

MEDICAL CAMP

COMPLETION REPORT

Sponsored by

SAIL Refractory Co., Ltd
(Under CSR Initiative)

Implemented by

Sona Medical College of Naturopathy & Yoga
Kanderkulamanickam, Salem

Coordinated & Submitted by

Centre for Social Responsibility Initiatives (CSRI)
Sona College of Technology

TABLE OF CONTENTS

- 1. Executive Summary**
- 2. Introduction**
- 3. Objectives of The Medical Camp**
- 4. Sponsorship and Organizational Structure**
- 5. Preparatory Phase and Planning**
- 6. Execution of the Medical Camp**
- 7. Activities and Interventions**
- 8. Conclusion**
- 9. Annexures**

1. Executive Summary

This report provides an extensive account of the medical camp organized for Government Hr Sec School, S. Kollapatty (Salem Block) in Salem District and Government Hr Sec School, Vellalapatty (Omalur Block) on 20.02.2025 and 21.02.2025 respectively. Sponsored by SAIL Refractory Co Ltd through its Corporate Social Responsibility (CSR) initiatives, the camp was executed by Sona Medical College of Naturopathy and Yoga and coordinated by the CSRI of Sona College of Technology.

The initiative aimed to provide primary healthcare services, health awareness, and preventive care education to underserved school communities. Over 150 students, teachers, and community members benefited from screenings, consultations, and wellness sessions. The camp demonstrated an effective model of integrated school health programs that combine naturopathy, yoga, and preventive medicine.

2. Introduction

2.1 Background & Rationale

Health is an essential pillar of a productive and vibrant society, particularly in the context of educational institutions where the foundation of tomorrow's workforce is being built. Recognizing the significance of promoting a healthy lifestyle among school children in the rural area, this medical camp was initiated to serve as a channel for delivering primary healthcare services directly to the community. The initiative is part of a broader strategy to bridge the healthcare gap in underserved areas of Salem District, where access to regular medical facilities can often be limited.

2.2 Stakeholders

- **Sona Medical College of Naturopathy and Yoga:** This institution was responsible for executing the camp, providing expert medical personnel, conducting health screenings, and offering consultations based on their specialized expertise in naturopathy and yoga.
- **CSRI, Sona College of Technology:** Acting as the central coordinating body, CSRI ensured seamless organization and facilitation of the camp. Their role included managing logistics, coordinating between various teams, and ensuring that the camp's objectives were met.

- **Government Institution:** By following the rules of School Education Department, Govt of Tamilnadu, we have sought permission from Chief Education Officer (CEO) and the camp has been planned after their approval. On the other hand, Government Hr Sec Schools in Vellalapatty and S. Kollapatty actively participated to engage with the camp's offerings.

3. Objectives of the Medical Camp

- **Health Screening:** To conduct comprehensive health check-ups for students and staff, including vision and general physical examinations, and early detection of common ailments.
- **Preventive Care:** To provide advice and interventions that promotes preventive healthcare practices among participants.
- **Holistic Well-being:** To integrate naturopathy and yoga techniques, those are known for their long-term benefits in maintaining a balanced lifestyle.
- **Health Education:** To organize interactive sessions that educates the community on hygiene, nutrition, mental health, and lifestyle diseases.
- **Raise Awareness:** Increase awareness about available healthcare resources and the importance of regular health monitoring.

4. Sponsorship & Implementation Structure

- **SAIL Refractory Co. Ltd.** funded and supported the initiative, aligning with its commitment to community health.
- **Sona Medical College of Naturopathy and Yoga** has supported through their medical experts and students, conducted screenings, and provided consultations.
- **CSRI** managed planning, logistics, communication, and reporting.
- **Target Schools:**
 - *Government Hr. Sec. School, S. Kollapatty* – selected under Sona's Unnat Bharat Abhiyan adoption of Thalavaipatty Village.
 - *Government Hr. Sec. School, Vellalapatty* – selected due to its proximity and active engagement with SAIL CSR activities.

5. Preparatory Phase

- **Resource Mobilization:** Medical equipment, portable diagnostic tools, IT systems for data collection, and infrastructure arrangements at schools.
- **Human Resources:** Doctors, nurses, therapists, and student volunteers from SMCNY.
- **Coordination:** Permissions from the Chief Education Officer, planning with school authorities, and real-time coordination during camp days.

6. Execution & Activities

- **Day Structure:** Registration, preliminary check-ups, screenings (vision, physical, BMI), consultations, yoga and naturopathy demonstrations, and awareness sessions.
- **Health Interventions:** Screening for common ailments, personalized counseling, referrals for identified issues, and mental health support.
- **Educational Sessions:** Nutrition, hygiene, lifestyle practices, and interactive Q&A forums.
- **Wellness Demonstrations:** Simple yoga techniques and naturopathy practices for stress relief and long-term health.

7. Activities and Interventions

7.1. Preventative Health Measures

- **Health Check-Ups:** Routine screenings have to be performed to detect early signs of common ailments, including hypertension, mental health and nutritional deficiencies.
- **Lifestyle Counseling:** Personalized counseling sessions helped individuals understand the importance of regular exercise, balanced diets, and stress management.
- **Follow-Up Referrals:** For individuals with detected health concerns, referrals to specialized healthcare providers were arranged, ensuring continuity of care.

7.2. Educational and Awareness Sessions

- **Interactive Seminars:** These sessions covered topics such as hygiene, balanced nutrition, and mental health, using engaging formats to capture the audience's attention.
- **Workshops on Naturopathy and Yoga:** Practical demonstrations allowed participants to learn simple yoga exercises and naturopathic practices that could improve their overall well-being.

- **Community Q&A Sessions:** Open forums allowed students to ask questions and receive expert advice, thereby demystifying common health myths and misconceptions.

7.3. Special Consultations and Follow-Up Arrangements

- **Mental Health Counseling:** Given the rising importance of mental well-being, sessions dedicated to stress management, anxiety reduction, and overall mental health were conducted.
- **Follow-Up Mechanisms:** The organizing committee ensured that participants could schedule follow-up consultations, either at the same camp to track the rectification of ongoing treatment.

8. Conclusion

The medical camps at S. Kollapatty and Vellalapatty successfully addressed healthcare gaps in rural schools by combining clinical services, preventive education, and holistic wellness practices. The collaboration between SAIL Refractory Co. Ltd., Sona Medical College of Naturopathy & Yoga, and CSRI showcased a strong partnership model for CSR-driven health interventions.

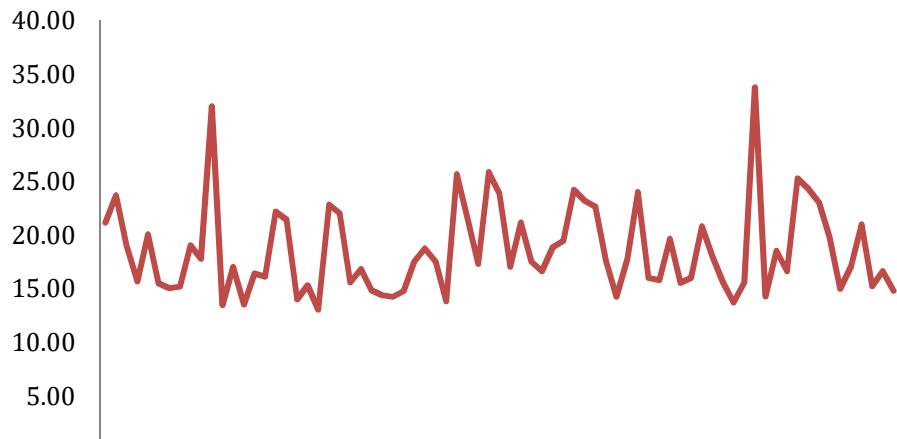
The initiative not only provided immediate benefits through health screenings and consultations but also created long-term value by promoting awareness and sustainable health practices. Going forward, this model can be scaled and replicated to uplift health standards across other underserved communities.

Uniting efforts for a healthier, stronger community

ANNEXURE 1

A. Government Higher Secondary School, Vellalapatty

BMI INDEX

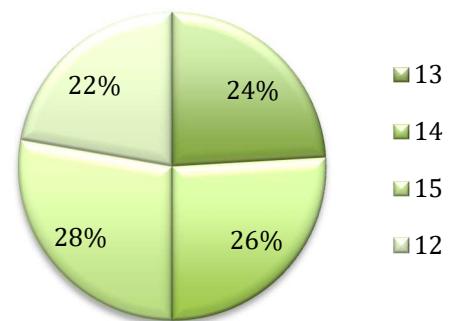


B. Government Higher Secondary School, S. Kollapatty

BMI INDEX



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VISION READING

