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Sarvha Foundation organises free citywide health camp series in Delhi

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Sarvha Foundation conducted a series of free health camps across Delhi from March 18 to April 7 as part of its endeavour to promote healthcare accessibility to people from the underprivileged section of the society.

The final camp culminated on World Health Day on 7 April. As part of the camp, the organisation reached out to thousands of individuals in the underserved communities, laying greater emphasis on essential healthcare services.

As experienced doctors from Sir Ganga Ram Hospital conducted the medical consultations and health check-ups, the beneficiaries received appropriate medical advice for their health problems.

Held at key locations across Delhi, the camps offered free consultations with doctors, basic health screenings and essential medicines. Hanuman Mandir (Connaught Place), Bhairav Mandir (Pragati Maidan), Gurukul (Gautam Nagar) and Sarvha Vocational Institute (Wazirabad Centre) saw thousands of patients thronging in. The camp concluded at Prakash Deep Building on 7th April.

The vision behind the health camp was to spread awareness about chronic diseases. Based on the findings during the health camp, majority of the people were diagnosed with hypertension, diabetes, arthritis. When undiagnosed, they can lead to multiple health issues in the future thus they must be tackled at the earliest. Awareness of symptoms along with simple preventive measures such as exercise and dietary changes were suggested along with medicines.

Acharya Anita, Founder and Trustee, Sarvha Foundation, and a life coach said, "Health is often the most neglected aspect until it hampers daily life and requires urgent attention. Preventive care, though not complicated, gets ignored amongst the masses, especially because it is thought to be expensive. Massive expenses can be avoided simply through awareness, timely check-ups, and simple daily exercises to support the body. The healthcare drive carried out by Sarvha Foundation was with an aim to make communities better equipped to stay healthy."

With more than 25 years of service and over 240 health camps conducted to date across Delhi NCR, Sarvha Foundation is committed to providing access to basic healthcare, irrespective of income or geography.