



MEDICAL CHECKUP

Date: 23th September 2025

Time: 11:00 am to 5:00 pm

Venue: IPS CAMPUS

Introduction:

Health is one of the most valuable assets of human life, and maintaining it requires regular care and attention. With the increasing pressures of academics, work schedules, and lifestyle changes, both students and staff often tend to neglect their health until problems become severe. To address this concern, ASM IPS College took the initiative to organize a comprehensive medical checkup camp within its premises. The camp was designed to provide preventive healthcare facilities under one roof, ensuring that every individual could easily access basic medical services without any inconvenience. The primary idea behind the camp was not only to detect existing health problems but also to spread awareness about the importance of timely health monitoring. Medical experts emphasize that regular checkups can help in the early detection of conditions like hypertension, diabetes, anemia, and vision-related disorders, which are increasingly common in today's generation due to stress and sedentary habits. Recognizing this need, the college management collaborated with experienced doctors and healthcare professionals to carry out a thorough health assessment covering eye checkup, blood pressure (BP), blood sugar, and hemoglobin (Hb) testing. By conducting this camp, ASM IPS College once again demonstrated

its holistic approach towards education—ensuring that the intellectual, emotional, and physical well-being of students and staff go hand in hand. The camp encouraged everyone to prioritize their health, adopt healthy practices, and seek professional advice when needed. It was not merely a one-day event but a step towards cultivating a culture of health consciousness within the college community.

Objective:

- To create awareness about the importance of regular health monitoring.
- To identify common health issues among staff and students at an early stage.
- To provide basic diagnostic services like eye testing, BP, sugar, and hemoglobin checkups.
- To encourage students and staff to adopt healthy lifestyles and seek timely medical advice.

Report:

The medical checkup camp at ASM IPS College was held in the college auditorium, which was converted into a health assessment area. The camp was inaugurated by senior faculty members, and the healthcare professionals were warmly welcomed by the organizing committee. The camp began in the morning hours and continued throughout the day to ensure that both teaching and non-teaching staff, along with students from different courses, could attend without disturbing their academic schedule.

A registration desk was set up at the entrance where participants recorded their basic details such as name, age, and class or department. Each participant was then guided towards different health counters for specific checkups. The arrangement was systematic, with separate areas

designated for eye testing, blood pressure measurement, blood sugar check, and hemoglobin testing, thereby avoiding unnecessary crowding.

Eye Checkup: Specialists carried out vision tests to detect refractive errors, weak eyesight, or other eye-related conditions. Students facing difficulty in reading or blackboard visibility were especially benefitted, as many became aware of their need for spectacles or further eye consultation. **Blood Pressure Monitoring:** A counter was dedicated to checking BP levels. Those with readings higher or lower than the normal range were advised to monitor their lifestyle habits, diet, and stress levels, and in some cases, seek further medical advice. **Blood Sugar Testing:** With diabetes becoming one of the fastest-growing health challenges, this test proved highly valuable. Participants with borderline or high sugar levels were immediately counseled about dietary control, exercise, and the need for regular follow-ups. **Hemoglobin (Hb) Testing:** Many students, especially young women, were found with low Hb levels, indicating anemia. The doctors emphasized the importance of a nutritious diet rich in iron, vitamins, and proteins to maintain overall health. In addition to the tests, doctors and healthcare staff also provided individual counseling sessions, where participants received guidance on how to maintain a healthy lifestyle. Suggestions regarding balanced diets, regular physical activity, stress management, and adequate sleep were also shared. The smooth organization of the camp was ensured by volunteers from the student community who assisted at every step—from registration to guiding participants between counters. The atmosphere was vibrant yet disciplined, with everyone showing genuine interest in learning more about their health status.

The camp concluded successfully in the evening with a vote of thanks to the medical team for their valuable service. The healthcare professionals appreciated the enthusiasm of the ASM IPS community and encouraged the continuation of such initiatives on a regular basis.

Photos:

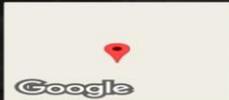






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Outcomes:

The medical checkup camp proved to be highly beneficial for the ASM IPS community. A large number of students and staff availed themselves of the facility and gained awareness about their current health status. Several participants were able to identify potential health concerns at an early stage, which otherwise might have gone unnoticed. The camp highlighted the importance of regular medical checkups in preventing future complications. Many participants expressed their gratitude towards the college management for arranging such a valuable program.