

NIRMALA MEMORIAL FOUNDATION COLLEGE OF COMMERCE AND SCIENCE

(AUTONOMOUS)

NMFC/COM- 15/JUNE 2026

13th June 2026

NOTICE

FREE-MEDICAL CHECK-UP

The NSS Unit (National Service Scheme) of the college has organised a **Free Health Screening and Awareness Camp** for all the stakeholders in collaboration with the Rotaract Club of Mumbai Medico Marvels and Mediculture Foundation on **Saturday, 20th June 2026** in the college basement area. The objective of the camp is to promote health awareness, early identification of common health concerns, and encourage healthy lifestyle practices among students and staff.

The following health and wellness services will be available:

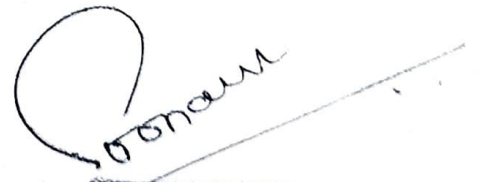
- General health screening and counselling
- Basic dental screening and oral health awareness
- Postural assessment and musculoskeletal screening
- Physiotherapy assessment and consultation
- BMI and basic fitness assessment
- Ergonomic and lifestyle counselling
- Exercise prescription and injury prevention advice
- Yoga, physical activity, and wellness awareness

Timings: 09:30 a.m. to 02:00 p.m.

All are encouraged to avail this opportunity and benefit accordingly.



(I/C Principal)



(Vice-Principal)