Usha Rani Das | 114 | Manaswini Patra (lect) |
| 21 | Priyanka Raut | 52 | Monika Bhuyan | 83 | Priyanka Nayak | 115 | Madhusmita Saha (lecture) |
| 22 | Kamini Behera | 53 | Jyoti Mallick | 84 | Sabani Bisoi | 116 | Bindia Behera (lecture) |
| 23 | Sunali Saha | 54 | Sukhadarsini Nayak | 85 | Sudipta Saha | 117 | C. H. Kantana Patra |
| 24 | Manalisa Sani | 55 | Prerna Behera | 86 | S. Sharmila Dwi | 118 | Dr. Sumitra Prady |
| 25 | Akhaya Kumar Behera | 56 | G. Bindu | 87 | 6372492179 | 119 | P. Samanta Patra |
| 26 | Ranjit Kumar Nayak | 57 | Sangita Naik | 88 | Suwati Patra | | |
| 27 | Saba Das | 58 | Rajalaxmi Panda | 89 | Radimini Raika | | |
| 28 | Sambit K. Dwivedy | 59 | Srujanika Patraik | 90 | Padmita Saha | | |
| 29 | Bisakha Bhuyan | 60 | Sabani Choudhury | 91 | Ayusmita Panda | | |
| 30 | Ritu Samin | 61 | Sanchita | 92 | Mahelwade Saha | | |
| 31 | Hiranmayi Bhuyan | | | 93 | Anusuya Bhuyan | | |

BEST PRACTICES - 2

1. Title:

AWARENESS ON CONSTITUTIONAL RIGHTS, CONSUMER RIGHTS, HEALTH & HYGIENE AND BALANCED DIET AMONG THE WOMEN IN ADOPTED AREA.

2. Objective:

The main objective of NSS units of the college was to improve the social life of working women of WARD NO 25 of Berhampur Municipal Corporation through awareness on Health & Hygiene, Constitutional Rights, Consumer Rights and Balanced Diet.

3. The Context:

The orthodox religious practices, dogma and lack of awareness of basic rights, healthy life style among the working women of the adopted area on survey compelled us to conduct a programme through girl volunteers of NSS units of the college.

4. The Practice:

The NSS Units 1 & 2 student volunteers lead by Program officers Dr. Manisha Mishra and Dr. Priyadarshini Panda organized a winter special camp from 23. 12. 2022. to 29.12.2022 in the adopted ward no. 25 of BeMC. The lady workers of **PRANATI SELF HELP GROUP consisting of 24** members joined us and were imparted about healthy cooking and maintenance of hygiene on 24. 12. 22.

On 25.12. 22, Smt. Sabita Sahukar, a member of Human Rights Commission joined us and explained them about the constitutional rights of women on 25 .12. 22.

Dr Namita Kumari Mahapatra, Asst. Prof. of Home Science discussed about the problems facing by working women and the importance of having a balanced diet on 26.12.22. Dr. Panchanan Gouda, Retd. Prof. of Chemistry joined the camp and discussed about different Medical Plants and their applications corresponding to home remedies.

Dr Prakash Chandra Panigrahi, retired Principal of RCM College, Khallikote joined the group and highlighted on the importance of healthy and stress free lifestyle on 27.12. 2022.

Sri Basudev Sahukar, a social activist of Berhampur discussed on consumer rights on 28.12. 2022. Dr Gitanjali Patnaik and Dr Nandita Sahu of Biju Patnaik Homeo College discuss different health issues of women and their homeopathic treatment on the same day.

The special camp came to a close on 29.12.2022 with a valedictory function. Honourable MP of Berhampur Sri Chandra Sekhar Sahu and honourable MLA of Berhampur Sri Bikram Panda joined us and distributed certificate to the volunteers.

4. Evidence of Success:

We conducted a feedback survey among the women of SHG and collected their feedback on the special camp. The results justify the success of our programme and beneficiaries pledge to maintain healthy life and will remain aware about their rights. They also promised to maintain the standards of health and hygiene in their regular life.

For this best practice, our college received the NSS award of Best programme under NSS Bureau, Berhampur University.

5. Problems Encountered:

- Since the program was conducted in working hours during day time, so it was difficult to mobilize the ladies.
- Initially few of the ladies became obstinate about their approach to change their prevalent practises.





