

Mata Sundri College for Women Organises Health Mela for Students and Staff

New Delhi, 10 August 2026: Mata Sundri College for Women, University of Delhi, organised a Health Mela on 10 August 2026 under the aegis of NSS Unit “Parivartan” and Arogyam, with the objective of promoting preventive healthcare, health awareness, and the overall well-being of students and staff members.

A team of doctors and healthcare professionals from Max Super Speciality Hospital, Shalimar Bagh, and Dental Folks, MDS Speciality Clinic, Ramesh Nagar, visited the college to provide medical and dental consultation and screening services. The primary objective of the initiative was to facilitate timely health check-ups, identify potential health concerns at an early stage, provide professional medical advice, and prescribe medicines wherever required.

The programme commenced with an inaugural address by Prof. (Dr.) Harpreet Kaur, Principal, Mata Sundri College for Women, who emphasised the importance of preventive healthcare and regular health check-ups among students and staff. Mr. Vijay Gaur, Chief Editor, Dainik Bhaskar, graced the occasion as the Guest of Honour and appreciated the college's efforts towards promoting health awareness and creating a healthy campus environment.

The Health Mela was organised under the guidance of Prof. Lokesh Kumar Gupta, Director, IQAC. The event was effectively coordinated by Dr. Harinder M. Sandhu, Convenor, Arogyam; Dr. Jasmeet Kaur, Member, Arogyam; Dr. Avneet Kaur, NSS Programme Officer; Dr. Harvinder Kaur, Member, NSS; and Palak Gangwar, NSS President, along with the dedicated NSS volunteers of Unit “Parivartan.” Their collective efforts and active coordination ensured the smooth and efficient conduct of the programme.

During the Health Mela, students and staff members actively availed themselves of the medical and dental services. The visiting doctors conducted health screenings, provided individual consultations, offered guidance regarding various health concerns, and prescribed medicines wherever necessary. The dental team also provided professional advice on dental health and hygiene.

Outcomes of the Health Mela

The Health Mela generated several positive outcomes for the college community. It provided accessible medical and dental screening facilities within the college campus, enabling students and staff to consult qualified healthcare professionals conveniently.

The major outcomes of the initiative included:

- **Early health screening:** Students and staff members received medical and dental check-ups, facilitating the early identification of potential health concerns.
- **Professional medical consultation:** Participants benefited from expert consultations and health guidance from healthcare professionals from Max Super Speciality Hospital and Dental Folks, MDS Speciality Clinic.
- **Medicinal guidance:** Medicines were prescribed wherever required, along with appropriate advice for further care and follow-up.

- **Enhanced health awareness:** The programme sensitised participants about preventive healthcare, regular medical examinations, dental hygiene, and the importance of timely medical consultation.
- **Promotion of preventive healthcare:** The initiative encouraged students and staff to take greater responsibility for their health and adopt healthier practices.
- **Accessible healthcare services:** Bringing medical professionals to the college campus made healthcare services more convenient and accessible to the college community.
- **Student leadership and participation:** **NSS President Palak Gangwar, along with the NSS volunteers of Unit “Parivartan,”** actively assisted in registration, guiding students and staff, managing queues, coordinating with the visiting medical teams, and ensuring the smooth movement of participants throughout the camp.
- **Development of social responsibility:** The active involvement of NSS volunteers provided them with practical experience in community service, event management, teamwork, leadership, and social responsibility.
- **Institutional collaboration:** The programme strengthened collaboration between the college, NSS Unit “Parivartan,” Arogyam, and reputed healthcare institutions.
- **Healthy campus environment:** The initiative contributed towards creating a more health-conscious, informed, and supportive campus environment.

The Health Mela was well coordinated and successfully conducted, with enthusiastic participation from students and staff. The active involvement of the organising team, NSS President Palak Gangwar, and the NSS volunteers ensured the smooth functioning of the various medical and dental services throughout the programme.

The initiative reflected the commitment of Mata Sundri College for Women towards the holistic well-being of its students and staff. By bringing professional healthcare services to the campus, the Health Mela successfully fulfilled its objective of promoting preventive healthcare, facilitating timely medical and dental consultation, and strengthening health consciousness among the college community.

The programme concluded successfully, with participants expressing their appreciation to the visiting medical teams, the college administration, Arogyam, NSS Unit “Parivartan,” NSS President Palak Gangwar, and all the NSS volunteers for their dedicated efforts in making the Health Mela a meaningful and impactful initiative.

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