

REPORT

Health Check-up Camp and Awareness Sessions under “Nasha Mukh Yuva for Viksit Bharat”

Date: 25 September 2026

Time: 8:00 AM onwards

Venue: Mata Sundri College for Women, University of Delhi

Organised by: NSS Unit “Parivartan”, Mata Sundri College for Women

Collaborating Hospital: Venkateshwar Hospital, New Delhi

The NSS Unit “Parivartan” of Mata Sundri College for Women, University of Delhi, organised a **General Health Check-up Camp for Youth** on **25 September 2026 at 8:00 AM** under the initiative “**Nasha Mukh Yuva for Viksit Bharat.**” The programme aimed to promote health awareness, preventive healthcare, healthy nutrition and awareness regarding the harmful effects of addiction among young people.

A team of medical professionals from **Venkateshwar Hospital, New Delhi**, visited the college and conducted health check-ups for youth in the **15–18 years age group**. The participants were provided with basic health screening and medical guidance. The medical team also interacted with the youth and emphasised the importance of maintaining good health and seeking timely medical advice.

As part of the programme, **two awareness sessions** were also organised on the themes “**Importance of Nutrition and Good Health**” and “**Impact of Addiction on Good Health.**” The sessions were conducted by **Prof. Harmeet Singh, Professor of Excellence, Lady Hardinge Medical College.**

During the session on “**Importance of Nutrition and Good Health,**” Prof. Harmeet Singh explained the significance of balanced nutrition and healthy lifestyle practices. He highlighted the role of proper nutrition in maintaining physical well-being and developing healthy habits among young people.

In the second session on “**Impact of Addiction on Good Health,**” he sensitised the participants about the adverse effects of addiction on health and encouraged them to make informed and healthy lifestyle choices. The session emphasised the importance of preventing substance use and maintaining a healthy and drug-free lifestyle.

NSS volunteers actively assisted in the smooth conduct of the programme by coordinating the participants, facilitating the health check-up process and supporting the visiting medical team and resource person.

The programme successfully combined **health screening with health education and awareness**, thereby providing youth with both medical guidance and valuable information on nutrition, healthy living and the consequences of addiction.

The initiative reaffirmed the commitment of NSS Unit “Parivartan” towards **youth welfare, preventive healthcare and the vision of a healthy and drug-free India**, contributing to the broader goal of “**Nasha Mukta Yuva for Viksit Bharat.**”

NSS Unit “Parivartan”

Mata Sundri College for Women

University of Delhi