HEALTH AND WELL-BEING OUTREACH IN THE COMMUNITY

Masters' Union, Gurugram

Masters' Union runs outreach programmes and projects that promote health and well-being in the local community, many of them led by student volunteers through the SEVA Club. The work covers preventive healthcare, health awareness, nutrition, physical activity and access to assistive resources, with a focus on disadvantaged people. It is delivered with healthcare providers, non-governmental organisations and community partners, and extends beyond the university campus.

1. Preventive healthcare for the community

Free medical camp with Medanta Hospital. Masters' Union and Medanta Hospital ran a free medical camp offering consultations and preventive health screening to 111 people, including students, employees and professionals working across DLF Cyber Park, Gurugram. The camp helped participants identify possible health concerns early and seek timely care.





Free wellness check-up camp with BioCity Healthcare. A free wellness camp with BioCity Healthcare offered blood pressure screening, Body Mass Index (BMI) assessment, Complete Blood Count (CBC) and other blood tests, skin and hair analysis, and personalised medical consultations to 208 people.



2. Health awareness

Stem-cell donor awareness and registration drive with DKMS. Masters' Union and the SEVA Club worked with DKMS, an international non-profit working against blood cancer, to raise awareness of blood cancers, stem-cell transplantation and donor registration. The drive involved 97 volunteers and professionals, including people from EY, Gartner and ICICI Bank.



3. Support for disadvantaged people

Run for a Cause. The SEVA Club organised Run for a Cause at Leisure Valley Park, Gurugram, with the Kiwanis Club. The 3 km and 5 km runs brought together 48 participants, including students from Masters' Union and the Management Development Institute (MDI), and raised more than ₹34,000 to sponsor two prosthetic limbs for amputees from underserved communities.




Sharing the Light. Alumni, employees and the institution raised ₹50,000 to support visually impaired people. Working with the Nirmala Foundation (Rohini), the Blind Welfare Society (Swaroop Nagar) and the Blind Persons Association (Uttam Nagar), the campaign funded 42 walking canes, 43 headphones, 81 Braille slates and food packages, supporting mobility, accessibility and everyday needs.




Food donation drive with the Robin Hood Army. In a 24-hour drive with the Robin Hood Army, students collected funds, food and clothing and distributed them to more than 250 residents of Ghata Village, Gurugram, supporting nutrition in an underserved community.

masters' union university





Winter clothing and blanket drive. The SEVA Club raised funds from the Masters' Union community to buy blankets in bulk and distribute them to people in need across Gurugram, protecting them from the health risks of winter.



Clothing for support staff. Students collected clothing and footwear for the hostel's support staff. Donations included assorted clothing items in different sizes and footwear, reflecting a student-led effort to respond to everyday material needs within the campus support community.



4. Children’s well-being

Dream Girl Foundation. SEVA Club volunteers ran interactive art and painting sessions with children at the Dream Girl Foundation, encouraging self-expression, emotional well-being and collaborative learning.





5. Sport, exercise and active lifestyles

Masters’ Union uses physical activity to bring people together and support social causes. Besides Run for a Cause, students take part in marathons linked to different social causes, combining fitness with fundraising and awareness. Through Alumni Relations, the Step Up Challenge brought alumni together in a shared step-tracking competition to encourage regular daily movement.

Outcomes

- 319 free health consultations and screenings, through camps with Medanta Hospital and BioCity Healthcare
- 97 volunteers and professionals engaged in stem-cell donor awareness
- more than 250 residents of Ghata Village reached through the food donation drive
- ₹84,000+ raised through Run for a Cause and Sharing the Light
- 2 prosthetic limbs sponsored and 166 assistive devices funded
- 3 partner organisations supported, serving visually impaired people