On June 16, 2024, Aarambh MGMIHS organized a free hypertension and blood pressure check-up camp at the SRCM Heartfulness Yoga and Meditation Centre in Navi Mumbai, aimed at promoting public health. Aarambh MGMIHS volunteers, alongside MSc. students of Medical Biotechnology from MGMSBS, provided guidance and support throughout the camp. The camp also featured two physician consultants who provided evaluations on hypertension management, and two yoga consultants who demonstrated exercises to prevent and reduce hypertension.