



## UNNAT BHARAT ABHIYAN

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH

### PROGRESS REPORT

Village Buterla, 4 February, 2020

**UBA Coordinator's Name: Dr Gunjan**

**Email: ubacellatmcm@gmail.com**

**Phone Number: 9915703134**

Sr. No.	ADOPTED VILLAGES	TALUKA(Block)	DISTRICT
1	Attawa		
2	Badheri		
3	Maloya		
4	Kajheri		
5	Buterla		

**Name of the Village: BUTERLA**

**List of Activities:**

**ACTIVITY:**

**Name of the Activity: Lecture on Personal Health and Hygiene**

**Date of the Activity: February 04, 2020**

**Need of the Activity:**

This activity was undertaken by the UBA cell of MCM DAV College. The objective of this activity was to create an awareness amongst the residents of the village about hygiene, balanced diet, cancer & its precautions. For this purpose, it was considered pertinent to deliver a lecture to the women residents and girls in particular of the village regarding observance of menstrual hygiene. An attempt was made to apprise the residents regarding other critical issues of health viz. balanced diet, symptoms of cancer & its precautions. During household survey, it was noticed that there was lack of knowledge among the residents with regard to health & hygiene so it was considered appropriate to deliver a composite lecture comprising various issues of health in order to increase the awareness of the residents, and make them alert regarding precautions to be observed.

**Description in 200 words (along with the Pictures):**

The activity took place at Anganwadi, Buterla, Chandigarh with the participation of 13 people comprising 12 student volunteers and a Resource person, Dr. Gunjan Sud, Deptt. of Botany, MCM DAV College. The lecture that was delivered, was divided into 3 sessions. In



the first session the participants were told about the necessity and significance of hygiene with special reference to the menstrual cycle. At the end of this session sanitary pads were distributed amongst the participants, so as to encourage them to discontinue the use of cloth which is extremely unhygienic and is likely to cause health hazards. The second session was dedicated to information regarding prevalence of different types of cancers, their detection, treatment and prevention. During this lecture, information was also disseminated on common food ingredients of plant origin which have anticancerous properties. The third session was conducted to impart knowledge about the significance of a balanced diet. In this session, Dr Gunjan Sud told the gathering about the essential dietary components, their sources and their incorporation into a healthy diet. The lecture ended with a high round of applause by one and all present there. Though lack of knowledge about health and hygiene issues was a challenge confronted and addressed, overall, it was a successful and informative event for the participants especially women residents with their wholehearted involvement and attention throughout the session.



## MCM observes World Cancer Day at Buterla

ISHA UPADHYAY  
CHANDIGARH, FEB 6

The Unnat Bharat Abhiyan (UBA) Committee of Mehr Chand Mahajan DAV College for Women organized a session on Health and Hygiene at adopted village Buterla to mark World Cancer Day. Through an informative lecture at the Aanganwari centre of the village, Dr. Gunjan Sud, Assistant Professor, Botany Department, MCM DAV College sensitized the women of the village about hygiene, balanced diet and

measures. Around 30 women attended the lecture and found the information provided highly beneficial. On this occasion, sanitary pads were also distributed to the women present. In another event, the Swachhata Committee (Commerce) of the college organized a lecture on Menstrual Hygiene by Dr. Jaspreet Kaur, Gynaecologist and Laproscopic Surgeon, Bedi Hospital, Chandigarh. Dr. Kaur sensitized the students about the importance of menstrual hygiene and also shed light on the myths associated with menstruation.

## स्वच्छता के बारे में किया अवेयर



चंडीमढ़ | एमसीएम कॉलेज फॉर वुमन सेक्टर 36 की उन्नत भारत अभियान (यूबीए) समिति ने विश्व कैंसर दिवस के उपलक्ष्य में अपने गांव बुटेरला में स्वास्थ्य और स्वच्छता पर एक बातचीत सत्र का आयोजन किया। गांव के आंगनवाड़ी केंद्र में आयोजित इस महत्वपूर्ण जानकारीपूर्ण व्याख्यान में कॉलेज के नॉटनी विभाग की सहायक प्रोफेसर डॉ. गुंजन सुदने गांव की महिलाओं को स्वच्छता, संतुलित आहार और कैंसर और इसके निवारक उपायों के बारे में जागरूक किया।

Video: <https://youtu.be/XBh-vNlr0w>

Action plan for next month:

Sr. No.	Activity to be conducted(along with reason)
1	
2	
3	