



CMRU

Health Check-Up Camp Organized by NSS in association with Referral Laboratory

Introduction:

Health is a vital aspect of overall well-being, and regular check-ups play a crucial role in early detection and prevention of various ailments. Recognizing this, the National Service Scheme (NSS) unit of CMR University, in collaboration with a renowned Referral Laboratory, organized a Health Check-Up Camp. This case study provides an overview of the camp, its objectives, activities, outcomes, and impact on the community.

The health check-up camp was organised for both teaching and non-teaching staff members of CMR University. The camp was conducted over three days across different campuses: Lakeside, City, and OMBR. This initiative aimed to promote health awareness and ensure the well-being of the university staff.

Camp Schedule and Locations

The health check-up camp was organized as follows:

1. **Lakeside Campus**
 - **Date:** 21/02/2024
 - **Location:** CMR University, Lakeside Campus
 - **Time:** 9:00am to 4:00pm
2. **City Campus**
 - **Date:** 22/02/2-24
 - **Location:** CMR University, OMBR Campus
 - **Time:** 9:00am to 4:30pm
3. **OMBR Campus**
 - **Date:** 23/02/2024
 - **Location:** CMR University, City Campus
 - **Time:** 9:00am to 4:00pm

Objectives:

The primary objectives of the Health Check-Up Camp were:

1. To promote awareness about the importance of regular health check-ups.
2. To provide free health screening services to the teaching and non-teaching staffs.
3. To identify common health issues and provide guidance for further medical care.
4. To foster a sense of community service and social responsibility among the NSS volunteers.

Planning and Preparation:

The planning for the health camp began two months prior to the event. Key steps in the planning process included:

1. **Collaboration and Partnership:** The NSS unit of CMR University partnered with a well-equipped Referral Laboratory known for its expertise and reliability in health diagnostics.
2. **Logistics and Setup:** Arrangements were made for the necessary medical equipment, supplies, and personnel. The university campus was chosen as the venue for its accessibility.
3. **Awareness Campaign:** A comprehensive awareness campaign was launched to inform students, faculties and staffs about the upcoming health camp. Posters, emails, social media, and word-of-mouth were used to spread the word.

Participation:

We had active participation in all the three campuses and around 238 staffs were benefitted from the camp both teaching and non-teaching staffs.



Outcomes:

The Health Check-Up Camp achieved significant outcomes, including:

1. **Participation:** Over 100 individuals, including teaching and non-teaching staffs attended the camp and benefited from the free health screenings.
2. **Health Awareness:** The camp successfully raised awareness about the importance of regular health check-ups and preventive healthcare.
3. **Early Detection:** Several cases of hypertension, diabetes, and other health issues were identified, allowing participants to seek timely medical intervention.
4. **Community Engagement:** The event strengthened the bond between the university and the local community, showcasing the university's commitment to social responsibility.
5. **Volunteer Experience:** NSS volunteers gained valuable experience in organizing and managing health-related events, enhancing their leadership and teamwork skills.

Impact:

The health check-up camp witnessed significant participation from the university staff:

- Lakeside Campus: 73 staff members participated.
- City Campus: 55 staff members participated.
- OMBR Campus: 100 staff members participated.





The camp offered a range of health check-up services and following are the details:

1. Random Blood Sugar-RBS
2. BP and Weight
3. ECG
4. Eye check-up
5. Dental Health Check-up in association with Clove Dental
6. Doctor consultation

Conclusions:

The health check-up camp organized by Referral Laboratory in association with CMR University was a significant step towards ensuring the health and well-being of the university staff. The initiative was well-received and highlighted the importance of regular health monitoring and preventive care. Referral Laboratory and CMR University plan to continue such collaborative efforts to promote a healthy and productive academic environment.



Feb 23, 2024 4:19:58 PM
234 2nd A Cross Road
Kalyani Nagar
Bengaluru
Bangalore Division
Karnataka



Feb 22, 2024 10:13:54 AM
211 3rd C Main Road
Banaswadi
Bengaluru
Bangalore Division
Karnataka



Feb 21, 2024 12:13:08 PM
Bellahalli
Bengaluru
Bangalore Division
Karnataka



Feb 22, 2024 1:19:26 PM
211 3rd C Main Road
Banaswadi
Bengaluru
Bangalore Division
Karnataka



NABL M(EL)T 00417



To,

Dear Sir / Madam,

Subject: Regarding Conducting Complimentary **"The Check Up with Referral Labs Campaign"** for all your employees

We are **Referral Labs** based at Sahakarnagar. We are **NABL accredited Lab**.

Referral Labs is aspiring to be a **World Class lab and practicing the best protocols**, best methods, best instruments, SOP's, and good laboratory practices.

We have been doing **"The Check Up with Referral Labs Campaign"** Medical Camps in Government Offices / Institutions / Organizations / Industries / Banks across Bangalore successfully over years.

We are offering complimentary following services

Sl. No.	Name of The Test / Service
1	RBS - Random Blood Sugar
2	BP and Weight
3	ECG
4	Eye Check Up
5	Dental Check up in association with Clove Dental
6	Doctor Consultation

We would like to conduct one such Medical camp for all of your employees across Bengaluru.

We would like to expose our first of its kind in the Industry **Nanocard - Unlimited Diagnostics for a year** and our **Mahabhagyam-1 & Mahabhagyam-2** Health Check-up Packages.

Should there be an interest, they can opt for this. However, there is no obligation.

Kindly give us the permission to conduct this Medical Camp.

Anticipating a favorable reply.

Regards

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