



St. Vincent College
(Affiliated to Savitribai Phule Pune University)
Pune -411037

| | | | | | | |
|---|--|--------------------|---------------------|--|--|--|
| Title of the Event | Health Checkup Drive and Awareness Program | | | | | |
| Date of the Event | August 4–5, 2025 | Place of the event | St. Vincent College | | | |
| Objectives of the Event | The Health Checkup Drive aimed to promote holistic well-being among students by providing accessible medical screenings and raising awareness on physical health, mental wellness, substance abuse, gender-specific health issues, and the psychological impact of social media through a collaborative effort between the college and Meera Hospital. | | | | | |
| Name/s of the Resource Persons | Dr. Anwar Shaikh, Dr. Shreya Oswal and Dr. Sneha | | | | | |
| A short narration of the program | | | | | | |
| Health Checkup Drive and Awareness Program On August 4 and 5, 2025, St. Vincent College, Pune, in collaboration with Meera Hospital, successfully conducted a two-day “Health Checkup Drive and Awareness” Program, jointly organized by the college’s National Service Scheme (NSS) unit and Mother Teresa Vidyarthini Manch (MTVM). Spearheaded by Dr. Vishal Bhaware (NSS Programme Officer) and Sr. Mareena Brahmane (MTVM Coordinator), the initiative was designed to promote physical, mental, and emotional well-being among students, with a strong emphasis on preventive healthcare, personal hygiene, mental health, substance abuse awareness, and the psychological impact of social media. The health camp witnessed enthusiastic participation from both male and female students. Medical professionals from Meera Hospital conducted comprehensive health screenings, including measurements of basic vitals (blood pressure, pulse, temperature), BMI assessments, and preliminary health evaluations. To ensure comfort and openness, separate interactive sessions were held for boys and girls, allowing for candid discussions on gender-specific health concerns in a respectful and supportive setting. The program featured a series of expert-led talks addressing critical aspects of youth health: Dr. Anwar Shaikh, General Physician, delivered an informative session on general wellness, preventive healthcare, and the dangers of substance abuse, underscoring the importance of a balanced lifestyle and early intervention. | | | | | | |



St. Vincent College
(Affiliated to Savitribai Phule Pune University)
Pune -411037

Dr. Shreya Oswal and Dr. Sneha (Gynec RMO), both gynecologists, conducted a dedicated session for female students, fostering open dialogue and dispelling common myths related to menstrual health and self-care.

Dr. Prachi, Dietician at Meera Hospital, spoke on nutrition, healthy eating habits, and the risks associated with poor dietary choices, particularly in the context of rising fast-food consumption among youth.

Beyond physical health, the drive placed significant emphasis on mental and social well-being. Facilitators engaged students in thoughtful discussions on excessive social media use, cyberbullying, screen addiction, and their psychological consequences, encouraging self-reflection and healthier digital habits. These conversations were conducted with sensitivity, creating a safe space for students to voice concerns and seek guidance.

The smooth execution of the camp was made possible through the dedicated support of Meera Hospital's nursing staff—Ms. Shraddha and Mr. Abhishek—who assisted with patient flow, record-keeping, and clinical coordination. The entire event was efficiently managed by Ms. Sonali, Marketing Manager at Meera Hospital, who ensured seamless collaboration between the hospital team and college authorities.

The active involvement of NSS and MTVM reflected the college's dual commitment to community service and holistic student development. By integrating medical screening with awareness-building, the program went beyond routine checkups to foster a culture of health consciousness, responsibility, and mutual care within the campus community.

Participant feedback was overwhelmingly positive, with many students expressing appreciation for the opportunity to access professional, confidential, and compassionate healthcare in a familiar academic environment. Several noted that the sessions helped them address long-standing health questions and reconsider lifestyle choices.

Overall, the Health Checkup Drive exemplified the power of institutional partnership in advancing student welfare. Through expert guidance, empathetic engagement, and meticulous coordination, St. Vincent College reaffirmed its role as a nurturing, responsive, and socially responsible educational institution—one that cares not only for the minds but also for the bodies and spirits of its students.



St. Vincent College
(Affiliated to Savitribai Phule Pune University)
Pune -411037

| | |
|---|---|
| Name of the Collaborating Agency | Meera Hospital Pune |
| Learning Outcomes of the Event for the Participants | Students gained practical health insights through personalized checkups, developed awareness of preventive healthcare and healthy lifestyle choices, and engaged in open, informed discussions on mental health and digital well-being in a safe and supportive environment. |
| Learning Outcomes for the Organizing team | The NSS and MTVM teams strengthened their capacity to coordinate large-scale, inter-institutional health initiatives, deepened their understanding of student health needs, and reinforced the integration of service, empathy, and public health education into their campus outreach framework. |
| No. of Participants | Undergraduate students of Arts and Commerce |
| Faculty in Charge | Dr. Vishal Bhaware and Sr. Dr. Madhuri Brahmane |
| Documents Attached | <ol style="list-style-type: none">1. Attendance Sheet2. Geotag photographs3. Resume of resource persons if any4. Copy of remuneration paid if any5. Notice of the event6. Thank you letter to the resource persons |



St. Vincent College
(Affiliated to Savitribai Phule Pune University)
Pune -411037

Photographs