

## Monthly Medical Camp Across Changthang Region

On 14th March 2025, a series of Health Melas (medical camps) were successfully conducted across various regions of the Changthang area as part of the monthly health initiative. These camps focused on raising awareness about Non-Communicable Diseases (NCDs) such as Diabetes, Hypertension, and cancers (oral, breast, and cervical), along with promoting early detection and preventive measures. Additionally, the camps coincided with the observation of World Glaucoma Week, emphasizing the importance of early detection and treatment of glaucoma to prevent vision loss.

At AAM Samad Rokchan, awareness was provided on NCDs, including their causes, symptoms, and preventive measures. Participants were encouraged to undergo NCD screening, with a total of 7 individuals participating.

In AAM Chumathang, awareness sessions on NCDs were conducted, followed by NCD rescreening, which included blood pressure, blood sugar, oral screening, and breast screening. Updates on the NCD portal were also shared, and the event saw a total of 14 participants.

At AAM Sumdho Puga, villagers and staff were educated about NCDs, their causes, symptoms, and preventive measures. Participants were encouraged to undergo NCD screening, and the event attracted 17 participants.

AAM Anlay Pongog hosted a Health Mela where Hemoglobin (HB) tests and NCD screenings were conducted for all participants. Awareness about NCDs was spread, and the event saw 13 participants.

In Tarchit, the Health Mela coincided with World Glaucoma Week, with the slogan *"Uniting for a Glaucoma-Free World."* Emphasis was placed on early detection, timely treatment, and prevention of vision loss. The event had 10 participants.

AAM Liksey observed the theme *"Uniting for a Glaucoma-Free World."* Activities included NCD screening and raising awareness about glaucoma as a silent thief of vision. The event saw 8 participants.

At AAM Skitmang (Monastery), NCD screening was conducted, and participants were encouraged to prioritize early screening for better health outcomes.

AAM Hemya celebrated the Health Mela alongside Glaucoma Week. NCD screening and glaucoma awareness were conducted.

In AAM Tsaga, participants were educated about personal health, healthy diets, and the importance of avoiding processed foods. NCD screening was encouraged for individuals aged 30 and above.

Finally, at AAM Nidder, awareness was provided on NCDs, and rescreening for blood pressure and blood sugar was conducted. Hemoglobin (HB) tests were performed for all participants, with a total of 10 individuals attending.

The monthly Health Melas across the Changthang region were a resounding success, with active participation from local communities. These camps not only provided essential health screenings but also empowered individuals with knowledge about NCDs and glaucoma, encouraging early detection and preventive care. The collaboration between healthcare providers and communities underscores the commitment to improving health outcomes and quality of life in the region.



