



GOVERNMENT OF WEST BENGAL
GOVERNMENT GENERAL DEGREE COLLEGE, LALGARH
LALGARH :: JHARGRAM :: 721516

E-mail: principal@lalgargovtcollege.org, Website: www.lalgargovtcollege.org

Best Practice – 2

1. Title: Bi-Annual Health Awareness Camp

2. Objective:

Our college's resolute aim among many others is to transform the lives of students hailing from neighboring villages, where the burdens of social, economic, and geographic constraints hamper their pursuit of a normal, healthy, worry-free student life. We also acknowledge that staff members of our college also needs to remain healthy both physically and mentally. Keeping that objective in mind the TC resolute to arrange health awareness camp for students and staff with proper consent. The broad objective of this practice is to 1. Create awareness on various health or wellness related topics among students and staff. 2. Sensitizing them on issues related to physical and mental health 3. To support girls and brings awareness on menstrual and gender related issues 4. To create awareness among the parents regarding girls early marriages to avoid health and medical issues. 5. Sensitize staff and faculty with monitoring on respiratory and cardiovascular health which often goes unnoticed or under -diagnosed.

3. The Context:

We resolute that a healthy lifestyle would encourage students and staff to be more meaningful and productive. The growing prevalence of depression, anxiety, cardiovascular diseases, and its related debility is detrimental to the teaching learning curve. Since the college hails from an ostracized part of the mainframe society; raising health awareness among students would eventually translate to health sensitization in their family. This would reduce both the burden of illness and rising healthcare costs for the Government apart from improving health and preventing drop-outs/absenteeism.

4. Practice

The Department of Physiology of Government General Degree College Lalgarh works with the vision of “Prevention is better than cure” considering the rising healthcare costs incurred by every family. In line with this vision, the Department of Physiology aimed to conduct two health monitoring camps per year (roughly at an interval of six months) as a part of preventive health care check-up for faculty, students, and non-teaching staff. After the resolution in TC Meeting, the 1st Bi-yearly Health Monitoring Camp was held on 2.05.2023 in ICT room of our college followed by the second and third camps on the 23.11.2023 and 7.05.2024. The students and staff are first taken to the seminar room where they are briefed on health issues and course of their assessments that they need to undertake in the ICT room which is beside the seminar room. The physical and physiological vitals that are measured include blood pressure, heart rate, blood grouping (if required) oxygen saturation, body mass index, peak flow meter based respiratory function, and Snellen’s chart. (visual impairment test), grip strength, reflexes. We at the Department of Physiology are of the opinion that monitoring these vitals will not only help to alleviate under nutrition and malnutrition or mitigating the obesity epidemic but also helps to sensitize the staff and non-teaching staff regarding their possible risk of cardio-respiratory complications. Based on these vitals, we have successfully screened students with visual and respiratory impairments and also staff and faculty members for cardiovascular problems based on which they were advised to seek structured medical intervention. However, attendance in the health monitoring camp is not



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mandatory neither for faculty nor students and confidentiality of medical information is ensured strictly. We also undertake the responsibility that the referred health data is not utilized neither for academic or commercial interest.

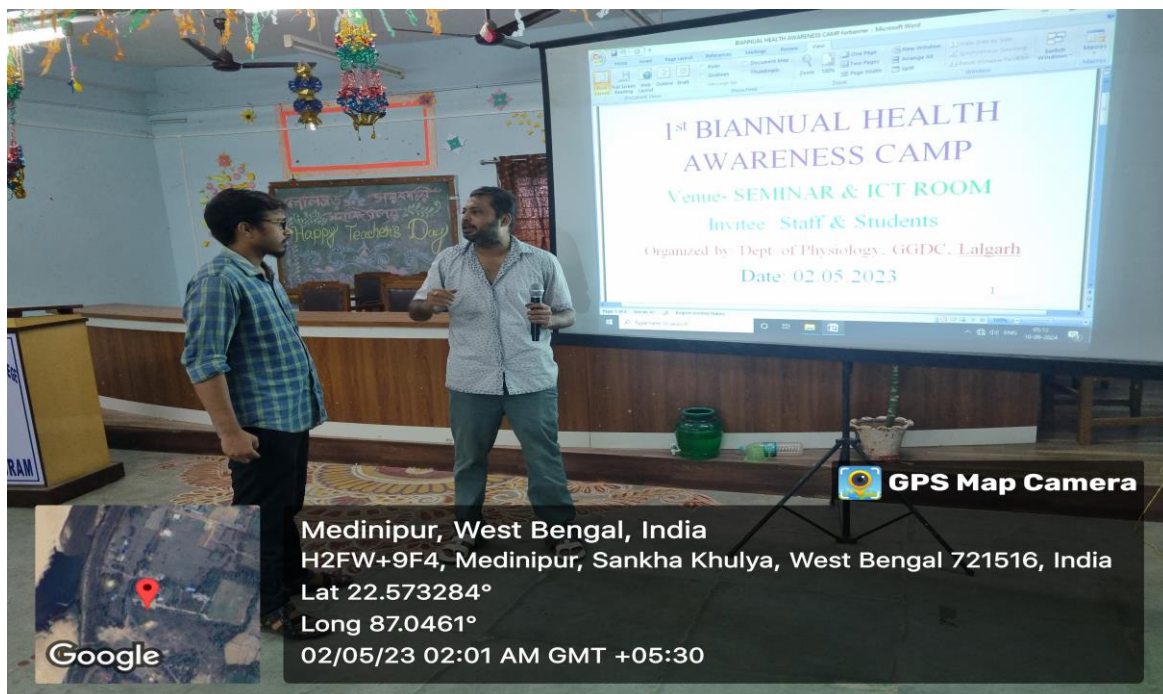
5. Evidence of Success

Through screening we have able to address nutrition needs of two students who were underweight as well as a staff member who took medical advice from South India Hospital for his long standing chronic gastrointestinal problem. We also counseled students and staff on issues to mental health.

6. Problems Encountered

Female students remain inaccessible to share their mental or social health problems. Interestingly, they are the ones who self-volunteered for physical health screening. Secondly, a structured cost-effective intervention involving the rural health monitoring team is required to follow-up family health issues that are voiced by the students.

1st Biannual Health Camp: 02/05/2023:





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2nd Biannual Health Camp: 23/11/2023:





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3rd Biannual Health Camp: 07/05/24

