



# NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

A COMMITMENT TO COMMUNITY

Affiliated by: Shri Krishna Ayush University, Kurukshetra

Approved by: NCISM, Ministry of Ayush (Govt. of India)

Address:  
Dhani Garan Road  
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## School Health Checkup and awareness camp

Date	12/11/2024
Time	10 AM – 01:00 PM
Venue	S D High School, Barwala
Speciality	Children's Day
Organizer	NCA, Barwala

### Team members

- Dr. Sunaina– Assistant professor. Department of Kaumarbhritya
- Amrit and Nisha Intern NCA & H

### Brief about the event

#### Children's Day:

School Health Checkup and awareness camp was organized on children Day in SD High School, Barwala on 12<sup>th</sup> November 2024. Dr Sunaina led the general consultation camp along with two intern of NCA & H. A total of 75 students availed of the facility and they were suggested about hygiene habits, how to stop communicable disease, Swarana Prashna and educated about the departments and facilities of National Ayurveda College & Hospital, Barwala.

### Suggested actions

- Follow-up calls to the patients will be ideal as the 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.
- Giving a lecture on hygiene habits to school-going children offers several important benefits: It helps children understand the importance of cleanliness in preventing illnesses such as colds, flu, and gastrointestinal diseases. Early

The 5 Elements

Earth Air Water Fire Space



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awareness can lead to healthier habits.

- Building Lifelong Habits: Children who learn good hygiene practices early are more likely to carry those habits into adulthood, promoting long-term health.
- Improved Social Skills: Hygiene is not only about health but also about social etiquette. Cleanliness boosts self-esteem and encourages children to feel more confident in social settings.



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## FREE DAILY MEDICAL CAMP REPORT

Date	15.11.2024
Time	10.00 AM – 12.30 PM
Venue	Khedar
Speciality	General Camp
Organizer	NCA, Barwala

### Team members

- Dr. Anish Viswanadhan [Associate Professor]– Department of Shalya tantra.
- Dr. Nidhi Kumari [Assistant Professor]– Department of Panchakarma

### Brief about the event

A half-day camp was organized at Village Khedar. Dr. Anish Viswanadhan and Dr. Nidhi Kumari led the consultation camp along with students of NCA & H. The Majority of the cases were of Joint pain, Diabetes, anemia, Allergy and Asthma. A total of 30 patients availed 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.

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\* Camp photos are attached below / next page



First Aid & Physiotherapy unit by National College of Ayurveda on 6th Thermal Sports meet @ Rajiv Gandhi Thermal Power plant, Khedar

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