



## Topic: Free Health Checkup camp

Date: 27<sup>th</sup> November 2018

SBPIM  
In association with HealthSpring



### Jagruti (Social Awareness)

Report on: Free Health Checkup Camp

In Collaboration: HEALTHSPRING

As a part of ISR activity a free Health Checkup

Camp was organized in association with

HEALTHSPRING for the teaching staff, security

Staff, canteen staff and housekeeping staff of PCET

Campus.

As rightly said HEALTH is the real WEALTH

With this intention SBPIM wanted to endeavor awareness about maintaining good health .

To be a support and assistance in this cause, SBPIM organized a Free Health Checkup Camp for all the staff and of our campus. Various tests were carried out like

Random Blood Sugar Test, Blood Pressure, Heart Rate, Oxygen Saturation, Body Mass Index , Body Fat analysis, Visceral Fat, Metabolic ae, DCI/BMR, Dental Check up, Eye check up and consultation. **168** people (teaching staff, security Staff, canteen staff and housekeeping staff) took an advantage of this free Health Checkup Camp.

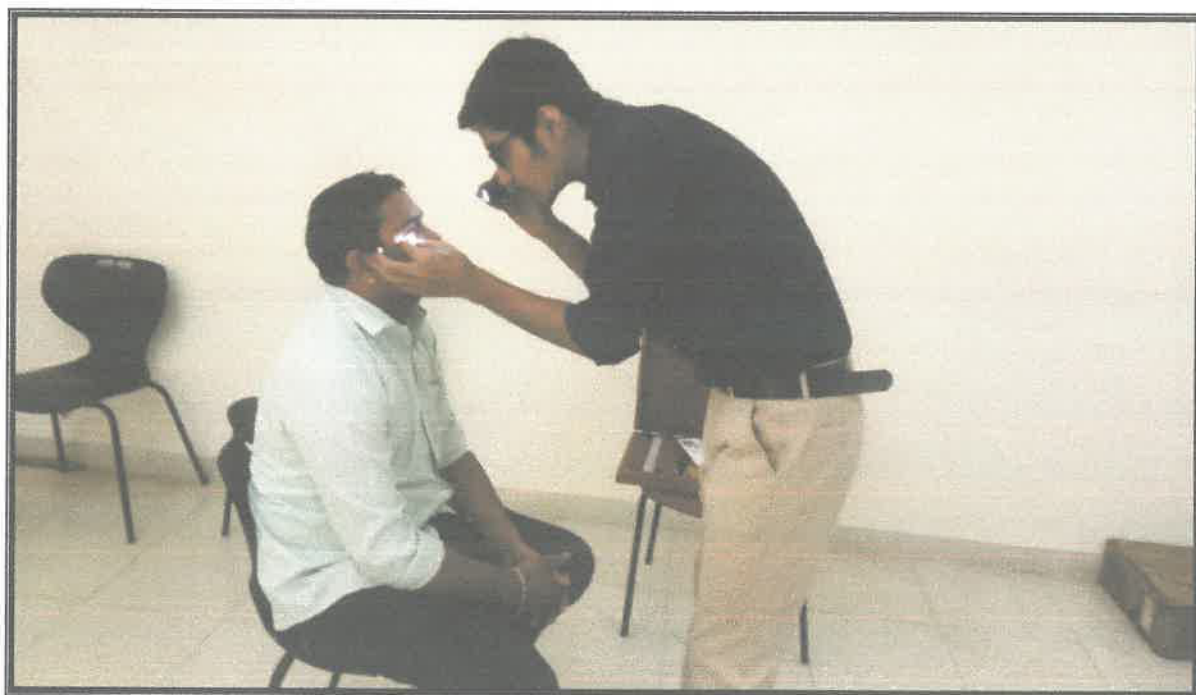
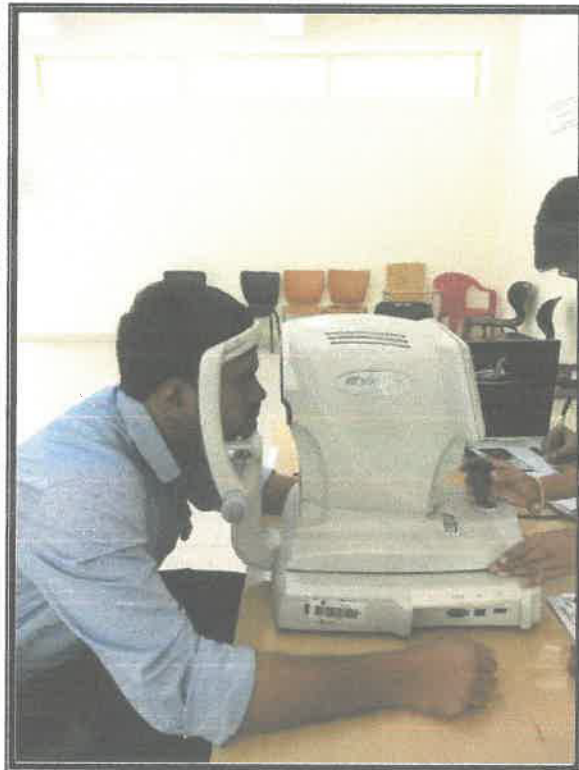
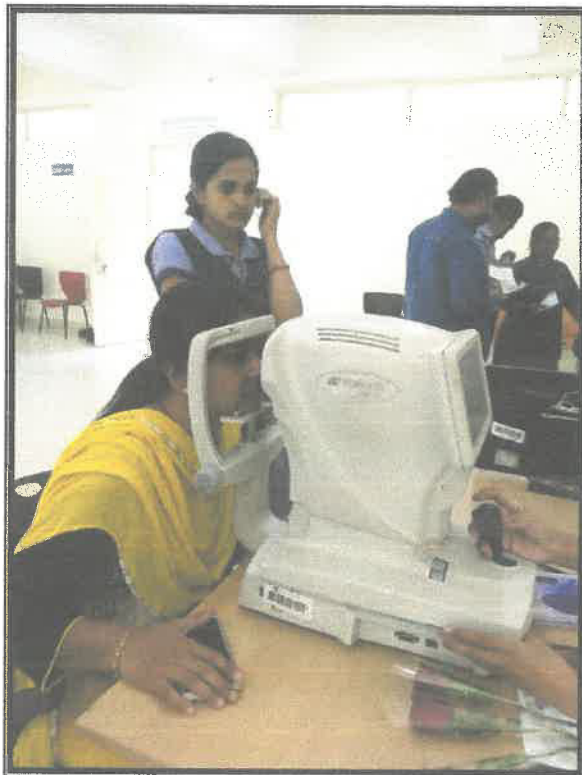




*BP & Sugar Checkup*



*Consultation*



*Eye Checkup*






## BMI Index Check up




Prepared By

  
Dr. Anuradha Phadnis

& Dr. Iram Ansari

ISR Coordinators

Approved by

  
Dr. Daniel Penkar

Director

## CAMP CARD

### OUR SERVICES

- Eye Vision Testing
- Eye Pressure
- Doctor's Consultation
- Investigations & Surgeries  
Cataract, Retina (Diabetic Complications,  
Dry Eye Treatment, Computer Vision Syndrome),  
Glaucoma, Lasik & Refractive Surgeries,  
Pediatric & Squint etc.
- Inhouse Optical & Pharmacy Shop
- Other Eye Care Facilities



Terms and Conditions Apply



IN CONSULTATION  
CHARGES WITHIN 7 DAYS

Name: Anuradha Phadnis Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No.: 9850728206

### VISION SCREENING DETAILS

<u>+0.25 / -1.25 / 85</u>	<u>+0.25 / -1.00 / 80</u>
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Right Eye

Left Eye

WORKING FROM MONDAY TO SATURDAY

OUR HOSPITAL NETWORK:- MAHARASHTRA - Mumbai, Aurangabad, Kolhapur, Nagpur, Nashik, Sangli,  
Pune - Kothrud & Magarpatta, RAJASTHAN - Jaipur, Jodhpur, GUJARAT - Ahmedabad, Surat, MADHYA PRADESH - Indore,  
Bhopalpur, Chhindwara, BIHAR - Patna, CHATTISGARH - Raipur, JHARKHAND - Ranchi, UTTAR PRADESH - Kanpur, Lucknow.



Date \_\_\_\_\_ Followup Date \_\_\_\_\_ Sr. No. HS- **756583**

Date \_\_\_\_\_ Sr. No. HS- **756583**

Name Anuradha Phadnis  
(First name) (Middle name) (Last name)

Name Anuradha Phadnis  
(First name) (Middle name) (Last name)

Age \_\_\_\_\_ Gender M / F

Age \_\_\_\_\_ Gender M / F

Mobile 

9	8	5	0	7	2	8	2	0	6
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Email \_\_\_\_\_

Address \_\_\_\_\_


Lead Status		
Interested	Not Interested	Not Sure

Pharmacy req / month (₹) \_\_\_\_\_


Package pitched \_\_\_\_\_

Activity Name \_\_\_\_\_

Readings		
Height (cm) <input type="text"/>	BMI <input type="text"/>	Blood Pressure <input type="text"/>
Weight (kg) <input type="text"/>	DCI/BMR <input type="text"/>	Heart Rate <input type="text"/>
Body Fat% <input type="text"/>	Metabolic Age <input type="text"/>	RBS <input type="text"/>
Muscle Mass <input type="text"/>	Body Water% <input type="text"/>	SPO2 <input type="text"/>
Bone Mass <input type="text"/>	Visceral Fat <input type="text"/>	



Readings		
Height (cm) <input type="text"/>	BMI <input type="text"/>	Blood Pressure <input type="text"/>
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Muscle Mass <input type="text"/>	Body Water% <input type="text"/>	SPO2 <input type="text"/>
Bone Mass <input type="text"/>	Visceral Fat <input type="text"/>	



**Note :** This analysis is purely indicative and not a replacement for a doctor consultation or more advanced testing. Please consult with a doctor before you act on these readings.

ACK

Self Back Qty. 7500 CYA



family doctor



24x7  
emergency



diagnostics



comprehensive  
chronic care



specialist care  
co-ordination



pharmacy



home care



physiotherapy



vaccination



diet &  
nutrition



**HEALTHSPRING**  
FAMILY HEALTH EXPERTS

Dear Manager, / Director

*S.B. Patil Institute  
of Management, Pune*

Greetings!

It gives me great pleasure to introduce Healthspring - Family Health Experts to you, which is set up by some of India's best doctors to address an increasingly large void in the Indian Healthcare scenario: that of high-quality, organized primary care (out-of-hospital care) that is consistent, meets international standards of care, is focused on patient convenience and safety and has the highest levels of ethics and transparency.

Our 1st Healthspring center was launched in September 2011 at Goregaon- East, followed by, Kemps Corner, Khar (W), Powai, Andheri (W), Vashi, Thane, Parel, Shivaji Park, Mulund, Borivali, Cuffe Parade, Malad and we have also launched our centers in Pune Kalyani nagar, SB road, Aundh, Viman nagar, Senapati Bapat Road and now also opened our outlet which is in Pimple saudagar Kokane Chowk.

Each of our centers is staffed by full-time physicians (typically 4) who are well-qualified, well-trained, and practicing care as per the latest International Protocols from the National Institute of Health and Clinical Excellence (NICE) International, UK.

The centers have all routine facilities under one roof, including a high-quality pharmacy, routine diagnostics and minor procedures room. We have a focus on patient convenience and safety, with on-time appointments, electronic medical records, and high-quality spaces. The centers work from 8 am to 9 pm. In any emergency, we have a doctor on call who will respond 24 hours x 365 days, for members!

We provide doctor and nurse home visits and around-the-clock emergency service for members, where our doctors respond to you along with an ambulance if necessary and backed up by emergency treatment tie-ups with Pune's best hospitals. We also provide access to the best specialists and hospitals, on the best terms, through our extended panel.

In our endeavor to create awareness about maintaining good health, we conduct a Free Health Check Up for employees and customers, which will include the following tests.

Random Blood Sugar Test,  
Blood Pressure  
Heart Rate  
Oxygen Saturation  
Body Mass Index  
Body Fat analysis  
Visceral fat  
Metabolic age  
DCI/BMR  
Consultation

*Dental check-up, Eye check-up*

Thanking you.

Regards,

Pankaj Choudhari  
Asst. Business Manager  
Healthspring  
9890474003, 8828113714  
Email - [pankaj.choudhari@healthspring.in](mailto:pankaj.choudhari@healthspring.in)

[www.healthspring.in](http://www.healthspring.in) | 86528 86529

**MUMBAI** - Andheri (E), Andheri (W), Borivali, Cuffe Parade, Dadar, Dombivali (Lodha Palava), Ghatkopar, Goregaon, Juhu, Kandivali, Kemps Corner, Khar, Mulund, Malad, Parel, Powai, Thane (Ghodbunder | Panchpakhadi), Vasai. **NAVI MUMBAI** - Kharghar, Koparkhairane, Nerul, Sanpada, Vashi.

**PUNE** - Aundh, Kalyani Nagar, Pimple Saudagar, Senapati Bapat Marg, Viman Nagar.

**BANGALORE** - Koramangala, Sadashivnagar