

Report of Medical Committee (2022-23)



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

www.mcmdavcw-chd.edu
0172- 2603355, 0172- 262492

1. Routine OPDS

Date: 13-14.09.2022

Number of Beneficiaries: Average of 50 students per OPDs.

Objectives: To maintain the health status and cater to their medical needs of the students and staff.

Context: Gynae OPDs were organized in order to solve the problems of young girls related to PCOS, and manage the menopause related issues of the staff members.

Practice: Medical Committee of the college in collaboration with Ayu Health Services organized OPDs on weekly basis.

Evidence of Success:

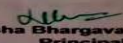


**Mehr Chand Mahajan DAV College for Women
Sector 36-A, Chandigarh**

OPD Schedule for September-October 2022

Venue: **Medical Room (Every Tuesday & Wednesday)**
Time: **10: 00 am- 1:00 pm**

Date	Department	Resource Person	On Duty
27.09.2022	Internal Medicine	Dr. Ankit	Dr. Madhuri Tanaji Patil
28.09.2022	Internal Medicine	Dr. Ankit	Dr. Madhuri Tanaji Patil
04.10.2022	Ophthalmology (Eye)	Dr. Iqbal	Dr. Kiran Jindal
05.10.2022	Holiday	Not Available	---
11.10.2022	Holiday	Not Available	---
12.10.2022	Gynaecology	Dr. Komal	Dr Rishu
18.10.2022	Dermatology(skin)	Dr. Jayanti	Dr. Purnima Bhandari
19.10.2022	Dermatology(skin)	Dr. Jayanti	Dr. Purnima Bhandari
25.10.2022	Holiday	Not Available	---
26.10.2022	Internal Medicine	Dr. Ankit	Dr Madhuri Tanaji Patil


Dr. Nisha Bhargava
 Principal

Anupam
27.9.22

Note : Dr. Anupam will be there to assist for smooth conduct of OPDs

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

Date: 15th – 16th 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 15th and 16th 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 Computerised 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. Pallvi Rani
 NSS Programme Officers

Dr. Sarabjeet Kaur
 Coordinator, Medical Committee

Dr. Nisha Bhargava
 Convener & Principal



3. One Day Breast Cancer Awareness Camp - 2022

Date: 14th 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 Speciality 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. Link to the activity include:

<https://www.facebook.com/photo.php?fbid=595829102340445&set=a.549520590304630&type=3>



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 सेक्टर 36 को 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।



MCM holds Breast Cancer Awareness Camp

The Asian Business 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

MEHR CHAND MAHAJAN 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.

4. 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 15th 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, CHANDIGARH BLOOD DONATION CAMP



Chandigarh, Chandigarh, India
PRINCIPAL & EXAMINATION OFFICE, MCM DAV College
Rd, 36A, Sector 36, Chandigarh, 160036, India



Chandigarh, चंडीगढ़, India
PRINCIPAL & EXAMINATION OFFICE, MCM DAV College

Principal Dr. Nisha Bhargava
welcoming the guests



Chandigarh, Chandig
PRINCIPAL & EXAMINATION OFFICE



Chandigarh, Chandigarh, India
PRINCIPAL & EXAMINATION OFFICE, MCM DAV Colle

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 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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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.

5. Awareness Session on techniques for being young and healthy by AIDS Awareness and Medical Committee

Date: 18.11.2022

Number of Beneficiaries: 100

Objective: AIDS was once an unmanageable chronic health condition, but now, with advances in HIV prevention, diagnosis, manages, and care including for opportunistic infections, people with HIV can live long and healthy lives.

Context: World AIDS Day is a globally commemorated healthcare event observed every year on the 1st of December for the past 33 years (since 1988). On this day, various awareness campaigns and activities that promote the disease awareness are conducted by several organisations across the world; unite to show solidarity for people living with HIV (human immunodeficiency virus). This

year 2022, the AIDS Day theme is “Equalize”, which emphasises eliminating the inequalities that have slowed the fight against the disease.

Practice: Medical Committee and AIDS Awareness Committee of the college organized an awareness session on techniques for being young and healthy on 18.11.2022. The resource person, Dr. Preeti Jindal, Gynaecologist & Director, Touch Clinic, discussed the concept of adolescence, the issues of irregular periods, PMS, HPV vaccination - which is a must for the adolescents. Dr Preeti stressed that the faculty should be regular for testing especially PAP smear every 2 years and mammography every 3 years. Overall the session was very interactive and the students asked many questions and raised innumerable queries.

Evidence of Success:

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

AIDS Awareness Committee
in collaboration with
Medical Committee
cordially invites you to attend
an Awareness Session on
**Techniques for Being Young
and Healthy as You Age**

Date: 18 November 2022 | Time: 12:30 noon to 2:00 pm
Venue: Multi-Media hall

Resource Person
Dr Preeti Jindal
Gynaecologist &
Director, Touch Clinic

Dr. Bhavna Sood Co-convenor
Dr. Sarabjit Kaur Co-convenor
Dr. Nisha Bhargava Convenor & Principal



6. Eye OPD cum Camp

Date: 23 & 24 January 2023

Number of NSS Volunteers participated: 100

Objective: 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: The Medical Committee of the college in collaboration with Ayu Health Services organized Eye OPD cum camp by an experienced specialist Dr. Devlina from Dr. Aggarwals eye Hospital, Chandigarh on 23.1.2023 and 24.1.2023.



7. Lecture on Motivation and Dietary Interventions for Regular Voluntary Non-Remunerated Donations

Date: 25 January 2023

Number of NSS Volunteers participated: 100

Objective: To appraise the volunteers with challenges in achieving 100% voluntary blood donation in India and to motivate the volunteers to come forward and donate blood for the noble cause

The Context: Donating blood and its products are considered essential for community welfare. However, several challenges have been identified at societal levels that cause hindrances in achieving 100% voluntary blood donation that includes societal taboos, the health of the donor, or after-effects of blood donation.

The Practice: To motivate volunteers to come forward for blood donation and discuss myths associated with the process, an enlightening informative session entitled “Motivation and Dietary Interventions for Regular Voluntary Non-Remunerated Donations” by Dr. Suchet Sachdev, Associate Professor, Department of Transfusion Medicine, PGIMER, Chandigarh was organized by NSS Units in collaboration with Medical Committee of the college on 25.01.2023. During the session, Dr. Suchet discussed the origin and progression of Blood Donation banks in India. Data pertaining to blood collection at global level was also discussed by him to let the volunteers know about the current statistics of blood donation worldwide.

Besides, he apprised the volunteers of all the stages of blood donation, donor motivation and challenges they faced during any blood camp. At the end of

his presentation, he explained the importance of healthy food especially rich in vitamins and folic acids in donors' lives that could eradicate the problem of anemia especially in girls, observed during the blood donation camps.

Evidence of Success: At the end of the session, all the volunteers were extremely motivated. Their queries related to blood transfusion were handled by the resource person. The link to the activity uploaded on social media platform includes:

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<https://www.facebook.com/photo.php?fbid=681630997093588&set=a.549520603637962&type=3>



8. Awareness lecture on the Prevention of Cervical cancer

Date: 27 January 2023

Number of NSS Volunteers participated: 100

Objectives: To sensitize volunteers and raise awareness regarding cancer. its prevention, detection, and treatment and to make the volunteers aware of the vaccination for young adolescents against the HPV virus that causes cervical cancer.

Context: Cancer is a disease in which cells in the body grow out of control. When cancer starts in the cervix, it is called cervical cancer. People between the ages of 35 and 44 are most frequently diagnosed with cervical cancer. Around 4,000 people die of cervical cancer per year. This rate is on the decline due to screenings and the HPV vaccine.

Practice: To generate awareness about Cervical Cancer and its preventive measures, an awareness lecture on the Prevention of Cervical cancer was organized by NSS Units and the Medical Committee of the college in collaboration with Fortis Hospital, Mohali. The resource person of the session was Dr. Shweta Tahlan, Consultant- Gynae Oncosurgery, Fortis Hospital, Mohali.

During the session, Dr. Shweta Tahlan provided a detailed insight into cancer while laying major emphasis on its types, causes, and pre-symptoms of different types of cancer such as Breast Cancer, Cervical cancer, and ovarian cancer. She also elaborated on early detection and available techniques to cure the disease. She apprised the volunteers of HPV vaccination available for young girls. At the end of the session, queries by the audience were addressed by the resource person.

Evidence of Success: The session was a success as it was able to create awareness regarding cervical cancer among the audience.



9. Workshop on Menstrual Health and Hygiene

Date: 28 January 2023

Number of NSS Volunteers participated: 100

Objectives: To create awareness about menstrual hygiene and to break the menstrual taboos that jeopardize the health of millions of girls every day.

The Context: Menstrual Hygiene is crucial to the empowerment and well-being of women and girls worldwide. However, myths and taboos associated with menstrual health are still prevalent in society that need to be discussed and elucidated.

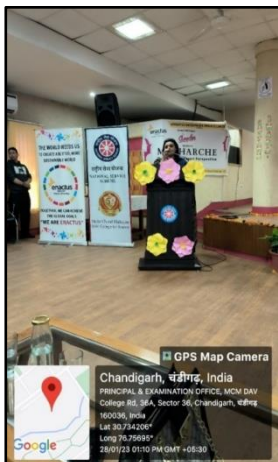
The Practice: A Workshop on Menstrual Health and Hygiene was organized by NSS Units and the Medical Committee of the college in collaboration with Enactus, SSBUI CET, Panjab University on 28.01.2023. The resource person of the event was Professor Seema Kapoor, Enactus Faculty Advisor.

The event commenced with a virtual address by Ms. Geetanjali Bakshi, Coordinator of CSR project Amodini of Versatile Group, Ludhiana. She introduced the project Amodini, which was initiated to break the silence around menstrual hygiene for girls around society and their successful collaboration with the Enactus team. This was followed by an interactive and insightful lecture by Dr. Neelam Sodhi (MD, OBS & Gynecology) on menstrual health and hygiene to change society by being open and honest about menstruation and menstrual hygiene. Project Uday of the Enactus Team seeks to gradually eliminate taboos surrounding menstruation. She was received by the crowd with a huge round of applause and everyone was moved by her words. Dr. Sodhi's talk was followed by Ms. Ravina's talk from Switzerland, who is doing a project with WHO and spoke on the advantages of using reusable cloth pads.

Evidence of Success: The session was fruitful as NSS Volunteers participated enthusiastically in the session. Several myths and taboos associated with menstruation were busted and awareness was generated regarding maintaining menstrual hygiene among women. The link to the activity uploaded on social media platform includes:

<https://www.facebook.com/photo.php?fbid=675897174333637&set=a.54952060363762&type=3>

<https://www.facebook.com/photo.php?fbid=675896911000330&set=a.549520603637962&type=3>



10. Skit and Poetry recitation

Date: 28 January 2023

Number of NSS Volunteers participated: 100

Objectives: To create awareness about menstrual hygiene, to break the menstrual taboos that jeopardize the health of millions of girls every day and to support girls across the country to overcome the barriers that deter them from managing menstruation with dignity.

The Context: Menstrual Hygiene is crucial to the empowerment and well-being of women and girls worldwide. However, myths and taboos associated with menstrual health are still prevalent in society that needs to be discussed and elucidated. Time and again various art forms have been used to convey deep messages to society. One such powerful form includes skit.

The Practice: In the subsequent session of Day 5 of Seven Day/Night NSS Special camp, an interactive cum informative Skit was performed by the members of Drama team of Panjab University, headed by Mr. Hargovind Singh Randhawa on 28.01.2023. They presented several real-world examples that force us to consider our culture and address the silence surrounding a woman's menstrual cycle. Finally, self-written poetry on menstruation was recited for the audience's amusement by an Enactus member and NSS Volunteer- Ms. Anjali Balhara.

In addition, a stall was put up to display cloth-based sanitary napkins created as part of CSR Project Amodini of Versatile Group and Project Uday of Enactus. Pottery products made under Project Dhara and cloth bags made by Ludhiana based NGO, Ashirwad were also displayed at the stall.

Evidence of Success: The skit was a great success as it was entertaining and informative and able to bust several taboos associated with menstrual hygiene. The link to the activity uploaded on social media platform include:



<https://www.facebook.com/photo.php?fbid=675897294333625&set=a.549520603637962&type=3>



11. Mammography and Bone Density Analysis Camp as part of International Women's Day Celebrations

Date: 03rd March, 2023

Number of Beneficiaries: 50 (for Mammography Camp) and 103 (for Bone Density Analysis)

Objectives: To encourage more women to get their screening done and educate them on breast cancer risk reduction and cure and to identify people who are at risk of osteoporosis, a condition where bones become weak and brittle, and to educate them on how to prevent or manage this condition

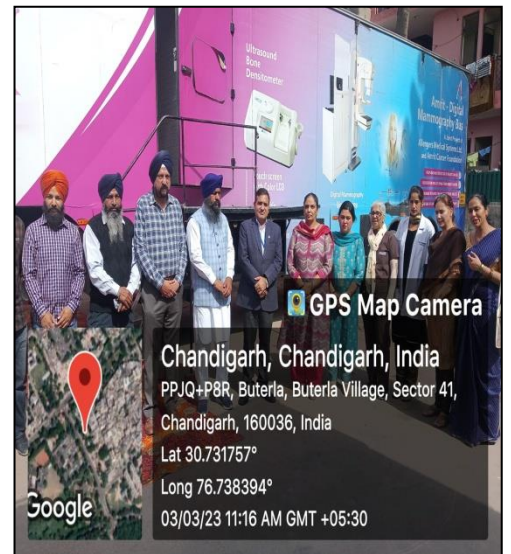
The Context: Breast cancer is the most prevalent form of cancer and has become a major problem all across the world including India. It affects women and can occur at any age but, it is most common in women above the age of 40 years. Awareness and timely diagnosis could help in treating and overcoming 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. Also, osteoporosis is a common systemic skeletal disorder leading to decreased bone strength and increased susceptibility to osteofragility fracture. It

is a significant health issue mostly observed in the persons above the age of 50. The mammography and bone density analysis camps are a vital step in promoting women's health and ensuring that they have access to medical care.

The Practice: As part of International Women's Day Celebrations, NSS Units and Health Committee of the Mehr Chand Mahajan DAV College for Women, Chandigarh organized a Mammography and Bone Density Analysis Camp in collaboration with Amrit Cancer Foundation, Sector 35, Chandigarh on 03.03.2023 in their adopted Village Badheri, Sector 41-D, Chandigarh. The camp was organized along with Blood donation camp and Medical Check Up Camp that was organized by Counsellor Mr Hardeep Singh, President Shiromani Akali Dal, Chandigarh in sweet memory of his father Late S. Gurnam Singh Buterla. The camp was organized specifically for the people above the age of 40 years who are more prone to the breast cancer and osteoporosis disease.

During the camp, a mammography bus equipped with the latest testing techniques and a team of doctors/technicians and nurses were stationed in the village community centre for the same. Besides, a bone testing analysis machine was also made available for the detecting bone related deficiencies for the persons above the age of 25. More than 50 female residents for mammography test and 103 residents for bone density analysis test were benefitted from this camp. Simultaneous counseling cum awareness sessions for residents was conducted to cater the needs of the people facing related problems. At the end, dignitaries as guests praised the efforts of the NSS Units and NSS volunteers of our college for their dedication and hard work in making the event a success.

Evidence of Success: The camp was a huge success that witnessed the enthusiastic participation of more than 50 female residents for mammography test and 103 residents for bone density analysis test.





Chandigarh, Chandigarh, India
Shop no 264, First floor, Krishna market, Sector-41 G,
Butleria Village, Sector 41, Chandigarh, 160036, India
Lat 30.731665°
Long 76.738229°
03/03/23 11:16 AM GMT +05:30



Chandigarh, Chandigarh, India
106, near Hotel Alishan, Village Butleria, Sector 41B,
Sector 41, Chandigarh, 160036, India
Lat 30.731793°
Long 76.73854°
03/03/23 12:16 PM GMT +05:30

एमसीएम में महिला दिवस एवं होली का पर्व उल्लास से मनाया

चंडीगढ़ (जम्मार्ग न्यूज़)। मेहरवंद महाजन डीएवी महिला महाविद्यालय में अंतरराष्ट्रीय महिला दिवस और होली बड़े उत्साह के साथ मनाया गया। अंतरराष्ट्रीय महिला दिवस अवसर पर कॉलेज की एनएसएस इकाईयों और स्वस्थ सभित्तियों ने अमृत केसर फ़ाउंडेशन, चंडीगढ़ के सहयोग से अंगीकृत गाँव बधेरी में एक मेमोग्राफी और बोन डेंसिटी सिविल का आयोजन किया। सिविल का आयोजन फर्द हरदीप सिंह द्वारा आयोजित रक्तदान शिविर और चिकित्सा जीव शिविर के साथ किया गया। शिविर के दौरान उपस्थित गणमान्य व्यक्तियों में चंडीगढ़ के मेयर श्री अनूप गुप्त, क्षेत्रीय निदेशक, युवा मामले और खेल मंत्रालय भारत सरकार से सुश्री हरिंदर कौर और राज्य एनएसएस सेल, चंडीगढ़ प्रशासन में सचिव अधिकारी डॉ. नेमी चंद गोहिया शामिल थे। शिविर के लिए नवीनतम परीक्षण तकनीकों से लेस एक मेमोग्राफी बस और डॉक्टर/तकनीशियनों और नर्सों की एक टीम को गाँव के सामुदायिक केंद्र भेजा गया। 154 से अधिक महिला निवासियों ने मेमोग्राफी परीक्षण और अस्थि घनत्व विश्लेषण परीक्षण करवाया। कॉलेज के महिला विकास प्रकोष्ठ ने सेनेटरी पैड डोनेशन ड्राइव का आयोजन किया, जिसमें संकथ सस्त्रों एवं विद्यार्थियों ने उदारतापूर्वक पैड दान किए, जो अटवा गाँव और सेक्टर 25 के रक्तम क्षेत्र की महिला निवासियों के बीच वितरित किए। महिला विकास प्रकोष्ठ के स्वयंसेवकों द्वारा %बाल विवाह और घरेलू हिंसा%, विषय पर नुक़द नाटक भी प्रस्तुत किया। एक अन्य कार्यक्रम में, पीआरसीआई चंडीगढ़ फ़ैटर् के तत्वाधान में युग कम्युनिकेटर्स क्लब ने %लेट्स रिडिफ़ाइन इक्विटी% विषय पर एक पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। महाविद्यालय की छात्र परिषद द्वारा होली का रंगारंग पर्व हॉलीवुड के साथ मनाया गया। अपनी उद्यमशीलता का प्रदर्शन करते हुए, विद्यार्थियों ने हॉल होली के रंग, सजावटी वस्तुएँ, आभूषण, क्रॉडिट वस्तुएँ, खाने-पीने की वस्तुएँ आदि के विभिन्न स्टाल लगाए, जो उत्सव के उत्साह को बढ़ाते नज़र आए।

MCM celebrates Women's Day and Holi

THE AMAN SANDESH TIMES

Chandigarh: Mehr Chand Mahajan DAV College for Women, Chandigarh, marked the celebration of International Women's Day and Holi with great enthusiasm. As part of International Women's Day celebrations, the NSS Units and Health Committee of the college organised a Mammography and Bone Density Analysis Camp at adopted village Badheri, in collaboration with Amrit Cancer Foundation, Chandigarh. The camp was organised along with Blood Donation Camp and Medical Check Up Camp that was organised by Councillor Mr Hardeep Singh. The dignitaries present during the camp included Mr. Anup Gupta, Mayor, Chandigarh, Ms. Harinder Kaur, Regional Director, Ministry of Youth Affairs and Sports, Government of India, and Dr. Nemi Chand Golia, State Liaison Officer, State NSS Cell, Chandigarh Administration. A mammography bus equipped with the latest testing techniques and a team of doctors/technicians and



nurses was stationed at the village community centre for the camp. More than 154 female residents underwent mammography test and bone density analysis test. The Women Development Cell of the college organised a Sanitary Pads Donation drive wherein the faculty and students donated pads generously that were distributed among women residents of Attawa village and Sector 25 slum area. A nukkad natak on the theme 'Child marriage and domestic violence' was also performed by the Women Development Cell volunteers. In another event, the Young Communicators Club, under

the aegis of PRCI Chandigarh Chapter, organised a Poster Making Competition on the theme 'Let's Redefine Equality'. The colourful festival of Holi was celebrated with gusto by the Student Council of the college. Showcasing their entrepreneurial spirit, students put up different stalls of herbal holi colours, decorative items, jewellery, crocheted items, eatables, etc. that added to the festive vibe. The campus reverberated with Holi songs as the students spread the colours of happiness playing gula. Principal Dr. Nisha Bhargava appreciated the efforts of the organising Committees to celebrate International Women's Day in a befitting manner through thoughtfully planned activities. She added that though women have come a long way, still much needs to be done for ensuring an equitable and just society that treats women as equal members of the society. She also wished everyone a joyous festival of colours and urged them to spread the colours of happiness, love and compassion in this world.

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चंडीगढ़ (संजमार्ग न्यूज़)। मेहरवंद महाजन डीएवी महिला महाविद्यालय में अंतरराष्ट्रीय महिला दिवस और होली बड़े उत्साह के साथ मनाया गया। अंतरराष्ट्रीय महिला दिवस अवसर पर कॉलेज की एनएसएस इकाईयों और स्वस्थ सभित्तियों ने अमृत केसर फ़ाउंडेशन, चंडीगढ़ के सहयोग से अंगीकृत गाँव बधेरी में एक मेमोग्राफी और बोन डेंसिटी सिविल का आयोजन किया। सिविल का आयोजन फर्द हरदीप सिंह द्वारा आयोजित रक्तदान शिविर और चिकित्सा जीव शिविर के साथ किया गया। शिविर के दौरान उपस्थित गणमान्य व्यक्तियों में चंडीगढ़ के मेयर श्री अनूप गुप्त, क्षेत्रीय निदेशक, युवा मामले और खेल मंत्रालय भारत सरकार से सुश्री हरिंदर कौर और राज्य एनएसएस सेल, चंडीगढ़ प्रशासन में सचिव अधिकारी डॉ. नेमी चंद गोहिया शामिल थे। शिविर के लिए नवीनतम परीक्षण तकनीकों से लेस एक मेमोग्राफी बस और डॉक्टर/तकनीशियनों और नर्सों की एक टीम को गाँव के सामुदायिक केंद्र भेजा गया। 154 से अधिक महिला निवासियों ने मेमोग्राफी परीक्षण और अस्थि घनत्व विश्लेषण परीक्षण करवाया। कॉलेज के महिला विकास प्रकोष्ठ ने सेनेटरी पैड डोनेशन ड्राइव का आयोजन किया, जिसमें संकथ सस्त्रों एवं विद्यार्थियों ने उदारतापूर्वक पैड दान किए, जो अटवा गाँव और सेक्टर 25 के रक्तम क्षेत्र की महिला निवासियों के बीच वितरित किए। महिला विकास प्रकोष्ठ के स्वयंसेवकों द्वारा बाल विवाह और घरेलू हिंसा विषय पर नुक़द नाटक भी प्रस्तुत किया। एक अन्य कार्यक्रम में, पीआरसीआई चंडीगढ़ फ़ैटर् के तत्वाधान में युग कम्युनिकेटर्स क्लब ने %लेट्स रिडिफ़ाइन इक्विटी% विषय पर एक पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। महाविद्यालय की छात्र परिषद द्वारा होली का रंगारंग पर्व हॉलीवुड के साथ मनाया गया। अपनी उद्यमशीलता का प्रदर्शन करते हुए, विद्यार्थियों ने हॉल होली के रंग, सजावटी वस्तुएँ, आभूषण, क्रॉडिट वस्तुएँ, खाने-पीने की वस्तुएँ आदि के विभिन्न स्टाल लगाए, जो उत्सव के उत्साह को बढ़ाते नज़र आए।

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चंडीगढ़ (संजमार्ग न्यूज़)। मेहरवंद महाजन डीएवी महिला महाविद्यालय में अंतरराष्ट्रीय महिला दिवस और होली बड़े उत्साह के साथ मनाया गया। अंतरराष्ट्रीय महिला दिवस अवसर पर कॉलेज की एनएसएस इकाईयों और स्वस्थ सभित्तियों ने अमृत केसर फ़ाउंडेशन, चंडीगढ़ के सहयोग से अंगीकृत गाँव बधेरी में एक मेमोग्राफी और बोन डेंसिटी सिविल का आयोजन किया। सिविल का आयोजन फर्द हरदीप सिंह द्वारा आयोजित रक्तदान शिविर और चिकित्सा जीव शिविर के साथ किया गया। शिविर के दौरान उपस्थित गणमान्य व्यक्तियों में चंडीगढ़ के मेयर श्री अनूप गुप्त, क्षेत्रीय निदेशक, युवा मामले और खेल मंत्रालय भारत सरकार से सुश्री हरिंदर कौर और राज्य एनएसएस सेल, चंडीगढ़ प्रशासन में सचिव अधिकारी डॉ. नेमी चंद गोहिया शामिल थे। शिविर के लिए नवीनतम परीक्षण तकनीकों से लेस एक मेमोग्राफी बस और डॉक्टर/तकनीशियनों और नर्सों की एक टीम को गाँव के सामुदायिक केंद्र भेजा गया। 154 से अधिक महिला निवासियों ने मेमोग्राफी परीक्षण और अस्थि घनत्व विश्लेषण परीक्षण करवाया। कॉलेज के महिला विकास प्रकोष्ठ ने सेनेटरी पैड डोनेशन ड्राइव का आयोजन किया, जिसमें संकथ सस्त्रों एवं विद्यार्थियों ने उदारतापूर्वक पैड दान किए, जो अटवा गाँव और सेक्टर 25 के रक्तम क्षेत्र की महिला निवासियों के बीच वितरित किए। महिला विकास प्रकोष्ठ के स्वयंसेवकों द्वारा बाल विवाह और घरेलू हिंसा विषय पर नुक़द नाटक भी प्रस्तुत किया। एक अन्य कार्यक्रम में, पीआरसीआई चंडीगढ़ फ़ैटर् के तत्वाधान में युग कम्युनिकेटर्स क्लब ने %लेट्स रिडिफ़ाइन इक्विटी% विषय पर एक पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। महाविद्यालय की छात्र परिषद द्वारा होली का रंगारंग पर्व हॉलीवुड के साथ मनाया गया। अपनी उद्यमशीलता का प्रदर्शन करते हुए, विद्यार्थियों ने हॉल होली के रंग, सजावटी वस्तुएँ, आभूषण, क्रॉडिट वस्तुएँ, खाने-पीने की वस्तुएँ आदि के विभिन्न स्टाल लगाए, जो उत्सव के उत्साह को बढ़ाते नज़र आए।

एमसीएम में महिला दिवस व होली का पर्व उल्लास से मनाया

चंडीगढ़ (संजमार्ग न्यूज़)। मेहरवंद महाजन डीएवी महिला महाविद्यालय में अंतरराष्ट्रीय महिला दिवस और होली बड़े उत्साह के साथ मनाया गया। अंतरराष्ट्रीय महिला दिवस अवसर पर कॉलेज की एनएसएस इकाईयों और स्वस्थ सभित्तियों ने अमृत केसर फ़ाउंडेशन, चंडीगढ़ के सहयोग से अंगीकृत गाँव बधेरी में एक मेमोग्राफी और बोन डेंसिटी सिविल का आयोजन किया। सिविल का आयोजन फर्द हरदीप सिंह द्वारा आयोजित रक्तदान शिविर और चिकित्सा जीव शिविर के साथ किया गया। शिविर के दौरान उपस्थित गणमान्य व्यक्तियों में चंडीगढ़ के मेयर श्री अनूप गुप्त, क्षेत्रीय निदेशक, युवा मामले और खेल मंत्रालय भारत सरकार से सुश्री हरिंदर कौर और राज्य एनएसएस सेल, चंडीगढ़ प्रशासन में सचिव अधिकारी डॉ. नेमी चंद गोहिया शामिल थे। शिविर के लिए नवीनतम परीक्षण तकनीकों से लेस एक मेमोग्राफी बस और डॉक्टर/तकनीशियनों और नर्सों की एक टीम को गाँव के सामुदायिक केंद्र भेजा गया। 154 से अधिक महिला निवासियों ने मेमोग्राफी परीक्षण और अस्थि घनत्व विश्लेषण परीक्षण करवाया। कॉलेज के महिला विकास प्रकोष्ठ ने सेनेटरी पैड डोनेशन ड्राइव का आयोजन किया, जिसमें संकथ सस्त्रों एवं विद्यार्थियों ने उदारतापूर्वक पैड दान किए, जो अटवा गाँव और सेक्टर 25 के रक्तम क्षेत्र की महिला निवासियों के बीच वितरित किए। महिला विकास प्रकोष्ठ के स्वयंसेवकों द्वारा बाल विवाह और घरेलू हिंसा विषय पर नुक़द नाटक भी प्रस्तुत किया। एक अन्य कार्यक्रम में, पीआरसीआई चंडीगढ़ फ़ैटर् के तत्वाधान में युग कम्युनिकेटर्स क्लब ने %लेट्स रिडिफ़ाइन इक्विटी% विषय पर एक पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। महाविद्यालय की छात्र परिषद द्वारा होली का रंगारंग पर्व हॉलीवुड के साथ मनाया गया। अपनी उद्यमशीलता का प्रदर्शन करते हुए, विद्यार्थियों ने हॉल होली के रंग, सजावटी वस्तुएँ, आभूषण, क्रॉडिट वस्तुएँ, खाने-पीने की वस्तुएँ आदि के विभिन्न स्टाल लगाए, जो उत्सव के उत्साह को बढ़ाते नज़र आए।

12. 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 10th 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 appraised 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.



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
Program Coordinator

Dr Sarabjeet Kaur
Co-Convenor
Health Committee

Dr Neetu
Convener
IIC5.0@MCM

Dr Indu Arora
Vice President
IIC5.0@MCM

Dr Nisha Bhargava
Principal &
President (IIC5.0@MCM)



13. Medical Camp – 2023

Date: 31.03.2023

Number of participants/Beneficiaries : 350

Objectives: To evaluate health status of students and staff of the college

Context: With an aim to create awareness among the masses for preventive healthcare that is the need of an hour, a Medical Camp was organized.

Practice: Medical Committee of the college in collaboration with Fortis Hospital, Mohali organized a day long medical camp for staff as well students at the college on 31 March 2023 from 10.00 am to 3.00 pm. The camp was organized targeting the population of every age group (including staff members as well as students).

The medical team of Fortis Hospital, Mohali comprised of panel of doctors including Dr A B Prabhu, Department of Cosmetic Surgery, Dr. Himpreet Kaur, General Medicine, Dr Eknoor Kaur, Gynecologist, Dr Rishabh Surana, Department Orthopedics and Dt Parul who conducted a number of screening tests including blood glucose testing, blood pressure measurement, diet counselling along with diet chart, ECG, Bone density, weight measurement etc.

Evidence of Success: During the camp over 350 people were screened for various ailments and were given free medical consultations. Majority of problems were related to skin and gynecology which were addressed patiently by reputed doctors.

