

Report on – WELLNESS CAMP


Title of the Event	WELLNESS CAMP
Date and Time	28 th February 2023 from 10 am – 5 pm
Mode	Offline
School/Directorate	IMBA-HTT, Goa Business School
Collaborating Agency	SES-REC of DUBA, Goa University & Panjim Urban Health Centre
Detail of the Resource Person	Dr. Sunita Arleker, Dr. Oslina D'Souza & Mrs. Rohini Diniz
Participants: Morning Camp Afternoon Talk	112 37
Faculty attended: Morning Camp Afternoon Talk	15 3
Student attended: Morning Camp Afternoon Talk	58 31
No. of external participants: Morning Camp Afternoon Talk	39 (GU Employees) 3 (GU Employees)
The objective/description of the activity	<p>The objective of the camp was to diagnose any health related concerns after the examination by the Health Centre Medical Staff. The beneficiaries of the free camp were students, faculty & members of GBS and GU employees.</p> <p>This free camp was held in the morning from 10 am – 1.30 pm for Diabetes, Blood Pressure, Hemoglobin, Body Mass Index Screening & Oral Examination. After the general examination medicines as prescribed were distributed like ORS, Iron, Calcium, Cold, Pain Relieving Tablets, Pain Reliever Gel.</p> <p>In the afternoon session from 2.30 pm to 5 pm</p>




[Signature]
Dr. Poonam Sadekar

[Signature]
(Kevin D'Souza)

	<p>expert talks were held in the following topics:</p> <ol style="list-style-type: none"> 1. Lifestyle Diseases and Prevention by Dr. Sunita Arlekar, MBBS, Health Officer, Directorate of Health Services. 2. Oral Care and Hygiene by Dr. Osline D'Souza, BDS, Junior Residency in Pedodontics and Preventive Dentistry. 3. Nutrition: Making Good Food Choices: Mrs. Rohini Diniz, Consultant Nutritionist, Dietician and Author. <p>This session was attended by the faculty and students of GBS.</p> <p>The camp was assisted by SBSI Interns.</p> <p>The Camp Coordinator's were – Dr. Poonam Sadekar & Mr. Kevin D'Souza.</p>
<p>Benefit/Key outcome of the event</p>	<p>The camp provided insights to the health status of the participants. Blood Pressure, Sugar, Hemoglobin levels and Oral examination were indicators of the present health status of the participants. The medical team gave the necessary advice and medication.</p> <p>In the afternoon the expert talks highlighted the importance of the right lifestyle choices, food habits, exercise and mental fitness. The dangers of tobacco consumption and its effect on health were explained by the doctor. They also stressed upon eating locally available seasonal fruits and vegetables cooked at home.</p> <p>In keeping with the theme of the camp, a healthy snack (Red spinach and vegetable roll) was served during the break, along with a refreshing fresh lemon and mint mock tail. The snack was prepared by the First year IMBA HTT students. This innovative snack was made as part of an assignment in the subject of Food Science and Nutrition.</p>


 Dr. Poonam Sadekar
 Asst. Professor
 IMBA-HTT
 GBS, GU.


 Mr. Kevin D'Souza
 Asst. Professor
 IMBA-HTT,
 GBS, GU.





GOA UNIVERSITY GOA BUSINESS SCHOOL



AND SES-REC of DUBA, Goa University

IN COLLABORATION WITH

**PANJIM URBAN
HEALTH CENTRE**

PRESENTS

WELLNESS CAMP

28th FEBRUARY 2023

10:00am to 1:00pm

IMBA-HTT BLOCK II, Goa University

FREE CAMP

DIABETES

BP

BMI SCREENING

HB & GENERAL CHECK UP

SESSION COORDINATORS

Dr. Poonam Sadekar & Mr. Kevin D'souza

REGISTRATION LINK

<https://forms.gle/tGfyW77SzYCu1waU9>

REGISTRATION COMPULSORY

httimba@gmail.com [imbahtt](https://www.instagram.com/imbahtt)



GOA UNIVERSITY
GOA BUSINESS SCHOOL
AND SES-REC of DUBA, Goa University
PRESENTS



WELLNESS CAMP



28th FEBRUARY 2023

2:00pm to 4:00pm

GBS Auditorium, Block F, Goa University

LIFESTYLE DISEASE AND PREVENTION
(DR. SUNITA ARLEKAR)
NUTRITION: MAKING GOOD FOOD CHOICES
(MS. ROHINI DINIZ)

"TALK OPEN TO ALL"

SESSION COORDINATORS

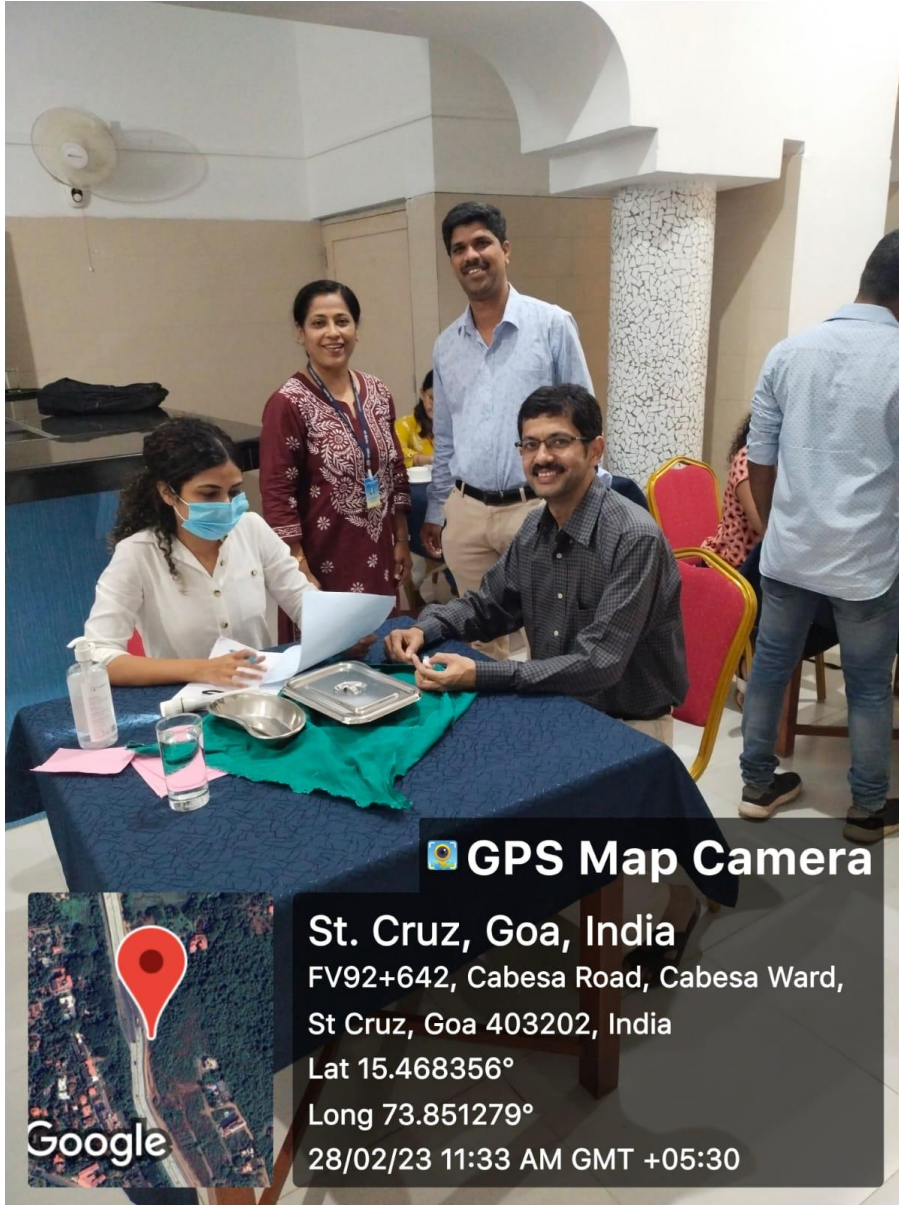
Dr. Poonam Sadekar


Mr. Kevin D'souza

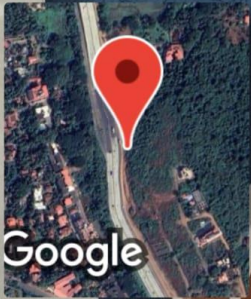
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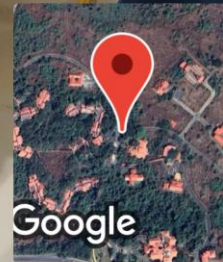
 **GPS Map Camera**



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