

HEALTH CAMP AT VALMIKI MANDIR



According to a survey in 2021, 71 percent of Indians were concerned about aches and pain in their head and body. Similarly, 69 percent were concerned about high blood pressure and 67 percent about diabetes.

Star Wellness & Care Foundation has conducted an awareness and successful camp in collaboration with Ek Prayaas Trust-Regd and with the support of Star Imaging & Path Lab we offered Free Medical services like CBC, Blood Sugar, Blood Pressure, weight, Eye Checkup, Knee oostearthritis checkup including with free consultation by Eye Specialist, Orthopedic, Physician and Dental care at Valmiki Mandir. More than 85 deserving people received the services. These camps have helped many to know the importance of their health & get started on their fitness journey.

Ek Prayaas Trust is an organization working for bringing a change in the society. Over the past decades, India's health outcome indicators have shown slow but consistent improvement; much of these achievements were met despite inadequacies in both policy attention and funding. When the National Health Policy 2017 set a target of reaching 2.5 percent of GDP worth of government expenditure in health by 2025, most analysts were of the view that it was highly ambitious. India indeed appeared to be far from able to achieve such target. However, the global COVID-19 pandemic in 2020 forced the Government of India to spend way beyond its own 2025 target, and in many ways, above its means.

India is a health policy, not a health service. The need-based services have primarily catered to the urban population, which houses 32% of the national population. The doctor population ratio stands at 1:1,700, less than the WHO prescribed 1:1,000, Reluctance by doctors to serve rural areas emerges from the feeling of professional isolation and disparity in living conditions.

Globally, at least 2.2 billion people have a near or distance vision impairment. In at least 1 billion – or almost half – of these cases, vision impairment could have been prevented or has yet to be addressed.

This 1 billion people includes those with moderate or severe distance vision impairment or blindness due to unaddressed refractive error (88.4 million), cataract (94 million), glaucoma (7.7 million), corneal opacities (4.2 million), diabetic retinopathy (3.9 million), and trachoma (2 million), as well as near vision impairment caused by unaddressed presbyopia (826 million) (1).

In terms of regional differences, the prevalence of distance vision impairment in low- and middle-income regions is estimated to be four times higher than in high-income regions (1). With regards to near vision, rates of unaddressed near vision impairment are estimated to be greater than 80% in western, eastern and central sub-Saharan Africa, while comparative rates in high-income regions of North America, Australasia, Western Europe, and of Asia-Pacific are reported to be lower than 10% (2).

If there is no change in the current trend of blindness, the number of blind persons in India would increase to 24.1 million (95% CI: 19.7-28.4) in 2010, and to **31.6 million (95% CI: 26.4-36.9) in 2020**.

Osteoarthritis is the second most common rheumatologic problem and it is the most frequent joint disease with a prevalence of 22% to 39% in India. OA is

more common in women than men, but the prevalence increases dramatically with age. Nearly, 45% of women over the age of 65 years have symptoms while radiological evidence is found in 70% of those over 65 years. OA of the knee is a major cause of mobility impairment, particularly among females. OA was estimated to be the 10th leading cause of nonfatal burden.

Around **10.5 percent of the global adult population suffered from diabetes in 2021** - by the year 2045 this number is expected to rise to over 12 percent. Diabetes, or diabetes mellitus, refers to a group of metabolic disorders that result in chronic high blood sugar levels.

As per the results of a large scale survey conducted across India in 2020, about 17 percent of the respondents suffered from cavities and decay. Cavities, decay and bad breath seemed to be the major concerns about oral health of the people in the country. **Dental caries** is a chronic disease displaying drastic variations in its prevalence across multiple factors and the obscurity of data on the same hinders the attainment of dental caries prevalence reduction goals set by WHO. According to the India Dental Association in India, **98%** of people have dental problems and **60%** of parents are unaware of their children's dental issues. And all this while the penetration of dental services is only **2%**. The reason behind India's population suffering from dental complications stems from the ignorance of the significance of preventive oral care and timely treatment of smaller dental issues.

Free medical camps are set up with a sacred aim to bring awareness amongst the deprived population of the country who have no access to basic healthcare services or knowledge about the diseases they are suffering from. So, Transparent Hands provide the importance and objectives of the medical camp free medical advice, medicine to the unfortunate people and refer them for specialized treatment or surgery whenever it is required. These camps make sure people are getting the healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious.