



Best Practice-2 Report

1. Title of the Practice

Free Health Check-up Camp – Healthy Women, Empowered Families Initiative

2. Objectives of the Practice

1. To ensure regular health screening of teaching and non-teaching staff.
2. To identify lifestyle-related diseases such as hypertension and diabetes at an early stage.
3. To promote preventive healthcare and health awareness among employees.
4. To strengthen awareness under the theme “Healthy Women – Empowered Families.”

3. The Context

In the present scenario, increasing workload and irregular lifestyles have led to a rise in health issues such as high blood pressure and diabetes among employees. Regular medical check-ups are often neglected due to busy schedules. Considering this need, DBS College, Govind Nagar, Kanpur organized a Free Health Check-up Camp in collaboration with Employees’ State Insurance (ESI) Hospital, Govind Nagar.

4. The Practice

A Free Health Check-up Camp was organized on **23rd September 2025** at DBS College, Govind Nagar, Kanpur by Employees’ State Insurance Hospital, Govind Nagar.

The program was formally inaugurated by the Principal, **Prof. Anil Kumar Mishra**, who initiated the camp by undergoing his own health check-up.

The medical team included:

- Dr. Sanjay Kumar Saroj (In-charge, ESI Hospital, Govind Nagar)

- Dr. Shalini
- Pharmacist Harinath Shukla
- Sameena
- Manoj

During the camp, blood pressure and blood sugar levels were checked, and free medicines were distributed to the beneficiaries. Several participants were identified with BP and sugar-related issues and were provided with necessary medical advice.

Approximately **200 teaching and non-teaching staff members** participated in the camp.

The program was sponsored by the National Service Scheme (NSS), DBS College. The Program Coordinator was **Dr. Arunesh Awasthi**, Assistant Professor, B.Ed. Department.

The event was attended by Dr. Sunil Kumar Upadhyay, Dr. Gautam Hal, Dr. Gaurav Singh, Dr. Anuj Kumar, Dr. Ashish Mishra, Dr. Deepmala Singh, Dr. Anita Nigam, Dr Tamanna Begum, Dr Dipali Dwivedi, Dr. Jyoti Sinha and most of the faculty members were present.

5. Evidence of Success

- Participation of around 200 staff members.
- Early detection of hypertension and diabetes cases.
- Free distribution of medicines and medical consultation.
- Positive feedback from participants.
- Newspaper coverage of the event.
- Photographic evidence available.

6. Problems Encountered and Resources Required

Challenges Faced:

- Managing a large number of participants within limited time.
- Need for greater health awareness among some staff members.

Resources Required for Sustainability:

- Periodic organization of health camps.
- Digital health record maintenance.
- Follow-up consultation mechanism.

7. Impact of Practice

- Increased health awareness among staff.
- Early identification of lifestyle-related diseases.

- Promotion of preventive healthcare culture in the institution.
- Strengthened institutional commitment towards staff welfare.



8. Conclusion

The Free Health Check-up Camp proved to be a meaningful and impactful initiative for ensuring the well-being of teaching and non-teaching staff. The practice reflects the institution's commitment to holistic development and staff welfare and can be institutionalized as a regular best practice in the future.

