

EXTENSION PROGRAMME-HEALTH CAMP

Department of Life Sciences, School of Graduate Studies, Jain University organized a preliminary health camp for all the non-teaching staff. Health forms the most important aspect of life. In our daily life we experience several challenges which are bound to influence our health. To survive against these odds, one must be aware of their general health parameters and also monitor them regularly.

The initiative demanded a lot of planning and training as it required a great deal of skill and accuracy to assess such parameters determining the overall health of an individual. It also mandated the procurement of all the necessary medical kits, glass slides, surgical spirit and such other chemicals and consumables. The Health Camp was successful with the support and guidance of Dr. R. Shanti Iyer, Centre Head, School of Graduate Studies.

Prof. Anita A Abraham the Head of the department gave the consent towards using the life science laboratory for the camp and also inspired and motivated the faculty and students towards the conduction of the event.

The fourth semester CMBt students eagerly volunteered to undergo the training and organize the camp. The students also made arrangements of the essential apparatus and other necessities.

- The parameters which had to be evaluated were carefully chosen so that it would be able to assess the general health of the individual.
- The height and weight of all the individuals was measured and the body mass index was calculated. The BMI speaks volumes about the metabolic ability of a person categorizing him as ideal, underweight or obese based on the value indicated.
- The blood group which is the most important criteria for blood donation or blood transfusion was checked. We also created awareness of knowing one's blood group and intend to maintain these reports for future use if any.
- The blood sugar level – the fasting blood sugar/Random blood sugar / Post prandial blood sugar was estimated according to the food intake of the individual and recorded as per standard protocols and matched with the reference ranges. Since diabetes is known to be the primary disorder causing silent deaths of several thousand every year, it was one of the very important parameter to be checked.
- The blood pressure which is the most important indicator of an individual's cardiac and circulatory output was evaluated. The evaluation was done using standard sphygmomanometer and indicated against the standard value.

The health camp was organized on 11 of March 2015 from 8.30 am to 3.00 pm. The camp was effectively organized and conducted under the guidance of Dr. Ashwini N. and Dr. Vijayalakshmi P. The health camp was able to cater to a total of 70 non-teaching staff inclusive of office assistants, lab assistants / attenders, housekeeping staff, security personnel and bahadurs. In this modern era of sophistication and skill where health awareness and personality are the key words of existence, it was very heart rendering to know that more than

50% of the class IV employees had never undergone any sort of blood check before, several were unaware of their blood group too. Moreover many could not even tell their year of birth with confidence. The response shown by them for our gesture was indeed one filled with gratitude. In this regard, the camp was an eye opener to the students and promoted holistic learning and service to society. The event was truly a very fulfilling one as it catered to the most wanted need of mankind.



Inauguration of the Health Camp by Dr. R Shanti Iyer, Centre Head, SGS, Jain University

