



Deccan Education Society's

Fergusson College (Autonomous), Pune

Department of Chemistry (Biochemistry Division)

Social Outreach Program 23rd March 2024



Social Outreach Programme conducted by Department of Chemistry (Biochemistry Division)

The Department of Chemistry, Biochemistry Division, Fergusson College (Autonomous) conducted a 'Free Health Check-up Camp' on account of Women's Day Celebration as part of Social Outreach Programme on **23rd March 2024** at DES English Medium School Shirur village, Pune. Total 101 women have participated in this free health checkup Camp.

Camp was facilitated by the two faculty members (Dr. Kiran Fulzele and Dr. Kirti Limgaokar), a lab attendant (Mr. Abhay Patil) and a lab assistant (Mrs. Swati Dharmadhikari) along with 34 students of M.Sc. Biochemistry I and II (Fergusson College) who were trained for this activity during their practical course. Also, two renowned doctor's (Dr Sunita Pote and Dr Kirti Madne) were a part of this program.

Broad Objective of the Outreach Program

The broad objective of the Outreach Program was to make aware the women's in the village for their health which is always neglected. To achieve this objective, the faculty and students of the department checked various physiological parameters like BMI (Body Mass Index) blood pressure, body temperature, blood group, blood sugar of the participants from village and, they were made aware about many lifestyles related diseases. Biochemistry faculty and students created awareness about good healthy practices and importance of getting themselves checked timely to prevent some serious complications later in life.

Noticing some abnormal parameters in participants during this health camp, they were counselled well by the faculty and doctors to visit primary and tertiary health care center as

per the need. Most of the abnormality was owing to their daily lifestyle and food habits, like excess amount of tea with high sugar, skipping food etc. Such participants were given some general advice on how to avoid such consequences. Few participants also complained about joint pains, muscle stiffness body ache and weakness for which they were taught simple yoga postures and primary treatment by the doctors.

Some participants having high blood sugar were asked to check fasting and post prandial blood sugar level and those showing high blood pressure were asked to monitor their BP every day for next 10 days.



Students doing registration of the participants



Students performing Blood group and Blood sugar tests



Various counters for Blood sugar, Blood Pressure and BMI

This activity overall helped students in experiential learning by correlating clinical biochemistry with physiology which they learn in their curriculum along with sensitizing them toward health problems faced by rural people and their role as Biochemist in contributing to health care in the country.

The aim of this camp was to orient students towards health of people at primary care level, to assess the health status of the villagers and bring health awareness to the villagers about lifestyle diseases. This activity overall helped students in experiential learning by correlating clinical biochemistry with physiology which they learn in their curriculum as part of theory and practical courses. This way students also learned meticulous planning, teamwork and leadership qualities along with getting sensitized towards the health problems faced by rural people and their role as Biochemist in contributing to health care in the country.



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