



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

“A Better Transition of Life: Health and Menopause”
Awareness Camp”

ON

14. December.2023

AT

Taj Nagar, Farukhnagar Gurugram Haryana



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Name of the faculty- Faculty of Physiotherapy

Name of the EVENT –

“A Better Transition of Life: Health and Menopause”
Awareness Camp

On

14 December 2023 at 10:00AM



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1. Title of the **EVENT** – FREE PHYSIOTHERAPY AND HEALTH CHECK UP CAMP.

2. **Date** – 14th December 2023

3. **Location of activity** – Haji Patlipuir VILLAGE, Farukhnagar, HARYANA

4. Organizing faculty/Department: Faculty of Physiotherapy

5. **Participating Team member/Expert** (Brief Profile of Expert):-

Dr. Renuka Jakhar (Assistant Professor, FPHY)

6. **Brochure** -





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7. Permission letter –



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8. Objective of activity –

- To make awareness of physiotherapy among the rural people.
- To rehabilitate the unreached sufferers among rural people

9. Brief write up of event/Report of the EVENT:

The faculty of physiotherapy in association of Faculty of Nursing, SGT University organized an Awareness camp entitled “A Better Transition of Life: Health and Menopause” on 14th December 2023 in Taj Nagar Farukhnagar, Haryana. The Awareness camp gained a lot of attention and was a great achievement.

The main purpose of the visit was to provide no cost physiotherapy services to the less reached area and awareness amongst the people of Taj Nagar Farukhnagar, Haryana. The team reached the gram panchayat at 10.30am in the morning and started the camp, they treated around 55 women patients under the guidance of Dr. Renuka Jakhar Assistant Professor, Faculty of Physiotherapy). The camp was led by 10 students from the department, including 5 postgraduate and 10 undergraduate students along with office Assistant Mr. Rakesh. Most of the patients reported with menopausal problems. People were also counselled regarding general health awareness, home care advice, weight management. Overall, the camp was a success with a very good response from the villagers.

10. Picture of Event:



Team of Faculty of Physiotherapy SGT University, Gurugram



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Dr Renuka addressing the womens of Taj Nagar for their improvement in Menstrual Health



Dr Renuka addressing the women of Taj Nagar for their improvement in Menstrual Health



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Team of Faculty of Physiotherapy SGT University, Gurugram



Team physiotherapy instructing to follow the exercise regime for better Menstrual Health



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Team physiotherapy instructing to follow the exercise regime for better Menstrual Health

11. Feedback Forms - NA
12. Number of Beneficiaries - 55 Patients were treated.