



1.4.3 Services Provide for Local Community

Index

S.No.	Title	Date
1	A Health Camp under Family adoption programme organised by Health care providers at Anganwadi Centre at Garhi-Harsaru	11-07-2024
2	A Health Camp under Family adoption programme organised by Health care providers at Anganwadi Centre at Garhi-Harsaru	17-07-2024
3	Fit Future BMI Check Camp	07-04-2025
4	Physiotherapy Checkup and Health Camp	11-12-2024
5	Physiotherapy Assessment and Awareness Camp	18-02-2025
6	Physiotherapy for musculoskeletal condition and ergonomic advice	20-01-2025
7	Lung Health Checkup: Screening for a Better tomorrow	29-01-2025
8	Physiotherapy Awareness Camp on Menopause	24-01-2025
9	Physiotherapy Checkup and Health Camp	20-01-2025
10	PAYTM health camp	04-03-2025



Event Report

Date: 11 July 2024

Title of the event: A Health Camp under Family adoption programme organised by Health care providers at Anganwadi Centre at Garhi-Harsaru

Organizer(s): Department of Community Medicine, FMHS, SGT University

Venue: At Anganwadi Centre, Garhi-Harsaru

Chief Guests / Speakers / Resource Persons:

Event Coordinator:

The faculty members,

- Senior residents, PG students, interns and Health care staff from the
- Department of Community Medicine, SGT University.

Event Poster/Banner



Minute to Minute Programme:

Time	Activity	Description
09:30 – 10:00 AM	Arrival & Setup	Faculty members, senior residents, PG students, interns, and health staff set up the camp space, OPD desk, BP & sugar testing counters, and registration area.
10:00 – 10:15 AM	Camp Inauguration & Orientation	Brief introduction given to community members about the purpose of the camp and services available.
10:15 – 12:15 PM	Health Screening & OPD Services	- General OPD consultation provided. - Height, weight, BMI, and waist-to-hip ratio measurements taken. - Random blood sugar (RBS) and blood pressure (BP) checked. - General physical examination conducted. - Hb testing for anemia screening.
12:15 – 12:45 PM	Medicine Dispensing	Free medicines distributed based on prescriptions given after consultation.
12:45 – 01:00 PM	Community Awareness & Counselling	Beneficiaries were counseled on NCD risk factors, lifestyle modification, and informed about health services available at SGT Hospital.
01:00 PM onwards	Closing & Feedback	Camp concluded with collection of community feedback and documentation of beneficiaries.

Highlights of the Event:

- Organized by Department of Community Medicine, FMHS, SGT University as part of the Family Adoption Programme.
- Active participation of faculty, senior residents, PG students, interns, and healthcare staff ensured smooth execution.
- 16 beneficiaries registered and availed services, including elderly people, women, adolescents, and children.
- Free OPD consultation, BMI check, BP & RBS testing, Hb testing, and general examination conducted.
- Beneficiaries received free medicines as per prescription.
- Community sensitized about the importance of NCD screening and encouraged to utilize facilities at SGT Hospital.
- Positive response and appreciation from the residents of Garhi-Harsaru.



Outcome:

- 16 beneficiaries screened for diabetes, hypertension, anemia, and general health issues.
- Early identification of NCD risk factors (Diabetes & Hypertension) achieved.
- Residents received accessible and free healthcare services within their community.
- Strengthened community awareness of preventive healthcare and available facilities at SGT Hospital.
- The camp successfully demonstrated the importance of community-based health interventions in promoting early screening and prevention of chronic diseases.

Attendance Sheet:

SGT Medical College, Hospital & Research Institute
(A Constituent of SGT University)
Buthera, Gurgaon-Baddi Road, Gurgaon (Haryana) - 122005 Ph. 0124-2278183, 2278184, 2278185

Date: 18/7/24

O.P.D PATIENT REGISTER

S.No.	Date	O.P.D. No.	Patient Name	Age/Sex	Doctor's Name	Department	Remark
1	16/7/24		विश्व	52/F	सिंह	Med.	9992102159
2	"		विश्व	52/F	सिंह	Med.	
3	"		विश्व	52/F	सिंह	Med.	
4	"		विश्व	52/F	सिंह	Med.	
5	"		विश्व	52/F	सिंह	Med.	
6	"		विश्व	52/F	सिंह	Med.	
7	"		विश्व	52/F	सिंह	Med.	
8	"		विश्व	52/F	सिंह	Med.	
9	"		विश्व	52/F	सिंह	Med.	
10	"		विश्व	52/F	सिंह	Med.	
11	"		विश्व	52/F	सिंह	Med.	
12	"		विश्व	52/F	सिंह	Med.	
13	"		विश्व	52/F	सिंह	Med.	
14	"		विश्व	52/F	सिंह	Med.	
15	"		विश्व	52/F	सिंह	Med.	
16	"		विश्व	52/F	सिंह	Med.	
17	"		विश्व	52/F	सिंह	Med.	
18	"		विश्व	52/F	सिंह	Med.	
19	"		विश्व	52/F	सिंह	Med.	
20	"		विश्व	52/F	सिंह	Med.	
21	"		विश्व	52/F	सिंह	Med.	
22	"		विश्व	52/F	सिंह	Med.	
23	"		विश्व	52/F	सिंह	Med.	
24	"		विश्व	52/F	सिंह	Med.	
25	"		विश्व	52/F	सिंह	Med.	
26	"		विश्व	52/F	सिंह	Med.	

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O.P.D PATIENT REGISTER

S.No.	Date	O.P.D. No.	Patient Name	Age/Sex	Doctor's Name	Department	Remark
27	18/7/24		विश्व	52/F	सिंह	Med.	
28	"		विश्व	52/F	सिंह	Med.	
29	"		विश्व	52/F	सिंह	Med.	
30	"		विश्व	52/F	सिंह	Med.	
31	"		विश्व	52/F	सिंह	Med.	
32	"		विश्व	52/F	सिंह	Med.	
33	"		विश्व	52/F	सिंह	Med.	
34	"		विश्व	52/F	सिंह	Med.	
35	"		विश्व	52/F	सिंह	Med.	
36	"		विश्व	52/F	सिंह	Med.	
37	"		विश्व	52/F	सिंह	Med.	
38	"		विश्व	52/F	सिंह	Med.	
39	"		विश्व	52/F	सिंह	Med.	
40	"		विश्व	52/F	सिंह	Med.	
41	"		विश्व	52/F	सिंह	Med.	
42	"		विश्व	52/F	सिंह	Med.	
43	"		विश्व	52/F	सिंह	Med.	
44	"		विश्व	52/F	सिंह	Med.	
45	"		विश्व	52/F	सिंह	Med.	
46	"		विश्व	52/F	सिंह	Med.	
47	"		विश्व	52/F	सिंह	Med.	
48	"		विश्व	52/F	सिंह	Med.	
49	"		विश्व	52/F	सिंह	Med.	
50	"		विश्व	52/F	सिंह	Med.	

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O.P.D PATIENT REGISTER

S.No.	Date	O.P.D. No.	Patient Name	Age/Sex	Doctor's Name	Department	Remark
51	10/3/24		विश्व	52/F	सिंह	Med.	
52	"		विश्व	52/F	सिंह	Med.	
53	"		विश्व	52/F	सिंह	Med.	
54	"		विश्व	52/F	सिंह	Med.	
55	"		विश्व	52/F	सिंह	Med.	
56	"		विश्व	52/F	सिंह	Med.	
57	"		विश्व	52/F	सिंह	Med.	
58	"		विश्व	52/F	सिंह	Med.	
59	"		विश्व	52/F	सिंह	Med.	
60	"		विश्व	52/F	सिंह	Med.	
61	"		विश्व	52/F	सिंह	Med.	
62	"		विश्व	52/F	सिंह	Med.	
63	"		विश्व	52/F	सिंह	Med.	
64	"		विश्व	52/F	सिंह	Med.	
65	"		विश्व	52/F	सिंह	Med.	
66	"		विश्व	52/F	सिंह	Med.	
67	"		विश्व	52/F	सिंह	Med.	
68	"		विश्व	52/F	सिंह	Med.	
69	"		विश्व	52/F	सिंह	Med.	
70	"		विश्व	52/F	सिंह	Med.	
71	"		विश्व	52/F	सिंह	Med.	
72	"		विश्व	52/F	सिंह	Med.	
73	"		विश्व	52/F	सिंह	Med.	
74	"		विश्व	52/F	सिंह	Med.	
75	"		विश्व	52/F	सिंह	Med.	
76	"		विश्व	52/F	सिंह	Med.	
77	"		विश्व	52/F	सिंह	Med.	
78	"		विश्व	52/F	सिंह	Med.	
79	"		विश्व	52/F	सिंह	Med.	
80	"		विश्व	52/F	सिंह	Med.	

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O.P.D PATIENT REGISTER

S.No.	Date	O.P.D. No.	Patient Name	Age/Sex	Doctor's Name	Department	Remark
81	10/3/24		विश्व	52/F	सिंह	Med.	
82	"		विश्व	52/F	सिंह	Med.	
83	"		विश्व	52/F	सिंह	Med.	
84	"		विश्व	52/F	सिंह	Med.	
85	"		विश्व	52/F	सिंह	Med.	
86	"		विश्व	52/F	सिंह	Med.	
87	"		विश्व	52/F	सिंह	Med.	
88	"		विश्व	52/F	सिंह	Med.	
89	"		विश्व	52/F	सिंह	Med.	
90	"		विश्व	52/F	सिंह	Med.	
91	"		विश्व	52/F	सिंह	Med.	
92	"		विश्व	52/F	सिंह	Med.	
93	"		विश्व	52/F	सिंह	Med.	
94	"		विश्व	52/F	सिंह	Med.	
95	"		विश्व	52/F	सिंह	Med.	
96	"		विश्व	52/F	सिंह	Med.	
97	"		विश्व	52/F	सिंह	Med.	
98	"		विश्व	52/F	सिंह	Med.	
99	"		विश्व	52/F	सिंह	Med.	
100	"		विश्व	52/F	सिंह	Med.	
101	"		विश्व	52/F	सिंह	Med.	
102	"		विश्व	52/F	सिंह	Med.	
103	"		विश्व	52/F	सिंह	Med.	
104	"		विश्व	52/F	सिंह	Med.	
105	"		विश्व	52/F	सिंह	Med.	
106	"		विश्व	52/F	सिंह	Med.	
107	"		विश्व	52/F	सिंह	Med.	
108	"		विश्व	52/F	सिंह	Med.	
109	"		विश्व	52/F	सिंह	Med.	
110	"		विश्व	52/F	सिंह	Med.	

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O.P.D PATIENT REGISTER

S.No.	Date	O.P.D. No.	Patient Name	Age/Sex	Doctor's Name	Department	Remark
111	18/7/24		Lata	48/F	Mishra Lal	G.M.	81822845
112	"		Simta	40/F	Krishnan	Dentale	78958401
113	"		Geeta	48/F	Arjit Singh	G.M.Dentale	79945819
114	"		Sudesh	48/F	Sujat	G.M.	79930400
115	"		Gunjana K.	24/F	Murthy	G.M.	79118224
116	"		Riya Singh	28/F	Vaish Singh	G.M.	74558945
117	"		Nestak	41/M	Vaish Singh	G.M.	71
118	"		Anita	40/F	Laxmi Naray	G.M.	722049219
119	"		Ragini	18/F	Rinku	G.M.	795186102
120	"		Chandrika Mukh	40/F	Rinku	G.M.	795186102
121	"		Sangeeta	58/F	Hemant	G.M.	715186102
122	"		Pooja	29/F	Gandu	G.M.	732049219
123	"		Jay	11/M	Hemant	Dentale	782776583
124	"		Yash	14/M	Hemant	G.M.	782776583
125	"		Anvita	23/F	Ratan K.	G.M.	782776583
126	"		Kajal	22/F	Vikas	G.M.	782776583
127	"		Laksh	31/M	Abhishek K.	Dentale	782776583
128	"		Ragini	48/M	Ram Singh	G.M.	782776583
129	"		Ram Parshad	41/M	Ramdas	G.M.	782776583
130	"		Manu	35/F	Hemant	G.M.	782776583
131	"		Renu	24/F	Manu	G.M.	782776583
132	"		Harshita	20/M	Bimal	G.M.	782776583
133	"		Parvati	32/F	Harshita	G.M.	782776583
134	"		Mani	40/F	Krishna	G.M.	782776583
135	"		Janaki	46/F	Mohan	Dentale	782776583

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O.P.D PATIENT REGISTER

S.No.	Date	O.P.D. No.	Patient Name	Age/Sex	Doctor's Name	Department	Remark
136	18/7/24		विश्व	52/F	सिंह	Med.	
137	"		विश्व	52/F	सिंह	Med.	
138	"		विश्व	52/F	सिंह	Med.	
139	"		विश्व	52/F	सिंह	Med.	
140	"		विश्व	52/F	सिंह	Med.	
141	"		विश्व	52/F	सिंह	Med.	
142	"		विश्व	52/F	सिंह	Med.	
143	"		विश्व	52/F	सिंह	Med.	
144	"		विश्व	52/F	सिंह	Med.	
145	"		विश्व	52/F	सिंह	Med.	
146	"		विश्व	52/F	सिंह	Med.	
147	"		विश्व	52/F	सिंह	Med.	
148	"		विश्व	52/F	सिंह	Med.	
149	"		विश्व	52/F	सिंह	Med.	
150	"		विश्व	52/F	सिंह	Med.	
151	"		विश्व	52/F	सिंह	Med.	
152	"		विश्व	52/F	सिंह	Med.	
153	"		विश्व	52/F	सिंह	Med.	
154	"		विश्व	52/F	सिंह	Med.	
155	"		विश्व	52/F	सिंह	Med.	
156	"		विश्व	52/F	सिंह	Med.	
157	"		विश्व	52/F	सिंह	Med.	
158	"		विश्व	52/F	सिंह	Med.	
159	"		विश्व	52/F	सिंह	Med.	
160	"		विश्व	52/F	सिंह	Med.	
161	"		विश्व	52/F	सिंह	Med.	
162	"		विश्व	52/F	सिंह	Med.	
163	"		विश्व	52/F	सिंह	Med.	
164	"		विश्व	52/F	सिंह	Med.	
165	"		विश्व	52/F	सिंह	Med.	
166	"		विश्व	52/F	सिंह	Med.	
167	"		विश्व	52/F	सिंह	Med.	
168	"		विश्व	52/F	सिंह	Med.	
169	"		विश्व	52/F	सिंह	Med.	
170	"		विश्व	52/F	सिंह	Med.	
171	"		विश्व	52/F	सिंह	Med.	
172	"		विश्व	52/F	सिंह	Med.	
173	"		विश्व	52/F	सिंह	Med.	
174	"		विश्व	52/F	सिंह	Med.	
175	"		विश्व	52/F	सिंह	Med.	
176	"		विश्व	52/F	सिंह	Med.	
177	"		विश्व	52/F	सिंह	Med.	
178	"		विश्व	52/F	सिंह	Med.	
179	"		विश्व	52/F	सिंह	Med.	
180	"		विश्व	52/F	सिंह	Med.	



Event Report

Date: 17 July 2024

Title of the event: A Health Camp under Family adoption programme organised by Health care providers at Anganwadi Centre at Garhi-Harsaru

Organizer(s): Department of Community Medicine, FMHS, SGT University

Venue: Anganwadi Centre, Sardana

Chief Guests / Speakers / Resource Persons:

Event Coordinator:

The faculty members,

- senior residents, PG students, interns and Health care staff from the
- department of Community Medicine, SGT University.

Event Poster/Banner

Minute to Minute Programme:

Time	Activity	Description
09:30 – 10:00 AM	Arrival & Setup	Team of faculty, senior residents, PGs, interns, and health staff arranged OPD desk, screening counters, registration, and lab testing area.
10:00 – 10:15 AM	Camp Inauguration & Orientation	Introduction to beneficiaries about the purpose of the camp, awareness on lifestyle diseases, and services available at SGT Hospital.
10:15 – 12:30 PM	Health Screening & OPD Services	- General OPD consultation - Height, weight, BMI, and waist-to-hip ratio - BP measurement & RBS testing for NCD screening - Hb testing for anemia - General physical examination
12:30 – 12:50 PM	Medicine Dispensing	Beneficiaries received prescribed medicines free of cost.

12:50 – 01:00 PM	Awareness & Counselling Session	Participants were counseled on healthy diet, prevention of diabetes & hypertension, and regular follow-up at SGT Hospital.
01:00 PM onwards	Closing & Feedback	Collection of community feedback, documentation of services provided, and conclusion of camp.

Highlights of the Event:

- Conducted by Department of Community Medicine, FMHS, SGT University under the Family Adoption Programme.
- Active involvement of faculty, senior residents, PG students, interns, and health staff ensured smooth functioning.
- 33 beneficiaries, including elderly, women, adolescents, and children availed free health services.
- Comprehensive services provided: OPD consultation, BMI assessment, BP & RBS testing, Hb testing, and physical examination.
- Free medicines dispensed to all beneficiaries.
- Awareness sessions conducted to educate the community on prevention of lifestyle diseases and importance of availing health services at SGT Hospital.
 - Positive response and appreciation received from the community.

Outcome:

- 33 beneficiaries screened for risk factors of Diabetes, Hypertension, and Anemia.
- Early detection of NCDs was achieved, ensuring timely referral and management.
- Improved accessibility of basic OPD services within the community, reducing barriers to healthcare.
- Enhanced community awareness on preventive health practices and services available at SGT Hospital.

- The camp successfully demonstrated the role of community-based outreach in preventive health and early intervention.



Attendance Sheet:

SGT Medical College, Hospital & Research Institute
(A Constituent of SGT University)
Budhera, Gurugram-Badli Road, Gurugram (Haryana) - 122505 Ph. : 0124-2278183, 2278184, 2278185

Date- 18/3/24

O.P.D PATIENT REGISTER

No.	Date	O.P.D. No.	Patient Name	Age/Sex	Doctor's Name	Department	Remark
1	18/3/24		जागरा	60/F	डॉ. चण्ड	Med.	9497102159
2	"		मिथी	52/F	डॉ. वेडा	Med.	"
3	"		रिश्तपाल	90/M	डॉ. विद्यराम	Dentale	8448052550
4	"		सखी देवी	50/F	डॉ. मोगीराम	Med.	"
5	"		रामदास	38/M	डॉ. रामदास	Eye	8810293225
6	"		गंजू देवी	50/F	डॉ. रंजन	Surgery+D.P.	"
7	"		देवादास	10/M	डॉ. महेन्द्र सिंह	Med.	7503349257
8	"		मोन्सा	81/F	"	"	"
9	"		पन्नालाल	74/M	डॉ. विद्यालाल	Eye	"
10	"		लुनिल	43/M	डॉ. राजकुमार	Eye	9818253276
11	"		विश्वकली देवी	55/F	डॉ. मोनेलनराम	Med.	"
12	"		रजनी	20/F	डॉ. वेडा	Dentale	9817533801
13	"		शुबिका	81/F	डॉ. वेडा	"	"
14	"		कलनाम	64/M	डॉ. जयनारायण	Surgery	7693635310
15	"		समिता	43/F	डॉ. स्वयंभू सिंह	Dentale	9817533801
16	"		पन्डू माता	60/M	डॉ. रिशाल सिंह	Med.	8376046519
17	"		राजपाला	58/F	डॉ. फरमान	Surgery+D.P.	"
18	"		इमानंद	72/M	डॉ. जयनारायण	Med.	"
19	"		सती देवी	50/F	डॉ. पवन जीत	Med.	कमल 2000
20	"		माया देवी	52/F	डॉ. मदन प्रकाश	Eye	"
21	"		चर्मवीर	72/M	डॉ. छोटाराम	Eye	"
22	"		निशांत	45/M	डॉ. सुभाष	Eye	7283065500
23	"		नमीला	30/F	डॉ. सुभाष	Eye	"
24	"		शुशीला	32/F	डॉ. रमराम	Med.	9317862342
25	"		गीता	40/F	डॉ. प्रकाश	Med.	8170265547
26	"		रिना	45/F	डॉ. राजकुमार	Med.	7531926716

SGT Medical College, Hospital & Research Institute
(A Constituent of SGT University)
Budhera, Gurugram-Badli Road, Gurugram (Haryana) - 122505 Ph. : 0124-2278183, 2278184, 2278185

O.P.D PATIENT REGISTER

S. No.	Date	O.P.D. No.	Patient Name	Age/Sex	Doctor's Name	Department	Remark
27	18/3/24		निर्मल	55/F	डॉ. नारायण सिंह	Med.	"
28	"		दिशानपती	53/F	डॉ. महेन्द्र	Surgery+Eye	"
29	"		रोशानी	63/F	डॉ. पन्नालाल	Eye	"
30	"		डासारपी देवी	75/F	डॉ. सुखवीर सिंह	Med.	"
31	"		मीना देवी	38/F	डॉ. लेखराज	Med.	"
32	"		शुबिका	38/F	डॉ. डीकी	Dentale	9130428300
33	"		निना	53/F	डॉ. राधा पाल	D.P.	"
34	"		संजय	35/F	डॉ. कवल	Med.	"
35	"		नायन	41/M	डॉ. सुखीर	Eye	9067260520
36	"		सती देवी	38/F	डॉ. सती देवी	Med.	7911815050
37	"		उमली	53/F	डॉ. सती देवी	Dentale	"
38	"		पुष्पा	55/F	डॉ. सुभाष	Med.	"
39	"		विश्वरूप	51/M	डॉ. विद्यराम	Surgery	9710799479
40	"		विश्वरूप	71/M	डॉ. विकारा	Med.	8575272062
41	"		डा. सुख	71/M	डॉ. डीकी	Med.	8130248303
42	"		मोन्सा	32/F	डॉ. वेद प्रकाश	Med.	9707828117
43	"		डा. सुख	25/F	डॉ. विकारा	Med.	8575240062
44	"		सुरेश	62/M	डॉ. बल बल राम	Surgery	"
45	"		शिवरा	52/F	डॉ. रामलाल	Eye	"
46	"		रिड	35/F	डॉ. नारायण जंठार	Eye	7911508007
47	"		विश्वरूप सिंह	35/F	डॉ. जमित	Med.	9117143466
48	"		सुमिता	50/F	डॉ. सुभाष	Eye	"
49	"		विश्वरूप	33/F	डॉ. सुधीर	Dentale	7279660697
50	"		संजय	35/F	डॉ. वेद प्रकाश	Med.	7742665368
51	"		विश्वरूप	25/F	डॉ. नारायण सिंह	Med.	756082084
52	"		सावनी	38/F	डॉ. सुखीर	Med.	9873076004



Event Report

Date: 07 April 2025

Title of the event: Fit Future BMI Check Camp

Organizer(s): Faculty of Physiotherapy, SGT University

Venue: Bright Beginning Public school, Farukhnagar, Gurugram

Event Coordinator: Dr. Neha Reyalch

Minute to Minute Programme:

Time	Activity	Description
09:00 AM	Departure from SGT University	Team comprising physiotherapy students and faculty departed for the camp venue.
10:30 AM	Arrival at Bright Beginning Public School	Camp team arrived and began initial setup and coordination.
10:45 AM	Orientation & Welcome Address	Introduction of the camp objectives and welcome by school authorities.
11:00 AM	BMI Screening & Health Assessments Begin	Students aged 2–15 years underwent BMI checks and general health evaluations.
11:30 AM	Demonstration: Physiotherapy Exercises	Demonstration of key exercises: hamstring stretches, breathing techniques, thoracic expansion, and balance.
12:00 PM	Practical Session: Student Participation	Students practiced physiotherapy exercises under guidance of MPT students Komal and Lipika.
12:30 PM	Interactive Session: Lifestyle Awareness	Students educated on lifestyle disorders, posture issues, and benefits of regular exercise.
01:00 PM	Follow-Up Advice & Referrals	Parents and students advised on the need for hospital evaluation where necessary.
01:30 PM	Feedback & Community Interaction	Feedback collected from students and teachers; positive responses noted.
02:00 PM	Closing Remarks & Acknowledgments	Concluding note by event coordinator and school representatives.
02:15 PM	Departure from School	Team packed up and returned to SGT University.

03:30 PM	Arrival at SGT University	Return to campus marked the conclusion of the camp.
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Highlights of the Event:

1. **Collaboration Between Faculties:** The health camp was organized as a collaborative effort between the Faculty of dental, Allied Sciences and department of ophthalmology along with the Faculty of Physiotherapy at SGT University, showcasing the power of interdisciplinary cooperation in promoting community health.
2. **Free Health Assessments:** A total of 40 Students, aged between 2-15 years, received free health assessments focused on early detection of lifestyle and growth related health conditions such as childhood obesity, malnutrition, stunted growth, and various musculoskeletal deformities such as bow legs, knock knees etc.
3. **Engaging Awareness Sessions:** Students were educated about common lifestyle related health conditions and their symptoms. The awareness sessions emphasized the significance of lifestyle changes, and pros of being a active and fit being.
4. **Introduction to Physiotherapy:** For many Students and parentss, this camp marked their first introduction to physiotherapy. Students demonstrated and guided them through various exercises.
5. **Practical Demonstrations:** Hands-on demonstrations of physiotherapy exercises and evaluating the BMI to assess and guide them toward good health and overall well-being.
6. **Active Student Participation:** The camp was led by two anthusiastic physiotherapy students— both from the first- year MPT program (Komal and Lipika Yadav). Their involvement ensured a practical and personalized experience for all participants.
7. **Positive Community Response:** The camp received an enthusiastic response from the students , school teachers, and their parents for being educated about various lifestyle related conditions and the importance of maintaining good health. The initiative also raised awareness about the harmful effects on lifestyle changes, particularly regarding sedantary living and its impact on various functions of the body.



Outcome:

1. **Raised Awareness About Healthy Lifestyle Practices:**

Interactive sessions and practical demonstrations increased awareness among students about the harmful effects of sedentary lifestyles, poor nutrition, screen dependence, and lack of physical activity. Students and staff were educated on preventive strategies to avoid lifestyle-related disorders.

2. **Introduction to Physiotherapy:** Many participants were introduced to physiotherapy for the first time, learning exercises to improve lifestyle for healthy living.

3. Early Detection of Health Concerns :

BMI evaluations conducted during the camp helped identify early signs of childhood obesity, malnutrition, and growth irregularities such as stunted growth. Musculoskeletal deformities like bow legs and knock knees were flagged for follow-up, supporting timely intervention.

4. Positive Response:

The initiative received enthusiastic feedback from the community, with many expressing interest in continuing the exercises and seeking further evaluations.

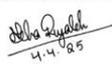
5. Empowered Participants:

Students practiced physiotherapy techniques like diaphragmatic breathing, hamstring stretch and balance exercises gaining to improve their overall health .

6. Successful Collaboration:

The teamwork between the Faculty of Dental Sciences, Faculty of Allied Sciences, Department of Ophthalmology and Faculty of Physiotherapy at SGT University contributed to the camp's success.

Attendance Sheet:

 SGT UNIVERSITY Shree Guru Gobind Singh Tricentenary University FACULTY OF PHYSIOTHERAPY				
SGTU/FPHY/2025/		Date: - 04/04/2025		
The Faculty of Physiotherapy is organizing a health camp at Bright Beginning Public School (Fit future BMI Check camp) on 7 th April 2025 in collaboration with Dental, Allied sciences and Department of ophthalmology				
The following faculty member and MPT students, have been assigned to participate in the clinical outreach health camp.				
Faculty In charge - Dr. Neha Reyalch  4.4.25				
ATTENDANCE SHEET				
SR.NO	REGISTRATION NO	STUDENTS NAME	DESIGNATION	SIGNATURE
1	240319012	Komal	1 st Year MPT	
2	240319036	Lipika	1 st Year MPT	
 Coordinator Community Outreach Activity				

 SGT UNIVERSITY Shree Guru Gobind Singh Tricentenary University FACULTY OF PHYSIOTHERAPY			
SGTU/FPHY/2025/		Date: - 04/04/2025	
CIRCULAR			
The Faculty of Physiotherapy is organizing a health camp at Bright Beginning Public School (Fit future BMI Check camp) on 7 th April 2025 in collaboration with Dental, Allied sciences and Department of ophthalmology			
The following faculty member and MPT students, have been assigned to participate in the clinical outreach health camp.			
Faculty In charge - Dr. Neha Reyalch			
STUDENTS LIST			
SR.NO	REGISTRATION NO	STUDENTS NAME	DESIGNATION
1	240319012	Komal	1 st Year MPT
2	240319036	Lipika	1 st Year MPT
 Coordinator Community Outreach Activity		For:  Dean, FPHY	
Phone: - 0124-2278183, 84, 85		Extn: 3298 3299	E-mail ID: dean.fphy@sgtuniversity.org



Event Report

Date: 11 December 2024

Title of the event: Physiotherapy Checkup and Health Camp

Organizer(s): Faculty of Physiotherapy

Venue: Krishi Bhawan

Minute to Minute Programme:

Time	Activity	Description
10:00 AM - 10:30 AM	Setup and Arrival	The team from SGT University arrives at Krishi Bhawan, sets up the camp, and prepares for the day's activities.
10:30 AM - 11:00 AM	Participant Registration & Briefing	Government officials register for the camp and receive a brief introduction to the day's events.
11:00 AM - 1:00 PM	Physical Fitness & Posture Analysis	Participants undergo assessments to check strength, flexibility, endurance, and receive a detailed posture analysis.
1:00 PM - 2:00 PM	Ergonomic Evaluations & Consultations	The team provides one-on-one guidance on how to set up ergonomic workstations to prevent strain.
2:00 PM - 3:00 PM	Interactive Sessions	Workshops are held on posture correction, stretching exercises, and physical rehabilitation techniques.
3:00 PM - 4:00 PM	Personalized Consultations & Recommendations	Each participant receives a tailored consultation with practical advice for improving their health and habits.
4:00 PM - 4:30 PM	Concluding Remarks & Wrap-up	The event concludes with a final thank you to the officials and a promise for healthier workplace habits.

Highlights of the Event:

- The health camp was organized by the Faculty of Physiotherapy at SGT University.
- It took place at Krishi Bhawan on December 11, 2024, targeting government officials.
- Approximately 80 officials received free health checkups and advice.
- A team of 14 students, supervised by two assistant professors, conducted the assessments.
- Services included physical fitness evaluations, posture analysis, and ergonomic guidance for the workplace.
- The event successfully raised awareness about the importance of ergonomic care and healthy workplace habits.



Outcome:

The health camp successfully achieved its primary objective of promoting physical fitness and ergonomic awareness among government officials. The participants not only received a comprehensive evaluation of their health and posture but also gained practical knowledge on how to maintain proper body posture and adopt healthier habits in their daily work routines. The officials expressed their satisfaction and committed to implementing the ergonomic advice they received. This initiative proved to be a significant step in fostering a culture of wellness in the workplace, highlighting the importance of preventative healthcare in improving both well-being and productivity.

Attendance Sheet:

 **SGT UNIVERSITY** | 
Shree Guru Gobind Singh Tricentenary University
FACULTY OF PHYSIOTHERAPY

Date: 11/12/2024

ATTENDANCE SHEET

Clinical Outreach Activity Physio Health camp held at 11th December 2024 at Kirti Bhawan, Dr. Rajendra Prasad Road, New Delhi.

S. No	Name	Signature
1	Dr. Priyanka Swasth	
2	Aaryuki Jain	
3	Aditi Thakur	
4	Aarsha Malhotra	
5	Vandana Sharma	
6	Shubham Jain	
7	Lagan	
8	Jyoti	
9	Shruti	
10	Kartika	
11	Mansukhi	
12	Vandana	
13	Pooja	
14	Aarsha Sachdeva	
15	Shivani Shukla	

 *Dr. Lalit Singh*
Coordinator
Community Outreach

Phone : 0124-2278181, 84, 81 Fax: 0124 2278181 E-Mail ID : dean@sgtuniversity.org



Event Report

Date: 18 February 2025

Title of the event: Physiotherapy Assessment and Awareness Camp

Organizer(s): SVSP (FPHY, SGT HOSPITAL, FAHS, FNUR)

Venue: The Earth Saviours Foundation, Bandhwari Village, Gurugram

Event Coordinator: Dr. Ankita and Dr. Anushree

Minute to Minute Programme:

Time	Activity	Description
09:00 AM	Arrival and Setup	Physiotherapy team arrived and set up the assessment area with registration desks, equipment for demonstrations, and awareness materials.
09:30 AM	Patient Registration and History Taking	Residents registered and medical/psychological histories were recorded with support from caregivers and staff to ensure accurate information collection.
10:00 AM	Initial Physiotherapy Assessment	Physical evaluations conducted to assess muscle strength, mobility, balance, posture, and joint flexibility.
11:00 AM	Mental Health Screening	Assessments adjusted for residents with mental retardation or trauma; emotional and behavioral responses observed alongside physical function assessments.
11:30 AM	Therapeutic Exercise Demonstration	Group-based demonstration of simple exercises to improve mobility, strength, posture, and coordination.
12:00 PM	Relaxation & Mindfulness Techniques	Guided relaxation and breathing exercises to support mental well-being, reduce anxiety, and improve focus.
12:30 PM	Caregiver Training Session	Caregivers received training on supporting exercises, promoting safety, and encouraging active participation among residents.
01:00 PM	Lunch and Informal Interaction	Break for refreshments and informal interaction between team members, residents, and staff.
02:00 PM	One-on-One Consultations	Personalized therapy guidance and feedback provided to each resident based on their assessments and health needs.

03:00 PM	Interactive Awareness Session	Educational talk on the importance of physiotherapy in managing mental and physical conditions; Q&A with residents and caregivers.
03:30 PM	Motivation and Empowerment Session	Motivational interaction to encourage residents in continuing therapy independently and improve their quality of life.
04:00 PM	Closing and Feedback	Residents and caregivers provided feedback; physiotherapy team expressed gratitude and encouraged continued engagement in rehabilitation practices.

Highlights of the Event:

- **Comprehensive Health Assessments:**
Over 50 residents were evaluated for physical impairments, joint stiffness, arthritis, gait and balance issues, and mental health challenges.
- **Hands-On Therapeutic Support:**
Demonstrations of personalized physiotherapy exercises, posture correction, and relaxation techniques were conducted by a dedicated team of experts and students.
- **Holistic Care Approach:**
Both physical and mental health needs were addressed through combined assessments, caregiver training, and motivational support.
- **Community Engagement:**
The camp fostered awareness among residents and caregivers about the role of physiotherapy in improving mobility, mental wellness, and overall quality of life.
- **Positive Impact & Feedback:**
Residents expressed gratitude for the compassionate care and practical guidance, indicating noticeable improvements in their confidence, movement, and well-being.





Outcome:

- **Enhanced Awareness:** Residents and caregivers gained valuable insights into the interplay between physical activity and mental health, understanding the role of physiotherapy in managing various conditions.
- **Empowerment Through Education:** The awareness sessions inspired residents to actively engage in their rehabilitation process, fostering a sense of control and independence.
- **Improved Physical and Mental Well-being:** Personalized recommendations and hands-on demonstrations encouraged residents to practice therapeutic exercises, leading to improvements in mobility, mood, and overall quality of life.
- **Positive Feedback:** Participants expressed appreciation for the comprehensive assessments, practical guidance, and the empathetic approach of the physiotherapy team.

Attendance Sheet:

SR.NO	REGISTRATION NO	STUDENTS NAME	SIGNATURE
		DR. ANUSHREE RAI (FACULTY)	
1	240329061	BAZILLA 1 st Year MPT	<i>[Signature]</i>
2	240329029	RASHMI 1 st Year MPT	<i>[Signature]</i>
3	240329044	RASHMI 1 st Year MPT	<i>[Signature]</i>
4	240329065	MANJOT 1 st Year MPT	<i>[Signature]</i>
5	240329055	SHIVANGI 1 st Year MPT	<i>[Signature]</i>
6	240329060	ISHAN 1 st Year MPT	<i>[Signature]</i>
7	210305008	BANEET 4 th Year BPT	<i>[Signature]</i>
8	210305022	VEDANTI 4 th Year BPT	<i>[Signature]</i>
9	210305033	MANVI 4 th Year BPT	<i>[Signature]</i>
10	210305030	YUVRAJ 4 th Year BPT	<i>[Signature]</i>
11	210305016	RAHUL 4 th Year BPT	<i>[Signature]</i>

[Signature]
Coordinator
Community Outreach Activity

Phone: - 0124-2278183, 84, 85 Extn: 3298 3299 E-mail ID: dean.fphy@sgtuniversity.org



Event Report

Date: 20 January 2025 & 03 February 2025

Title of the event: Physiotherapy for musculoskeletal condition and ergonomic advice

Organizer(s): Faculty of Physiotherapy, SGT University

Venue: INCOME TAX OFFICE, New Delhi

Chief Guests / Speakers / Resource Persons:

Event Coordinator: Dr. Pooja Anand

Event Poster/Banner



Minute to Minute Programme:

Time	Activity	Description
09:00 AM	Team Arrival and Setup	Physiotherapy team from SGT University arrives and sets up treatment stations, assessment desks, and registration counters.
09:30 AM	Registration of Participants	Employees of the Income Tax Office begin registering for physiotherapy assessment at the designated registration desk.
10:00 AM	Initial Screening and Vital Checks	Participants undergo vital sign monitoring (BP, pulse, etc.) and fill out symptom questionnaires.
10:30 AM	Musculoskeletal Assessment Begins	Students and faculty begin structured assessments including posture analysis, joint mobility, and muscle strength evaluations.
11:00 AM	Therapeutic Intervention Phase I	Initial treatment sessions start using modalities like IFT, TENS, and Ultrasound for identified conditions.
12:30 PM	Ergonomic Counselling & Posture Correction	Participants are given ergonomic advice tailored to their workstation setup, sitting posture, and movement patterns.
01:00 PM	Lunch/Short Break for Team	Team takes a short refreshment/lunch break while continuing support in shifts.
01:30 PM	Therapeutic Intervention Phase II	Continued treatment and exercise prescription: strengthening, stretching, and mobilization techniques.
02:30 PM	Educational Guidance & Exercise Demonstration	One-on-one or small group demonstration of home exercises and desk stretches for preventing repetitive strain injuries.
03:30 PM	Faculty Supervision and Review	Dr. Himanshu Gakhar reviews treatment plans, supervises complex cases, and ensures standardized care delivery.
04:00 PM	Final Consultations & Feedback Collection	Final round of treatments for late registrants; feedback collected from participants about quality and experience.
04:30 PM	Wrap-up and Team Discussion	Team packs up equipment, discusses observations and learning points from the camp, and finalizes documentation.

Highlights of the Event:

- A two-day physiotherapy camp was conducted on 20 Jan & 03 Feb 2025 at the Income Tax Office, New Delhi.
- A total of 146 employees received assessments and treatments for musculoskeletal issues.
- Common conditions included neck pain, back pain, and postural problems due to prolonged desk work.
- Treatments involved IFT, Ultrasound, TENS, and ergonomic counseling.
- Led by Dr. Himanshu Gakhar with support from 19 UG and PG physiotherapy students.

- Students gained valuable hands-on experience in real workplace scenarios.
- The camp received positive feedback from participants for its usefulness and impact.





Outcome:

Patients were satisfied and appreciated the advices and treatment given. The student who participated in this camp gained hands on experience on assessment and management of musculoskeletal conditions in desk job workers.

Attendance Sheet:


SGT UNIVERSITY
 Shree Guru Gobind Singh Tricentenary University
FACULTY OF PHYSIOTHERAPY


SGTU/PHY/2025/ Date: - 25/01/2025

The following faculty members and students from MPT and BPT have been assigned to participate in the Clinical Outreach Activity scheduled for 28th and 29th January 2025 at the Income Tax Office, ITO, New Delhi.

All team members are required to report to the department at 8:30 AM on the respective days.

ATTENDANCE SHEET

SR.NO	REGISTRATION NO.	NAME	SIGNATURE 28/01/2025	SIGNATURE 29/01/2025
1		Dr. Himanshu Gakhar		
2	250319045	Vandana Sharma	<i>[Signature]</i>	
3	230319023	Kajal Jain	<i>[Signature]</i>	
4	230319043	Shubham Pal	<i>[Signature]</i>	
5	230319049	Shikhar	<i>[Signature]</i>	
6	230319041	Pranav	<i>[Signature]</i>	
7	230319056	Sweety	<i>[Signature]</i>	
8	240319047	Shrutika	<i>[Signature]</i>	
9	240319009	Harsh	<i>[Signature]</i>	
10	240319068	Ashwin	<i>[Signature]</i>	
11	240319014	Nachiketa	<i>[Signature]</i>	
12	240319028	Nihita	<i>[Signature]</i>	
13	240319045	Jyoti	<i>[Signature]</i>	
14	240319010	Tanu	<i>[Signature]</i>	
15	210305095	Punect	<i>[Signature]</i>	
16	210305040	Manish	<i>[Signature]</i>	
17	210305078	Annapurna	<i>[Signature]</i>	
18	210305069	Khushi	<i>[Signature]</i>	

got postponed to 5th Feb 2025

[Signature]
25/1/25
Coordinator
Community Outreach Activity


SGT UNIVERSITY
 Shree Guru Gobind Singh Tricentenary University
FACULTY OF PHYSIOTHERAPY


The following faculty members and students from MPT and BPT have been assigned to participate in the Clinical Outreach Activity scheduled for 03rd February, 2025 at the Income Tax Office, ITO, New Delhi.

All team members are required to report to the department at 8:30 AM on the respective days.

ATTENDANCE SHEET

SR.NO	REGISTRATION NO.	NAME	SIGNATURE
1		Dr. Himanshu Gakhar	<i>[Signature]</i>
2	230319045	Vandana Sharma	<i>[Signature]</i>
3	230319023	Kajal Jain	<i>[Signature]</i>
4	230319056	Sweety	ABSENT
5	240319047	Shrutika	<i>[Signature]</i>
6	240319009	Harsh	<i>[Signature]</i>
7	240319068	Ashwin	<i>[Signature]</i>
8	240319014	Nachiketa	<i>[Signature]</i>
9	240319028	Nihita	<i>[Signature]</i>
10	240319045	Jyoti	<i>[Signature]</i>
11	240319010	Tanu	<i>[Signature]</i>
12	240319059	Sarika	<i>[Signature]</i>
13	240319013	Manav	<i>[Signature]</i>
14	210305095	Punect	<i>[Signature]</i>
15	210305040	Manish	<i>[Signature]</i>
16	210305078	Annapurna	<i>[Signature]</i>
17	210305069	Khushi	<i>[Signature]</i>

[Signature]
Coordinator
Community Outreach Activity

Phone: - 0124-2278183, 84, 85 Extn: 3298 3299 E-mail ID: dean.phy@sgtuniversity.org



Event Report

Date: 29 January 2025

Title of the event: Lung Health Checkup: Screening for a Better tomorrow

Organizer(s): Faculty of Physiotherapy, SGT University

Venue: Mubarakpur, Gurugram

Minute to Minute Programme:

Time	Activity	Description
10:30 AM – 10:45 AM	Arrival and Setup	The faculty team and students arrive at the venue in Mubarakpur, Gurugram, and begin setting up the health camp stations and materials.
10:45 AM – 11:00 AM	Briefing and Welcome	Introduction of the camp, objectives explained to villagers, and opening remarks by the faculty team.
11:00 AM – 11:45 AM	Health Assessments	Screening of villagers (ages 40–75) for lung-related issues including COPD, asthma, SOB, hypertension, and diabetes.
11:45 AM – 12:15 PM	Interactive Awareness Session	Educating villagers about lung conditions, symptoms, smoking hazards, and lifestyle changes for better lung health.
12:15 PM – 12:45 PM	Physiotherapy Demonstrations	Demonstration of lung health exercises such as incentive spirometer, diaphragmatic breathing, thoracic expansion, and pursed-lip breathing.
12:45 PM – 01:15 PM	Practical Participation	Villagers practice the exercises with hands-on guidance from physiotherapy students to learn correct techniques.
01:15 PM – 01:30 PM	Personalized Consultations	One-on-one consultations where participants receive tailored suggestions and referrals for further medical follow-up, if needed.
01:30 PM – 01:45 PM	Feedback and Closing Remarks	Collection of verbal feedback from villagers, appreciation of participants, and closing of the health camp.

Highlights of the Event:

- **Collaboration Between Faculties:** The health camp was organized as a collaborative effort between the Faculty of Nursing and the Faculty of Physiotherapy at SGT University, showcasing the power of interdisciplinary cooperation in promoting community health.
- **Free Health Assessments:** A total of 16 individuals from the village, aged between 40 and 75 years, received free health assessments focused on early detection of lung-related issues like COPD, hypertension, asthma, and shortness of breath.
- **Engaging Awareness Sessions:** Villagers were educated about common lung conditions and their symptoms. The awareness sessions emphasized the significance of lifestyle changes, such as quitting smoking and adopting healthier habits to improve lung health.
- **Introduction to Physiotherapy:** For many villagers, this camp marked their first introduction to physiotherapy. Students demonstrated and guided them through various exercises aimed at enhancing lung function, including diaphragmatic breathing, pursed lip breathing, and thoracic expansion exercises.
- **Practical Demonstrations:** Hands-on demonstrations of physiotherapy techniques, like the use of an incentive spirometer and ankle-toe pumps, provided participants with practical tools to improve their lung health and overall well-being.
- **Active Student Participation:** The camp was led by four enthusiastic physiotherapy students—two from the first-year MPT program (Anchal Gupta and Navya Jain) and two from the second-year MPT program (Pinki and Upasana). Their involvement ensured a practical and personalized experience for all participants.
- **Positive Community Response:** The camp received an enthusiastic response from the villagers, with many showing interest in learning more about physiotherapy and incorporating exercises into their daily routines. The initiative also raised awareness about the harmful effects of smoking and the importance of regular exercise.
- **Encouraging Health Prioritization:** The event successfully encouraged villagers to prioritize their health, with special emphasis on adopting lung exercises and seeking further medical evaluation when necessary. Participants were encouraged to visit the hospital for more detailed assessments if required.



Outcome:

The health camp successfully raised awareness among villagers about lung-related health issues such as COPD, hypertension, and asthma. For many participants, it was their first introduction to physiotherapy, where they learned exercises to improve lung health. The camp empowered villagers by teaching them effective techniques like diaphragmatic and pursed-lip breathing, equipping them with tools to enhance their lung function. It also encouraged positive lifestyle changes, motivating individuals to quit smoking and prioritize physical activity. The initiative received an overwhelmingly positive response from the community, with many expressing interests in continuing the exercises and pursuing further evaluations. Emphasizing the importance of preventive care, the camp promoted regular health check-ups and provided referrals when necessary. Moreover, the event strengthened the bond between healthcare providers and the community, building trust and paving the way for future health initiatives. The successful collaboration between the Faculty of Nursing and Physiotherapy at SGT University played a crucial role in the camp's overall impact.

Attendance Sheet:

		SGT UNIVERSITY			
Shree Guru Gobind Singh Tricentenary University					
FACULTY OF PHYSIOTHERAPY					

Date: - 28/01/2025

The Department of Adult Health Nursing, Faculty of Nursing, in collaboration with Samajik Vikas, SGT Ka Prayas, SGT Hospital and Research Centre, and the Department of Physiotherapy, SGT University, Gurugram, is organizing an outreach activity on "Lung Health Check-up - Screening for a better tomorrow" at Maharakpur, Gurugram, on 29 January 2025.

Students attending the camp are

ATTENDANCE SHEET

Sr. No.	Registration No.	Name	Designation	Signature
1	230319058	Pinky	2 Year MPT	
2	230319062	Upasna	2 Year MPT	
3	240319058	Anchal Gupta	1 Year MPT	
4	240319046	Navya Jain	1 Year MPT	


Coordinator
1/1/25

Community Outreach Activity

Phone: 011-26100000



Event Report

Date: 24 January 2025

Title of the event: Physiotherapy Awareness Camp on Menopause

Organizer(s): Faculty of Physiotherapy, SGT University

Venue: MANKAROLA VILLAGE, GURUGRAM

Event Coordinator: Dr. Renuka

Minute to Minute Programme:

Time	Activity	Description
10:00 AM – 10:15 AM	Arrival & Setup	Physiotherapy team and student volunteers arrive at Mankarola Village and set up the venue for the awareness camp.
10:15 AM – 10:25 AM	Welcome & Introduction	Dr. Renuka welcomes the participants and introduces the objective of the awareness camp focused on menopause education and physiotherapy.
10:25 AM – 10:50 AM	Interactive Awareness Session	Informative session on menopause symptoms, hormonal changes, lifestyle adaptations, and the role of physiotherapy in managing menopause-related issues.
10:50 AM – 11:10 AM	Nukkad Natak (Street Play)	A street play performed by students to raise awareness about menopause and promote the importance of physical activity in an engaging way.
11:10 AM – 11:40 AM	Exercise Demonstration	Practical demonstration of physiotherapy exercises useful during menopause, including breathing techniques, stretching, and pelvic floor strengthening.
11:40 AM – 12:00 PM	One-on-One Q&A & Personal Guidance	Participants ask questions and receive individualized advice and exercise tips tailored to their symptoms and lifestyle.
12:00 PM – 12:10 PM	Feedback & Suggestions Collection	Participants share their feedback, suggestions, and express interest in regular camps for continuous health education.

12:10 PM – 12:20 PM	Vote of Thanks	Dr. Renuka thanks the organizing team, student volunteers, village women, and SGT University leadership for their support and enthusiastic participation.
12:20 PM – 12:30 PM	Group Photo & Camp Wind-up	Group photograph with participants and volunteers, followed by packing up and departure from the village.

Highlights of the Event:

- Active participation from village women, with keen interest in learning about menopause management.
- Positive engagement during the Nukkad Natak and interactive sessions
- Participants expressed enthusiasm for adopting physiotherapy exercises in their daily routines.
- Requests for follow-up sessions to sustain awareness and health practices.



Outcome:

The event led to increased awareness among women about menopause and its management, empowering them with valuable health knowledge. The Nukkad Natak and exercise demonstrations were well-received, serving as engaging tools to convey important

information. Participants expressed appreciation for the physiotherapy team's approachability and expertise, which helped create a comfortable and supportive environment. Additionally, many suggested organizing regular camps to reinforce health education and ensure continued community engagement.

Attendance Sheet:



SGT UNIVERSITY

Shree Guru Gobind Singh Tricentenary University



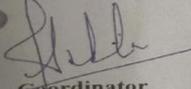
SGTU/FPHY/2025/
Date: - 23/01/2025

The following faculty members & students of MPT & BPT are posted for the Clinical Outreach Activity and which is scheduled for 24th January 2025 at Mankrola, Haryana. All the members of the team must report at 08.30AM in department.

The list of the members has been attached herewith.

ATTENDANCE SHEET

Sr.no	Name	Designation	Signature
1	Dr. Renuka	Faculty In- charge	<i>Renuka</i>
2	Shreya Sharma	MPT 2 Year	<i>Shreya</i>
3	Sarika	MPT 1 Year	<i>Sarika</i>
4	Krutika Yadav	MPT 1 Year	<i>Krutika</i>
5	Priyanka	BPT 2 Year	<i>Priyanka</i>
6	Dhani Sain	BPT 2 Year	<i>Dhani Sain</i>
7	Harkirat Kaur Bedi	BPT 2 Year	<i>ABIR</i>
8	Arju Ahlawat	BPT 1 Year	<i>Arju</i>
9	Tanisha Gulia	BPT 1 Year	<i>Tanisha</i>
10	Yanesh Sharma	BPT 1 Year	<i>Yanesh</i>
11	Bharti Yadav	BPT 1 Year	<i>Bharti</i>
12	Anjali Chaudhary	BPT 1 Year	<i>Anjali</i>
13.	Pratyush kumar	BPT 3 rd Yr	<i>Pratyush</i>



**Coordinator
Community Outreach Activity**

Phone - 0124-2278183, 84, 85
Extn: 3298 3299
E-mail ID: dean.fphy@sgtuniversity.org



Event Report

Date: 20 January 2025

Title of the event: Physiotherapy Checkup and Health Camp

Organizer(s): Faculty of Physiotherapy, SGT University

Venue: Sri Ram International School

Minute to Minute Programme:

Date	Time	Activity	Description
21 January 2025	10:00 AM – 10:15 AM	Arrival and Setup	Physiotherapy team reached the school and set up equipment and stations for assessments.
21 January 2025	10:15 AM – 10:30 AM	Welcome and Introduction	Camp objectives were shared with school staff and students; team members introduced.
21 January 2025	10:30 AM – 1:00 PM	Health Assessments	Conducted BMI, Apley Scratch Test, Toe Touch Reach Test, and Endurance Wall Squat Test for students aged 5–10 years.
21 January 2025	1:00 PM – 1:30 PM	Health Awareness Session	Interactive discussion on benefits of physical fitness and flexibility.
21 January 2025	1:30 PM – 2:00 PM	Feedback and Wrap-Up	Individual feedback given to students; camp concluded for the day.
22 January 2025	10:00 AM – 10:15 AM	Arrival and Setup	A new team of postgraduate students arrived and prepared for the second day of assessments.
22 January 2025	10:15 AM – 10:30 AM	Recap and Introduction	Brief recap of Day 1 and explanation of assessment tools for new group of students (aged 7–11 years).
22 January 2025	10:30 AM – 1:00 PM	Fitness Assessments	Conducted BMI, flexibility, and endurance evaluations under supervision of Dr. Aarti.

22 January 2025	1:00 PM – 1:30 PM	Interactive Session	Students were engaged in a Q&A session focused on healthy routines and staying active.
22 January 2025	1:30 PM – 2:00 PM	Closing and Group Photo	Summary of camp shared; thank-you remarks; group photo with students and faculty concluded the event.

Highlights of the Event:

- The camp successfully assessed 570 students across two days.
- The event provided insights into students' fitness levels and emphasized the importance of regular physical activity.
- Interactive sessions and practical evaluations encouraged students to prioritize their health and adopt healthier habits.
- The initiative received an enthusiastic response, promoting fitness awareness among the younger generation.



Outcome:

The camp successfully provided valuable insights into the students' physical fitness levels and raised awareness about the importance of physical activity. The initiative was well-received, with students showing great enthusiasm. It successfully achieved its goal of promoting physical fitness awareness among the younger generation and encouraged students to prioritize their health.

Attendance Sheet:

SGT UNIVERSITY
Shree Guru Gobind Singh Tricentenary University
FACULTY OF PHYSIOTHERAPY

SGTU/FPHY/2024/ Date: - 20/01/2025

The following faculty member & students of MPT & BPT are posted for the Clinical Outreach Activity and which is scheduled on 21st January 2025 at Sri Ram International School, Najafgarh. All the members of the team must report at 08.30AM in department.
The list of the members has been attached herewith.

	Name	Designation
1	Dr. Aarti	Faculty-in-charge
2	Dileep	Dileep
3	Jaskaran	Jaskaran
4	Astha Jha	Astha Jha
5	Rahul Aman	Rahul Aman
6	Khusboo	Khusboo
7	Kartika Aggarwal	Kartika Aggarwal
8	Shrutika	Shrutika
9	Khushi	Khushi
10	Sagar	Sagar
11	Jiusibi Ramciary	Jiusibi Ramciary

[Signature]
Coordinator
Community Outreach Activity

Phone - 0124-2278183, 84, 85 Extn. 3298 3299 E-mail ID: dean.fphy@sgtuniversity.org

SGT UNIVERSITY
Shree Guru Gobind Singh Tricentenary University
FACULTY OF PHYSIOTHERAPY

SGTU/FPHY/2024/ Date: - 20/01/2025

The following faculty member & students of MPT & BPT are posted for the Clinical Outreach Activity and which is scheduled on 22nd January 2025 at Sri Ram International School, Najafgarh. All the members of the team must report at 08.30AM in department.
The list of the members has been attached herewith.

S. No	Name	Designation
1	Dr. Aditi	Faculty-in-charge
2	Bareet	
3	Vedant	
4	Gaurav	
5	Rachini	
6	Yuraj	
7	Ishani	Ishani
8	Akansha	Akansha
9	Soumya	Soumya
10	Garima	Garima
11	Ritika	Ritika

5 - day required only 4 students for BPT interventions

[Signature]
Coordinator
Community Outreach Activity

Phone - 0124-2278183, 84, 85 Extn. 3298 3299 E-mail ID: dean.fphy@sgtuniversity.org



Event Report

Date: 04 March 2025 to 07 March 2025

Title of the event: PAYTM health camp

Organizer(s): Faculty of Physiotherapy, SGT University

Venue: Paytm Payments bank, Noida

Event Coordinator: Dr. Jaganjyoti Das

Minute to Minute Programme:

Date	Time	Activity	Description
04 March 2025	10:30 AM	Arrival & Setup	The physiotherapy team arrived and set up the assessment stations at Paytm Payments Bank, Noida.
04 March 2025	11:00 AM	Tea Break	Tea and orientation session with Paytm staff.
04 March 2025	11:30 AM	Consultations Begin	One-on-one physiotherapy consultations addressing issues like neck pain, back pain, etc.
04 March 2025	12:00 PM	Postural Assessments	Individual posture screening and feedback by physiotherapy team.
04 March 2025	12:30 PM	Ergonomic Advice	Guidance on desk setup, screen height, and proper chair positioning.
04 March 2025	01:00 PM	Exercise Demonstrations	Demonstration of simple workplace-friendly stretches to reduce strain.
04 March 2025	01:30 PM	Interactive Q&A	Employees asked questions regarding posture, strain, and long-term fitness.
04 March 2025	02:00 PM	Short Break	Refreshment break for the visiting team.
04 March 2025	02:30 PM	Resume Consultations	Continued assessments and ergonomic counselling.
04 March 2025	03:30 PM	Health Awareness Discussion	Group session on importance of active routines during work hours.
04 March 2025	04:00 PM	Wrap-up and Feedback	Wrap-up for Day 1 and feedback collected from participants.

05 March 2025	10:30 AM	Arrival	Day 2 of the health camp begins with team's arrival.
05 March 2025	11:00 AM	Tea Break	Introductory interaction with Paytm team.
05 March 2025	11:30 AM	Consultations Resume	Continuation of employee consultations and individual assessments.
05 March 2025	12:00 PM	Interactive Exercise Session	Dr. Jaganjyoti Das led a 10-minute exercise session on preventing sedentary posture, improving flexibility and encouraging movement during work hours.
05 March 2025	12:15 PM	Ergonomic Review	Personalized guidance on chair and desk alignment for participants.
05 March 2025	01:00 PM	Group Discussion	Team discussion on key patterns of discomfort and how to mitigate them.
05 March 2025	01:30 PM	Demonstration	Live demonstration of corrective exercises for neck, shoulders, and lower back.
05 March 2025	02:00 PM	Feedback Session	Collection of anonymous feedback from employees to gauge camp usefulness.
05 March 2025	03:00 PM	Team Briefing	Internal debrief among volunteers on learnings and planning for the next days.
06 March 2025	11:00 AM	Follow-Up Consultations	Continued assessments for new employees and follow-up of previous cases.
06 March 2025	01:00 PM	Awareness Talk	Short health talk on long-term musculoskeletal wellness and consistency in exercises.
06 March 2025	02:00 PM	Ergonomic Correction Review	Review of ergonomic corrections implemented by employees after initial counselling.
07 March 2025	11:00 AM	Final Assessments	Final day assessments and concluding evaluations of employee fitness.
07 March 2025	12:30 PM	Recap and Follow-Up Guidance	Summary of key issues noticed during the camp and general advice on long-term health.
07 March 2025	01:30 PM	Acknowledgement and Thank You	Expression of gratitude to Paytm management and participants; team packing up.

Highlights of the Event:

- **Employee-Centric Health Initiative:** The camp successfully addressed musculoskeletal concerns common among desk-bound employees through professional physiotherapy assessments and guidance.

- **Large-Scale Participation:** Over 100 employees actively participated across the four days, showing enthusiasm and interest in improving their posture and workplace ergonomics.
- **Expert Supervision:** The camp was conducted under the expert guidance of **Dr. Jaganjyoti Das**, supported by a dedicated team of postgraduate and undergraduate students from the Faculty of Physiotherapy, SGT University.
- **Personalized Consultations:** One-on-one physiotherapy consultations were provided to employees suffering from back pain, neck stiffness, shoulder tension, and other work-related discomforts.
- **Posture and Ergonomics Awareness:** Employees received in-depth ergonomic counseling, including chair positioning, desk setup, screen alignment, and posture correction techniques.
- **Interactive Exercise Demonstrations:** Daily demonstrations of simple workplace exercises were conducted to promote flexibility and reduce muscle strain.
- **Live Fitness Session:** A special 10-minute live fitness session was led by **Dr. Jaganjyoti Das**, educating employees on how to stay active at work through simple stretches.
- **Positive Feedback:** Participants appreciated the practical advice, friendly approach of the physiotherapy team, and expressed a desire for more regular camps.
- **Organizational Support:** Excellent coordination with Paytm management ensured smooth execution and enthusiastic employee turnout.
- **Focus on Preventive Care:** The camp emphasized **preventive physiotherapy** as a key tool in maintaining long-term physical well-being in professional settings.



Outcome:

The PAYTM Health Camp organized by the Faculty of Physiotherapy, SGT University, from 04 to 07 March 2025 at Paytm Payments Bank, Noida, proved to be a highly impactful and meaningful initiative. It effectively addressed common musculoskeletal issues among employees caused by prolonged desk work and poor workplace ergonomics. Through expert consultations, personalized assessments, and live demonstrations, the camp raised awareness about posture correction, injury prevention, and the importance of regular physical activity in a professional setting. Employees reported increased understanding of ergonomic practices and showed keen interest in integrating suggested exercises and postural corrections into their daily routines. The overwhelmingly positive feedback from participants highlighted the effectiveness of the camp and emphasized the growing recognition of physiotherapy as a crucial component of employee wellness. The event not only provided immediate relief and guidance but also laid the foundation for long-term health benefits and a culture of wellness within the workplace.

Attendance Sheet:

SGT UNIVERSITY Shree Guru Gobind Singh Tricentenary University FACULTY OF PHYSIOTHERAPY				
SGTU/FPHY/2025/		Date: - 03/03/2025		
The Faculty of Physiotherapy is organizing a health camp at Paytm Noida on 5 th March 2025				
The following faculty members, along with MPT and BPT students, have been assigned to participate in the clinical outreach health camp.				
ATTENDANCE SHEET				
SR.NO	REGISTRATION NO	STUDENTS NAME	DESIGNATION	SIGNATURE
		DR. JAGANJYOTI DAS	FACULTY IN CHARGE	
1	230319007	SHUBHAM JAIN	2 nd Year MPT	<i>[Signature]</i>
2	230319012	YASHITA	2 nd Year MPT	<i>[Signature]</i>
3	240319001	PRABHAT	1 st Year MPT	<i>[Signature]</i>
4	240319056	PRIYA RISHI	1 st Year MPT	<i>[Signature]</i>
5	210305037	JYOTI	4 th Year BPT	<i>[Signature]</i>
6	210305044	SUMEDHA	4 th Year BPT	<i>[Signature]</i>
 Coordinator Community Outreach Activity				
Phone: - 0124-2278183, 84, 85		Extn: 3298 3299 E-mail ID: dean.fphy@sgtuniversity.org		

SGT UNIVERSITY Shree Guru Gobind Singh Tricentenary University FACULTY OF PHYSIOTHERAPY				
SGTU/FPHY/2025/		Date: - 06/03/2025		
The Faculty of Physiotherapy is organizing a health camp at Paytm Noida on 6 th March 2025				
The following faculty members, along with MPT and BPT students, have been assigned to participate in the clinical outreach health camp.				
ATTENDANCE SHEET				
SR.NO	REGISTRATION NO	STUDENTS NAME	DESIGNATION	SIGNATURE
		DR. LALLI SINGH	FACULTY IN CHARGE	
1	240319039	RITIKA	1 st Year MPT	<i>[Signature]</i>
2	240319011	SUMIT	1 st Year MPT	<i>[Signature]</i>
4	240319001	PRABHAT	1 st Year MPT	<i>[Signature]</i>
5	240319056	PRIYA RISHI	1 st Year MPT	<i>[Signature]</i>
6	240319067	SOURMYA	1 st Year MPT	<i>[Signature]</i>
7	210305082	ANJALI	4 th Year BPT	<i>[Signature]</i>
8	210305090	SAUMYA	4 th Year BPT	<i>[Signature]</i>
 Coordinator Community Outreach Activity				
Phone: - 0124-2278183, 84, 85		Extn: 3298 3299 E-mail ID: dean.fphy@sgtuniversity.org		

SGT UNIVERSITY Shree Guru Gobind Singh Tricentenary University FACULTY OF PHYSIOTHERAPY				
SGTU/FPHY/2025/		Date: - 06/03/2025		
The Faculty of Physiotherapy is organizing a health camp at Paytm Noida on 7 th March 2025				
The following faculty members, along with MPT and BPT students, have been assigned to participate in the clinical outreach health camp.				
ATTENDANCE SHEET				
SR.NO	REGISTRATION NO	STUDENTS NAME	DESIGNATION	SIGNATURE
		DR. ANKITA PARKHE	FACULTY IN CHARGE	
1	240319005	PARUL	1 st Year MPT	<i>[Signature]</i>
2	240319005	JAHNAVI	1 st Year MPT	<i>[Signature]</i>
3	240319048	SHRADDHA	1 st Year MPT	<i>[Signature]</i>
4	240319001	PRABHAT	1 st Year MPT	<i>[Signature]</i>
5	240319056	PRIYA RISHI	1 st Year MPT	<i>[Signature]</i>
6	210305002	ANSHIKA	4 th Year BPT	<i>[Signature]</i>
7	210305039	SHANE	4 th Year BPT	<i>[Signature]</i>
8	210305086	RAHUL SALVI	4 th Year BPT	<i>[Signature]</i>
9	220305025	PRATYUSH	3 rd Year BPT	<i>[Signature]</i>
 Coordinator Community Outreach Activity				
Phone: - 0124-2278183, 84, 85		Extn: 3298 3299 E-mail ID: dean.fphy@sgtuniversity.org		