

# Report of Health Committee (2022-23)



**Mehr Chand Mahajan  
DAV College for Women  
Sector-36/A  
Chandigarh**

[www.mcmdavcw-chd.edu](http://www.mcmdavcw-chd.edu)

0172- 2603355, 0172- 2624921

## **1. Two-day Interactive cum Awareness Session on Eye Care and Eye Check-Up Camp – 2022**

**Date:** 15<sup>th</sup> – 16<sup>th</sup> September 2022

**Number of Beneficiaries:**

- i. *For interactive cum awareness Session = 750*
- ii. *For Eye Check-up Camp = More than 250 (including 60 teaching and non-teaching staff)*

**Objective:** To spread awareness on eye disorders, early detection of ailments, refractive errors and provide free consultation for solutions to the students and staff of the college.

**Context:** COVID-19 pandemic has led to a sharp increase in our screen time (that involve peering at a digital screen), owing to virtual education, conferences, work from home, online entertainment etc., due to which there is an increase in the number of eye related issues such as eye allergy, dryness, vision (refractive errors), light sensitivity and poor perception etc.

**Practice:** A two-day eye care awareness camp that included - an Interactive cum Awareness Session on Eye Care and Eye Check-Up Camp – 2022 was organized by NSS Units and Medical Committee in collaboration with SGHS Sohana Hospital, SAS Nagar, Punjab in the college premises on 15<sup>th</sup> and 16<sup>th</sup> September, 2022 for the benefit of students, teaching and non-teaching staff.

During this two-day event, **an interactive cum awareness Session on Eye Care** was organized on 15.09.2022, where more than 750 hostellers were apprised about eye refractive errors and treatments including importance of Contoura vision system (LASIK) by Dr. Rashmi.

This was followed by (i.e., on 16.09.2022), an Eye Check-Up Camp in Multimedia Hall from 11.00 am to 3.45 pm where more than 250 beneficiaries including 60 teaching and non-teaching staff members availed the facility of Computerized Vision testing, Refraction test, Vision testing manual, Dry Eye Diagnosis, consultation and treatment by the team from SGHS Sohana Advanced Eye Care Centre (Dr Amanpreet Kaur (COO), Dr Madhu (Ophthalmologist), Dr Rashmi, Mr Puneet etc.).

**Evidence of Success:** Overall, the two-day eye care awareness camp was successful as staff and students availed the free of cost services of Eye Screening, Refraction test (Eye Sight number), Eye pressure test etc.





Mehr Chand Mahajan DAV College for Women  
 Sector 36-A, Chandigarh (U.T.)

NSS Units & Medical Committee  
 In collaboration with  
 Sohana Hospital, SAS Nagar (Punjab)  
 are organizing  
**Eye Check-Up Camp**

Date: 16 September 2022 | Timings: 11:00 am - 3:00 pm | Venue: Multimedia Hall  
 Registration will start at 11:00 am sharp.

Services offered :  
 •AR •Eye Check-Up •Vision Refraction •Dry Eye Screening •Consultation

Dr Pooja Rani  
 Dr Purnima Bhandari  
 NSS Programme Officers

Dr Sarabjeet Kaur  
 Coordinator, Medical Committee

Dr Nisha Bhargava  
 Convener & Principal



## **2. One Day Breast Cancer Awareness Camp - 2022**

**Date:** 14<sup>th</sup> October, 2022

**Number of Beneficiaries:** 45 staff members

**Objective:** To encourage more women to get their screening done and educate them on breast cancer risk reduction and cure

**The Context:** Breast cancer is the most prevalent form of cancer and has become a major problem all across the world including India. It affects women and can occur at any age but, it is most common in women above the age of 40 years. October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. Awareness and timely diagnosis could help in treating and overcoming the challenges of breast cancer. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

**The Practice:** A Breast Cancer Awareness Camp – 2022 was in collaboration with Multi Super Specialty Hospital, Sohana, Mohali on 14.10.2022. The camp was organized for the female staff above the age of 40 years who are more prone to the disease. During the camp, a mammography bus equipped with the latest testing techniques and a team of doctors and nurses headed by Dr Piyush – Oncologist was stationed in the college campus for the same. More than 42 female staff including teaching and non-teaching staff of the college was benefitted from this camp. Simultaneous counseling sessions for students and faculty was conducted to cater the needs of the people facing related problems.

**Evidence of Success:** The camp was successful one as it benefitted more than 42 female staff members.



**Principal Dr. Nisha Bhargava welcoming the team of doctors from Multi Super Speciality Hospital, Sohana**



## स्तन कैंसर जागरूकता शिविर लगाया

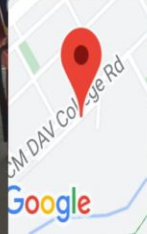
सवेरा न्यूज/नीना

चंडीगढ़, 5 नवंबर : स्तन कैंसर के बारे में जागरूकता पैदा करने के प्रयास में एमसीएम डीएवी कॉलेज फॉर वूमैन सैक्टर 36 की चिकित्सा समिति और एनएसएस इकाइयों ने एक दिवसीय स्तन कैंसर जागरूकता शिविर का आयोजन किया। मल्टी सुपर स्पेशियलिटी अस्पताल, सोहाना, मोहाली के सहयोग से आयोजित किया गया। 40 वर्ष से अधिक आयु की महिलाओं में इस बीमारी की संभावना अधिक होती है। जिसे ध्यान में रखते हुए कॉलेज ने इस आयु वर्ग में आने वाली महिला कर्मचारियों के लिए विशेष रूप से यह एक दिवसीय शिविर आयोजित किया। शिविर के दौरान ऑन्कोलॉजिस्ट डॉ. पीयूष के नेतृत्व में डॉक्टरों और नर्सों की एक टीम मौजूद थी।



कैंप में कैंसर के प्रति जानकारी लेते हुए।

नवीनतम परीक्षण तकनीकों से लैस एक मैमोग्राफी बस कॉलेज परिसर में तैनात थी। स्तन कैंसर के लक्षणों और सावधानियों के बारे में उन्हें जागरूक करने के लिए विद्यार्थियों और शिक्षकों के लिए एक परामर्श सत्र भी आयोजित किया गया। इस शिविर से 42 से अधिक महिला टीचिंग और नॉन टीचिंग स्टाफ सदस्य लाभान्वित हुए। प्राचार्या डॉ. निशा भार्गव ने इस खतरनाक बीमारी के इलाज और उस पर काबू पाने में स्तन कैंसर के शीघ्र निदान के महत्व के बारे में जागरूकता बढ़ाने के लिए इस पहल की सराहना की।



**Chandigarh, Chandigarh, India**  
 ARTS & SCIENCE BLOCK, MCM DAV COLLEGE FOR GIRLS, MCM  
 DAV College Rd, 36A, Sector 36, Chandigarh, 160036, India  
 Lat 30.735001°  
 Long 76.756496°  
 14/10/22 10:34 AM GMT +05:30

### MCM holds Breast Cancer Awareness Camp

The Amara Sanjivani Times Network

**Chandigarh:** In an endeavour to create awareness about breast cancer, the Medical Committee and NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a one-day Breast Cancer Awareness Camp. Organised in collaboration with Multi Super Speciality Hospital, Sohana,

counselling sessions for students and faculty were also conducted to sensitise them about the symptoms and precautions of breast cancer. More than 42 female teaching and non-teaching staff members benefitted from this camp.

Principal Dr. Nisha Bhargava lauded this initiative for raising awareness about the importance

**MCM DAV COLLEGE FOR WOMEN, CHANDIGARH**  
 BREAST CANCER AWARENESS CAMP

Mohali, the camp was held specifically for the college's female staff above the age of 40 years who are more prone to the disease. A team of doctors and nurses headed by Dr. Piyush, Oncologist were present during the camp.

A mammography bus equipped with the latest testing techniques was stationed in the college campus. Simultaneous

of early diagnosis of breast cancer in treating and overcoming this dreaded disease. She asserted that breast cancer being one of the most common cancers among women, it is immensely important for women to be aware of its warning signs and to undergo regular check-ups.

### 3. Blood Donation Camp - 2022

**Date: 15 November 2022**

**Number of participants: More than 250**

**Objective:** To instill the spirit of responsibility to humanity among the students and motivate them to come forward for noble cause of Blood donation voluntarily.

**The Context:** Blood is the savior of human lives in times of accidents and other emergencies. Hence the Blood Donation Drive was organized to contribute to the true service to humanity.

**The Practice:** The NSS Units, Red Ribbon Club, AIDS Awareness Committee and Medical Committee of Mehr Chand DAV College for Women, Chandigarh organized a Blood Donation Camp - 2022, in collaboration with Post Graduate Institute of Medical Education & Research, Chandigarh (PGIMER), Chandigarh (UT) on 15<sup>th</sup> November 2022 in the Multimedia Hall of college premises. Blood donation drive was supported by Lions Club Chandigarh Prosperity.

Many students and staff-members participated enthusiastically in this Blood Donation Drive. All the donors were given refreshments and certificates for the noble gesture towards humanity. More than 50 units of blood were collected.

Link to the activity uploaded on social media handle is as follows:

<https://www.facebook.com/photo.php?fbid=616637993592889&set=a.549520590304630&type=3>





Mehr Chand Mahajan  
 DAV College for Women  
 Sector 36-A, Chandigarh (U.T.)

*Welcomes you to*  
**BLOOD DONATION CAMP**

organized by  
 NSS Units, Red Ribbon Club / AIDS Awareness Committee & Medical Committee

in collaboration with  
 PGIMER, Chandigarh (U.T.)

supported by  
 Lions Club Chandigarh (Prosperity)

Date: 15-11-2022 | Time: 10:00 am | Venue: Multimedia Hall

Dr Purnima Bhandari & Dr Pallvi Rani NSS Programme Officers	Dr Bhavna Sood Coordinator Red Ribbon Club	Dr Sarabjit Kaur Coordinator Medical Committee	Dr Nisha Bhargava Convener & Principal
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Chandigarh, CH, India  
Sector 36A, Chandigarh, 160036, CH, India  
Lat 30.734168, Long 76.756696  
11/15/2022 10:29 AM GMT+05:30  
Note : Captured by GPS Map Camera



CHANDIGARH, CHANDIGARH, India  
MCM DAV COLLEGE FOR WOMEN SECTOR 36 A  
CHANDIGARH  
Lat 32.101828°  
Long 76.395379°  
11/11/22 10:55 AM GMT +05:30

## MCM holds blood donation camp



**CHANDIGARH:** The NSS units, Red Ribbon Club, AIDS Awareness Committee and Medical Committee of Mehr Chand DAV College for Women, Chandigarh organised a Blood Donation Camp, in collaboration with Post Graduate Institute of Medical Education and Research, Chandigarh. The camp was supported by Lions Club Chandigarh Prosperity. Principal Dr. Nisha Bhargava welcomed Chief Guest Sh. Nemi Chand, State Liaison Officer, State NSS Cell, Chandigarh Administration, and officials from Lions Club Chandigarh Prosperity- Lion R K Rana, Lion Surinder Pal Singh Safari, Lion Ashwani Wig, Lion N K Vasudev, Lion Vinod and Lion Uma Kant Mehta. The students and staff members participated enthusiastically in this camp, with collection of more than 50 units of blood. Dr. Nisha Bhargava acknowledged the noble gesture of the donors to serve humanity by donating the elixir of life. She emphasised the need to recognise and work towards such humanitarian causes which help in shaping the students into responsible and empathetic citizens.

## शिविर में 50 यूनिट एकत्रित

चंडीगढ़, 5 दिसम्बर (आशीष): सैक्टर-36 स्थित मेहरचंद डी.ए.वी. कॉलेज फॉर वूमैन की एन.एस.एस. यूनिट, रेड रिबन क्लब, एड्स जागरूकता समिति और मैडीकल कमेटी ने पोस्ट ग्रेजुएट इंस्टीच्यूट ऑफ मैडीकल एजुकेशन एंड रिसर्च, चंडीगढ़ के सहयोग से रक्तदान शिविर का आयोजन किया।

कैंप को लायंस क्लब चंडीगढ़ प्रॉस्पेरिटी का सहयोग मिला। प्राचार्या डॉ. निशा भार्गव ने मुख्य अतिथि नेमी चंद, राज्य संपर्क अधिकारी, राज्य एन.एस.एस. सैल, चंडीगढ़ प्रशासन, और लायंस क्लब चंडीगढ़ के अधिकारी- लायन आर.के. राणा, लायन सुरिंदर पाल सिंह सफारी, लायन अश्वनी विग, लायन एन.के. वासुदेव, लायन विनोद और लायन ऊमाकांत मेहता का स्वागत किया। इस शिविर में 50 यूनिट से अधिक रक्त संग्रह के साथ विद्यार्थियों और स्टाफ सदस्यों ने उत्साहपूर्वक भाग लिया। डॉ. निशा भार्गव ने जीवन अमृत दान कर मानवता की सेवा करने वाले रक्तदाताओं के नेक भाव की

## MCM holds Blood Donation Camp

The Aman Sandesh Times Network

**Chandigarh:** The NSS units, Red Ribbon Club, AIDS Awareness Committee and Medical Committee of Mehr Chand DAV College for Women, Chandigarh organised a Blood Donation Camp, in collaboration with Post Graduate Institute of Medical Education and Research, Chandigarh.

The camp was supported by Lions Club Chandigarh Prosperity. Principal Dr. Nisha Bhargava welcomed Chief Guest Sh. Nemi



Chand, State Liaison Officer, State NSS Cell, Chandigarh Administration, and officials from Lions Club Chandigarh Prosperity - Lion R K Rana, Lion Surinder Pal Singh Safari, Lion Ashwani

Wig, Lion N K Vasudev, Lion Vinod and Lion Uma Kant Mehta.

The students and staff members participated enthusiastically in this camp, with collection of more than 50 units of blood.

Dr Nisha Bhargava acknowledged the noble gesture of the donors to serve humanity by donating the elixir of life. She emphasised the need to recognise and work towards such humanitarian causes which help in shaping the students into responsible and empathetic citizens.

### 4. International Women's Day Celebration

**Date:** 10.03.2023

**Number of participants:** 67

**Objectives:** To mark the celebration of International Women's Day and apprise the audience of Entrepreneurship journey of India's first feminine brand 'FLOREN'

**The Practice:** To mark the celebrations of International Women's Day, Institution's Innovation Council 5.0 (IIC@5.0) and Health Committee of the college for Women, Chandigarh in collaboration with FLOREN - India's first feminine hygiene brand organized an entrepreneurial talk and an awareness session on Intimate and Menstrual Hygiene, on 10<sup>th</sup> March 2023 in Multimedia Hall of the college. It was followed by a Competition on the theme: My Period Story. Besides,

an Exhibition of Feminine Hygiene Products was displayed at Panghat Area of the college.

During the talk, members of FLOREN Team - Ms. Shivali Sharma, Ms. Mahima Bangar, Ms. Ishika Raut and Ms. Kashish under the guidance of Ms. Sana Mittal – CEO and Co-founder, FLOREN apprised the audience of entrepreneurial journey to build FLOREN as a "brand" where they discussed the problems such as poor intimate hygienic conditions of women in rural areas that embarked the journey of FLOREN with a vision to make Indian women empowered through FLOREN. They made the audience aware of probable solutions that ensure their intimate and menstrual hygiene which include maintaining a correct pH balance of their intimate area and switching to menstrual cups as a much safer and healthier alternative to sanitary pads during their periods.

The session ended with a competition based on theme '*My Period Story*' where some of the students shared their problems/myths related to their periods in form of their experiences. At the end Ms. Aditi and Ms. Vanshika Gupta, students of B.Sc. Medical were felicitated with beautiful gift hampers by FLOREN team. Staff and students of the college also visited Exhibition of Feminine Hygiene Products where several products such as intimate oils, sanitary pads, menstrual cups, seat covers etc were displayed by the FLOREN team.

**Evidence of Success:** Event was successful as students were apprised of entrepreneurial journey and how this brand is catering to the needs of people especially women via empowering them.



2023.03.10 11:37





**Mehr Chand Mahajan DAV College for Women**  
Sector 36-A, Chandigarh (U.T.)

To mark the celebrations of  
**International Women's Day**  
Institution's Innovation Council 5.0 (IIC)  
& Health Committee  
are organizing

A talk on Entrepreneurial Journey to build  
FLOREN (India's First Feminine Hygiene brand)  
& Awareness session on Intimate & Menstrual Hygiene

Date: 10 March 2023 | Time: 11:30 am | Venue: Multimedia Hall



Resource Person  
**Ms Sana Mittal**  
CEO & Co-founder, FLOREN



**Other activities include:**



Exhibition of Feminine Hygiene Products  
Time: 10.00 am onwards | Venue: Near Panghat Area



Competition on the Theme: My Period Story  
Time Limit: 2 Mins only | Venue: Multimedia Hall | Time: 12:30 pm

**Note:** ● Only first 15 registered participants will be given chance to participate. ● Winners will be felicitated with gifts. ● Prior Registration is Mandatory. [CLICK HERE](#) to register.

Dr Purnima Bhandari	Dr Sarabjeet Kaur	Dr Neetu	Dr Indu Arora	Dr Nisha Bhargava
Program Coordinator	Co-Convenor	Convenor	Vice President	Principal &
	Health Committee	IIC5.0@MCM	IIC5.0@MCM	President (IIC5.0@MCM)



## 5. Cleaning of water tanks and coolers in the college campus

As an essential maintenance procedure regular the water tanks in the hostel and college were cleaned and membranes of the RO's (Reverse Osmosis Systems) were cleaned by Mr. Deninder, employ of our college. This is done as a regular annual feature in the college during the month of June and July.