

Health Awareness & Medical Check-up Programme – Treasures of Innocence

Introduction

Treasures of Innocence conducts regular Health Awareness & Medical Check-up Programmes to ensure the physical well-being and healthy development of children from underserved communities. In areas where access to healthcare is limited, this initiative plays a vital role in providing preventive health support, early diagnosis, and awareness-building among children and adolescents.

The programme in Bagherkhol Community created a safe and supportive environment where children received essential health services along with guidance on hygiene, nutrition, and overall well-being.

Programme Overview

The Health Awareness & Medical Check-up Camp was successfully conducted on 17 December 2025 at Bagherkhol Community.

The programme was implemented in collaboration with the Rotary Club of Calcutta Avyanna and supported by local community members, teachers, and volunteers.

A total of 69 children participated in the health check-up and received medical support.

Objectives

- To provide accessible health check-ups for children in underserved communities
- To ensure early detection and prevention of common health issues
- To assess children's physical growth and general health condition
- To promote awareness on hygiene, nutrition, and healthy habits
- To support adolescent girls with basic health education and guidance
- To strengthen community awareness regarding regular health check-ups

Services Provided

- General health check-ups for children
- Height, weight, and growth assessments
- Vision screening and basic eye examinations
- Blood pressure monitoring and basic blood sugar testing (where required)
- Individual health consultation and guidance
- Awareness sessions on hygiene, nutrition, and healthy lifestyle practices

Key Health Observations

- Many children showed symptoms of seasonal illnesses such as cold, cough, fever, and headache

- Some children reported pain in hands and legs related to physical growth and development
- Early signs of vision-related issues were identified in a few students
- Lack of awareness regarding hygiene and preventive healthcare was evident among children and caregivers

Doctors provided guidance on proper nutrition, hydration, rest, and the importance of regular health monitoring.

Adolescent Girls' Health Support

- General health check-ups
- Basic gynecological consultations
- Health and hygiene awareness discussions

It was observed that some adolescent girls faced health issues linked to limited awareness about menstrual hygiene and preventive care.

Impact of the Programme

- Improved awareness of health and hygiene among children and parents
- Early identification of common illnesses and health concerns
- Reduced fear and hesitation among children regarding medical check-ups
- Strengthened trust between the community and support organizations
- Encouraged families to adopt preventive healthcare practices

Collaboration

This programme was successfully implemented with the support of Rotary Club of Calcutta Avyanna, local community leaders, volunteers, teachers, caregivers, medical professionals, and health workers.

Conclusion

The Health Awareness & Medical Check-up Programme at Bagherkhol reaffirmed the importance of accessible healthcare for children in underserved communities. Beyond providing immediate medical support, the initiative helped build awareness, confidence, and preventive health habits among children and families.

Treasures of Innocence remains committed to ensuring healthier childhoods and stronger communities through continuous health-focused interventions.