

Building a Healthier Future: Fusion & Asheerwad's Commitment to Community Well-Being

"Wellness is the foundation of a joyful life."



Health Report Index	
Event Detail	Description
Date & Timing	14 th June, 2024 , 10:30am to 2:30pm
Location	Patiala, Punjab
Collaboration Partner	Fusion Microfinance Ltd
Organizer	Asheerwad (India) Foundation

Executive Summary: -

Fusion Microfinance Limited under their CSR initiative conducted a Free Health Checkup Camp in collaboration with Asheerwad (India) Foundation. This camp was held for the community at Adersh Community Centre, Gali no. 5 Tripadi, Patiala (Punjab), with the primary objective of providing secondary level health facilities at no cost and raising health awareness among the residents. Regular health checkups are crucial for maintaining good health, and this initiative aimed to encourage the community to prioritize their health.

Camp Objectives and Planning: -

The planning for the health camp began approximately five to six days prior to the event. A decision was made to include a team of medical specialists to cater to various health needs. The team comprised:

Medical Team:

- Dr. Arvinder Kaur (Gynecologist)**
- Dr. Amandeep Singh (General. Physician)**
- Dr. Navdeep Walia (M D)**
- Dr. Gurimrat Kaur Aulkh (BDS)**
- Dr. Amritpal Singh (Pharmacist)**
- Satvinder Kaur (Lab. Technician)**

Mr. Anmol Singh (Paramedical Staff)

The strategic selection of the camp's location and timing was made to ensure maximum participation from the general public. Necessary legal permissions were obtained from the Chief Medical Officer of Patiala, Punjab.

Collaboration and Logistics: -

The medical team arrived at Adersh Community Centre, Gali no. 5 Tripadi, Patiala (Punjab) at 10:30 AM. The camp commenced with a small inauguration ceremony led by esteemed guests, Mr. Lalit Ji (MLA representative Aam Admi Party, Mr. Rakesh Nasara (M C) Tripadi Patiala, Mr. Braj Kumar (Pardhan) Mr. Sachin Singh Ji (Senior Divisional Manager Fusion), Mr. Jaskaran Singh (Area Manager Fusion), Mr. Kulveer Singh (Divisional Manager Administration Fusion) Mr. Jitendra Kumar (Director - Asheerwad India Foundation, Haridwar), along with other attendees.

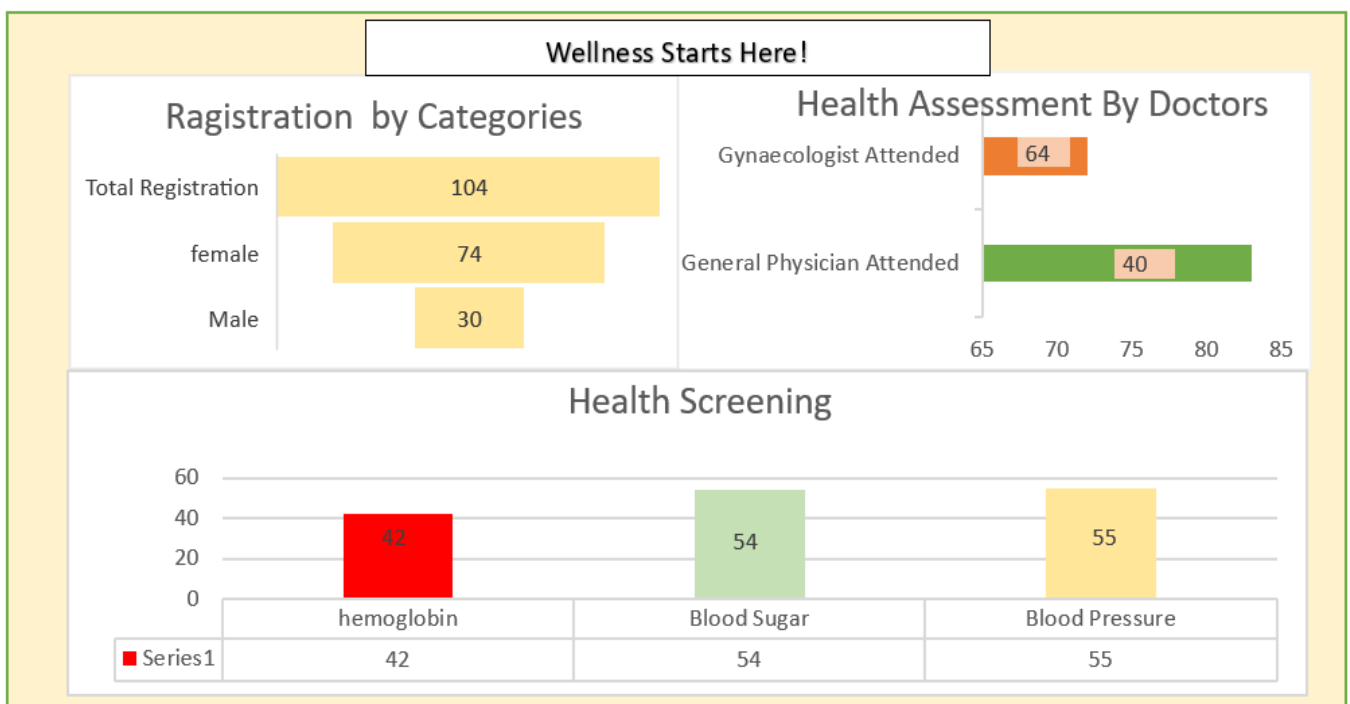
The primary goal of the camp was to provide secondary level health facilities at free of cost and to raise health awareness among the community members. The medical team, consisting of specialists and volunteers, offered comprehensive health checkups and consultations. Patients received diagnoses and were prescribed necessary medications, which were provided free of charge at the camp's medicine counter. The camp concluded around 2:30 PM, leaving behind a community with smiling faces and renewed health awareness.

Statistical Details of the Camp: -

Date of the Camp: 14th June,2024 Location: Tripadi District: Patiala State: Punjab

No. of Registration: 104 Medical & NGO Staff:12 Fusion's Team: 6 No of Guest: 3

Health Camp Registration Details								
Total Registration	Female	Male	Blood Sugar	Haemoglobin	Blood Pressure	Physician Attended	Gynaecologist Attended	No. of Sanitary Pads Distributed
104	74	30	54	42	55	40	64	85



Camp Photographs:



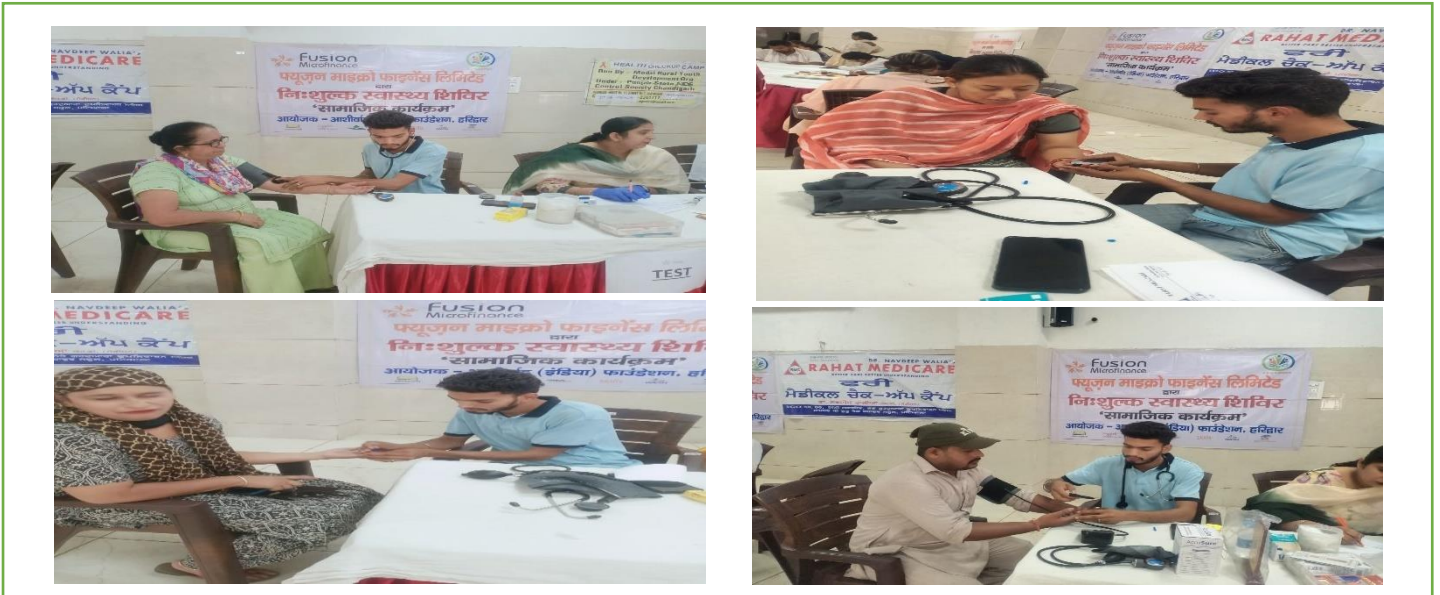
Patients at Registration Counter



General Physician Checkup



Gynaecologist Check-up



Lab Check-up Counter – Blood Sugar, Blood Pressure & Haemoglobin Test



Medicine Distribution Counter

Sanitary Pads Distribution



Welcoming Pics of Guests & Medical Team Honored for Their Dedication

Medical Findings and Observation: -

During the camp, the most common complaints among adults were back pain, knee pain, abdominal discomfort, and general viral fever. Women were often found to have menstrual problems, and several patients were on chronic treatment regimens. These individuals received symptomatic treatment, and women were educated on the importance of personal hygiene. Some people were found to have slightly elevated blood sugar & blood Pressure levels and were advised to seek further treatment at higher health centre.

Community Impact: -

This health camp addressed a critical need in the community: the lack of awareness about regular health checkups and the financial constraints that prevent many from seeking medical care. By offering free health services, we aimed to bridge this gap and promote a healthier lifestyle among the residents of Patiala

Personalized Recommendations: -

S.NO	Name of patient	Common Health Indicators	Health Screening Results
1	Sahil	Low Blood Pressure	76/80
2	Sikander Kaur	High Blood pressure	165/80
3	Kamlesh	High Blood Pressure	157/100
4	Rakesh Gil	High Blood Pressure	169/100
5	Sunil Kumar	High Blood Pressure	150/80
6	Shakuntala	High Sugar	156 mgdL
7	Rishaw	High Sugar	228mgdl
8	Salma	High Sugar	166 mgdl

We encourage Sahil, Sikander Kaur, Kamlesh, Rakesh Gil, Sunil Kumar, Shakuntala, Rishaw, and Salma to proactively improve their health. By adopting recommended dietary and lifestyle changes, monitoring health metrics, and seeking medical advice, they can enhance their overall well-being. Our health camp not only identifies health issues but also offers guidance and support. Visit your nearest government hospital for personalized care

Additionally, let's raise awareness about common health problems and proper hygiene. Good hygiene prevents disease spread. Staying hydrated during summer is crucial—drink water, fresh juices, and soups. At our free health check-up camp, female participants received sanitary pads, promoting menstrual hygiene. Empowering women with essential resources contributes to a healthier community.

Testimony: -


We are incredibly thankful for the free health camp organized by Fusion Microfinance and Asheerwad (India) Foundation in our area of Patiala. The team of doctors was exceptional, providing thorough check-ups and distributing free medicines and sanitary pads. The facilities were top-notch, and the entire experience was deeply appreciated. This camp made a significant difference in our community, and we are truly grateful for the care and attention we received.

With heartfelt thanks,

Smt. Ravinder Kaur (Patient)



Dr. Arvinder Kaur (Gynecologist)



Dr. Navdeep Walla's
RAHAT MEDICARE
BETTER CARE BETTER UNDERSTANDING

Dr. Navdeep Walla
M.B.B.S., MD, (Medicine)
PCMS-1,
PMC No. 28620
Mob. : 98148-30136
0175-5009735

Name Age/Sex Add Dated ... 14/June/2024

BP

Temp.

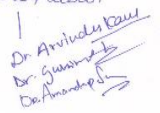
Pulse

SPO₂

We the team of Doctors & staff of 'Rahat Medicare by Dr. Navdeep Walla' attended the free Medical check up Camp on 14/June/2024 at Adush Community centre, Tripura, Patiala Organized by Fusion Microfinance & Asheerwad (India) Foundation(Pat.) Masidwari.

We had a great experience by checking approx. 100 patients in camp. By checking Blood pressure/Vitals/RBS prescribing medications & awarding patients regarding Health issues. Free medicines were distributed to the patients & as most of the patients were females sanitary pads were also distributed to them.

Camp went successful. We are very thankful to both organizations for putting such efforts & we hope that they will organize such camps for the society in future also.


Dr. Arvinder Kaur
 Dr. Gyanendra
 Dr. Anand Singh

FACILITIES AVAILABLE

- Centrally Air Conditions
- Fresh Air Circulation
- Centrally Oxygen Supply
- Ward With HDU Facility
- AC Private Rooms
- Nebulisation
- Computerised ECG
- 24 Hrs. Lab Service (Auto Analyser)
- Digital X - Ray
- Pharmacy
- ICU
- 24 x 7 Emergency Service


Dr. Navdeep Walla
MBBS, MD (Medicine)
Director-Rahat Medicare
Patiala,
PMC Reg. No. 28620

Not Valid For Medico legal Purpose


TIMMING :
Morning : 8:30 am to 1:00 pm
Evening : 4:30 pm to 9:00 pm

SUNDAY :
Morning : 8:00 am to 12:00 pm
Evening : Closed

1779 Dhillonwari Street,
Opp. Subhara Jay Bahadur School,
Ward 5, Sector 17 Patiala (851437 001)



Dr. Gurimrat Kaur Aulkh (BDS)



Future Recommendations: -

The success of this camp underscores the vital importance of such initiatives in communities with limited access to healthcare. We strongly advocate for the continuation and expansion of these camps in the future. Regular health camps play a crucial role in enhancing community health awareness, facilitating early diagnosis, and providing timely treatment of health issues.

Our health camp is a community-driven initiative aimed at promoting well-being and preventive healthcare. Here’s what you need to know:

Health Assessments: At the camp, participants receive comprehensive health assessments. These include measuring vital signs (such as blood pressure, heart rate, and temperature), and assessing overall health status.

Dietary Guidance: Nutritionists and dietitians provide personalized dietary advice. They recommend balanced meals, portion control, and foods rich in essential nutrients. Participants learn about healthier food choices and how to incorporate them into their daily routines.

Lifestyle Counselling: Experts offer guidance on lifestyle modifications. Whether it’s stress management, exercise routines, or sleep hygiene, participants receive practical tips to enhance their quality of life.

Hygiene Education: We emphasize the importance of hygiene practices. Topics include handwashing techniques, oral hygiene, and maintaining a clean-living environment. Proper hygiene prevents the spread of infections and contributes to overall health.

Menstrual Health: As part of our commitment to women's health, we distribute free sanitary pads. This initiative aims to raise awareness about menstrual hygiene and ensure that all women have access to essential products.

Community Engagement: The health camp fosters community bonding. Participants can share experiences, ask questions, and connect with healthcare professionals. It's a supportive environment where everyone learns from each other.

Remember, our goal is not only to identify health issues but also to empower individuals with knowledge and resources. If you haven't attended yet, consider visiting your nearest government hospital for the next health camp. Together, we can build a healthier future.

Conclusion: -

The Free Health Checkup Camp in Patiala, Punjab, was a tremendous success, thanks to the collaboration between Fusion Microfinance Limited, Asheerwad India Foundation, and our dedicated medical team. We are committed to organizing more such events to ensure that health and wellness are accessible to everyone, regardless of financial barriers. By working together, we can create a healthier and more inclusive community. We look forward to continuing this important work and making a positive impact on people live.

***** End of the Report*****