



**CSR PROJECT  
MEDICAL CAMP  
JHIRIWALA  
FOR INDAG RUBBER LIMITED**

**PHASE I & II REPORT  
(9 MARCH 2016-13 MARCH 2016)**



## VGN MEDISOL – Let's Move To Complete Wellness

The **yearly** Health Check Up is being organised by Indag Rubber Ltd for their adopted village 'Jhiriwala' as a part of their CSR Initiative. The programme will be completed in 4 phases during a time period of 1 year starting from March 2016 to March 2017.



PHASE I- Diagnostics

PHASE II- Mega Consultation Camp & Distribution of Medicines

PHASE III- Regular Monitoring Camp

PHASE IV- Re-Diagnostics & Consultation

### VGN MEDISOL PVT LTD

Corp Off: D-122, Ground Floor, Saket, New Delhi-110017 (Near Saket Metro Station, Exit No 3)

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### PHASE I- DIAGNOSTICS (9-03-2016 to 12-03-2016)

The diagnostics exercise was carried out from 9 March 2016 to 12 March 2016. The team of technician **Mr Durgesh Mishra & Mr Sheelendra Kumar** conducted the testing; wherein blood samples were taken & instant sampling and testing was done. The blood parameters that were mainly checked were for Liver, Kidney, Haemoglobin, Sugar & Lipid Profile. The sample of the report provided was as follows:-

BLOOD REPORT			
Name	Mr Shivnandan Lal	Gender/Age	M/55 yrs
Weight	52.3 kgs	Blood Pressure	130/80 mmHg
Date	12/3/2016	Sample No	19

  

HAEMATOLOGY			
TEST NAME	RESULT VALUES	UNITS	REFERENCE VALUES
Haemoglobin	14.3	gm/dl	(12-16)

  

BIOCHEMISTRY			
TEST NAME	RESULT VALUES	UNITS	REFERENCE VALUES
Glucose (Random)	105.3	mg%	(70-140)
Cholesterol Total	150.8	mg/dl	(140-240)
Triglycerides	75.4	mg/dl	(60-160)
Creatinine	0.75	mg/dl	(0.7-1.4)
Uric Acid	<b>8.2</b>	mg/dl	(3.5-7.20)
Total Bilirubin	0.9	mg/dl	(0.30-1.20)
D Bilirubin	<b>0.5</b>	mg/dl	(0-0.3)
Indirect Bilirubin	0.4	mg/dl	(0.3-0.7)

-----End of Report-----

Durgesh Kumar  
(Sr. Lab Incharge)

**Table1 – This depicts the mean data of the main variables tested for the villagers.**

AVERAGE VALUES	AGE	Haemoglobin (12-16) gm/dl	Glucose (Random) (70-140) mg%	Cholesterol Total (140-240) mg/dl	Triglycerides (60-160) mg/dl	Creatinine (0.7-1.4) mg/dl	Uric Acid (3.5- 7.20) mg/dl	Total Bilirubin (0.30- 1.20) mg/dl	D Bilirubin (0-0.3) mg/dl	Indirect Bilirubin (0.3- 0.7) mg/dl
	<b>37.8</b>	<b>12.44</b>	<b>103.7</b>	<b>154.8</b>	<b>106.4</b>	<b>0.81</b>	<b>4.75</b>	<b>0.65</b>	<b>0.73</b>	<b>0.28</b>

**Table 2- This depicts the prevalent trends that were seen in the villagers.**

Trends	1) Out of 218 people <b>70</b> of them were either mildly or moderately anemic ; and <b>7</b> of them were found to be severely anemic
	2) <b>19</b> people out of 191 adults to be found either diabetic or Prediabetic
	3) <b>8</b> out of 191 adults were having high levels of total cholesterol
	4) <b>35</b> out of 191 adults have high levels of triglycerides
	5) <b>9</b> out of 191 adults reported high levels of Uric Acid.
	6) Nobody reported high levels of Creatinine
	7) <b>102</b> people out of 191 adults reported high levels of Direct bilirubin

Out of the above mentioned trends few interesting correlations were seen-

### 1) . Relationship Between Lipid Profile & Haemoglobin Levels

Negative Correlation between Haemoglobin & Triglycerides	0.02366
Negative Correlation between Haemoglobin & Total Cholesterol	0.01484

*\*A weak negative correlation was found out between people having low haemoglobin levels and deranged Lipid Profile. This is in lieu with the protective mechanism of the body; the phenomenon was seen near the borderline cases ; hence such cases can be given treatment with iron supplementation for 30 days , which help improve both the anaemia and Lipid Profile.*

2) Although almost 40% population reported increased levels of Direct Bilirubin ; no specific trends or prevalence towards Jaundice was seen.



### SAMPLE COLLECTION & BLOOD TESTING

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### PHASE II- MEGA CONSULTATION & MEDICINE DISTRIBUTION -13 March 2016

The mega consultation was conducted on 13 March 2016 wherein doctors from various specialities had come and provided the consultation to the villagers based on their blood reports and chief complaints.

The Chief Guest for the programme was Shri Lalit Jain (IAS); CEO-BBDNA, although due to his busy schedule , but he appreciated the service that is being done by Indag Rubber Ltd .

The camp was inaugurated by Mr B K Kashyap & Mr Anil Sharma in presence of the sarpanch of the village Ms. Harjeet Kaur & Panch Mr Karnail Singh.



The doctors from the following specialities were there for the camp-

- 1) Dr Vipin Kumar-Orthopaedic Surgeon
- 2) Dr Geet Kohli- Dental Surgeon
- 3) Dr Nimisha Gupta- Physiotherapist
- 4) Dr Anurabh Swami-Paediatrician
- 5) Dr Ankit –Gen Physician
- 6) Dr Kavish Yadav-Orthopaedic Surgeon
- 7) Dr Natasha Johar- Gynaecologist

The reports were distributed to all the villagers who underwent the blood check up . Depending on the blood findings the villagers were consulted by the concerned doctors.

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**PAEDIATRICIAN**



**GEN. PHYSICIAN**



**DENTAL SURGEON**



**ORTHOPAEDIC CONSULTATION**



**GYNAECOLOGIST CONSULTATION**



**PHYSIOTHERAPIST CONSULTATION**

The medicines were provided by Mr S L Singla of Baddi Pharma Association ; the medicines were given to the patients on need basis and according to the sign and symptoms.

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The camp was a big success and hope to continue the same in the III & IV phase . The schedule for the next Phase is as follows-

April 2016	24 <sup>th</sup> -Sunday	Ortho, Physician, Dentist, Physio
May 2016	22 <sup>nd</sup> -Sunday	Ortho, Physician
June 2016	25 <sup>th</sup> -Sunday	Ortho,Physician,Gynaec,Dentist,Physio
July 2016	24 <sup>th</sup> -Sunday	Ortho,Physician
Aug 2016	28 <sup>th</sup> -Sunday	Ortho,Physician,Physio,Dentist
Sept 2016	25 <sup>th</sup> -Sunday	Ortho,Physician,Gynaec,Cardio,Paeds
Oct 2016	22 <sup>nd</sup> -Sunday	Ortho,Physician,Dentist,Physio(retesting for some parameters if required)
Nov 2016	27 <sup>th</sup> -Sunday	Ortho, Physician
Dec 2016	18 <sup>th</sup> -Sunday	Ortho,Physician,Gynaec,Physio,Dentist
Jan 2017	22 <sup>nd</sup> -Sunday	Ortho,Physician
Feb 2017	20 <sup>th</sup> -Sunday	Ortho,Physician
Mar 2017	16 <sup>th</sup> -19 <sup>th</sup> –Thurs-Sunday	Ortho,Physician,Gynaec,Cardio,Paeds,Physio,Dentist

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