

One-Day Community Health and Diagnostic Camp

(Among the Gujjar-Bakarwal Population of Verinag, District Anantnag)

Organized by

Department of Clinical Biochemistry

UNIVERSITY OF KASHMIR

(Sponsored under JK ST&IC Project)

Organized by	Prof. Fouzia Rashid, Department of Clinical Biochemistry, University of Kashmir under JKSTIC Project.
Duration	One day
Location	Verinag, District Anantnag: Bragum, Sheelnag, Bunagund
Population Served	Gujjar-Bakarwal community
Samples Collected	120 biological samples across three spots
Local Facilitation	Mr. Haroon, tribal leader, Verinag District Anantnag

Overview

The Department of Clinical Biochemistry, University of Kashmir, under the supervision of Prof. Fouzia Rashid, organized a one-day community health and diagnostic camp at Verinag, District Anantnag, catering to the Gujjar-Bakarwal population of the area. The camp formed part of the Department's continuing engagement with tribal and transhumant communities and combined on-site anthropometric and biochemical screening with free medical consultation and welfare support, extending diagnostic and healthcare access to a population that otherwise has limited exposure to such facilities. The camp was undertaken by a multidisciplinary team comprising a trained phlebotomist, a doctor, and research scholars from the Pathophysiology and Diagnostic Lab of the Department of Clinical Biochemistry. The team departed early in the morning at 5:00 AM and reached the identified site at Verinag by 6:30 AM, allowing the full working day to be devoted to screening and sample collection. The camp was organized with the support of Mr. Haroon, a local tribal leader of Verinag, whose coordination was instrumental in identifying suitable sites and mobilizing the community. The Gujjar-Bakarwal population had been informed in advance about the camp and the nature of the medical screening to be conducted, ensuring informed and voluntary participation on the day of the camp.

On-Site Screening and Sample Collection

Sample collection was carried out at three identified spots within Verinag, yielding a total of 120 samples over the course of the day. At each site, anthropometric measurements including height, weight, waist circumference, hip circumference, and Body Mass Index were recorded for all participants. Blood pressure and random blood glucose were also measured on the spot, providing immediate point-of-care health indicators. The remaining blood samples were transported to the laboratory under a maintained cold chain to preserve sample integrity for subsequent biochemical analysis. The collected samples were processed at the Department's laboratory the following day, with a comprehensive body profile generated for each participant. This included Liver Function Tests (LFT), Kidney Function Tests (KFT), Lipid Profile, nutritional parameters, iron profile, Vitamin B12, and Vitamin D. The completed reports were subsequently handed over to Mr. Haroon for distribution among the participating community members.

Welfare Support

In addition to diagnostic screening, the team provided free medical consultation to all participants, along with basic hygiene kits distributed to members of the Gujjar-Bakarwal community as a gesture of goodwill and continued support.

Conclusion

The one-day camp at Verinag was executed efficiently despite a demanding schedule, with the team departing before dawn and returning only by 11:00 PM the same day. The successful screening of 120 individuals across three spots, coupled with comprehensive biochemical work-up and timely dissemination of reports through local coordination, reflects the Department of Clinical Biochemistry's sustained commitment to combining rigorous scientific data collection with accessible, community-oriented healthcare delivery for tribal and transhumant populations.

