

Report on One-Day Heart Screening Camp at Matiana, Theog Himachal Pradesh

One-Day Community Heart Screening Camp

Venue: Matiana, District Shimla, Himachal Pradesh

Organized by: PLAN Foundation , in collaboration with the Health Department

Supporting Organization: Ghonkrokta Charitable and Educational Trust, Matiana

Duration: One Day

Background

Cardiovascular diseases are among the leading causes of morbidity and mortality in India. Early detection of risk factors such as hypertension, diabetes, obesity, and abnormal cardiac rhythm plays a crucial role in preventing serious cardiac complications. With the objective of promoting preventive healthcare and creating awareness about heart health among rural communities, a One-Day Heart Screening Camp was organized at Matiana.

The camp was organized through the collaborative efforts of **PLAN Foundation and Ghonkrokta Charitable and Educational Trust, Matiana**, the **Health Department**, bringing quality preventive health services closer to the community.

Objectives

The primary objectives of the camp were:

- To facilitate early identification of individuals at risk of cardiovascular diseases.
- To provide free basic health screening services to the local population.
- To identify lifestyle-related risk factors affecting heart health.
- To increase awareness regarding healthy lifestyle practices and disease prevention.
- To refer suspected cases for timely diagnosis and treatment at appropriate health facilities.

Activities Conducted

The screening camp offered the following free diagnostic and health assessment services:

- Blood Pressure (BP) Measurement
- Blood Sugar Test
- Body Mass Index (BMI) Assessment
- Electrocardiogram (ECG)
- Basic Heart Health Consultation and Counselling
- Lifestyle Risk Assessment
- Referral of high-risk individuals for further medical evaluation

Qualified healthcare professionals conducted the examinations and provided counselling on healthy eating habits, physical activity, stress management, weight control, tobacco cessation, and regular health check-ups.

Camp Outcomes

The camp witnessed encouraging community participation.

Key Statistics

- **Total individuals screened: 76**
- **Individuals identified with lifestyle-related cardiac risk factors: 26**
- **Individuals referred to higher health facilities for further evaluation and management: 26**

The screenings helped identify individuals who may be at increased risk due to conditions such as elevated blood pressure, abnormal blood sugar levels, overweight/obesity, ECG abnormalities, or other lifestyle-related cardiovascular risk factors. These beneficiaries were advised to seek further diagnostic evaluation and follow-up care at designated health facilities.

Community Response

The camp received an enthusiastic response from the local community. Participants appreciated the availability of free diagnostic services within their locality, reducing the need to travel to distant healthcare facilities. Many beneficiaries expressed that the camp enabled them to become aware of previously undetected health concerns and motivated them to adopt healthier lifestyles.

Significance of the Initiative

The heart screening camp demonstrated the importance of community-based preventive healthcare initiatives. Early detection of cardiovascular risk factors allows timely medical intervention, reducing the likelihood of severe cardiac events and improving long-term health outcomes.

The collaborative approach involving local community organizations, the Health Department, and PLAN Foundation significantly enhanced outreach and strengthened public awareness regarding preventive healthcare.

Conclusion

The One-Day Heart Screening Camp at Matiana successfully achieved its objective of promoting early detection of cardiovascular risk factors and encouraging preventive healthcare practices. A total of **76 community members** benefited from free screening services, while **26 individuals** identified with lifestyle-related health risks were referred for comprehensive medical evaluation and appropriate treatment.

The initiative highlights the importance of regular community health screening programmes in rural areas and demonstrates how collaborative partnerships can improve access to essential healthcare services. Continued organization of similar camps will contribute significantly to reducing the burden of non-communicable diseases and fostering healthier communities.

Acknowledgement

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