

5 DAYS YOGA AND MEDICAL CHECK-UP CAMP REPORT

A free Yoga and medical health checkup camp for public was Organized from 18 March 2024- 22 March 2024 from 5:40 am to 8:30 am at New Park Barwala, Hisar (HR), from department of Swasthavritta and Yoga , National college of Ayurveda and Hospital.

Hospital team including

1. Dr. Preeti (Associate Professor) Deptt. of Swasthavritta and Yoga
2. Mr. Pankaj Kumar (Yoga Teacher)
3. Rishabh Lamba (Intern)
4. Veena (Intern)
5. Rakesh (Intern)
6. Neelam (Intern)
7. Sachin (Intern)

Free health check-up along with measurement of Vitals and Blood sugar also done. Yoga was demonstrated and practiced to the beneficiaries along with solution to their dietary concerns according to their health condition. Specific Yoga postures, pranayama, meditation techniques were mentioned and guided to the beneficiaries. Patients were referred from the camp to National Ayurveda Hospital for specific issues and getting optimum healthcare facility benefit.

Total no. of beneficiaries: 84

Mostly individual were suffering from lifestyle disorders. Most common conditions found:

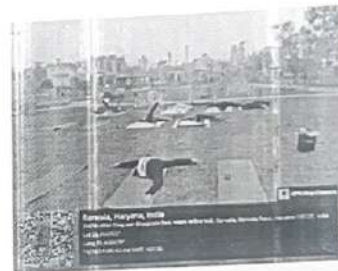
1. Diabetes Mellitus
2. Obesity
3. Hypertension
4. Joints Pain

At the end of the session a lecture was delivered by Dr. Preeti to spread awareness towards:

- Adoption of Heathy lifestyle

- How to prevent the diseases
- Health and hygiene
- What type diet should be taken for complete nutrition
- Common yoga posture which can be done by all
- Disease wise module adoption for yoga
- How to have good mental health and physical health.

18-03-2024

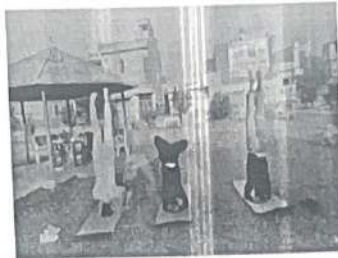


19-03-2024



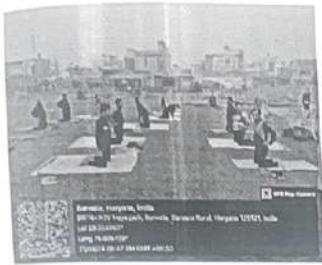


20-03-2024

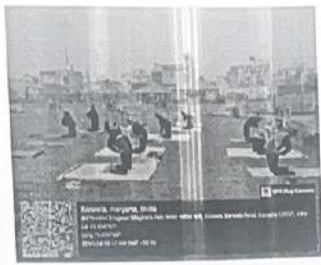


21-03-2024





Barwala, Haryana, India
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Lat 29.354623°
Long 76.805423°
22/03/24 06:17 AM GMT +05:30



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22-03-2024



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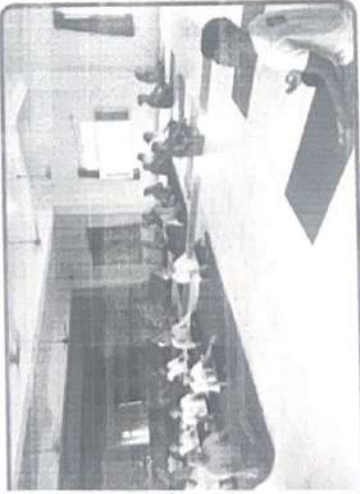
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22/03/24 08:17 AM GMT +05:30



NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

Dhani Garan Road, Barwala (Hisar) -125121

DEPARTMENT OF SWASTHAVRITTA & YOGA



5 दिवसीय निःशुल्क योगा
एवम् चिकित्सा परामर्श शिविर

18 मार्च 2024 से 22 मार्च 2024

समय: सुबह 08:30 से 08:30 तक / स्थान: न्यू पार्क बरवाला

Email: ncahospitalbarwala@gmail.com

Ph. 95807-00028



नेशनल आयुर्वेदिक कॉलेज ने लगाया स्वास्थ्य जांच शिविर



बरवाला में स्वास्थ्य जांच शिविर में रोगी की जांच करती नेशनल कॉलेज की टीम। -निस

बरवाला (निस) : शहर के ढाणी गारण रोड पर स्थित नेशनल आयुर्वेदिक कॉलेज एवं अस्पताल के स्वास्थ्यवृत्त एवं योग विभाग द्वारा पांच दिवसीय निःशुल्क योग एवं स्वास्थ्य जांच शिविर का आयोजन न्यू पार्क में किया गया। इसमें नगरवासियों को प्रातःकाल योगाभ्यास करवाने के साथ-साथ उनके स्वास्थ्य की जांच की गई। इस शिविर में 80 से अधिक लोगों ने बीपी, शुगर व अन्य रोगों की जांच करवाई। लोगों को बीमारियों से बचाव एवं निदान के बारे में भी जानकारी दी गई। इस अवसर पर एमडी कृष्ण दूहन, डॉ. प्रीति, डॉ. ज्योति, योग अध्यापक पंकज कुमार आदि उपस्थित रहे।



**NATIONAL
COLLEGE OF AYURVEDA & HOSPITAL**
DHANI GHARAN ROAD, BARWALA HISAR



FREE DAILY MEDICAL CAMP REPORT

Date	18/03/2024
Time	10 AM – 01.30 PM
Venue	Barwala
Speciality	General Camp
Organizer	NCA, Barwala

Team members

- Dr. Manoj Kumar – HOD – Department of Shalya Tantra
- Dr Rakesh – Intern NCA & H

Brief about the event

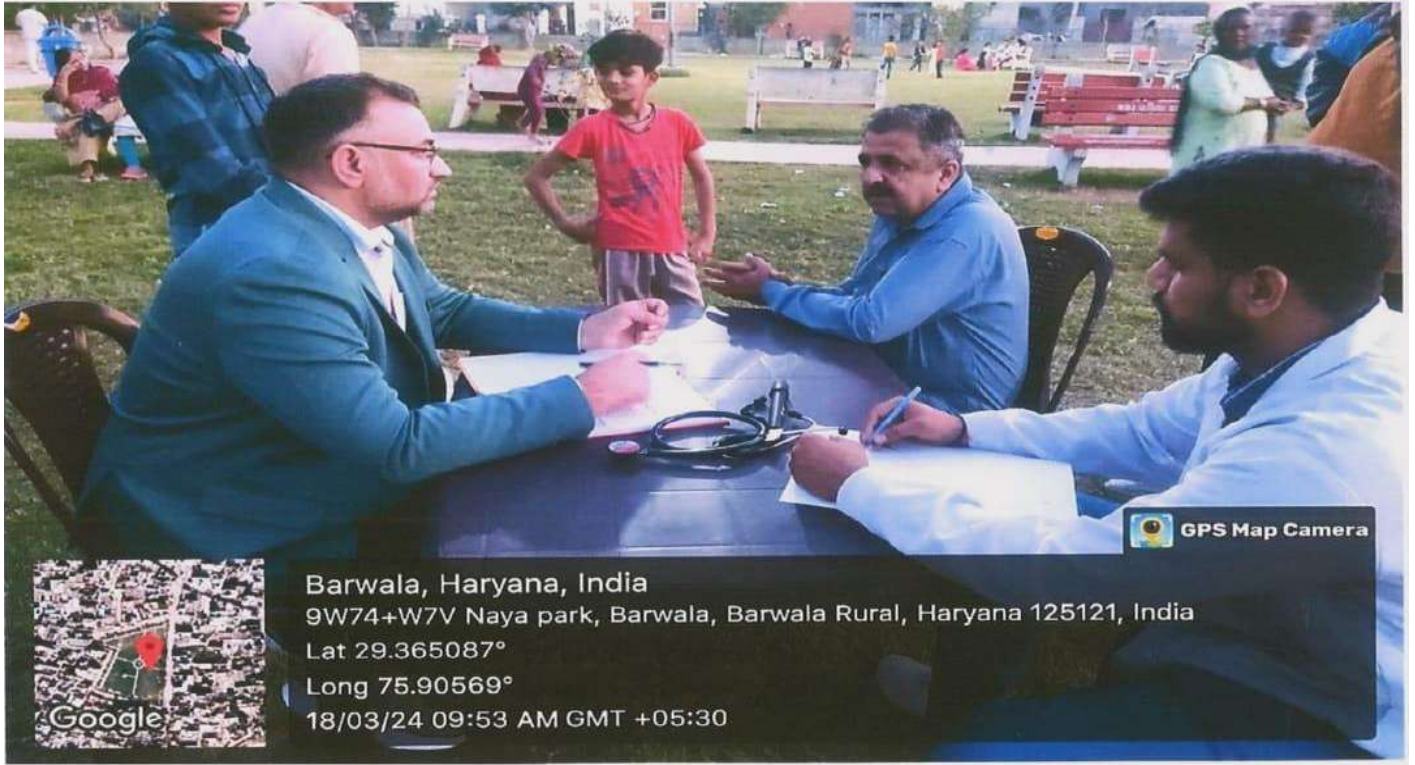
A half-day camp was organised at Barwala on 18.03.2024. Dr Manoj Kumar led the general consultation camp along with one intern of NCA & H. The Majority of the cases were of metabolic disorders like Type 2 Diabetic Mellitus, Hypertension and Respiratory issues. A total of 15 patients availed of the facility and they were suggested lifestyle modification and educated about the departments and facilities of National Ayurveda College & Hospital, Barwala.

Suggested actions

- Periodic lifestyle modification classes by the concerned departments would help the people believe in the system, which, in the long run, can improve the health and lifestyle of the public in the village.
- Follow-up calls to the patients will be ideal as the village public is not fully accustomed to the Ayurvedic medicine and services of our hospital.
- A food and lifestyle survey in the village followed by an interpretation of prevalent disease pathology will help us to guide them with better and more effective methods for healthy living.

* Camp photos are attached below / next page

National college of Ayurveda & Hospital



Barwala, Haryana, India
9W74+W7V Naya park, Barwala, Barwala Rural, Haryana 125121, India
Lat 29.365087°
Long 75.90569°
18/03/24 09:53 AM GMT +05:30



National College Of Ayurveda & Hospital

Dhani Garan Road, Barwala (Hisar) 125121



Medical Camp Report – VPO Khanpur 27th & 28th March 2024

A Medical Health Camp was organized in VPO Khanpur held at Sports Stadium Khanpur village during open volleyball tournament from 27-28th march 2024.

More than 16 Patients of village and sports person participated in tournament were examined & treated in this camp. Most of the patient's complaint of Skin Disorders, Asthma, Diabetes, Knee joint and back pain. Scope & services of our institution was explained.

Free medicine distribution done. Blood pressure, oxygen saturation and blood sugar level was checked in this camp.

Total Beneficiary – 16 (male 14, female 02)

Doctor in Camp Duty:-

1. Dr. Rajguru (Assistant Professor Kayachikitsa Department)

Interns:

1. Rakesh sheoran
2. Anil soni
3. Neelam
4. Asharvi
5. Veena
6. Pooja



ग्राम पंचायत खानपुर खण्ड बरवाला

सरपंच रामपाल मो. 94660 05223 जिला- हिसार

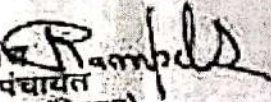
नाम प्रस्ताव नं.

दिनांक 26-03-2024

ग्राम पंचायत खानपुर, ब्लॉक - बरवाला जिला हिसार
 के द्वारा नेशनल कॉलेज आफ आर्युर्वेद
 & होस्पिटल को गांव में 27-28 मार्च 2024
 को होने वाले शिबीर के मैजिस्ट्रेट चंकर-अप नंबर
 व अन्य संबंधित दस्तावेजों को जांच करी केने हेतु
 कार्य लगाने की अनुमति दी जाती है।

सन्तोष सहित

ग्राम पंचायत खानपुर

सरपंच 
 ग्राम पंचायत
 खानपुर (हिसार)

!! जय नागा बाबा !!

!! जय बाबालालदास !!

ग्राम पंचायत खानपुर के द्वारा मुझरा

ओपन वॉलीबाल टूर्नामेंट

स्थान: खेल स्टेडियम, खानपुर (हिसार) तहसील-हॉसी

- 1st Prize 21000
- 2nd Prize 11000
- 3rd Prize 5100
- 4th Prize 3100



Date :- 27-28 March 2024

Chief Guest

SONU BHAG DATTA
(Chairman)

नियम व शर्तें :-

1. इन्ट्री फीस 200 होगी।
2. इन्ट्री फीस 25 मार्च तक जमा होगी।
3. रेफरी व कमेटी का फेसला अंतिम मान्य होगा।
4. टीम एक पंचायत की होनी चाहिए।
5. सभी खिलाड़ी अपनी 2 Original Id साथ लाएं।
6. रहने-सहने का विशेष प्रबन्ध है।
7. वॉलीबाल की सभी टीमों 27 मार्च सुबह 9 बजे तक पहुंच जाएं।



Contact :

81680-88251, 81680-11672
98023-13192

G Pay No. 98177-98080

यह तीनों प्रतियोगिता 28 मार्च को होगी

60 वर्ष से उपर के लिए
बुढ़ा दौड़ कराई जाएगी।
1st Prize - बड़ा हुक्का
2nd Prize - मध्यम हुक्का
3rd Prize - छोटा हुक्का

महिलाओं के लिए मटका दौड़ व रस्सा
कस्सी की प्रतियोगिता कराई जाएगी
...ईनाम....
आकर्षक ईनाम दिया जाएगा

लड़कों के लिए दौड़ Under 14
Event :- 400 Meter, 800 Meter
लड़कीयों के लिए दौड़ Under 15
Event :- 200 Meter, 400 Meter
1st Prize-2100 Per Event
2nd Prize-1500 Per Event
3rd Prize-1100 Per Event
Contact: Sardeep Fojl M.91498-14283

सौजन्य से :- ग्राम पंचायत खानपुर व समस्त ग्राम वासी





National College Of Ayurveda & Hospital

Dhani Garan Road, Barwala (Hisar) 125121



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सरपंच रामपाल मो. 94660 05223 जिला- हिसार

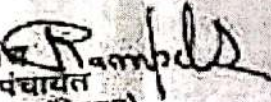
नाम प्रस्ताव नं.

दिनांक 26-03-2024

ग्राम पंचायत खानपुर, ब्लॉक - बरवाला जिला हिसार
 के द्वारा नेशनल कॉलेज आफ आर्युर्वेद
 & होस्पिटल को गांव में 07-28 मार्च 2024
 को होने वाले शैली में मैजिस्ट्रेट चंकर-अप नैप
 व अन्य संबंधित अधिकारी जेने हेतु
 कार्य लगाने की अनुमति दी जाती है।

सन्तोष सहित

ग्राम पंचायत खानपुर

सरपंच 
 ग्राम पंचायत
 खानपुर (हिसार)

!! जय नागा बाबा !!

!! जय बाबालालदास !!

ग्राम पंचायत खानपुर के द्वारा मुझरा

ओपन वॉलीबाल टूर्नामेंट

स्थान: खेल स्टेडियम, खानपुर (हिसार) तहसील-हॉसी

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Date :- 27-28 March 2024

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3. रेफरी व कमेटी का फेसला अंतिम मान्य होगा।
4. टीम एक पंचायत की होनी चाहिए।
5. सभी खिलाड़ी अपनी 2 Original Id साथ लाएं।
6. रहने-सहने का विशेष प्रबन्ध है।
7. वॉलीबाल की सभी टीम 27 मार्च सुबह 9 बजे तक पहुंच जाएं।



Contact :

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...ईनाम....
आकर्षक ईनाम दिया जाएगा

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सौजन्य से :- ग्राम पंचायत खानपुर व समस्त ग्राम वासी





NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

DHANI GHARAN ROAD, BARWALA HISAR



FREE DAILY MEDICAL CAMP REPORT

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Speciality	General Medicine Camp
Organizer	NCA, Barwala

Team members

- Dr. Rajguru – Associate Professor – Department of Kayachikitsa
- Dr Manish – Intern NCA & H

Brief about the event

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