

Annual Report 2024-2025

Health camp 'Arogya' and lecture organized at Sri Guru Gobind Singh College of Commerce

In today's fast-paced world, maintaining good health has become a necessity. With this vision, *Aushadhi*, the First Aid Society of Sri Guru Gobind Singh College of Commerce (University of Delhi), in collaboration with Action Balaji Hospital, successfully organized a Health Camp titled "Arogya" followed by a lecture series. The camp offered a wide range of free health check-ups including ECG, Bone Mass Density (BMD), Pulmonary Function Test (PFT), gynecology consultation, general physician consultation, blood sugar (random) testing, orthopedic consultation, blood pressure monitoring, as well as Basic Life Support (BLS) and CPR training. The initiative received an overwhelming response, extending medical assistance and consultations to more than 240 individuals, comprising students, teaching faculty, and non-teaching staff of the college.

Following the camp, two insightful lectures were delivered by distinguished speakers. Dr. Abhishek Ranjan conducted a practical session on CPR techniques and shared critical life-saving measures, ensuring that students received hands-on exposure. Complementing this, Ms. Harmehar Kaur emphasized the importance of a balanced and nutritious diet, creating awareness about healthy lifestyle practices.

The Arogya Health Camp and Lecture Series not only enhanced health awareness across the campus but also empowered the college community with essential knowledge, preventive healthcare practices, and life-saving skills.