



SurTech

# Dr.Sudhir Chandra Sur Institute of Technology and Sports Complex

(Formerly Known as Dr.Sudhir Chandra Sur Degree Engineering College)

540, DumDum Road, Surer Math (Near Dum Dum Jn. Station), Kolkata-700074

Phone: +91 22 25603889, 25603898, 65330375

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## Report on Health Check-up Camp for Physical Well-being

Organized by

NSS, NCC and Women Cell

Dr. Sudhir Chandra Sur Institute of Technology and Sports Complex (SurTech)

**Title:** Health Check-up Camp for Physical Well-being

**Data:** 27<sup>th</sup> March, 2026

**Venue:** WiFi Zone, SurTech Campus

**No. of participant:** 120

### Introduction:

A comprehensive Health Check-up Camp focusing on physical well-being was organized collaboratively by the NSS, NCC, and Women Cell of the institute. The initiative aimed to promote preventive healthcare and encourage early diagnosis among students, faculty members, and staff.

The camp was conducted within the institute premises in association with a professional medical team from Narayana Health, ensuring reliable and accurate health assessments. The event witnessed enthusiastic participation from a large number of beneficiaries, reflecting growing awareness about health and wellness.

A range of essential diagnostic tests were conducted during the camp, including:

- Blood Pressure (BP) measurement
- Body Mass Index (BMI) assessment
- Oxygen Saturation (SpO<sub>2</sub>) check
- Blood Sugar test
- Pulmonary Function Test (PFT)
- Electrocardiogram (ECG)
- Doctor's consultation for personalized medical advice

The camp was systematically organized with separate stations for each test, ensuring smooth flow and minimal waiting time for participants.

### Speakers and Doctors

The camp was supported by a team of experienced healthcare professionals from Narayana Health, including:

- Rajib Mondal — Cluster Manager — Bajaj Capital
- Prasun Ghosh — Sr. Relationship Manager — Bajaj Capital
- Chinmoy Biswas — Marketing Manager — Bajaj Capital
- Suryanath Das — Relationship Manager — Bajaj Capital
- Bapi Kundu — Assistant Manager — Narayana Health



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- Dr. Suman Chatterjee — Doctor — Narayana Health
- Soumen Laha — Technician — Narayana Health
- Tamanna — Sister — Narayana Health
- Srili Mondal — Sister — Narayana Health

Additionally, representatives from Bajaj Capital were present to support the initiative and spread awareness regarding the importance of financial preparedness for healthcare needs.

### Objectives

- To promote awareness regarding the importance of regular health check-ups and preventive healthcare.
- To facilitate early detection of potential health issues among participants.
- To encourage healthy lifestyle practices among students and staff.
- To provide easy access to basic health screening within the campus.
- To create a sense of responsibility towards personal health and well-being.

### Outcomes:

- A significant number of participants benefited from the free health screening services.
- Early indicators of health concerns such as high blood pressure, abnormal BMI, and elevated blood sugar levels were identified in several individuals, enabling timely medical advice.
- Participants received professional guidance on lifestyle modifications, diet, and further medical follow-up where necessary.
- Increased awareness regarding respiratory health through PFT and cardiac health through ECG assessments.
- The camp fostered a proactive approach towards maintaining physical health within the academic community.

### Conclusion:

The Health Check-up Camp proved to be a highly successful and impactful initiative, addressing the critical need for preventive healthcare in today's fast-paced lifestyle. The collaborative efforts of NSS, NCC, and the Women Cell, along with the support of Bajaj Capital and Narayana Health, ensured the smooth execution of the event.

The program not only facilitated essential health screenings but also reinforced the importance of regular monitoring and healthy living. Such initiatives play a vital role in building a health-conscious community and should be conducted periodically to ensure sustained well-being of all stakeholders.



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## Glimpses of the Event:





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