

PREVENTIVE HEALTHCARE CAMP FOR DELHI HOME-GUARDS



A Home Guard is a force organized often on a volunteer basis for local defense or home protection especially when the regular army is in a combat area. Home guards has an important role in the society as their responsibilities is to serve as an auxiliary to the Police and to assist in maintaining internal security, to assist the community in any kind of emergency like air-raid, fire, flood, epidemic and so on, to organise functional units to provide essential services such as Motor Transport Unit, Fire Fighting and Engineering Groups, Pioneer Services, Nursing and First-Aid, Operation of water supply establishments, etc, to promote communal harmony and to give assistance to the administration in protecting the weaker sections of the society, To participate in socio-economic and welfare activities such as Adult Education, health and hygiene development schemes, etc.

Public healthcare is free for every Indian resident. The Indian public health sector encompasses 18% of total outpatient care and 44% of total inpatient care. Middle and upper class individuals living in India tend to use public healthcare less than those with a lower standard of living.

Star Wellness & Care Foundation along with Star Imaging & Path Lab has organised a Preventive Healthcare camp for Home guards at Directorate General of Delhi Home Guards on 12 April 2022 for creating awareness about the Holistic Health among the Home Guards. Sh. R.P. Upadhyay, IPS, Director General of Home Guards, Dr. Sameer Bhati, Director, Star Imaging & Path Lab, Dr. Krishna Bhardwaj, Chief Medical Officer, Sh. D. S. Rawat, Commandant, Sh. S. K. Shaukeen, Commandant along with the team of Home Guards graced the inaugural ceremony. Dr. Sameer Bhati said, "Early Screening Procedures will surely lead to early & cost effective interventions. It will help to lessen the impact of disease on the patient's overall life. It is high time to include every sector into Preventive Care Campaign & we are dedicatedly running this Star Healthy India Mission."

Free consultations were provided by physicians, physiotherapists, Eye and Dental Care consultants along with Blood Tests like CBC, Anaemia diagnosis, Blood Sugar, Blood Pressure, Cholesterol, weight & ECG for identifying their health issues or conditions so that an early treatment or intervention can be offered to them and we are happy to share that around 359 Home guards got benefited from the camp.

At the time of selection, home guards undergo various health and fitness tests but subsequently health assessments are not done regularly. Unhealthy lifestyle and challenging work environment predispose them to various somatic sequelae, including cardiovascular diseases, musculoskeletal, gastrointestinal, and psychological disorders, etc. There is limited epidemiological data on the morbidity profile among police personnel in India.



The annual confidential report (ACR) as well as the annual performance assessment report (APAR) of the police staff above the age of 40 will be considered incomplete if “annual health report is not attached with it while submitting them before the competent authority.”

By organizing this type of medical camp, our home guard members can be saved from serious diseases in time. They get information about the disease at the primary stage itself, so that they can stay healthy by taking timely treatment. It will be our endeavour to organize such health camps in future. Also, in the health camp, the policemen who come to know about any serious illness during the investigation, then all possible help will be provided by the department for better treatment. Home guards face many challenges related to their occupational health and their personal as well as the safety of their family that can affect their physical, mental, and interpersonal relationships.

The Home guards is always subject to a lot of pressure from the department due to their work nature which requires them to be on their toes all through the day. They do not enjoy regular holidays that other workforce in a lot of other departments enjoy. As a result of this, they are put under tremendous load and are always keyed up. Consequently, the brunt of the condition worsens their personal health in terms of mental, physical, or emotional health. Adding to the misery, it even troubles their interpersonal relationships. Cops are at a higher risk of high blood pressure (BP), insomnia, increased levels of destructive stress hormones, heart problems, and post-traumatic stress disorder due to constant job pressures. Our Home guards work relentlessly for the society so according to our mission to provide quality and holistic healthcare facilities for the society we have organised these camps. By organising these kinds of health camps we are trying to improve the health sector of the nation.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Health camps are a simple way of creating an awareness in the society and we are truly enjoying this work. These free camps have helped many to know the importance of their health and get started on their fitness journey.

Let's take a pledge to learn more on the importance of healthcare and taking care of our body.

