



Shri Siddheshwar Devasthan Solapur,

SHREE SIDDHESHWAR COLLEGE OF PHYSIOTHERAPY, SOLAPUR.

(Affiliated to MUHS, Nashik)

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Report on Women's Health Camp at UHWC

Organized by: Public Health Department, Government of Maharashtra

In Association with: Universal Health and Wellness Centre

Date and Time: 24/9/25 10.00 AM

Venue: Nirale Wasti, Solapur

Introduction: A Women's Health Camp was successfully organized under the initiative of Public Health Department of Maharashtra, in collaboration with UHWC on 24th September 2025 at 10.00 AM.

The primary objective of the camp was to provide comprehensive health services to women focusing on preventive, promotive, and rehabilitative care. The camp aimed to create awareness about women's health issues, hygiene, nutrition and importance of early detection of common lifestyle related conditions.

Objectives of the Camp:

- To provide health education to women on reproductive, maternal and musculoskeletal health issues.
- To conduct free medical and physiotherapy consultations.
- To promote awareness about menstrual hygiene, postnatal care, and nutrition.
- To encourage early detection and management of post-menopausal health issues.
- To empower women with knowledge of healthy lifestyle practices.

Activities Conducted:

- **Health screening:** General physical examination, BP monitoring, blood sugar testing.
- **Physiotherapy Consultation:** Assessment and demonstration of exercises for common musculoskeletal complains such as back pain, knee pain, and pelvic floor dysfunction.

Health awareness session: Interactive talks on menstrual hygiene, post-menopausal changes and mental well-being

Outcome: The women's health camp witnessed active participation from over 40 women from the locality. The attendees showed enthusiastic involvement in discussions and expressed appreciation for the awareness sessions and physiotherapy demonstrations. The camp successfully improved awareness and promoted a proactive attitude towards health among women.

Conclusion: The Women's Health Camp conducted by the Public Health Department, Government of Maharashtra under the UHWC was a significant step toward promoting women's health and well-being. The initiative emphasized the importance of preventive healthcare, physiotherapy awareness and community- based health education. The collaborative effort between government health services and local community workers proved highly effective in addressing women's health.



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