

HEALTH CHECK-UP CAMP AND AYURVEDA AWARENESS PROGRAMME

Organized/Conducted by: DALCO Healthcare

Venue: Department of Zoology

Date: 17/09/2026

Introduction

A **Health Check-Up Camp and Ayurveda Awareness Programme** was conducted by **DALCO Healthcare at the Department of Zoology** with the objective of promoting health awareness and providing basic health screening services to the participants. The programme also focused on creating awareness about the importance of preventive healthcare and the role of Ayurveda in maintaining overall health and well-being.

Activities Conducted

As part of the health camp, various health screening and consultation services were provided by DALCO Healthcare. The major activities included:

- **BMD (Bone Mineral Density) Test:** A BMD test was conducted to assess bone health and create awareness about the importance of maintaining healthy bones.
- **Blood Pressure (BP) Check-up:** Participants underwent blood pressure screening as part of the routine health assessment.
- **Blood Sugar Testing:** Blood sugar levels were checked to promote awareness regarding blood glucose monitoring and healthy lifestyle practices.
- **Doctor Consultation:** Participants were given an opportunity to consult with a doctor regarding their health concerns and receive appropriate medical advice and guidance.
- **Ayurveda Awareness:** Information and guidance were provided to increase awareness about Ayurveda, preventive healthcare, healthy lifestyle practices, and the importance of maintaining overall well-being.

Outcome of the Programme

The health camp provided participants with an opportunity to undergo basic health screening and seek professional medical advice. The BMD, blood pressure, and blood sugar tests helped participants become more aware of important health parameters and the need for regular health monitoring.

The programme also contributed to increasing awareness about Ayurveda and its relevance to preventive healthcare and healthy living.

Conclusion

The **Health Check-Up Camp and Ayurveda Awareness Programme**, conducted by **DALCO Healthcare at the Department of Zoology**, was a beneficial initiative aimed at promoting health consciousness and preventive healthcare among the participants. The programme provided valuable health screening services, medical consultation, and awareness regarding Ayurveda and healthy lifestyle practices.

