

Health Camps organized by MRIIRS during Academic Year 2022-23

As part of the Health for All mission 29 community health camp were organized by **Manav Rachna International Institute of Research and Studies in collaboration with O.P. Bhalla Foundation in year 2022-23**. The motto of these health camps is to fulfil the dreams of nation-building and concentrate on the development and upliftment of the underprivileged and marginalized section of society. Keeping this motto various steps have been taken for the upliftment of patients who have been suffering and cannot afford to go to hospitals. The camp was free of cost and open for all.

Various department of MRIIRS participate in these camps and provide their services. Department of Physiotherapy, Nutrition and Dietetics, Psychology department and Faculty of dental sciences participate in these health camp. Approximately 22 to 25 students and 6-8 faculty member with OP Bhalla Foundation team participates in each camp with same motive.

Nutrition and Dietetics department participate in all these camp with the objective of identification of nutritional problems, assessment of nutritional status and to provide nutritional counselling for overall health and wellness. Malnutrition and its impact information, guidance and even solutions are provided in all the health camps. Awareness regarding hunger and its impact on nutritional status of an individual is discussed by one to one counselling. Measurement of various health parameters like height, weight and body mass index (BMI), % fat, muscle mass, %water were done in each camp. People were advised to eat healthy balanced and to keep themselves clean. Children came for the health checkup were advised not be lured by fast food, colored drinks and cold drinks. The participants were provided with personalized diet counselling, counselling on lifestyle modification and strategies to prevent or control the diseases. All adults were counselled for hypertension, diabetes, PCOD, and obesity and diet counselling was provided according to the type of diseases they were suffering from.



Nutrition counselling by Msc Nutrition and Dietetics students and faculty members



Anthropometric measurement of the participants