

## **3.3**

# **Collaborations and Health Services**

### **3.3.2 Health Outreach Programmes**

**MRIIRS Weblink to SDG3:**

**<https://mriirs.edu.in/sdg03-good-health-and-well-being/>**

### Health Outreach Programmes

In practice, the university conducts many health awareness, outreach programmes and projects, for the neighbourhood communities. Faculty of Dental Sciences and the Faculty of Allied Health Sciences conduct dental care, nutrition and physiotherapy health camps through mobile clinics and onsite camps which are managed by students and faculty members. Awareness programmes on health issues including mental health, antitobacco programmes and creating awareness about usage of sanitary napkins by girls and distributing the same in rural areas etc. are conducted on a regular basis both within and outside the precincts of the university. Blood Donation Camps are a regular feature, with around 6500 units of blood collected during recent years. COVID awareness campaign was also undertaken by MRIIRS, and the team visited 5 adopted villages and created awareness among villagers regarding COVID and its vaccine.

- ✓ As evidence for metric 3.3.2, details of the recent health camps as organized by MRIIRS and its ISR arm Dr. O. P. Bhalla Foundation have been provided along with the pictures.

Through measures including health education, case management, basic health screening, and enabling access to services, health outreach programmes play a crucial role in enhancing and expanding the reach of health care. Individual and community health may benefit from these actions in both direct and indirect ways. To improve the health, wellbeing, nutritional status, family planning, aging related changes, mental health MRIIRS organised more than **150 health camps** in the last year and counselled more than **900 patients during these camps**. Dental sciences in MRIIRS focuses on improvement of public health and keeping the same in view, they have organised different oral health camps in schools and local community centres to educate and screen almost **150 patients in each camp**.

**COVID awareness campaign** was also undertaken by MRIIRS, and the team visited **5 adopted villages** and created awareness among villagers regarding COVID and its

## SDG 3- GOOD HEALTH AND WELL-BEING



vaccine. Student Volunteers shared the benefits of vaccination and took questions of villagers related to COVID and vaccine and clarified their doubts. Along with this plantation campaign in collaboration with UNICEF program was also organised to improve the environment and to in turn improve the human wellbeing on 20<sup>th</sup> August.

- ✓ **Following are the details of recently organized Physiotherapy/ Psychology Health Camps during 2021-22 by MRIIRS:**

S. No.	Details of Health Camp	Date of Camp
1	Physiotherapy Health Camp at Spring field Colony, Faridabad	26 <sup>th</sup> -27 <sup>th</sup> November 2021
2	Medical Health Camp- in collaboration with QRG Hospital	6th December 2021
3	Health Camp in collaboration with Dr. O. P. Bhalla Foundation	26-27 October 2021
4	Psychology Mental Wellness Camp	19 <sup>th</sup> January 2022
5	Health Camp at DAV School Police line, Faridabad	7 <sup>th</sup> April 2022
6	Public Outreach Program at Santosh Nagar in Association with Nav Srishti Foundation	7 <sup>th</sup> March 2022
7	Health Camp at Manav Rachna International School, Charmwood, Faridabad	2nd July 2022
8	Health Camp at Old Age Society, Faridabad	22nd June 2022
9	Physiotherapy Health Camp at Q Block, MRIIRS	6 <sup>th</sup> August 2022
10	Health Camp at Place of Safety, Women and Child Development Department, Faridabad	25th July 2022 & 28th July 2022
11	Health Camp at Work Co-working, Sector 15A, Faridabad	24th August 2022
12	Health Camp at Manav Rachna on the occasion of World Physiotherapy Day	6 <sup>th</sup> -7 <sup>th</sup> September 2022
13	Health Camp at SGM Nagar, Faridabad	17th September 2022
14	Physiotherapy Health Camp at Machghar, MRIIRS	21 <sup>st</sup> October 2022
15	Health Camp at Manav Rachna Campus	26 <sup>th</sup> October 2022
16	Outreach Program at Santosh Nagar in Association with Nav Srishti Foundation	7th March 2022

- ✓ **Following are the details of recently organized Dental Health Camps during 2022 by MRIIRS:**

S. No.	Details of Dental Health Camp (Place)	Date of Camp
1	Dental Health Camp at Daya Ram Sarpanch Ataali	16 <sup>th</sup> February 2022
2	Dental Health Camp at Village Chhainsa	16 <sup>th</sup> February 2022

## SDG 3- GOOD HEALTH AND WELL-BEING



3	Dental Health Camp at Radha Krishna, Chandaila	17 <sup>th</sup> February 2022
4	Dental Health Camp at Sneh convent Fatehpur	17 <sup>th</sup> February 2022
5	Dental Health Camp at Agwanpur	22 <sup>nd</sup> February 2022
6	Dental Health Camp at Baba surdas mandir	22 <sup>nd</sup> February 2022
7	Dental Health Camp at Vridhashram Amarpur	23 <sup>rd</sup> February 2022
8	Dental Health Camp at Pappu Ranjeet Baithak	23 <sup>rd</sup> February 2022
9	Dental Health Camp at Pali village	24 <sup>th</sup> February 2022
10	Dental Health Camp at Pawta village	24 <sup>th</sup> February 2022
11	Dental Health Camp at New colony gurudwara	2 <sup>nd</sup> March 2022
12	Dental Health Camp at Fatehpur Chandila	2 <sup>nd</sup> March 2022
13	Dental Health Camp at Prakashdeep NGO	3 <sup>rd</sup> March 2022
14	Dental Health Camp at Pavat village	3 <sup>rd</sup> March 2022
15	Dental Health Camp at Pali	3 <sup>rd</sup> March 2022
16	Dental Health Camp at Saheed Club Samaj Kalian Patel Nagar	9 <sup>th</sup> March 2022
17	Dental Health Camp at Sector 4 Patel nagar	9 <sup>th</sup> March 2022
18	Dental Health Camp at Vidyapeeth	15 <sup>th</sup> March 2022
19	Dental Health Camp at Baba Surdas Mandir Tilpat	15 <sup>th</sup> March 2022
20	Dental Health Camp at Sector 21 Prakashdeep school	16 <sup>th</sup> March 2022
21	Dental Health Camp at Tilpat	22 <sup>nd</sup> March 2022
22	Dental Health Camp at S.R Karyalay	22 <sup>nd</sup> March 2022
23	Dental Health Camp at Sangam vihar	23 <sup>rd</sup> March 2022
24	Dental Health Camp at Tigri	23 <sup>rd</sup> March 2022
25	Dental Health Camp at SGM nagar	24 <sup>th</sup> March 2022
26	Dental Health Camp at Badkal	24 <sup>th</sup> March 2022
27	Dental Health Camp at Tilpat Baba surdas temple	29 <sup>th</sup> March 2022
28	Dental Health Camp at Dakshinpuri Delhi	30 <sup>th</sup> March 2022
29	Dental Health Camp at Sangam vihar	30 <sup>th</sup> March 2022
30	Dental Health Camp at NIT Government school	4 <sup>th</sup> April 2022
31	Dental Health Camp at Prakashdeep school sector 21	4 <sup>th</sup> April 2022
32	Dental Health Camp at Harkesh nagar	5 <sup>th</sup> April 2022
33	Dental Health Camp at Somnath mandir	5 <sup>th</sup> April 2022
34	Dental Health Camp at Dakshinpuri	6 <sup>th</sup> April 2022
35	Dental Health Camp at Dakshinpuri 2	6 <sup>th</sup> April 2022
36	Dental Health Camp at G4S shikha school sangam vihar	13 <sup>th</sup> April 2022
37	Dental Health Camp at Sangam vihar	13 <sup>th</sup> April 2022
38	Dental Health Camp at Sangam vihar delhi	27 <sup>th</sup> April 2022
39	Dental Health Camp at Dakshinpuri	27 <sup>th</sup> April 2022
40	Dental Health Camp at Saimandir Tigri	4 <sup>th</sup> May 2022
41	Dental Health Camp at Shanti Niketan school	5 <sup>th</sup> May 2022
42	Dental Health Camp at Tigaon	5 <sup>th</sup> May 2022
43	Dental Health Camp at Laal Kuan	11 <sup>th</sup> May 2022

## SDG 3- GOOD HEALTH AND WELL-BEING



44	Dental Health Camp at Shiv mandir	11 <sup>th</sup> May 2022
45	Dental Health Camp at Lal kuan	15 <sup>th</sup> May 2022
46	Dental Health Camp at Karauli	15 <sup>th</sup> May 2022
47	Dental Health Camp at Karauli	19 <sup>th</sup> May 2022
48	Dental Health Camp at Tigaon	19 <sup>th</sup> May 2022
49	Dental Mega Health Camp at Sidhatta	22 <sup>nd</sup> May 2022
50	Dental Health Camp at Ismilepur village	25 <sup>th</sup> May 2022
51	Dental Health Camp at Ismailpur	25 <sup>th</sup> May 2022
52	Dental Health Camp at Surdas Colony Tilpat village	31 <sup>st</sup> May 2022
53	Dental Health Camp at Tilpat temple	31 <sup>st</sup> May 2022
54	Dental Health Camp at Mohatabad	1 <sup>st</sup> June 2022
55	Dental Health Camp at Lal kuan	1 <sup>st</sup> June 2022
56	Dental Health Camp at at SGM Nagar	4 <sup>th</sup> June 2022
57	Dental Health Camp at Santosh Nagar	7 <sup>th</sup> June 2022
58	Dental Health Camp at Santosh Nagar Tilpat	7 <sup>th</sup> June 2022
59	Dental Health Camp at Lal kuan	8 <sup>th</sup> June 2022
60	Dental Health Camp at Lakharpur village	8 <sup>th</sup> June 2022
61	Dental Health Camp at Machgar	9 <sup>th</sup> June 2022
62	Dental Health Camp at Bukharpur	9 <sup>th</sup> June 2022
63	Dental Health Camp at Surdas temple	14 <sup>th</sup> June 2022
64	Dental Health Camp at Shramik vihar	14 <sup>th</sup> June 2022
65	Dental Health Camp at Lal kuan	15 <sup>th</sup> June 2022
66	Dental Health Camp at Ucha village	16 <sup>th</sup> June 2022
67	Dental Health Camp at BS property Tilpat	21 <sup>st</sup> June 2022
68	Dental Health Camp at Bhalla O.P foundation	22 <sup>nd</sup> June 2022
69	Dental Health Camp at Chandawali	23 <sup>rd</sup> June 2022
70	Dental Health Camp at Ballabgarh	23 <sup>rd</sup> June 2022
71	Dental Health Camp at Shiv Durga	28 <sup>th</sup> June 2022
72	Dental Health Camp at Nariyala	29 <sup>th</sup> June 2022
73	Dental Health Camp at Nahrawali	29 <sup>th</sup> June 2022
74	Dental Health Camp at Panada khurd	30 <sup>th</sup> June 2022
75	Dental Health Camp at Punehra kala	30 <sup>th</sup> June 2022
76	Dental Health Camp at Tender heart NGO	01 <sup>st</sup> July 2022
77	Dental Health Camp at Tilpat	5 <sup>th</sup> July 2022
78	Dental Health Camp at Baba Sur Das mandir	5 <sup>th</sup> July 2022
79	Dental Health Camp at Tilpat	12 <sup>th</sup> July 2022
80	Dental Health Camp at Baba Sur Das mandir	12 <sup>th</sup> July 2022
81	Dental Health Camp at Shiv mandir Tuglakabad	13 <sup>th</sup> July 2022
82	Dental Health Camp at Chaudhary jawahar ji baithak	13 <sup>th</sup> July 2022
83	Dental Health Camp at Mohna	14 <sup>th</sup> July 2022
84	Dental Health Camp at Mohna	14 <sup>th</sup> July 2022
85	Dental Health Camp at Prahaladpur	16 <sup>th</sup> July 2022

## SDG 3- GOOD HEALTH AND WELL-BEING



86	Dental Health Camp at HVN school Tilpat	19 <sup>th</sup> July 2022
87	Dental Health Camp at Baba Sur Das mandir	19 <sup>th</sup> July 2022
88	Dental Health Camp at Sehatpur	20 <sup>th</sup> July 2022
89	Dental Health Camp at Pala	20 <sup>th</sup> July 2022
90	Dental Health Camp at Mohna	21 <sup>st</sup> July 2022
91	Dental Health Camp at Primary school, Mohna	21 <sup>st</sup> July 2022
92	Dental Health Camp at Baba Surdas Mandir	26 <sup>th</sup> July 2022
93	Dental Health Camp at New John F Kennedy School	26 <sup>th</sup> July 2022
94	Dental Health Camp at BP Singh Colony	27 <sup>th</sup> July 2022
95	Dental Health Camp at Dayal Bagh	27 <sup>th</sup> July 2022
96	Dental Health Camp at Manaskriti School	28 <sup>th</sup> July 2022
97	Dental Health Camp at Neemka	28 <sup>th</sup> July 2022
98	Dental Health Camp at Sector 4 Patel Nagar Faridabad	28 <sup>th</sup> July 2022
99	Dental Health Camp at Sihi Village Neer	28 <sup>th</sup> July 2022
100	Dental Health Camp at New John F Kennedy School	2 <sup>nd</sup> August 2022
101	Dental Health Camp at Vinay Nagar	2 <sup>nd</sup> August 2022
102	Dental Health Camp at Vidhayak Shreeram Ji Ka	3 <sup>rd</sup> August 2022
103	Dental Health Camp at Shiv Mandir	3 <sup>rd</sup> August 2022
104	Dental Health Camp at Wasena Colony Faridabad	4 <sup>th</sup> August 2022
105	Dental Health Camp at Heera Mandir	4 <sup>th</sup> August 2022
106	Dental Health Camp at Tilpat	9 <sup>th</sup> August 2022
107	Dental Health Camp at Fatehpur Chandela	10 <sup>th</sup> August 2022
108	Dental Health Camp at Sangam Vihar Tigri	10 <sup>th</sup> August 2022
109	Dental Health Camp at Tigri	10 <sup>th</sup> August 2022
110	Dental Health Camp at Anmol Vidya Mandir School	4 <sup>th</sup> August 2022
111	Dental Health Camp at Fatehpur Chandela	17 <sup>th</sup> August 2022
112	Dental Health Camp at Gandhi Colony	18 <sup>th</sup> August 2022
113	Dental Health Camp at Suryavihar Sehedpur	21 <sup>st</sup> August 2022
114	Dental Health Camp at Sector 15 Faridabad	24 <sup>th</sup> August 2022
115	Dental Health Camp at Shiv Mandir FARIDABAD	25 <sup>th</sup> August 2022
116	Dental Health Camp at Tigaon	25 <sup>th</sup> August 2022
117	Dental Health Camp at NHPL	30 <sup>th</sup> August 2022
118	Dental Health Camp at Badkal Flyover	30 <sup>th</sup> August 2022
119	Dental Health Camp at Tigri	31 <sup>st</sup> August 2022
120	Dental Health Camp at Tikha Colony	1 <sup>st</sup> September 2022
121	Dental Health Camp at Tikha Colony	1 <sup>st</sup> September 2022
122	Dental Health Camp at Dharamveer Badhana Lab	6 <sup>th</sup> September 2022
123	Dental Health Camp at Suhailpur	6 <sup>th</sup> September 2022
124	Dental Health Camp at Prahaldpur	7 <sup>th</sup> September 2022
125	Dental Health Camp at Prahaldpur	7 <sup>th</sup> September 2022
126	Dental Health Camp at Patel Chawk	8 <sup>th</sup> September 2022
127	Dental Health Camp at Ambedkar Bhawana	13 <sup>th</sup> September 2022

## SDG 3- GOOD HEALTH AND WELL-BEING



128	Dental Health Camp at Lash Garghi	14 <sup>th</sup> September 2022
129	Dental Health Camp at Lohsinghani	14 <sup>th</sup> September 2022
130	Dental Health Camp at MRIS Sector 14	30 <sup>th</sup> August 2022
131	Dental Health Camp at MRIS Sector 14	31 <sup>st</sup> August 2022
132	Dental Health Camp at MRIS Sector 14	1 <sup>st</sup> September 2022
133	Dental Health Camp at MRIS Sector 14	2 <sup>nd</sup> September 2022
134	Dental Health Camp at MRIS Sector 14	6 <sup>th</sup> September 2022
135	Dental Health Camp at MRIS Sector 14	7 <sup>th</sup> September 2022
136	Dental Health Camp at MRIS Sector 14	8 <sup>th</sup> September 2022
137	Dental Health Camp at MRIS Sector 14	9 <sup>th</sup> September 2022
138	Dental Health Camp at MRIS Sector 14	12 <sup>th</sup> September 2022
139	Dental Health Camp at MRIS Sector 14	13 <sup>th</sup> September 2022
140	Dental Health Camp at MRIS Sector 14	14 <sup>th</sup> September 2022

The sample brief write-up on few of the health camps along with the pictures is provided in the following section:

### • **Health Camp at Work Co-working, Sector 15A, Faridabad on 24<sup>th</sup> Aug 2022 in collaboration with Dental Department, MRIIRS**

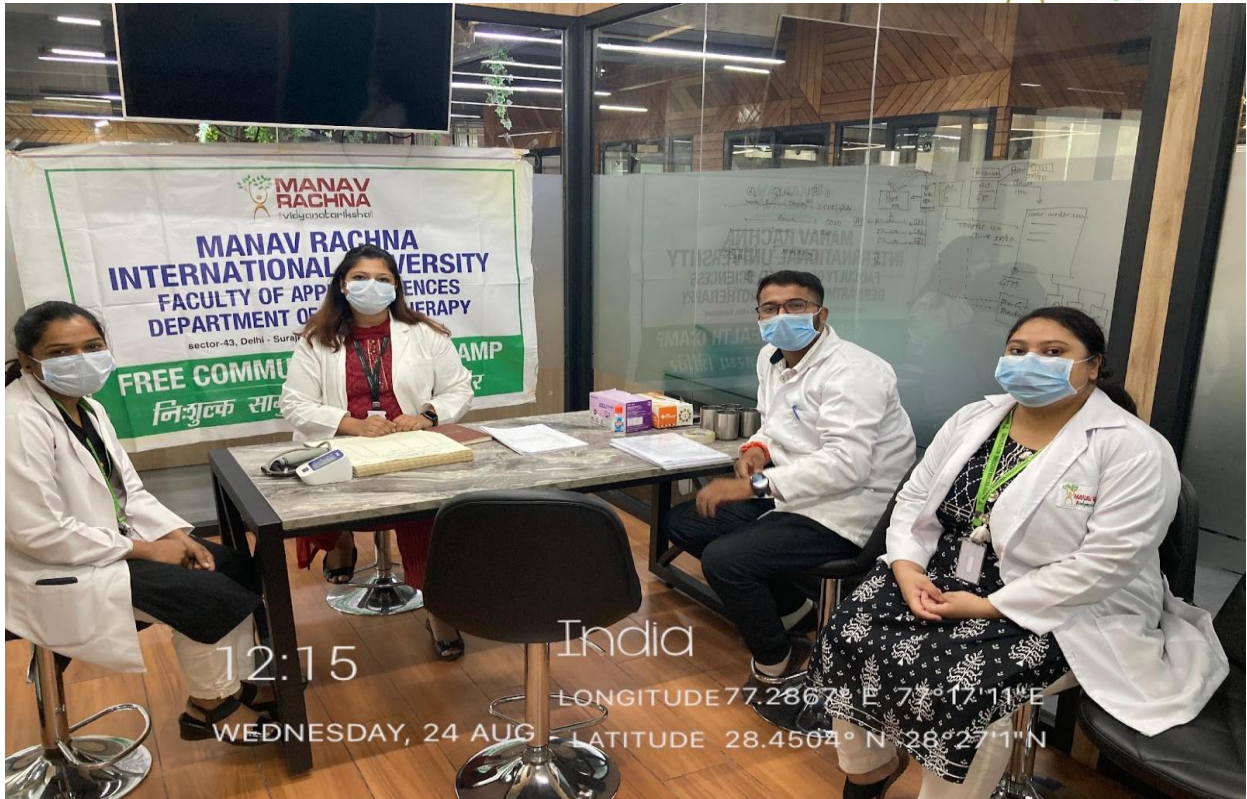
A health camp was organized at Work Co-working place at Sector 15A Faridabad in association with Dental Department, MRIIRS on 24/08/2022, as part of the Health for All mission. The objective of the camp was to reach out to cooperate setups.

A total of 32 people were counselled. Physiotherapy services including ergonomics and Postural correction were advised to them. Many cases with posture abnormalities were detected and assessed. The dedicated professional who attended the camp was Dr. Kangana Juneja Kansal, Demonstrator with postgraduate students of the Department of Physiotherapy. A home exercise regimen was given to the patient and acute cases have been treated with Machines, Patients with the chronic problem were advised modifications in lifestyle, Ergonomic advice were also given to patients.

Department of Nutrition & Dietetics and Dental Department gave counselling and modification advice to patients. Overall, the camp was an inspirational guide to the faculty members and students in terms of utilizing their skills in the welfare of society.



# SDG 3- GOOD HEALTH AND WELL-BEING



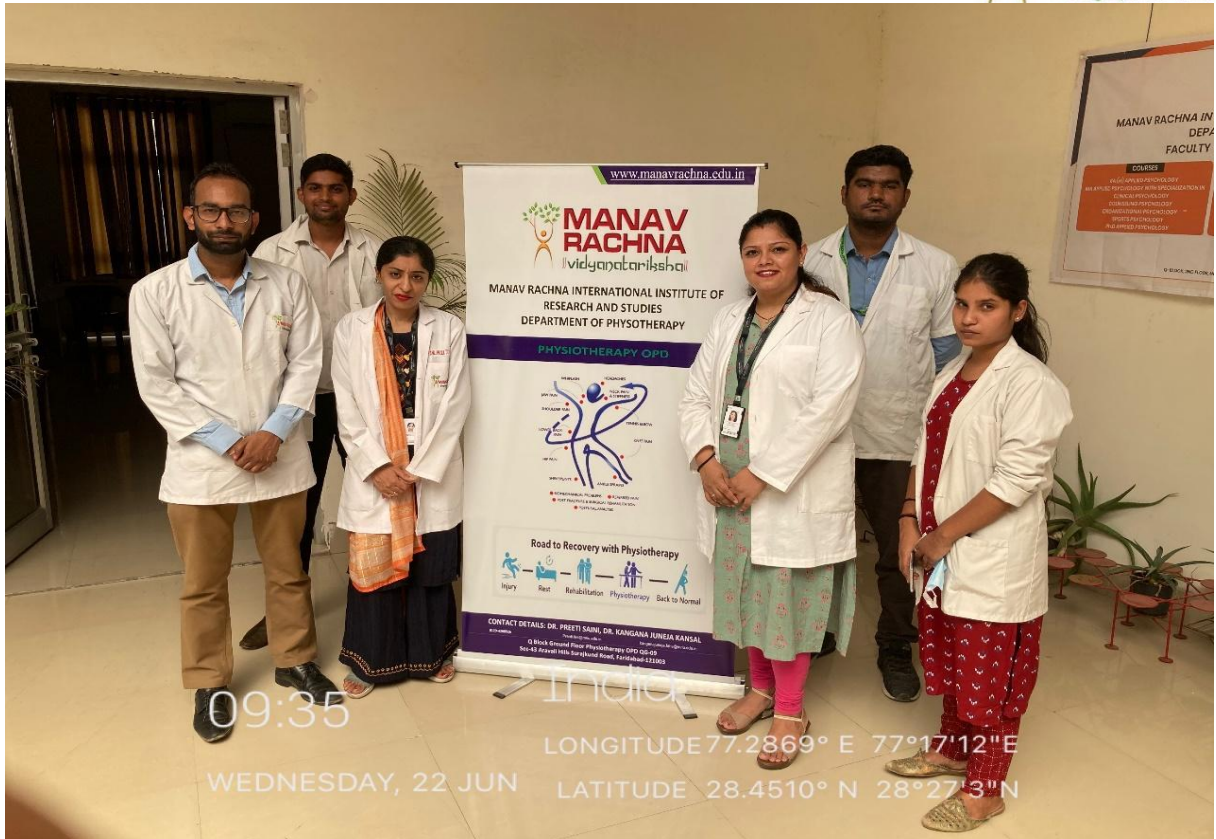




- **Camp at Old Age Society, Sector-21A, Faridabad 22/06/2022 in collaboration with O.P. Bhalla Foundation**

A community health camp was organized at Old Age Society at Sector 21A Faridabad in association with O.P. Bhalla Foundation on 22/06/2022, as part of the Health for All mission. The objective of the camp was to Reach out to Old Age people and help to maintain better quality of life and be independent with their Activity of Daily Living. A total of 35 people including Geriatric and adults were counselled. Physiotherapy services including Postural correction were advised to the old age people. Many cases with Joint pains and posture abnormalities were detected and assessed. The dedicated professionals who attended the camp were Dr. Preeti Saini, Assistant Professor, and Dr. Kangana Juneja Kansal, Demonstrator along with graduate and postgraduate students of the Department of Physiotherapy. A home exercise regimen was given to the patient and acute cases have been treated with Machines, Patients with the chronic problem are advised modifications in lifestyle. Camp also involved other departments like, Nutrition and Dietetics, Psychology and Dental.

# SDG 3- GOOD HEALTH AND WELL-BEING



**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES, FARIDABAD**



# SDG 3- GOOD HEALTH AND WELL-BEING





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- **Health Camp at SGM Nagar, Patel Chowk, Faridabad**

A community health camp was organized at SGM Nagar, Patel Chowk, Faridabad on 17/09/2022, as part of the Society Welfare. The objective of the camp was to make people aware about Physiotherapy and help them to maintain better quality of life and be independent with their Activity of Daily Living. Residents from nearby areas came for their assessments. A total of 45 people including Geriatric, adults and Children were counselled. Many cases with joint pains and posture abnormalities were detected and assessed.

Various types of cases were seen like abnormal posture, joint related disorders, neurological issues etc. Physiotherapy services including postural correction were advised to the people. Local Newspaper also covered this camp n help many people to understand the importance of Physiotherapy.

The dedicated professional who attended the camp was Dr. Kangana Juneja Kansal, Demonstrator along with graduate and postgraduate students of the Department of Physiotherapy.



# SDG 3- GOOD HEALTH AND WELL-BEING





# SDG 3- GOOD HEALTH AND WELL-BEING



11:30  
SATURDAY, 17 SEP  
INDIA  
LONGITUDE 77.2867° E 77°17'12"E  
LATITUDE 28.4507° N 28°27'2"N



11:30  
SATURDAY, 17 SEP  
INDIA  
LONGITUDE 77.2867° E 77°17'12"E  
LATITUDE 28.4507° N 28°27'2"N





की पीड़ा जानने की कोशिश भी की का कार्य करें। इसके बाद कैबिनेट कराया।

## स्वस्थ शरीर प्रसन्नता का परिचायक : अधाना



फिजियोथेरेपी करते व लोगों के स्वास्थ्य की जांच करते डॉक्टर।

### गुलाब सिंह ➔ हाइती अधिकार

फरीदाबाद, 17 सितम्बर। स्वस्थ शरीर प्रसन्नता और स्वस्थ राष्ट्र का परिचायक है। यदि व्यक्ति स्वस्थ है तो समाज भी स्वस्थ होगा। हमें अपने स्वास्थ्य का ख्याल रखना चाहिए।

यह बात शिक्षाविद श्रीमती गुलशन अधाना ने एसजीएम नगर स्थित पटेल चौक पर मानव रचना इंटरनेशनल इंस्टिट्यूट ऑफ रिसर्च एंड स्टडीज द्वारा लगाए गए फिजियोथेरेपी जांच शिविर का शुभारंभ करते हुए कही

। जबकि कार्यक्रम की अध्यक्षता समाजसेवी वीरेंद्र चंदीला ने की। गुलशन ने कहा कि हमारा स्वास्थ्य तभी बेहतर रह सकता है जब हम अपने खान-पान और दिनचर्या का पूर्ण रूप से ख्याल रखें। कार्यक्रम के अध्यक्ष चंदीला ने कहा कि आज के दौर में खानपान और रहन सहन में बदलाव आया है। हमें समय के अनुसार बदलना होगा। फिजियोथेरेपिस्ट डॉक्टर कंगना जुनेजा कंसल ने लोगों को बताया

कि किन असावधानियों के कारण शरीर की पीड़ा का सामना करना पड़ता है। हमें उन सावधानियों से जागरूक और सतर्क रहना होगा।

इस अवसर पर फिजियोथेरेपिस्ट डॉक्टर प्रवीण माधव राय जसमीत शाह सिंह, ऐश्वर्या पंथरी सहित अनेक डॉक्टरों की टीम ने लोगों को परीक्षण कर उन्हें प्रशिक्षित भी किया। कार्यक्रम में अखिलेश, अक्षय, दीपक सहित अनेक सामाजिक कार्यकर्ता उपस्थित थे।

के विप से बत को स्व व्यक्ति, राजनेत प्रतीक संग्राम किसान बुद्धिम

न

फरी विक्रम प्रशासा के सा साबित महोत्स शनिव सेक्टर के सभ वितरि अध्यष ने की सरकार की क योजना नंबरद



- **Health camp at DAV Police Public School, Sector 30, Faridabad**

A health camp was organized at DAV police public school, sector 30 police line Faridabad, Haryana by department of nutrition & dietetics and physiotherapy, FAHS, MRIIRS on **07<sup>th</sup> April, 2022** to provide free health checkup and advices to school children of classes 1<sup>st</sup> to 10<sup>th</sup> and teaching and non-teaching staff. The dedicated professionals who attended the camp included Dr. Ankita Sharma & Dr Irshad Ahmed (Physiotherapist) and Ms Vandana Garg & Ms Srishti Negi (Nutritionist) along with post graduate physiotherapy & Nutrition & Dietetics students. A total of 200 students of class 1 to 10th and 30 teaching and non-teaching staff members of the school were examined & advised by the respected team of physiotherapy & Nutrition & dietetics. Some teachers were having problems like knee, back and neck pain. Many of them reported to be suffering from musculoskeletal problems. General Fitness and dietary intake were evaluated for students. Do's & don't of basic dietary intake & general stretching exercises were advised in individual classes. Specific counselling on nutrition & physical fitness was provided to identified students & teachers.





## SDG 3- GOOD HEALTH AND WELL-BEING







- **Medical camp at Manav Rachna campus on 26/10/2022 and 27 /10/2021**

Teachers and other members of the working staff are an important and appreciated part of any institution. As a mark of respect and gratitude, Dr. OP Bhalla Foundation collaborated with Tata Capital to launch a free medical camp during the pandemic to provide them with a medical check-up that included general health, eyes, and Dental examinations. The event was a success because more than 100 people attended. This event successfully promoted the concept of putting one's health and well-being first in order to live a long, happy and comfortable life.





# SDG 3- GOOD HEALTH AND WELL-BEING



**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES, FARIDABAD**



- Health Camp at Manav Rachna on the occasion of World Physiotherapy Day (6<sup>th</sup>-7<sup>th</sup> September 2022)

A health camp was organized on 7<sup>th</sup>-8<sup>th</sup> **September 2022** in Collaboration with **QRG Hospital , Faridabad** which included free consultation with Sr. Consultant, QRG Hospital , Bone Mineral Densitometry , Random Blood Sugar , ECG & Blood Pressure monitoring among others. This also included expert talk on **Osteoarthritis & its Management** by **Dr. Sumit Batra**, Head of Department, Sr. Consultant QRG Hospital Faridabad where he concentrated on medical and surgical management of the disorder.

The next day included **Awareness Walk and a nukkad natak on Osteoarthritis** by the students & faculty members of Department of Physiotherapy, FAHS. The students were also made aware of **Osteoarthritis & its Management by Dr. Gaurav Sharma, Sr, Physiotherapist, IBS Hospital, New Delhi** where he concentrated on physiotherapy management of the disorder. The day also included cultural performances by the students.

The **World Physiotherapy Day was celebrated on 8<sup>th</sup> September, 2022** with **Dr. Nitesh Malhotra, HoD, PT** welcoming the chief guest **Dr. Jaswinder Kaur, HoD, Physiotherapy, Ram Manohar Lohia Hospital**, a physiotherapist with over 35 years of experience. The event commenced with Ganesh Vandana to invoke the blessings of Lord Ganesha and a ceremonial lighting of lamp. He appreciated the efforts of the students in putting up a great event and promised on behalf of department to put more efforts & provide more learning opportunities such as these to the students. **Dr. Jaswinder Kaur** talked about the role of physiotherapy in the society and the ever evolving role of a physiotherapist. She opined that Physiotherapy is needed in every sphere of life and across all age groups. The efficacy of physiotherapy is such that it has no side effects. The day concluded with awards to the faculty members and students for excelling in their respective fields and a vote of thanks by **Dr. MR Rizvi, Dean, FAHS** on the behalf of department of physiotherapy and thanked all the dignitaries and congratulated the students for their efforts.

# SDG 3- GOOD HEALTH AND WELL-BEING



Faridabad, Haryana, India

31° C  
04:01 PM  
Longitude 77.287° E  
Latitude 28.4508° N  
Wednesday, 07, Sep, 2022



Faridabad, Haryana, India

Longitude 77.287° E  
Latitude 28.4508° N  
31° C  
Wednesday, 07, Sep, 2022 09:44 PM



**SDG 3- GOOD HEALTH AND WELL-BEING**





## SDG 3- GOOD HEALTH AND WELL-BEING



- Public Outreach Program at Santosh Nagar in Association with Nav Srishti Foundation on 7<sup>th</sup> March 2022 on the occasion of International Women’s Day

Manav Rachna Dental College, Department of Public Health Dentistry organized a Women’s only dental screening and health education camp at Santosh Nagar in Association with Nav Srishti Foundation. Oral health education was given to four different batches of women. The topics covered were common oral health problems and their prevention, changes in oral health of women at various stages of life such as puberty, pregnancy and menopause, menstrual and general hygiene. The women responded well to the program and realized the importance of focusing on their health too along with the health of their family. The message of breaking the bias on women’s day was well conveyed to them. Total number of patients screened were 131, number of Sanitary Napkin packs distributed were 60 and Health Education was provided to 100 Women.







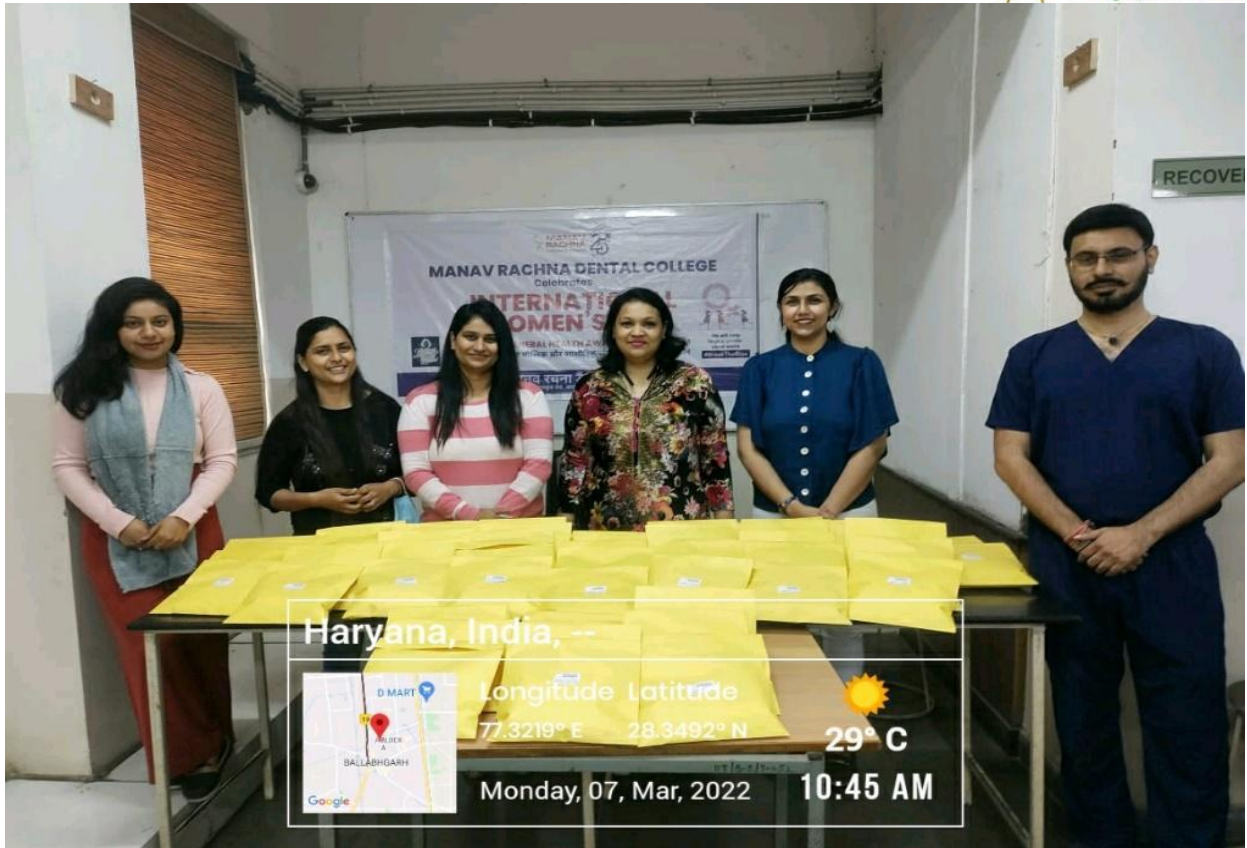


# SDG 3- GOOD HEALTH AND WELL-BEING



Sanitary Napkin Distribution





**Public Health Dentistry Team**

World No Tobacco Day 2022 – National Conference: “Tobacco Control – Healthcare and Beyond”



- **Manav Rachna organized a community health camp at Laxmi Narayan Mandir, Sector 16, Faridabad:** <https://mriirs.edu.in/latest/community-health-camp-at-laxmi-narayan-mandir/>

Manav Rachna organized a community health camp at Laxmi Narayan Mandir, Sector 16, Faridabad to bring the medical facilities under one roof for population, who are deprived of these. A total of 50 patients were screened & advised. They were mostly found to be suffering from osteoarthritis, Shoulder pain, cervical pain, Obesity, Diabetes, Hypertension, etc. Regular exercise, ergonomic advice, and lifestyle modification were emphasized upon to halt and alter the deterioration level of the patients.

The Nutrition counseling was also given as per the special requirement for patients of old age, joint pain, Body composition profile and according to the disease condition. They were advised on the importance of healthy nutrition & active lifestyle. Special diet recommendations for obesity, hypertension & diabetes were also conducted.

The health camp was led by Dr. Shweta Sharma (PT) and Ms. Divya Puri from the Department of Physiotherapy and Nutrition respectively. The team consisted of 5 students from Department of Physiotherapy and 5 from the Department of Nutrition and Dietetics.



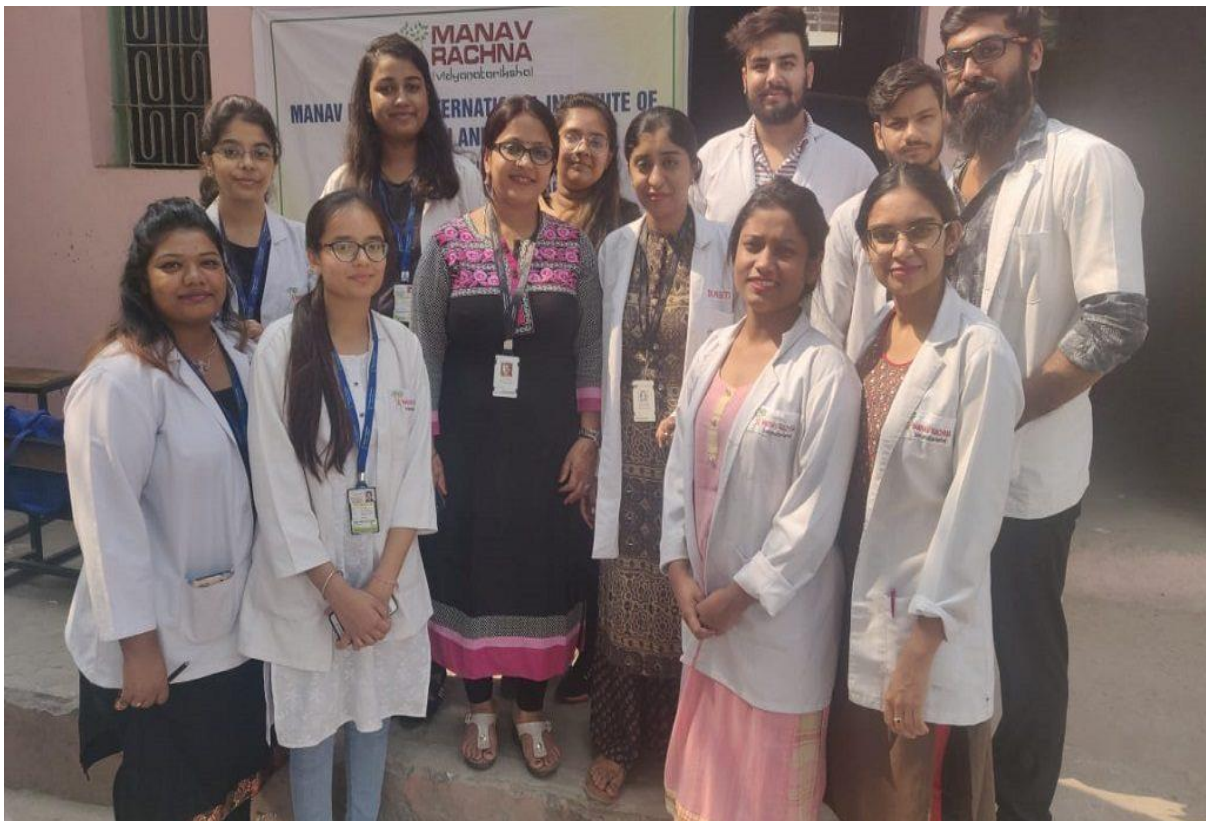


- **MRIIRS organized Community Health Camp at Anangpur Village:**

<https://mriirs.edu.in/latest/community-health-camp-at-anangpur-village/>

A total of 35 people including middle aged adults and elderly population were counselled. Physiotherapy services are delivered to the patient for pain, Joint pain and arthritis and also for postural correction of the patients. Posture like kyphosis, Scoliosis was assessed and referred for further treatment.

The faculty member and students of Nutrition and Dietetics department provided nutrition counselling and assessment services at the camp. Most of the middle-aged adults were suffering from high Blood Pressure, Diabetes, Overweight and Obesity and elderly people were deficient in calcium, Vitamin D and having knee problems. The patients were assessed for their height, weight and BMI as an indicator for the health problems. Elderly people were counselled regarding high calcium diet and the concept of low bone mass density during this age. They were also counselled for understanding the concept of low Basal Overall, the camp was an inspirational guide to the faculty and students in terms of utilizing their skills in welfare of society.



- **Free Health Check-up Camp by MRIIRS at Mohabtabad, Faridabad:**

<https://mriirs.edu.in/latest/10th-free-health-checkup-camp-at-mohabtabad-faridabad/>

MRIIRS united with other Manav Rachna Institutions to promote the dream of our beloved founder Dr O P Bhalla who always believed in serving the community by organizing free health & welfare camps in various communities of Haryana. Carrying forward his legacy, this year a series of multiple camps are being organized from at various locations to provide the best of facilities to people in various communities. This camp was organized at at Gothada Mohabatabad, Faridabad. A total of 50 people including children and adults were counselled. Physiotherapy services were delivered to the patient for pain, joint pain and arthritis and also for postural correction of the patients.

The faculty members and students of Nutrition and Dietetics department provided nutrition counselling and assessment services at the camp.

Expert dentists provided Oral Prophylaxis, oral health education, and medicines. Around 39 patients were referred to visit Manav Rachna Dental College for advanced treatment.





## SDG 3- GOOD HEALTH AND WELL-BEING



- MRIIRS and Dr O. P. Bhalla Foundation organized free health & welfare camps in various communities of Faridabad : <https://mriirs.edu.in/latest/dr-o-p-bhalla-commemorative-community-health-welfare-program/>

The team of physiotherapists, dieticians, dentists and psychologists volunteered to contribute towards achieving measurement of blood pressure, height, weight and BMI and also to monitor neurological conditions, geriatric assessment, balance and diagnosis of various conditions like low back pain, neck pain, and knee pain. A total of 15 special need people, who formed the sample of the report, were advised & treated by the team of professionals.

Expert dentists of MRIIRS provided Oral Prophylaxis to 10, restorations to 6, extractions to 1, oral health education and medicines to all 15 patients.

Under Annual Mental Health Camp "Sparsh" the students of the Department of Applied Psychology, Faculty of Behavioral and Social Science were involved in assessment and interviewing of elderly individuals who were a part of the NGO. Detailed conversations were carried out by the students where the individual's psychological wellbeing was sought to be understood.

All the people who came to camp were assessed and the assessment was noted down in the Assessment form, which was designed taking into consideration the common health problems.





- **MRIIRS organized health camp at Shirdi Sai Baba School, Sec-86, Faridabad under the aegis of Dr. O.P. Bhalla Foundation**

<https://mriirs.edu.in/latest/community-health-camp-at-shirdi-sai-baba-school/>

A team of 11 health professionals from Physiotherapy and Nutrition assessed a total of 197 patients at the school. Most patients were found to be suffering from postural alignments, back ache, knee pain and reported with faulty movement pattern. Regular exercise, ergonomic advices and life style modification were emphasized upon to halt and alter the deterioration level of the patients. Special group of patients having complained of Hypertension has been assessed thoroughly and advised lifestyle modification and importance of regular aerobic exercises.

The Nutrition counselling was also given as per the special requirements of students. They were advised on the importance of healthy nutrition & active lifestyle.

The patients were advised to visit Physiotherapy OPD at Manav Rachna campus for further treatment.





- **MRIIRS organized Health Camp at SGM Nagar, Faridabad under the Health for all Mission:**

<https://mriirs.edu.in/latest/community-health-camp-at-sgm-nagar/>

MRIIRS and Dakshta Organization organized a Health camp at SGM Nagar with the motto of HEALTH AT DOOR. They arranged for team of healthcare professionals, to conduct various free of cost tests for the patients at their doorstep. This was an effort to bring all facilities under one roof for those who are deprived of these facilities. Health professionals from FAHS, MRIIRS and QRG Hospital screened & advised a total of 100 patients. The Nutrition counselling was also given as per the special requirements for old age citizens and others in need of nutritional malfunction.

The health camp was led by Dr. Preeti Saini and Dr. Mahak Sharma from Department of Physiotherapy and Nutrition respectively. The team consists of 5 students from Department of Physiotherapy and 5 from Department of Nutrition and Dietetics.

## SDG 3- GOOD HEALTH AND WELL-BEING

