



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

Outreach Activity
Health Camp
(Faculty of Nursing)



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

1. **Title of the Activity:** “Hypertension screening health camp”
2. **Date:** 24th February 2024
3. **Location of the Activity:** Village Birhera, Haryana.
4. **Organizing Faculty/Department/Association:** Department of Community
Health Nursing, Wellbeing Club
5. **Participating Team Members with Designation:**
 1. Prof. Sunil Kumar Dular (HOD, Community Health Nursing Department)
 2. Ms. Deepa Mukherjee (Associate Professor)
 3. Ms. Rachna (Assistant Professor)
 4. Ms. Nutan Kumari (Assistant Professor)
 5. Ms. Manidipa Sarkar (PG Tutor)
 6. Mr. Naveen (PG Tutor)
 7. Ms. Khiumajuliu Abonmai (PG Tutor)
 8. Ms. Sneha Priya (PG Tutor)
 9. Ms. Sushmita Sharma (PG Tutor)



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

5. **E Brochure/Banner (if made)-** NA

6. **Objective of the Activity:**

- To provide General Health Assessment
- To Provide Hypertension Screening of all the beneficiaries.
- To involve students in co-curricular activities.

7. **Brief Write-up (300 -500 words) on the event(s)explaining activities undertaken**

The Wellbeing Association under **Community Health Nursing Department, Faculty of Nursing, SGT University**, Gurugram Celebrated “Hypertension screening camp” on 24 **February 2024** from 10:00 am to 2:00 pm at **Aaganwari** Birhera, Haryana.

The Hypertension screening camp for elderly individuals, along with health education and yoga sessions, intends to raise awareness about heart health and preventive measures. Through screenings and knowledge-sharing, the effort seeks to enable elderly people in effectively handling hypertension. Including yoga sessions additionally improves their overall well-being, emphasizing a comprehensive approach to cardiovascular health among the elderly.

The camp was organized under the guidance of Prof. (Dr.) Sunil Kumar Dular, Dean Faculty of Nursing.

BSC Interns, GNM 3rd year students participated in a hypertension screening programme. The students thoroughly enjoyed the activity.



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

8. Number & Description of Beneficiaries: 100 village peoples from Birhera,

Haryana participated.

9. Outcome of the Activity & its relevance to Health Sciences:

The objective of this General Health Assessment and Hypertension Screening of all the beneficiaries followed by Role play and Health Education for awareness regarding risk factors, prevention, myths and management of Hypertension. The Nursing students also encourage all the participants to stay healthy by maintaining a healthy lifestyle.



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

10. Relevant Photographs with captions (preferably geo-tagged & High-

resolution images – to be mailed as separate attachments along with

placement in word file also) – 4 to 6 Photograph



General Health Screening



Yoga done by the Beneficiaries





SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

11. Feedback from Beneficiaries/ Photo of Letter of Appreciation/

Testimonials: Nil

12. List of the student participants

No	Name	Signature	Faculty
1.	Sushmita sharma		PNUR
2.	Nikhil		Bsc 10th Year
3.	Prateek		
4.	Ekta		
5.	Ishu		
6.	Mansi		
7.	Komal		GNY 3rd Year
8.	Shivani		
9.	Sangeeta		
10.	Anjali		
11.	Anjali Shokeen		
12.	Neeraj		
13.	Shiksha		
14.	Tannu (3c)		
15.	Lipika		
16.	Pinki		
17.	Sanaya		
18.	Jasmine		
19.	Anmol		
20.	Komal		
21.	Pupali		



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR