



Maharaja Agrasen Institute of Management Studies
(A unit of Maharaja Agrasen Technical Education Society)
Affiliated to GGSIP University; Recognized u/s 2(f) of UGC
NAAC Accredited with Grade "A++"



Recognized by Bar Council of India; ISO 9001:2015 Certified Institute
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DEPARTMENT OF COMMERCE

NSS, MAIMS

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Tuesday, 10th October 2023

GGSIPI Health Mela
Academic Year – 2023-24

Theme: GGSIPU Health Mela

Head of department: Prof. (Dr.) Manju Gupta

Participants: 22

Coordinators: Ms. Divisha Gupta & Ms. Durga Aryal

Date: October 10th, 2023

Time: 10:00 am to 1:00 pm

Venue: Talkatora Stadium

OBJECTIVES OF THE VISIT:

- To participate in the 'Health Mela' organized to celebrate the Silver Jubilee Year of the University.
- To attend talks by experts in various medical fields.

- To appreciate and experience various cultural events and competitions being held.

On Tuesday, 10th October 2023, the Department of Commerce, Maharaja Institute of Management Studies, organized a visit to the GGSIPU Health Mela, held in honour to celebrate the Silver Jubilee Year of the University. It was held with the motive of community development and taking on social responsibility. The sole objective of organizing this health mela was to make health services accessible to the masses and make people aware of good health. This unique effort was undertaken by the university to provide free health benefits to the general public. Distinguished Medical Practitioners, Specialists, and Healthcare Professionals from reputed medical establishments and prominent healthcare organizations offered an extensive range of free medical examinations at the Health Mela. Furthermore, the event facilitated free OPD consultations in Homeopathy and Ayurveda, along with complimentary advisory sessions in yoga, nutritional guidance, mental health support, and lifestyle management. In addition, the Health Mela featured educational CPR training sessions, empowering participants with essential life-saving competencies. It also featured competitions and expert lectures on health-related topics, Cultural events, and a diverse selection of food stalls promoting healthy culinary choices and millets will further enrich the experience of the attendees.

The objective of this visit was to help students gain awareness and knowledge about health, nutrition and medicine. It also encouraged students to give importance to proper healthy practices and have regular health check-ups. The visit was organized to provide students the opportunity to attend talks of experts and pioneers of various the medical fields. 22 students from the Commerce Department, MAIMS along with Ms. Divisha Gupta, Assistant Professor (Department of Commerce) and Ms. Durga Aryal, Assistant Professor (Department of Commerce) went for the visit.

The students reached the venue, Talkatora Stadium, at 10:00 am and gathered outside the assigned gate. Following this the students registered themselves at the entrance of the health mela. Entering the mela, the students encountered a vibrant cultural dance performance and firstly visited a range of stalls and pop-ups by various medical establishments, institutions and healthcare organizations like The Ministry of Ayush, Rajiv Gandhi Cancer Institute & Research Centre, Maulana Azad Institute of Dental Sciences among many others. The students actively sought to gain knowledge and awareness from these informative setups.

Subsequently, various competitions like theatre plays, poem recitals, music, debates, stand-up comedy dance performances, and expert lectures and discussions on topics like mental health, nutrition, blood and organ donation, etc. were featured in the indoor auditorium which interested the students. Lastly, the students went around the food stalls set up and concluded the visit around 1:00 pm.

Outcome:

- Students gained knowledge and awareness about various health-related themes like-cancer prevention, elderly care, lifestyle-related diseases, and their diagnosis.
- Students understood the importance of maintaining a healthy lifestyle.

- Students enjoyed cultural and vibrant dance and musical performances.
- Students also enjoyed viewing various competitions.

Glimpses:

