

## **Health Camp and Special Lecture Organized at Sri Guru Gobind Singh College of Commerce**

In today's fast-paced life, health is having a significant impact, with various diseases on the rise. Good health is essential for positive thinking and living a fulfilling life. The First Aid Committee of Sri Guru Gobind Singh College of Commerce (SGGSCC), under the banner of "Aushadhi," in collaboration with an IQAC team, organized a medical camp and a special lecture on the topic of 'Good Diet.' This event was graced with the active participation of students, teaching staff, non-teaching staff, and the local community. A dedicated team of doctors from Sri Balaji Institute and Bharti Eye Care Centre actively contributed to this noble cause.

Approximately 250 individuals benefited from the services provided in this medical camp hosted by the college. The camp offered a range of services, including blood pressure and blood sugar tests, orthopaedic consultations, general physician services, eye check-ups, and ECG tests – all free of cost. The substantial turnout at the camp, which included both students and staff, showcased a collective concern for maintaining good health.

The special lecture, delivered by Dr. Nikita, covered a variety of topics related to daily eating habits and emphasized the importance of certain dietary choices from a health perspective. The program was attended by Dr. Jatinder Bir Singh, the Principal of the college, and N.P. Chadda, the Chairman of the college, who lauded the organizers' efforts and encouraged the students' enthusiasm.

Dr. Meenakshi Rani, the coordinator of the First Aid Committee 'Aushadhi,' expressed her commitment to organizing similar programs in the future and extended her gratitude to all those who made this event a success. This initiative serves as a testament to the college's dedication to the well-being of its community and its aspiration to promote good health among its students and staff.











