



Health Camps for truck drivers

While we all are in the middle of a global health crisis, health awareness camps are a respite to hundreds of people in rural India who are more exposed to risks of infection due to poor hygienic atmosphere they reside in and lack of knowledge and awareness on nutrition and healthy diet.

Truck Drivers, helpers and their families are amongst the most vulnerable section for contacting diseases while travelling, long and stressful journey, lack of a hygienic conditions and unawareness about importance of maintaining health and hygiene. Our programme

Suhana Safar focuses on building knowledge and awareness by organising sessions on nutritious diet, safe drinking water, following sanitary practices and healthy lifestyle. Another significant step in this direction is health camps. In the month of January, five health camps were organised, where a general physician and a gynecologist did regular checkups like blood pressure, eye checkup, blood sugar etc. These were conducted while practicing essential Covid protocols like wearing a mask and frequently sanitising hands.

Two health camps were held at Bhartiya Aadarsh Inter College in Dadri, mostly for children and families of truck drivers and helpers, including adolescent girls and their parents. Through these more than 290 beneficiaries were reached out. Through these camps we found out that the majority of the adolescent girls were anemic and were underweight. Thus it can be concluded that lack of nutritious diet is negatively impacting the overall health of these children.

Another health camp was conducted at ICD Piyala, Faridabad. More than 120 community members were reached out. During these camps, it was ensured that women can freely share their health concerns with experts and receive advice accordingly.

Sudama Dhaba in Murthal was chosen as a designated place to conduct the remaining two health camps. It is one of the busiest dhabas where truck drivers stop in between journeys. The camps were organised on 12 and 25 January. More than 160 truck drivers and helpers were examined during each camp. It was noteworthy that majority of the truck drivers in both these camps had weak eye sight. They couldn't see from a distance of 20-30 meters. Most truck drivers don't have access to eye care services that are free, fast and available near them. Suhana Safar Programme aspires to close the gap in access to such critical health services so that they can live healthier lives and our roads can be safe for commuters.