

## Dr. Shams-El-Arefin's Health Checkup Initiative at Harmony Haven



**Date:** September 10, 2023

**Location:** Harmony Haven, Dhaka, Bangladesh

Dr. Shams-El-Arefin, an accomplished medical professional with a background in MBBS and BCS (HEALTH), is currently pursuing his postgraduate training in Internal Medicine at Sir Salimullah Medical College Mitford Hospital, Dhaka. His commitment to healthcare and his dedication to serving the community led him to undertake a significant initiative – a health checkup visit to Harmony Haven in Dhaka. The primary purpose of his visit was to provide health checkups to the girls residing at Harmony Haven.

### **Harmony Haven:**

Harmony Haven is a shelter home located in Dhaka, dedicated to providing a safe and nurturing environment for orphaned girls. It serves as a sanctuary for these young girls, offering them not only shelter but also access to education and healthcare. The well-being of these girls is of paramount importance to the institution.

### **Dr. Shams-El-Arefin's Initiative:**

Dr. Shams-El-Arefin's visit to Harmony Haven was part of his ongoing commitment to community health. He recognized the vulnerability of the girls residing in the shelter and understood the critical need for regular health checkups to ensure their overall well-being.

### **HIS INITIATIVE AIMED TO:**

- 1. Assess General Health:** Dr. Shams-El-Arefin conducted thorough physical examinations to assess the general health of the girls. This included checking vital signs and overall physical condition.



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- 2. Screen for Common Health Issues:** He screened for common health issues, such as nutritional deficiencies, dental problems, and skin conditions, which are prevalent among underprivileged children.
- 3. Health Education:** Alongside the examinations, Dr. Shams-El-Arefin provided health education sessions to the girls. These sessions covered topics like hygiene, nutrition, and the importance of regular checkups.
- 4. Addressing Special Needs:** Dr. Shams-El-Arefin paid special attention to any specific health concerns or medical conditions that some of the girls might have had. This personalized approach ensured that each child's health needs were addressed.

**Community Impact:**

Dr. Shams-El-Arefin's visit to Harmony Haven had a significant impact on the community. It not only provided essential healthcare services to vulnerable children but also raised awareness about the importance of health checkups and preventive care. The visit served as a testament to the power of community engagement in promoting well-being.

Dr. Shams-El-Arefin's dedication to community health, exemplified by his health checkup initiative at Harmony Haven, underscores the importance of healthcare access for all, particularly the underprivileged. His efforts not only contributed to the physical well-being of the girls but also left a lasting impression on the importance of compassionate healthcare in society. Such initiatives play a vital role in building a healthier and more equitable world.

