



Audyogik Shikshan Mandal's
(Society Regd. No. Maharashtra/1330/Pune 83; Public Trust No. F-2451/Pune 83)

INSTITUTE OF PROFESSIONAL STUDIES (IPS)

(Approved by AICTE, Govt. of India & affiliated to University of Pune)
AICTE CODE : 1-4240185 DTE CODE : MB6166 AISHE CODE : C-46639



Medical Check-up Day

Date: 04th September 2024

Time: 11:00 am to 12:00 pm

Venue: IPS Auditorium

Introduction:

Health is the greatest wealth, especially in today's fast-paced and stressful academic environment. Recognizing the importance of preventive healthcare, ASM IPS College organized a Free Medical Check-up Camp on 13th January 2025 for all students and staff. The initiative aimed to raise awareness about physical wellness, early detection of common health issues, and promote a culture of fitness and self-care within the college community.

The event was conducted under the guidance of the Health and Wellness Cell of the college, in collaboration with local doctors, nurses, and diagnostic experts, who volunteered their services for the benefit of the students and faculty.

Objective:

- To promote physical and mental well-being among students and staff.
- To provide free basic health screening and medical consultation.
- To raise awareness about common lifestyle-related diseases.
- To encourage regular health check-ups and a healthy lifestyle.

Report:

Inauguration

The event was inaugurated by the Director of ASM IPS College, along with chief medical officers and faculty members. A short address was given highlighting the importance of early detection and preventive health practices.

Health Screening Stations

Separate check-up counters were arranged for various tests and assessments, including:

- General Physical Examination
- Blood Pressure Check
- Blood Sugar Test
- Hemoglobin Test (for female students)
- Eye and Dental Check-up

Qualified medical professionals handled each station with care and efficiency, ensuring smooth and confidential check-ups.

After screening, students and staff had the opportunity to consult doctors who gave them personalized health advice based on their reports. Special attention was given to students showing signs of stress or poor lifestyle habits.

A short session was conducted where doctors spoke on topics such as:

- Healthy Diet and Nutrition
- Exercise and Mental Well-being
- Importance of Sleep and Hydration

- Personal Hygiene and Self-Care

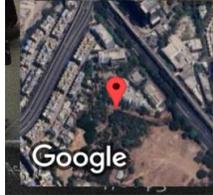
The session was interactive, with students asking questions and receiving practical advice.

It reinforced the institution's commitment to student welfare and holistic development. With active participation and positive feedback from both students and faculty, the event emphasized that a healthy body and mind are the foundations of academic and personal success

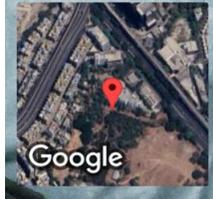
Photos:







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Outcomes:

- Early signs of health issues like high BP, and eye strain were identified
- Students received guidance on maintaining better health and lifestyle habits.
- The program created awareness about the importance of preventive healthcare.
- Strengthened the bond between the college and the local healthcare community.