



Bridging Health and Hope:

A Report on the Free Health Check-Up Camp

Organized by The Hope Society

Date: 15th October 2023

Location: Hope Society, Canal road, near VHP Office, Cuttack

On 15th October 2023, The Hope Society successfully organized a free health check-up camp at its premises. The camp aimed to provide comprehensive health assessments and physiotherapy services to individuals with various health concerns, especially related to musculoskeletal disorders. The event was well-received by the community, with a total of 20 participants attending, presenting a range of health issues such as knee pain, shoulder pain, back pain, foot pain, and conditions like Bone Mineral Density (BMD) abnormalities.



Key Health Assessments:

During the camp, participants underwent several health evaluations to monitor their general well-being. The following assessments were conducted:

- Bone Mineral Density (BMD)
- Body Mass Index (BMI)
- Body Fat Analysis (BFA)
- Blood Pressure (BP)
- Heart Rate (HR)
- Oxygen Saturation (SpO2)
- Basal Metabolic Rate (BMR)
- Blood Pressure Analysis (BPA)

Physiotherapy and Medical Advice:

Based on the evaluations, each participant received personalized medical and physiotherapy advice. Those experiencing pain and other symptoms were provided appropriate treatment, including:

Modalities for pain relief such as ultrasound therapy, electrical stimulation, and hot or cold therapy.

Therapeutic exercises aimed at improving mobility, strengthening muscles, and reducing pain.

Postural advice and ergonomic guidance to prevent further injury or discomfort.

The camp allowed participants to gain insights into their health status and offered immediate intervention for pain relief. Additionally, patients were educated on the

importance of regular health check-ups and maintaining an active, healthy lifestyle.

The Hope Society remains committed to serving the community through such initiatives and looks forward to organizing more health camps in the future to support those in need.

In Service of Health: Moments from Our Health Check-Up Camp



Dr. Sanjay Kumar Sazzan, Secretary, The Hope Society assessing the patient.

Glimpses from Doctor's consultation



Glimpses from Physiotherapy Consultation



**Note from the Secretary,
Dr. Sanjay Kumar Sazzan**



"It is heartening to see the overwhelming response and success of the health camp organized by The Hope Society. The dedication of our medical team, physiotherapists, and volunteers has been instrumental in making this event a great success. We believe that early detection and timely interventions are key to preventing chronic conditions, and we are committed to continuing our efforts to provide health care services to those who need it most."

Note from the Doctors

"The health check-up camp was an excellent opportunity for us to assess the health status of participants and offer timely medical advice. From screening vital parameters to addressing individual concerns, we were able to provide essential insights into each patient's well-being. The event was not only about offering treatments but also educating participants on how to take control of their health. We are delighted with the positive feedback from the participants and look forward to future camps."

- Dr Nihar Ranjan Sinha (BHMS)

Note from the Physiotherapist Priyadarshini Mandal (PT):



"As a team of physiotherapists, we focused on addressing the musculoskeletal concerns of the participants. It was a great success to see patients experience immediate pain relief and learn effective exercise techniques that they can continue at home. Our goal was not only to provide therapy but to empower individuals with the knowledge they need to manage their conditions in the long term. We are pleased with the outcomes and are committed to offering our support to the community."

**Note from the Project Coordinator,
Mr. Madhav Kumar Mishra:**



"Coordinating this camp was a rewarding experience. The smooth organization and participation of our dedicated team ensured that every individual who attended was given proper care and attention. The positive impact on the health of participants and the appreciation we received from them is a testament to the success of this initiative. We hope to continue organizing such events and making a meaningful difference in the lives of people in our community."