

Report

Happy Heart Mission Brings Preventive Cardiac Healthcare to Rural Communities in Narkanda, District Shimla HP

As part of its commitment to strengthening preventive healthcare in rural Himachal Pradesh, **PLAN Foundation** successfully organized a **One-Day Heart Screening Camp** under its flagship **Happy Heart Mission** on **6 August 2026** at **Gram Panchayat Jadoon, Block Narkanda, District Shimla**. The initiative was supported by **Greenberry RKG Welfare Foundation, Narkanda**, whose partnership has been instrumental in expanding access to quality healthcare services in underserved communities.

The Happy Heart Mission aims to promote early detection of cardiovascular diseases, increase awareness about heart health, and encourage timely medical intervention through community-based screening and health education. The camp offered ECG screening, blood pressure assessment, blood sugar risk assessment, and personalized health counselling, enabling villagers to access essential healthcare services close to their homes.

The response from the community was highly encouraging, with **98 individuals** benefiting from comprehensive heart health screening during the camp. Screening observations revealed that **29 participants** had ECG findings requiring further medical evaluation, while **50 individuals** were identified with blood pressure-related risk factors and **14 individuals** with blood sugar-related risk. All participants with abnormal findings were counselled and advised to seek further clinical evaluation from qualified healthcare professionals. These findings represent screening observations and not confirmed medical diagnoses.

Beyond diagnostic services, the camp placed significant emphasis on **preventive healthcare and health education**. Participants received guidance on maintaining a heart-healthy lifestyle through balanced nutrition, regular physical activity, stress management, avoidance of tobacco, and the importance of periodic health check-ups. The initiative also encouraged community members to recognize early warning signs of cardiovascular disease and seek timely medical care whenever necessary.

The camp demonstrated the growing need for preventive health services in rural areas and reaffirmed the importance of taking quality healthcare closer to communities. By providing ECG screening and basic health assessments at the village level, the initiative reduced the need for residents to travel long distances for preliminary cardiac evaluation and promoted greater awareness about non-communicable diseases.

PLAN Foundation expresses its sincere gratitude to the **Chief Medical Officer (CMO), Shimla**, and the **Block Medical Officer (BMO), Kumarsain**, for their valuable guidance, encouragement, and continued

support in facilitating this important public health initiative. The Foundation also acknowledges the unwavering support of **Greenberry RKG Welfare Foundation, Narkanda**, whose collaboration under the **Happy Heart Mission** has made it possible to reach vulnerable and underserved communities with life-saving preventive healthcare services.

PLAN Foundation remains committed to expanding the **Happy Heart Mission** across Himachal Pradesh through strategic partnerships with government departments, healthcare institutions, local Panchayats, and community organizations. By promoting early detection, health awareness, and timely referral, the Foundation continues to work towards building healthier, more informed, and resilient rural communities where quality preventive healthcare is accessible to all.

The initiative also highlighted the importance of community participation in preventive healthcare. The presence of local residents, community representatives, and volunteers created an encouraging environment for health awareness and screening. The camp provided an opportunity not only to identify potential health risks at an early stage but also to motivate community members to take greater responsibility for their health through regular check-ups, healthy lifestyle choices, and timely medical consultation.

Happy Heart Mission - ECG Health Screening Camp

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