

Swasthya Pahal

Activity Report

Date: 13th February 2020

**Venue: Police Sanchar Training Centre, Sahastradhara
road, Dehradun**



Foundation of Healthcare Technologies Society (FHTS)

SWASTHYA PAHAL (Health for all)

Swasthya Pahal (Health for all) is an interactive, innovative, Sustainable, Multi-Sectoral, Accessible, Affordable, Reimbursable and Tailored (SMAART) initiative. It enhances self-management of non-communicable diseases among individuals at risk of metabolic syndrome (including diabetes, hypertension, high cholesterol and obesity). It utilizes touch screen, computer enabled, SMAART Portable Health Information Kiosks (PHIK) to screen individuals at risk of Non-Communicable diseases.

Objectives- To impart lifestyle management related to the participants and measure their height, weight, blood pressure and blood sugar besides seeking other health related information.

Camp Day: 13th February 2020 (Tuesday)

Date: 13th February 2020

Venue: Police Sanchar Training Centre, Sahastradhara Road, Dehradun

Start time: 11:00 AM

End time: 4:00 PM

Objective: To impart health and nutrition education to the participants and measure their height, weight, blood pressure and blood sugar besides seeking other health related information.

Total beneficiaries and female beneficiaries in Swasthya Pahal: 34, 08

Team Members: Mahima, Kanishk, Ashruti, Priya

Agenda of the camp

Components of the camp	Details	Material and methods used
1. Registration	<ul style="list-style-type: none"> Collection of information from the participants such as name, age, phone number and address. 	Receipt booklet
2. Measurement of height and weight	<ul style="list-style-type: none"> Height and weight was measured using standard procedures and protocols. 	Digital weighing machine, Stadiometer
3. Measurement of blood pressure and sugar	<ul style="list-style-type: none"> Blood pressure and blood sugar was measured using standard procedures and protocols. 	Digital machines for measuring blood pressure and blood sugar, lancet, strips, cotton swabs, spirit
4. PHIK	<ul style="list-style-type: none"> Collection of data from the participants pertaining to their socio-demographic profile, medical history, physical activity and alcohol and smoking consumption pattern Assessment of risk factors based on the information collected 	Laptop (touchscreen)
5. Nutrition counselling	<ul style="list-style-type: none"> Based on the assessment report generated by PHIK, participants were provided individualized diet and nutrition counselling to prevent and manage non-communicable diseases including hypertension, diabetes and overweight and obesity. They were counselled about healthy dietary habits, healthy snacking options, good dietary behaviours, meal patterns and importance of physical activity. 	Verbal counselling
7. Photographs	<ul style="list-style-type: none"> Clicking pictures of the event 	Camera

Conclusion

A total of 34 beneficiaries (08 females) attended the Swasthya Pahal camp organised on 13th February 2020 at Police Sanchar Training Centre, Sahastradhara Road, Dehra dun. Most of the beneficiaries seemed motivated to change their lifestyle after PHIK and nutrition counselling. Some of them even showed inclination towards follow up and were hopeful that more camps will be organised in future. The staff was all appreciative of the efforts of the team.