

NOTICE

All the teaching staff and students of D. Pharm, B. Pharm and M. Pharm are hereby informed that the **NSS and Department of Pharmacology** is organizing an **Extension Activity – Health Checkup and Eye Checkup Camp** at **Pai Hotel** on **13/02/2026** at **11:00 am**.

The camp aims to create awareness about general health, regular medical checkups, blood pressure monitoring, and eye health among the community.

All concerned are hereby informed to actively participate and support the program.

This is for your kind information.

Programme Coordinators,

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Event Report

Extension Activity: Health Checkup and Eye Checkup Camp

Date: 13 February 2026

Time: 11:00 am – 12:50 pm

Venue: Pai Hotel

Objectives

- To conduct a general health checkup for staff and visitors at Pai Hotel.
- To provide basic eye screening and create awareness about eye health.
- To promote early detection of common health issues such as hypertension and vision problems.
- To educate participants about maintaining personal health, hygiene, and regular medical checkups.
- To encourage timely medical consultation and preventive healthcare practices.

Event Summary

The NSS and Department of Pharmacology on 13 February 2026, an extension activity titled Health Checkup and Eye Checkup Camp was organized at Pai Hotel. The program aimed to provide basic health screening and eye examination services to the hotel staff and visitors while creating awareness about preventive healthcare.

Students from D. Pharm 1st Year and M. Pharm actively participated in the camp under the guidance of faculty members. The camp included general health checkups such as blood pressure monitoring, weight measurement, and basic health assessment. Students recorded the readings and explained the importance of maintaining normal blood pressure levels, balanced diet, regular exercise, and adherence to prescribed medications if any.

An eye checkup session was also conducted to screen participants for common vision problems such as refractive errors, eye strain, and age-related vision changes. Basic visual acuity tests were performed, and participants were advised to consult an ophthalmologist if any abnormalities were detected. The importance of regular eye examinations, especially for individuals working long hours, was emphasized.

During the awareness session, students educated participants about lifestyle modifications, balanced nutrition, hydration, adequate sleep, and the need for periodic health monitoring. The

information was delivered in simple language to ensure better understanding among the participants.

The camp witnessed active participation and positive response from the hotel staff and visitors. Individual counselling was provided wherever necessary to guide participants regarding further medical consultation and preventive care.

Outcomes

- Participants gained awareness about the importance of regular health and eye checkups.
- Early identification of elevated blood pressure and vision issues helped in timely referral and consultation.
- Participants were educated about preventive healthcare and lifestyle modifications.
- Students developed practical skills in health screening, patient interaction, and community service.
- The program reinforced the institution's commitment towards community health promotion and social responsibility.