

"International Youth Day" and Free Health Check-up Camp –Report

Report: Rashtrasant Tukdoji College, Chimur

Organizers: National Service Scheme (NSS) Unit & Red Ribbon Club, Rashtrasant Tukdoji College, Chimur

Collaboration: Sub-District Hospital, Chimur

Initiative: Free Health Check-up Camp on the occasion of "International Youth Day"

Date: August 12, 2026

Venue: Rashtrasant Tukdoji College, Chimur

1. Introduction

International Youth Day is celebrated every year on August 12th to highlight the theme of "Empowered Youth, Capable India" and to honor the ideals of Swami Vivekananda and youth power. On this occasion, a 'Special Health Check-up Camp' for college students and staff was organized on August 12, 2026, jointly by the National Service Scheme (NSS) Unit, the Red Ribbon Club of Rashtrasant Tukdoji College, Chimur, and the Sub-District Hospital, Chimur.

2. Inauguration Ceremony

The program commenced with the traditional worship of the portraits of Rashtrasant Tukdoji Maharaj and Swami Vivekananda, followed by the lighting of the ceremonial lamp by the dignitaries. NSS and Red Ribbon Club volunteers presented a welcome song.

In the introductory address, the NSS Program Officer highlighted the significance of Youth Day and explained that the camp was organized with the objective that 'a healthy body and a sound mind are the true strength of youth power.' The college extended a warm welcome to the medical officers and health team from Sub-District Hospital, Chimur.

3. Outline of the Health Check-up Camp

A team of expert doctors and nurses from Sub-District Hospital, Chimur, conducted health check-ups for the participating students and faculty members. The following medical services and tests were provided during the camp:

Hemoglobin & Blood Test: Hemoglobin tests were conducted, particularly to check for anemia levels among female students.

Blood Pressure & BMI Check: Students' weight, height, and Body Mass Index (BMI) were measured, followed by personalized advice on maintaining a healthy lifestyle.

HIV/AIDS Awareness & Counseling (Red Ribbon Club): Scientific information and counseling regarding HIV and AIDS were provided through the Red Ribbon Club to dispel prevalent misconceptions among students.

Distribution of Free Medicines: Based on the check-up results, essential medicines, iron supplements, and multivitamins were distributed free of charge to students in need.

4. Guidance by Expert Doctors

During the health check-up, medical officers addressed the attendees, stating that today's youth represent the future of India. They advised students to avoid junk food, maintain a balanced diet, include physical exercise in their daily routines, and refrain entirely from substance abuse. They emphasized that regular health check-ups help in early diagnosis and effective treatment of potential health issues.

5. Enthusiastic Response

Hundreds of students from various streams (Arts and Commerce), NSS volunteers, faculty members, and non-teaching staff actively participated in the camp and underwent health screenings.

6. Vote of Thanks and Conclusion

The NSS Unit and Red Ribbon Club expressed heartfelt gratitude to Sub-District Hospital, Chimur, for their valuable collaboration and the healthcare team's dedicated service. NSS officers, faculty members, and Red Ribbon Club volunteers worked tirelessly to ensure the smooth execution of the event. The program officially concluded with the singing of the National Anthem.

Conclusion

The free health check-up camp organized on the occasion of "International Youth Day" was highly successful and impactful. The initiative created a renewed awareness among students regarding personal health, nutrition, and a healthy lifestyle.



