



NETAJI SUBHAS OPEN UNIVERSITY

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Extension Activities carried out by School of Vocational Studies **Report on** **Health Check Up Camp on International Women's Day** **Date: 8th March 2022**

Nature of the Programme: Extension Activity/Community Outreach programme

Programme Details: The camp carried out by the School of Vocational Studies, NSOU in association with the Vocational LSC, Shivananda Health Society.

Venue: Shivananda Health Society, Nimta, 24Parganas (N)

Participants: About 180 beneficiaries (Students and Teachers/ counsellors)

Objectives of the Programme:

Exposure to extension and outreach activities sensitize the stakeholders, especially learners towards social issues.

Widening sensitization of well-being and basic medical support amid the freight of the pandemic

Background:

An extension activity is an activity that extends the learning of the lesson. The purpose of extension activities is to give learner opportunities to use the target curricular words and meanings during interesting, engaging, and contextualized activities. With this spirit and maintaining the Covid-19 protocol and health guidelines, the Health Check-up was organized at the venue with active involvement of the LSC staff members, learners, two doctors and other nine health professionals.



Health Checkup Camp:

The programme was set forth with the inauguration by Dr. Subrata Pal, Secretary, SHS. It was followed by introducing the objectives of the programme. The participants were very enthusiastic and diligent to be a part of this event. The health checkup camp was arranged in an open field with due care and precautions. 3-4 tables were set up for the doctor and other health professionals for their implications. One of them occupied a central table for record

keeping of the participants who flanked for checkup. A proper discipline was maintained to ensure smooth conductance of the checkup. The following physical examinations were undertaken with due care –

- Weight
- Blood pressure & pulse
- SpO2
- Blood sugar
- Nutrition advices
- Covid-19 Precautionary measures in pamphlets were distributed
- Technical Know-hows on Covid-19 Vaccination and eradication of underlying myth

The participants felt the need of a health assessment. It signifies a plan of care that identifies the specific needs of a person and how those needs will be addressed by the healthcare system. It was realized that more such health camp may help the marginalized people.



Outcome of the programme:

Through such extended learning activities, youths learn collaboration, teamwork, leadership skills and the importance of working together despite differences to reach a common goal. NSOU has been instrumental in conducting such ventures to ensure a better society as one of its social responsibilities.