



# HEALTH CAMP REPORT

## 2024-2025

**Date of Camp:** October 7th, 8th and 9th, 2024

**Location:** PN Campus

**Timings:** 08:30 am – 03:00 pm

### Partnered Medical Facilities:

1. **Ophthalmology:** Al Noor Hospital
2. **Dental:** Tanzeel Clinic
3. **General Checkup:** Apollo Hospital

### Objective of the Health Camp

The health camp was organized with the primary objective of promoting regular health checkups and fostering a proactive approach to personal well-being within the community. By offering comprehensive medical screenings, the camp aimed to provide early detection of potential health concerns among students from Grades 1-12, as well as teaching and non-teaching staff. This initiative encouraged participants to prioritize their health through routine assessments, empowering them with essential insights into their physical wellness.

The camp also aimed to instill a culture of health awareness across the campus. Through individual health consultations, participants gained valuable knowledge about preventive care and actionable guidance on maintaining overall wellness.

### Medical Departments and Services Provided

- **Ophthalmology (Al Noor Hospital):** Eye exams were conducted to assess vision clarity, detect common eye issues, and provide referrals where necessary. Glasses prescriptions were issued on the spot for those needing vision corrections.
- **Dental (Tanzeel Clinic):** Routine dental checkups covered cavity assessments, gum health and hygiene education. Patients were advised on proper dental care routines and any critical dental issues were referred for further treatment.
- **General Checkup (Apollo Hospital):** The general checkup included measurements of height and weight, along with an assessment of vital signs (such as blood pressure and heart rate). Based on the overall health report, participants received personalized health suggestions to improve general wellness.

### Observations and Outcomes

- **Health Assessments:** All participants, including students and staff, received individual checkups. Where health issues were detected, recommendations were given to seek follow-up treatment.

- **Health Awareness:** Educational sessions provided valuable insights on preventive care, promoting better lifestyle choices in both students and staff.
- **Referrals:** Individuals with concerns requiring further medical attention were directed to appropriate specialists for detailed evaluations and treatment.

### Remarks and Documentation:

Each participant's health report was carefully recorded. Students and staff received their reports in their school diaries along with cards provided by the respective medical teams. Remarks and recommendations for further follow-up were noted in these cards.

The participation of all students (Grade 1 to 12) and the teaching and non-teaching staff ensured that everyone benefited from this health initiative. The smooth coordination allowed for an efficient flow, ensuring that all individuals were attended to in a timely manner.

### Conclusion

The health camp was a great success, achieving its objectives of comprehensive health assessments and promoting awareness about personal health and well-being within the school community. The smooth coordination among departments and adherence to schedules allowed for efficient checkups for both students and staff. The provision of medical cards and documented health reports enables participants to track their health and take necessary actions based on personalized recommendations. Special thanks are extended to Al Noor Hospital, Tanzeel Clinic and Apollo Hospital for their professional and compassionate service, which made this event a valuable experience for all involved.





