EVENT COMPLETION REPORT

SECTION A: Event Detail

Event title:	**Healthy Youth, Brighter Tomorrow ("Mera Swasthya – Mera Garv" & "Nasha Mukt Yuva – Viksit Bharat": Health and Awareness Camp)**		
Starting date of Event	25th September 2026	**Duration of Event (in days)**	One Day
Name of the Event Organizing Committee	Unnat Bharat Abhiyan (UBA) Cell, in association with Health & Hygiene Committee		
Sponsor of the Event	Ministry of Youth Affairs and Sports (MY Bharat Ghaziabad)		
Committee Members:	**Convener**	Prof. (Dr.) Nisha Singh	
	Event Coordinator	Mr.Rajni Sharma	
	UBA PI Coordinator	Mr. Ashish Singh	
	MY Bharat Ghaziabad Coordinator and Volunteers	Ms. Ekta Mishra (District Youth Officer) Manna, Prakash, Deepanshu	
Chief Guest/ Guest of Honour with affiliation and Team Member		1. Dr. Danish, General Physician, Metro Life Hospital, Ghaziabad 2. Ms. Tannu, Nursing Staff, Metro Life Hospital, Ghaziabad 3. Ms. Gulfsha, Nursing Staff, Metro Life Hospital, Ghaziabad 4. Mr. Pradeep Kumar, Director (Lab), Metro Life Hospital, Ghaziabad 5. Mr. Lavkush, Lab Technician, Metro Life Hospital, Ghaziabad 6. Dr. Ashutosh Gautam, Tobacco Control Programme Officer, CMO Office, Ghaziabad 7. Dr. Himanshi, Medical Officer 8. Dr. Yashansi Singh, Medical Officer.	

SECTION B: Event report and reflection

1. Event objectives

- To promote health awareness and preventive healthcare among students and staff under "Mera Swasthya – Mera Garv".
- To provide free health check-ups and basic lab tests for early detection of health problems.
- To sensitise youth about the harmful effects of tobacco, alcohol and drugs under "Nasha Mukt Yuva – Viksit Bharat".
- To encourage active youth participation in community health initiatives with MY Bharat Ghaziabad and the Health & Hygiene Committee.
- To motivate young people to adopt healthy habits and contribute to a healthy, developed India.

2. Event Report

The Unnat Bharat Abhiyan (UBA) Cell of Modern College of Professional Studies, Mohan Nagar, Ghaziabad, in association with the Health & Hygiene Committee, organized a one-day Health and Awareness Camp titled "Healthy Youth, Brighter Tomorrow" on 25 September 2026 under the themes "Mera Swasthya–Mera Garv" and "Nasha Mukt Yuva–Viksit Bharat." The event was sponsored by MY Bharat Ghaziabad, Ministry of Youth Affairs & Sports, Government of India. The organizing committee comprised Prof. (Dr.) Nisha Singh as Convener, Dr. Rajni Sharma as Event Coordinator, Mr. Ashish Singh as UBA PI Coordinator, and Ms. Ekta Mishra, District Youth Officer, as MY Bharat Ghaziabad Coordinator, along with volunteers Manna, Prakash and Deepanshu.

The objectives of the event were to promote health awareness and preventive healthcare among students and staff, to provide free health check-ups and basic lab tests for early detection of health problems, and to sensitise youth about the harmful effects of tobacco, alcohol and drugs. The event also aimed to encourage active youth participation in community health initiatives with MY Bharat Ghaziabad and the Health & Hygiene Committee, and to motivate young people to adopt healthy habits and contribute to a healthy, developed India.

Specialists in General Surgery, General Medicine and Obstetrics & Gynaecology conducted health screening, including blood pressure, blood sugar, haemoglobin, diabetes and anaemia tests. Free medicines were distributed to staff members, and participants received personal guidance on preventive care and early detection of common health problems. All teaching and non-teaching staff and approximately 164 students took part in the camp.

On the occasion of Pandit Deen Dayal Upadhyaya Jayanti and to commemorate 150 years of "Vande Mataram," the UBA Cell also organized a collective singing at the Netaji Subhash Chandra Bose Auditorium with Vidya Bharati Sanskriti Shiksha Sansthan, promoting patriotism, unity and national responsibility.

Prof. (Dr.) Nisha Singh, (Principal) appreciated the initiative and stressed that everyone must remain conscious of their health to build a healthy society. The programme concluded with a message of building a healthy, aware, responsible and self-reliant youth force for Viksit Bharat.

Through this programme, participants became aware of regular health check-ups, preventive healthcare, balanced nutrition and healthy lifestyle practices. They understood the harmful effects of tobacco, alcohol and other addictive substances and were motivated to lead a substance-free life. The free screening and expert advice helped them learn about their own health and take timely action. The initiative of the UBA Cell, Health & Hygiene Committee and MY Bharat Ghaziabad strengthened the link between the institution and society. The patriotic activities also developed unity, national pride and social responsibility, inspiring participants to contribute towards a healthy and developed Viksit Bharat.

List of Student Volunteers (Participants):

Category-wise			
Category	**Female**	**Male**	**Total**
Student	73	58	131
Faculty	10	4	14
Staff	5	12	17
Total	**88**	**74**	**162**

S.No.	Name	Category	ogramme / Departm	Gender
1	Sapna Gupta	Student	B.Ed.	Female
2	Pooja	Student	B.Ed.	Female
3	Alisha	Student	B.Ed.	Female
4	Amit	Student	B.Ed.	Male
5	Khushboo	Student	B.Ed.	Female
6	Gurusewak	Student	B.Ed.	Male
7	Ravish Jha	Student	BBA	Male
8	Laxmi	Student	BCA	Female
9	Dev Kumar	Student	B.Com.	Male
10	Darshna	Student	B.Com.	Female
11	Isha	Student	B.Com.	Female
12	Chandni	Student	B.Com.	Female
13	Yash Kumar	Student	BCA	Male
14	Satyam	Student	BCA	Male
15	Aditya Singh	Student	BCA	Male
16	Anubhav Sharma	Student	B.Com.	Male
17	Shivam Kumar	Student	BCA	Male
18	Chandan Jana	Student	BCA	Male
19	Priya Garg	Student	B.Ed.	Female
20	Aastha Dubey	Student	BBA	Female
21	Jyoti Chauhan	Student	BBA	Female
22	Madhu Mishra	Student	BBA	Female
23	Arpit Tomar	Student	BBA	Male
24	Utsav Chauhan	Student	BBA	Male
25	Rohit	Student	BBA	Male
26	Tanvi	Student	B.Com.(BFSI)	Female
27	Mahak Arora	Student	BBA	Female

S.No.	Name	Category	ogramme / Departm	Gender
28	Sneha	Student	BBA	Female
29	Sneha	Student	BBA	Female
30	Sanjay	Student	B.Com.(BFSI)	Male
31	Riyanshika	Student	BBA	Female
32	Shivansh Dubey	Student	BBA	Male
33	Kunal	Student	BBA	Male
34	Anuj Kumar Gautam	Student	BBA	Male
35	Gurpreet Singh	Student	B.Com.	Male
36	Aman	Student	BBA	Male
37	Divyansh Chaudhary	Student	B.Com.	Male
38	Vedant Singh	Student	B.Com.(BFSI)	Male
39	Rihan Choudhary	Student	BBA	Male
40	Aman Kasana	Student	BBA	Male
41	Tanya	Student	B.Com.	Female
42	Jiya Verma	Student	B.Com.	Female
43	Prena Kumari	Student	B.Com.	Female
44	Aadarsh Sharma	Student	B.Com.(BFSI)	Male
45	Shiva Sharma	Student	B.Com.(BFSI)	Male
46	Kritika Kaushik	Student	B.Com.(BFSI)	Female
47	Mohd Muntzir	Student	B.Com.(BFSI)	Male
48	Himanshu Kushwaha	Student	B.Com.(BFSI)	Male
49	Himanshu	Student	B.Com.	Male
50	Naitik Sahani	Student	BBA	Male
51	Shobha	Student	B.Com.	Female
52	Prashant Kumar	Student	B.Com.	Male
53	Ansh Tiwari	Student	B.Com.	Male
54	Charu Pal	Student	B.Com.(BFSI)	Female
55	Prachi Agarwal	Student	B.Com.(BFSI)	Female
56	Ankur	Student	BBA	Male

S.No.	Name	Category	ogramme / Departm	Gender
57	Kaif Alam	Student	BBA	Male
58	Himanshi Chaudhary	Student	BBA	Female
59	Choudhary Aryan Dabas	Student	BBA	Male
60	Devvansh	Student	B.Com.	Male
61	Parisha	Student	B.Com.	Female
62	Shweta	Student	BBA	Female
63	Nandani	Student	BBA	Female
64	Ritik Chauhan	Student	BBA	Male
65	Ritik	Student	BBA	Male
66	Taniya	Student	BBA	Female
67	Dhrubh Pratap Singh	Student	BBA	Male
68	Shourya Nagar	Student	BBA	Male
69	Siya	Student	BBA	Female
70	Rani	Student	BBA	Female
71	Harshita	Student	BBA	Female
72	Shivanya Mishra	Student	BBA	Female
73	Sonam Kanaujiya	Student	BBA	Female
74	Vanshika Chauhan	Student	BCA	Female
75	Meenakshi	Student	BCA	Female
76	Dishu Kumar	Student	BCA	Male
77	Shashank	Student	B.Com.(BFSI)	Male
78	Aditi Chauhan	Student	BBA	Female
79	Taniya	Student	B.Com.	Female
80	Manish Yadav	Student	B.Com.(BFSI)	Male
81	Rajvansh	Student	BCA	Male
82	Alka Giri	Student	BCA	Female
83	Sushant Kumar	Student	BCA	Male
84	Manasvi Sharma	Student	BCA	Female
85	Nupur Singh	Student	B.Com.	Female

S.No.	Name	Category	ogramme / Departm	Gender
86	Ishmeet Singh	Student	B.Com.(BFSI)	Male
87	Aryan Singh	Student	BCA	Male
88	Aaditya	Student	BCA	Male
89	Sagar Raturi	Student	BCA	Male
90	Muskan	Student	B.Com.	Female
91	Anshit Srivastava	Student	BBA	Male
92	Muskan Parveen	Student	B.Ed.	Female
93	Aryan Gautam	Student	BBA	Male
94	Sarika	Student	BCA	Female
95	Shruti	Student	BCA	Female
96	Ishu	Student	BCA	Female
97	Vikash	Student	BCA	Male
98	Gunjan Shah	Student	BCA	Female
99	Anchal	Student	BCA	Female
100	Laxmi Yadav	Student	BBA	Female
101	Sameer Pasi	Student	BCA	Male
102	Suraj Pandit	Student	BCA	Male
103	Suhana Siddique	Student	B.Ed.	Female
104	Kanchan	Student	B.Ed.	Female
105	Hemlata	Student	B.Ed.	Female
106	Govind Sharma	Student	B.Ed.	Male
107	Aishwarya Dwivedi	Student	B.Ed.	Female
108	Aman Singh	Student	BCA	Male
109	Tanuj Panchal	Student	M.Ed.	Male
110	Meenakshi	Student	B.Ed.	Female
111	Anjali Chaurasia	Student	B.Ed.	Female
112	Pooja Kumari	Student	B.Ed.	Female
113	Divya Yadav	Student	B.Ed.	Female
114	Nandini	Student	B.Ed.	Female

S.No.	Name	Category	ogramme / Departm	Gender
115	Khushnuma	Student	B.Ed.	Female
116	Shashi Shekhar	Student	B.Ed.	Male
117	Kasak	Student	B.Ed.	Female
118	Nidhi Kumari	Student	B.Ed.	Female
119	Nishi Teotia	Student	M.Ed.	Female
120	Manish Kumar Verma	Student	B.Ed.	Male
121	Pooja Srivastava	Student	B.Ed.	Female
122	Muskan Kumari	Student	B.Ed.	Female
123	Shamima Bano	Student	B.Ed.	Female
124	Khushboo	Student	B.Ed.	Female
125	Simran	Student	B.Ed.	Female
126	Aarti	Student	B.Ed.	Female
127	Pooja	Student	B.Ed.	Female
128	Kajal Sharma	Student	B.Ed.	Female
129	Seema Yadav	Student	B.Ed.	Female
130	Sadhana Mishra	Student	B.Ed.	Female
131	Chandresh Gautam	Student	B.Ed.	Female
132	Dr. Seema Sharma	Faculty	Education	Female
133	Dr. Neha Bansal	Faculty	Education	Female
134	Ms. Shipra Sharma	Faculty	Education	Female
135	Mr. Ashish Singh	Faculty	Education	Male
136	Dr. Rajni Sharma	Faculty	Education	Female
137	Ms. Asha Sharma	Faculty	Education	Female
138	Ms. Neha Sharma	Faculty	Management	Female
139	Ms. Sonam Mishra	Faculty	Management	Female
140	Ms. Nidhi Singh	Faculty	Management	Female
141	Ms. Radha Singh	Faculty	Management	Female
142	Dr. Abhay Kant	Faculty	Management	Male
143	Mr. Vikash Rajput	Faculty	BCA	Male

S.No.	Name	Category	ogramme / Departm	Gender
144	Mr. Dinesh Kumar	Faculty	BCA	Male
145	Ms. Reeva Sharma	Faculty	BCA	Female
146	Sandeep	Staff	Driver	Male
147	Atul	Staff	Non-Teaching	Male
148	Rajendra	Staff	Non-Teaching	Male
149	Mukesh Chauhan	Staff	Non-Teaching	Male
150	Shalish Sharma	Staff	Non-Teaching	Male
151	Ankush Tyagi	Staff	Non-Teaching	Male
152	Satish Kumar Sharma	Staff	Non-Teaching	Male
153	Nirmala	Staff	Peon	Female
154	Neelam	Staff	Peon	Female
155	Guddi	Staff	Sweeper	Female
156	Rajni	Staff	Sweeper	Female
157	Neetu	Staff	Peon	Female
158	Suny	Staff	Sweeper	Male
159	Raju	Staff	Peon	Male
160	Nirmala	Staff	Peon	Male
161	Fatebhadur	Staff	Guard	Male
162	Rambalak	Staff	Guard	Male

Glimpses of event:



Blood pressure check-up of a non Teaching member by the medical team during the Health and Awareness Camp.



Staff member (Accountant) undergoing blood pressure screening, with students observing the check-up process.



Blood sugar and haemoglobin testing by the lab team of Metro Life Hospital.



Doctor's consultation and distribution of free medicines to participants.



General health screening of student and non-teaching staff under the guidance of medical experts.



Blood pressure check-up of a security guard, ensuring health care for all members of the institution.



Health check-up in progress at the Unnat Bharat Abhiyan (UBA) stall with active participation of staff and students.



Collective singing of “Vande Mataram” by students, faculty and staff on the occasion of Pandit Deen Dayal Upadhyaya Jayanti and 150 years of the national song.



Event poster of "Healthy Youth, Brighter Tomorrow," organized by the UBA Cell in collaboration with MY Bharat Ghaziabad.



मॉडर्न कॉलेज में मेरा स्वास्थ्य-मेरा गर्व का संदेश, 164 विद्यार्थियों और कर्मचारियों का स्वास्थ्य परीक्षण

वंदे मातरम् के 150 वर्ष पूरे होने पर सामूहिक गायन, राष्ट्रभावना का दिया संदेश

गायन मौहिया संवाददाता

गाजियाबाद। मॉडर्न कॉलेज ऑफ प्रोफेशनल स्टडीज, मोहन नगर में शुक्रवार को युवा कार्यक्रम एवं खेल मंत्रालय, भारत सरकार के सहयोग से माय भारत गाजियाबाद, महाविद्यालय की स्वास्थ्य एवं स्वच्छता समिति तथा उन्नत भारत प्रकोष्ठ के संयुक्त तत्वावधान में स्वास्थ्य एवं जागरूकता शिविर का आयोजन किया गया। 'मेरा स्वास्थ्य-मेरा गर्व' एवं 'नशा मुक्त युवा-विकसित भारत' की थीम पर आयोजित शिविर में विद्यार्थियों और कर्मचारियों को स्वास्थ्य जीवनशैली अपनाने तथा नशे से दूर रहने के लिए जागरूक किया गया।

कार्यक्रम में माय भारत गाजियाबाद की जिला युवा अधिकारी एकता मिश्रा, एमएस मेट्रो लाइफ हॉस्पिटल गाजियाबाद के जनरल फिजिशियन डॉ. दानिश तथा सीएमओ कार्यालय के तंबाकू नियंत्रण कार्यक्रम अधिकारी डॉ. आशुतोष गौतम मौजूद रहे। चिकित्सकों ने विद्यार्थियों और कर्मचारियों को स्वास्थ्य, पोषण, संतुलित आहार, नियमित दिनचर्या और स्वस्थ जीवनशैली के महत्व की जानकारी दी। उन्होंने कहा कि युवाओं का स्वास्थ्य रहना केवल उनके व्यक्तिगत जीवन के लिए ही नहीं, बल्कि मजबूत समाज और देश के निर्माण के लिए भी जरूरी है।

Press coverage of the camp and the collective singing of "Vande Mataram" in a Hindi daily.



मेरा स्वास्थ्य-मेरा गर्व का संदेश, 164 विद्यार्थियों और कर्मचारियों का स्वास्थ्य परीक्षण

उदय भूमि संवाददाता

गाजियाबाद। मॉडर्न कॉलेज ऑफ प्रोफेशनल स्टडीज, मोहन नगर में शुक्रवार को युवा कार्यक्रम एवं खेल मंत्रालय, भारत सरकार के सहयोग से माय भारत गाजियाबाद, महाविद्यालय की स्वास्थ्य एवं स्वच्छता समिति तथा उन्नत भारत प्रकोष्ठ के संयुक्त तत्वावधान में स्वास्थ्य एवं जागरूकता शिविर का आयोजन किया गया। 'मेरा स्वास्थ्य-मेरा गर्व' एवं 'नशा मुक्त युवा-विकसित भारत' की थीम पर आयोजित शिविर में विद्यार्थियों और कर्मचारियों को स्वस्थ जीवनशैली अपनाने तथा नशे से दूर रहने के लिए जागरूक किया गया। कार्यक्रम में माय भारत गाजियाबाद की जिला युवा अधिकारी एकता मिश्रा, एमएस मेट्रो लाइफ हॉस्पिटल गाजियाबाद के जनरल फिजिशियन डॉ. दानिश तथा सीएमओ कार्यालय के तंबाकू नियंत्रण कार्यक्रम अधिकारी डॉ. आशुतोष गौतम मौजूद रहे। चिकित्सकों ने विद्यार्थियों और कर्मचारियों को स्वास्थ्य, पोषण, संतुलित आहार, नियमित दिनचर्या और स्वस्थ जीवनशैली के महत्व की जानकारी दी।

उन्होंने कहा कि युवाओं का स्वास्थ्य रहना केवल उनके व्यक्तिगत जीवन के लिए ही नहीं, बल्कि मजबूत समाज और देश के निर्माण के लिए भी जरूरी है। स्वास्थ्य शिविर में महाविद्यालय के शैक्षणिक एवं गैर-शैक्षणिक कर्मचारियों के साथ करीब 164 विद्यार्थियों ने स्वास्थ्य परीक्षण कराया। विशेषज्ञ चिकित्सकों की टीम ने सामान्य स्वास्थ्य जांच के साथ रक्तचाप, शुगर, हीमोग्लोबिन, मधुमेह और एनीमिया समेत विभिन्न स्वास्थ्य संबंधी जांच की। जनरल सर्जन, जनरल मेडिसिन विशेषज्ञ तथा स्त्री एवं प्रसूति रोग विशेषज्ञों ने प्रतिभागियों को स्वास्थ्य संबंधी आवश्यक परामर्श दिया। शिविर के दौरान कर्मचारियों को विशेषज्ञ चिकित्सकों की सलाह के अनुसार निशुल्क दवाओं का वितरण भी किया गया। प्रतिभागियों को खानपान में संतुलन बनाए रखने, पौष्टिक आहार लेने और स्वास्थ्य के प्रति नियमित रूप से सजग रहने के लिए प्रेरित किया गया। चिकित्सकों ने स्वास्थ्य संबंधी समस्याओं को नजरअंदाज न करने और समय-समय पर स्वास्थ्य जांच कराने पर भी जोर दिया। कार्यक्रम में युवाओं के बीच बढ़ती नशे की प्रवृत्ति और उसके दुष्प्रभावों पर विशेष रूप से चर्चा की गई।

विद्यार्थियों को तंबाकू, शराब और अन्य नशीले पदार्थों से दूर रहने के लिए जागरूक किया गया। विशेषज्ञों ने बताया कि नशे का असर व्यक्ति के स्वास्थ्य के साथ उसके परिवार और सामाजिक जीवन पर भी पड़ता है। युवाओं को सकारात्मक गतिविधियों, खेलकूद और स्वस्थ दिनचर्या को जीवन का हिस्सा बनाने के लिए प्रेरित किया गया। महाविद्यालय की प्राचार्या प्रो. डॉ. निशा सिंह ने कार्यक्रम की सराहना करते हुए कहा कि स्वस्थ समाज के निर्माण के लिए प्रत्येक व्यक्ति का अपने स्वास्थ्य के प्रति सजग होना आवश्यक है। उन्होंने कहा कि युवाओं को स्वास्थ्य के साथ-साथ सामाजिक जिम्मेदारियों के प्रति भी जागरूक होना चाहिए। स्वस्थ, जागरूक और जिम्मेदार युवा ही देश के विकास में महत्वपूर्ण भूमिका निभा सकते हैं।

Press coverage highlighting the health screening of 162 students and staff.