

**REPORT:**

**DATE:**

**ATTENDED BY:**

Health Camp

12 th December 2022

HIMS Doctors, Managing Director, Principal Ma'am,  
Teachers, Students & Staff

Heritage Institute of Medical Sciences (HIMS) organised a health camp at G.D Goenka School, Varanasi to ensure healthy lifestyles.

It is rightly said that a healthy mind resides in a healthy body and a healthy body is the key to a happy, hale and hearty life. The event was held under the guidance of HIMS Doctors.

A team of 10 doctors and 8 volunteers of HIMS conducted the health camp for the students on the school premises. The camp focused on eye check-up, dental check-up, ENT check-up and Pediatrics. The general body fitness examination was done to every goenkan students and staffs. Different medicines and recommendations were given to the students. This initiative helped students to become aware of different health issues. The doctors made students aware of the ill-effects of using cell phones. Eye specialists taught exercises to students for eye care. Students also learnt some exercises from the general physicians to stay fit. They learnt a mantra, "Stay close to fitness and break the proximity of illness." Principal Ma'am thanked HIMS members for making the camp a success.







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