

**Department Of Community Medicine
Himalayan Institute of Medical Sciences,
Swami Rama Himalayan University**

Report: Specialist Health Camp

Date of Camp: 27.04.2025

Time: 9:00 am to 3:00 pm

Venue: Himalayan Sanjeevani Clinic (Telemedicine centre), Vill-Toli, Pauri.

Number of Beneficiaries: 112

Mediators:

Specialist	Department
Dr. A.K. Srivastava	Community Medicine (Prof. & Head)
Dr. Neha Sharma	Community Medicine (Associate Prof., I/c Telemedicine Centre)
Dr. Deepti Nagrath	Dental (Consultant & Research Scientist) CM
Dr. Nitesh Garg	Orthopaedics
Dr. Keshav Jindal	General Medicine
Dr. Kriti Sharma	E.N.T
Dr. Purva	OBG
Mr Akash Krishali	PhD Scholar, Epidemiology, CM
Ms. Aradhana	Community Medicine (Medical Social Worker)

Team: Mr. Neeraj (Pharmacist), Ms Neelam & Ms. Grace (Nurse), Interns- Mr. Abhinav Keshtwal, Ms. Ayushi Kukreti, Ms. Aashna Garg, Anusha Rastogi & Attendant- Mr Kamaljeet Singh.

A health camp was held in the "Himalayan Sanjeevani Clinic-Telemedicine centre, Toli village, Pauri" on April 27, 2025, from 9:00 am to 3:00 pm. The purpose of the camp was to screen patients for non-communicable diseases (NCDs), offer free medical exams and medication to patients, hold awareness workshops, and provide interns and Medical Social work with practical experience in planning and running a health camp.

Patient registration, vital sign monitoring, anthropometry, professional consultation, and medication distribution made up the campsite's patient flow. Every patient received all services at no cost to them. Patients who lived far out in the village received free round-trip transportation in the university Car.

The following services were provided during the camp:

1. Anthropometry (Ht, Wt, MUAC)
2. General Examination (Temp, BP, PR)
3. Specialists' consultation
4. Lab investigations (Free: Hb, RBS)
5. Awareness session on menstrual hygiene
6. Distribution of Sanitary Napkins
7. Referral services
8. Pick up and drop off from the university vehicle

The specialists from the following departments assessed the patients after being notified and educated beforehand about the camp's conduct: community medicine, orthopaedics, general medicine, ENT, dental and OBG. Dr. A. K. Srivastava overall supervised the camp and counselled patients for medication adherence. Apart from attending to patients and composing prescriptions, Dr Neha also oversaw the camp, provided medication adherence counselling, conducted education sessions on menstrual hygiene, and provided sanitary napkins to female patients. As an orthopaedic specialist, Dr. Nitesh inspired his patients to exercise by demonstrating the basic motions for their shoulders and knees and even referred patients who required surgery. Dr. Keshav counselled & treated the patients and gave them advice on how to prevent hypertension and diabetes. Dr. Kriti examined the ear, nose and throat of the patients and counselled them to maintain hygiene. Dr. Deepti Nagrath, apart from doing the oral health screening, raised awareness on oral hygiene, harmful effects of excessive sugar consumption, and demonstrated the correct way of brushing teeth to children. The interns learned about anthropometry, interpersonal communication, public relations, counselling, and rapport building with the community people. Mr Neeraj, the chemist, ensured that each patient received the medication and returned it for examination. Ms Neelam, the nurse, planned for the villagers to visit the health camp and distributed sanitary napkins as well. Sister Grace maintained the overall documentation of the camp. Medical social worker, Miss Aradhana,

fetches the patients from the village and counsels them. Throughout the camp, recipients benefited from medical services.

Total number of beneficiaries: 112

Gender	Numbers of patient
Male patient	38
Female Patient	74

The specialisation-wise number of patients who attended the camp is given below.

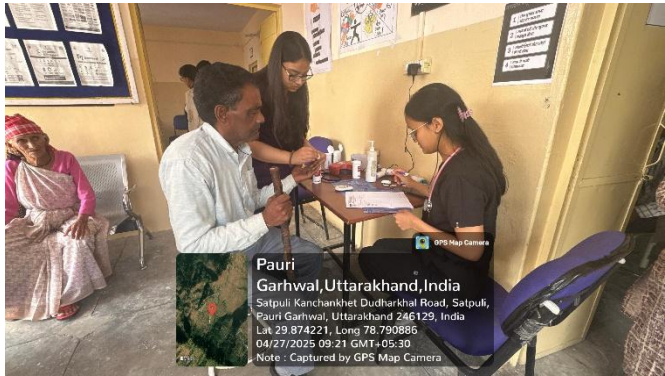
Speciality/Service provided	Number of Beneficiaries
Orthopaedics	44
Medicine	31
OBG	14
Dental	70
ENT	20
Refer	40
Urology	2
Surgery	5
Ophthalmology	33
Under five	0
Children & Adolescent	15
Geriatric patients	22
Awareness session on Hypertension/Diabetes	32
Awareness session on menstrual hygiene	20
Distribution of Sanitary Napkins	61
RBS testing	100
Hb testing	15

It was ensured that patients received physical support both during and after the camp, and that the university car would transport them back to their homes if necessary. The camp was a success, and the locals and leaders gave it high marks.

Glimpse of Specialist Health Camp



Interns during the camp







Toli Dudharkhal, Uttarakha
Hill Campus, Toli Dudharkhal, Uttarakhand
Lat 29.874279° Long 78.790817°
27/04/2025 11:07 AM GMT +05:30



Toli Dudharkhal, Uttarakhand, India
Hill Campus, Toli Dudharkhal, Uttarakhand 246129, India
Lat 29.874284° Long 78.790856°
27/04/2025 09:51 AM GMT +05:30



Toli Dudharkhal, Uttarakhand, India
Hill Campus, Toli Dudharkhal, Uttarakhand 246129, India
Lat 29.874253° Long 78.790842°
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