



SWAMI DHARMABANDHU COLLEGE OF EDUCATION

(B.Ed. & D.El.Ed.)

(Recognised by: ERC-NCTE & Affiliated to Vinoba Bhave University, Hazaribag and JAC, Ranchi)
Harhad, Mukundganj, PO-Banha Nawada, Dist – Hazaribag, (Jharkhand) 825301

Email: sdbce.hzb@gmail.com Website: www.sdce.co.in

Contact No.: 9471176767 / 06546-291700 / 9304397966

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Report on Alumni Meet (ASPIRE) Health Check-up Program

Introduction

Swami Dharmabandhu College of Education, Hazaribag organized an Alumni Meet (ASPIRE) – Health Check-up Program in the college campus with the objective of promoting health awareness and providing basic medical consultation to students, teaching, and non-teaching staff. The programme reflected the institution's commitment towards holistic development and well-being of its academic community.

The programme was conducted under the guidance of the Principal, Dr. Sarika Kumari, whose encouragement and support made the event successful.

Presence of Chief Medical Guest

The Health Check-up Camp was conducted by Dr. Niharika Kant (MBBS, Hon's – Mumbai, DGO), a specialist in Gynaecology and Obstetrics. She provided medical consultation, especially focusing on women's health awareness, hygiene, nutrition, and preventive care.

She was assisted by the medical staff:

Rakesh Kumar

Tinku Kumar

Kajal Kumari

Their dedicated service ensured smooth organization and proper medical examination of all participants.

Participation

The programme witnessed enthusiastic participation from:

Alumni Members

Meghali Sengupta ,

Rahat Ansari ,Binit Verma, Anjali, Neeraj, Bachandeo, Pappu Kumar, Rozy, Amulya, Sharad Hembram, Susmita Kumari, Abhinav Kumar, Abhishek Kumar, Izrail Ansari, Shashikant, Tapan, Narsingh and Sarfaraj.

College Community

All Assistant Professors
Non-teaching Staff
Students of the College

The presence of alumni strengthened the bond between former students and the institution, making the programme more meaningful and interactive.

Activities Conducted

During the Health Checkup Program, the following activities were carried out:
General health check-up (Blood pressure, weight, basic physical examination)

Consultation regarding women's health issues

Guidance on nutrition and balanced diet

Awareness session on hygiene and preventive healthcare

Interaction and counselling session for students

Dr. Niharika Kant addressed the participants and emphasized the importance of regular health checkups, especially for women, and encouraged maintaining a healthy lifestyle through balanced diet and exercise.

Objective of the Programme

1. To promote health awareness among students and staff.
2. To provide basic medical facilities within the campus.
3. To encourage preventive healthcare practices.
4. To strengthen alumni engagement through meaningful social contribution.

Conclusion

The Alumni Meet (ASPIRE) – Health Checkup Program was successfully organized at Swami Dharmabandhu College of Education, Hazaribagh. The programme not only strengthened alumni relations but also created awareness about health and hygiene among students and staff.

The college administration expressed sincere gratitude to Dr. Niharika Kant and her medical team for their valuable contribution. The event concluded with a vote of thanks and appreciation to all participants for making the programme a grand success.



Figure: The Principal of college Presented Sapling to the Guest



Sainka
Principal
 28/02/2026
 Swami Dharmabandhu College of Education
 Harhad, Mukundganj, Hazaribagh