**Report on the Camp for Eye and Blood Pressure Check-up for Girls**

**Date of the programme:** 20th August, 2018

**Organized by:** Nari Sansad of Chakdaha College in association with Lions Club of Ranaghat.

**Name and details of the resource persons:** Doctors from Chakdaha State General Hospital.

**Objective:** The objectives of the programme include:

1. Tests for monitoring blood pressure level and eye conditions.
2. Educate students about the importance of maintaining healthy blood pressure levels and explain the risks associated with high or low blood pressure.
3. Guide students on lifestyle modifications, including exercise, diet and stress management techniques for maintaining normal blood pressure.
4. Educate students about maintaining good eye health.

**Outcome:** The outcomes of the program include

1. The students got to know their blood pressure level and conditions of eye health.
2. learnt dos and don’ts to keep healthy blood pressure and maintaining good eye health

