



# स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

## Department of Ophthalmology Himalayan Institute of Medical Sciences

### Report on Sehat Mela: Bringing Healthcare to Every Doorstep" – Islamabad, Bijnor

Organized by: Himalayan Institute of Medical Sciences (HIMS), Swami Rama Himalayan University

#### 1. Introduction

As part of the university's outreach initiative "Sehat Mela: Bringing Healthcare to Every Doorstep," the Department of Ophthalmology, Himalayan Institute of Medical Sciences, organized a **Health Camp** at Islamabad, Bijnor. The camp aimed to provide essential healthcare services, promote preventive health awareness, and strengthen the connection between the institution and rural communities. This initiative reflects the university's commitment to accessible and equitable healthcare delivery in underserved regions.

#### 2. Objectives of the Camp

- To provide basic health screening and consultations for the local population.
- To promote awareness about hygiene, nutrition, and preventive health practices.
- To identify individuals requiring advanced medical evaluation or referral.
- To engage community members in ongoing health and wellness initiatives.

#### 3. Activity Details

Place	Date	No. of Beneficiaries
Islamabad, Bijnor	02 February 2025	2

#### 4. Services Provided

- General health check-up and consultations.
- Screening for common conditions such as vision problems, hypertension, and diabetes.
- Counseling on hygiene, diet, and lifestyle modification.
- Distribution of educational material on preventive healthcare.
- Referral of patients requiring specialized medical care to HIMS.

#### 5. Outcomes

- Enhanced community awareness regarding the importance of preventive healthcare.

- Early identification of individuals at risk of chronic or untreated health conditions.
- Strengthened community engagement and trust in institutional healthcare services.
- Provided hands-on experience and exposure to students participating in community health initiatives.

## 6. Conclusion

The Sehat Mela at Islamabad, Bijnor, was successfully organized and contributed significantly to promoting health awareness and preventive care among the local population. The camp exemplifies Swami Rama Himalayan University's dedication to extending holistic healthcare services to rural and remote communities, fostering a healthier and more informed society.

## Glimpse of the Event



**Our resident giving counselling and taking medical history of the volunteers**

**Dr Renu Dhasmana  
Prof & Head**

**Department of Ophthalmology**

**Dr. Renu Dhasmana**  
Professor & Head  
**Department of Ophthalmology**  
**HIMS, Dehradun**

**Swami Rama Himalayan University**  
**Himalayan Institute of Medical Sciences**  
**Activity: Sehat Mela Bringing Healthcare to Every**  
**Door step**

**List of students participated in the activity**

Dated: 21/02/23

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD2114353002	Simran - Bhandari	Harsh
2.	DD2114353004	Shivani	Shivani
3.			
4.			
5.			

  
Coordinator

**Dr. Harsh Bahadur**  
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