



LAUREATE INSTITUTE OF PHARMACY



(Approved by PCI, New Delhi and Himachal Pradesh Govt.) & Affiliated to H. P. Technical University, Hamirpur
An Autonomous Institute of Pharmacy and off campus Research Centre, HPTU



Institution's Innovation Council (IC202216219, ESTB.28 JUNE 2022)
NAAC Accredited "A" Grade Institute recognized u/s 2(f) of UGC Act 1956
V.P.O. Kathog, Tehsil Jawalamukhi, Distt. Kangra, H.P. (176031)

Ref. No.....

Date:.....

Report on a Medical Health Camp & Blood Donation Drive organized by the NSS & Red Ribbon Club on 27 Sept. 2025 on NSS Day, titled "Your Health is Our Priority"

Event Title: Medical Health Camp & Blood Donation Drive – "Your Health is Our Priority"

Organizers: NSS Unit & Red Ribbon Club

Date: 27 September, 2025

Venue: Campus Laureate Institute of Pharmacy, Kathog.

Time: 9:00 AM – 4:00 PM

Program Coordinator's: Dr. Vinay Pandit (NSS Coordinator), Dr. Tarun Guleri (Red Ribbon Club Coordinator).

Collaborators: Balaji Hospital Kangra, Buddha Charitable Trust Dharamshala.

LAUREATE INSTITUTE OF PHARMACY

Organizing



MEDICAL HEALTH CAMP

In Collaboration with



BALAJI HOSPITAL, KANGRA (H.P.)

Your Health is Our Priority



Dr. Amit Badgal
Cardiologist

MBBS, MD, DNB - Cardiology



Dr. Amit Gupta
Orthopedic Surgeon

MBBS, DNB - Orthopedics



Dr. Tanvi Katoch
Obstetrics & Gynaecology

MD OBG (PGI), DNB Fellow HRP
Fetal Medicine (PGI) &
Laparoscopy



Dr. Amit Gupta
Child Specialist

(Pediatrician)



Dr. Kailash
BDS, MDS

(Dental Specialist)



Dr. Ratan Sharma
(Eyes Specialist)

(Eyes Specialist)



Ms. Priti
BPT

(Physiotherapist)



Ms. Muskan
Dietician

Also Available:



Dr. Astha & Dr. Pankaj (Orthopedic)



27th Sept., 2025



VPO Kathog, Tehsil Jawalamukhi, Distt. Kangra (H.P.)



98056-76721, 98172-00007, 92184-28040

1. Background and Rationale

- **NSS Day (24-27 September)** is celebrated across India to reaffirm the spirit of selfless service and social responsibility among youth. The theme for this year's celebration was "Your Health is Our Priority."
- The NSS unit along with the Red Ribbon Club (which works on HIV/AIDS awareness, health promotion, and blood donation advocacy) decided to mark the occasion with a combined **medical health screening camp and blood donation drive.**
- The goals were:
 1. To provide free basic health screening (blood pressure, sugar, BMI, general medical consultation) to the local community, faculty, staff, and students.
 2. To promote voluntary blood donation and support local blood banks.
 3. To increase awareness about health, preventive care, the importance of regular screening, and safe blood donation practices.
 4. To foster community engagement, social responsibility, and goodwill.

2. Objectives

1. Screen and detect common health issues (hypertension, diabetes, anaemia) in participants and refer them for follow-up.
2. Collect safe units of blood (e.g. 200 mL / 350 mL / 450 mL per donor) under medical supervision.
3. Educate participants on healthy lifestyles, disease prevention, nutrition, hygiene, and importance of regular health checkups.
4. Encourage first-time and repeat voluntary blood donors, particularly among students and community members.

3. Preparatory Activities

Task	Details / Steps	In Charge
Approval & Permissions	Obtain permissions from institution authority, local health department, and blood bank	NSS Coordinator
Liaison with Blood Bank / Hospital	Coordinate medical staff, equipment, logistics, mobile vans (if needed)	Red Ribbon Club lead & health partners
Venue & Logistics	Arrange space, chairs, registration desks, waiting area, power / electricity, signage	Volunteer team
Medical Supplies & Equipment	BP monitors, glucometers, lancets, strips, first aid kits, syringes, consumables	Partner hospital / local clinic
Volunteer Training & Orientation	Train NSS / club volunteers in registration, donor eligibility criteria, protocol, infection control	Medical staff & faculty
Awareness & Publicity	Posters, social media, campus announcements, local community outreach	Media / publicity team
Consent & Documentation	Prepare donor consent forms, health screening consent, data sheets	Administrative team

4. Event Flow / Schedule

Time	Activity
9:00 – 9:30 AM	Inaugural remarks / Welcome & NSS Day theme address / Lighting the lamp.
9:30 – 12:30 PM	Health screening (BP, blood glucose, BMI, general physician consultation), health awareness talks.
10:00 – 1:30 PM	Blood donation registration & eligibility screening (haemoglobin test, temp, BP).
1:30 – 2:00 PM	Break / Lunch / Rest for donors.
2:00 – 4:00 PM	Blood donation continues / Counselling / Post-donation care.
3:30 – 4:00 PM	Closing remarks, vote of thanks, certificate / token distribution.

5. Participation & Demographics

- **Total number of participants (health camp):** 253
- **Total number of blood donors (registered / eligible):** 60/50
- **Units of blood collected:** 50 units × 350 mL = 17,500 mL
- **Volunteer strength:** 30
- **Medical team:** 8 doctors, 8 nurses, 2 lab technicians.
- **Breakdown by gender / student / staff / local community:**
 - Students: 60
 - Staff / Faculty: 12
 - Community members: 181

6. Health Screening Outcomes & Findings

- **Hypertension (elevated BP) suspected / confirmed:** 22
- **High blood glucose / potential diabetes:** 15
- **Underweight / overweight / obesity cases:** 25
- **Anaemia / low haemoglobin (screened among prospective donors):** 10
- **Common health complaints / referrals:**
 - Musculoskeletal pain, acidity, headache, etc.
 - Referred to local clinic / hospital for follow-up.
- **Health counselling and educational material distribution:**
 - Leaflets on healthy diet, physical activity, hygiene.
 - One-on-one counselling by medical staff.

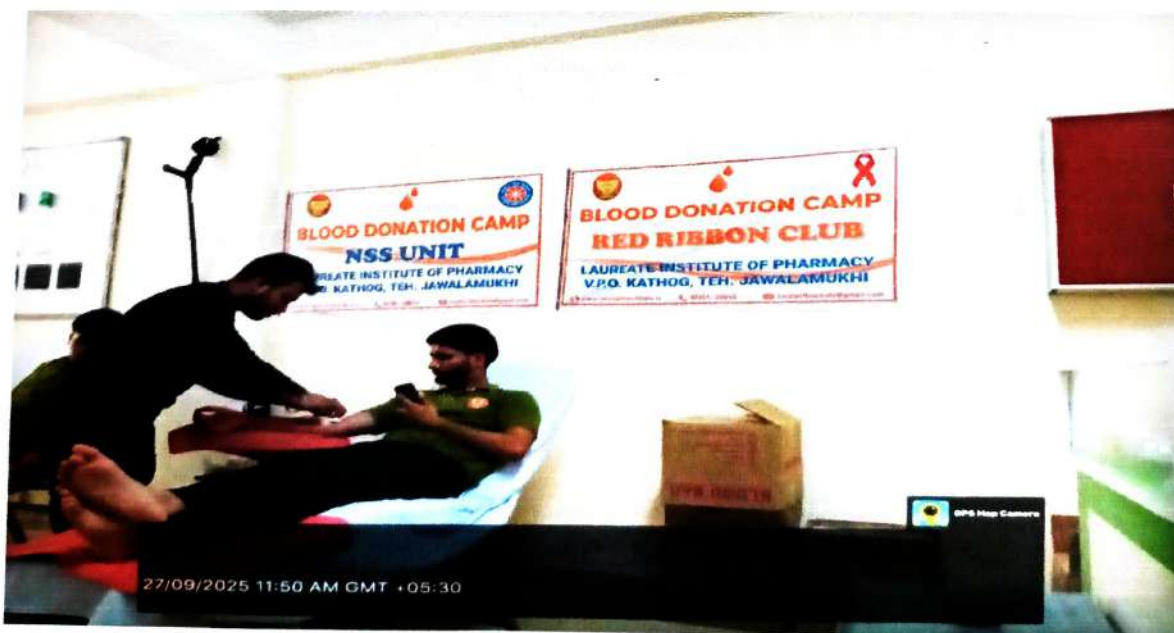
7. Blood Donation Drive: Process & Results

- **Eligibility screening:** Each donor went through a checklist (age, weight, Hb, medical history).
- **Pre-donation tests:** Haemoglobin test (via finger prick), BP, temperature.
- **Donation process:**
 - Donor seated comfortably, sterilization of site.
 - Collection (usually 350–450 mL, depending on protocol).
 - Monitoring during donation (vital signs).
 - Post-donation rest, refreshments, observation for adverse reactions.
- **Safety measures & infection control:** Single-use sterile needles, gloves, medical waste disposal, hand hygiene.
- **Post-donation tokens / recognition:** Certificates, badges, refreshments, thank-you notes.
- **Results:**
 - **Number of successful donors:** 50
 - **Total units collected:** 50 units × 350 mL = 17,500 mL
 - **Number deferred:** 10 (low Hb / medical reasons)
 - **Adverse events / complications:** 0

8. Impact & Benefits

- **Health benefit to community:** Early detection of health risks and referral for further care.
- **Promotion of voluntary blood donation:** Contributed to local blood supply.
- **Awareness and behavioural change:** Participants learned about healthy practices, regular checkups.
- **Strengthened institutional image:** NSS & Red Ribbon Club visible as socially active and service oriented.
- **Volunteer skill development:** NSS / club volunteers gained experience in public health outreach, coordination, teamwork.

9. Photographs



10. Feedback and Testimonials

- **Donor / participant feedback:**
 - "I'm glad I contributed; the staff were very courteous."
 - "I got to know my health status – will follow up."
- **Volunteer reflections:**
 - "It was fulfilling to serve community and coordinate logistics."
 - "We learned lots about crowd management and medical workflows."
- **Medical team feedback:**
 - "Good organization, but next time more space / more beds would help."

11. Conclusion & Way Forward

The **Medical Health Camp & Blood Donation Drive** held on **27 September 2025** was a meaningful and successful event, aligning well with the spirit of **NSS Day** and the mission of community wellness. It provided an avenue for the institution to contribute directly to public health, while also sensitizing students and community members toward preventive healthcare and altruistic blood donation.

Way Forward / Recommendations:

1. **Regular / periodic health camps:** Quarterly or biannual screening camps to monitor community health.
2. **Follow-up mechanism:** Maintain database of those referred for further care; coordinate with local clinics / hospitals for follow-ups.
3. **Donor retention program:** Encourage repeat donations; maintain a "donor club" or database so regular donors can be recontacted.
4. **Expand reach:** Involve surrounding villages, slums, local schools in future events.
5. **Strengthen partnerships:** Tie-up with local health department, mobile medical units, NGOs, and more hospitals.
6. **Enhanced publicity & awareness:** Use social media, local radio, pamphlets earlier to boost turnout.
7. **Volunteer training & simulation:** Conduct mock drills, train volunteers in medical protocols, emergency handling, crowd management.
8. **Data analysis & reporting:** Maintain structured data, analyze trends (e.g. rates of hypertension / diabetes), publish reports to guide institutional health policies.
9. **Recognition & incentive:** Certificates, awards, public acknowledgment for volunteers, donors, and supporting institutions.
10. **Scale & improve logistics:** More infrastructure, tents, beds, waiting lounges, shift systems to avoid congestion.

With such initiatives, the NSS and Red Ribbon Club can further their commitment to **community wellness**, strengthen societal bonds, and foster responsible, service-oriented citizenship.


Sunny Bhardwaj
NSS Officer

NSS Officer
Laureate Institute of Pharmacy
Kathog Junction, Yamukhi Kangra H.P.
Pin Code - 176001


Dr. Vinay Pandit
NSS Coordinator

NSS Coordinator
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Ref. No.....

Date:.....

NSS VOLUNTEERS

S.NO	NAME	SIGNATURE
1.	AAKRITI THAKUR	Aakriti
2.	AARUSHI KASHYAP	Aarushi
3.	ADITYA VEER KATOCH	Aditya veer
4.	AKRITI SHARMA	Akriti
5.	ANIRUDH CHADHA	Anirudh
6.	ANUSHKA SHARMA	Anushka
7.	ARJU	Arju
8.	ATHARV SHARMA	Atharv Sharma
9.	DAKSH SHARMA	Daksh
10.	DANISH KHAN	Danish
11.	GAURI NANDITA	Gauri Nandita
12.	ISHANT	Ishant
13.	JASVESH RANA	Jasvesh Rana
14.	KRITIKA RANA	Kritika
15.	NANDITA CHOUDHARY	Nandita
16.	PAYAL RANA	Payal
17.	RASHI THAKUR	Rashi Thakur
18.	RITIKA THAKUR	Ritika
19.	ROHIT THAKUR	Rohit
20.	SAGAR DADWAL	Sagar
21.	SAISHA GULERIA	Saisha
22.	SAKSHAM RANA	Saksham Rana
23.	SARIKA BAGGA	Sarika
24.	SHOBHIT	Shobhit
25.	TANISHKA GULERIA	Tanishka Guleria
26.	TUSHAR KASHYAP	Tushar
27.	UPASNA	Upasna
28.	VANYA MANKOTIA	Vanya
29.	VERDHAN SINGH	Verdhan Singh
30.	ZIYA KOUNDAL	Ziya Koundal