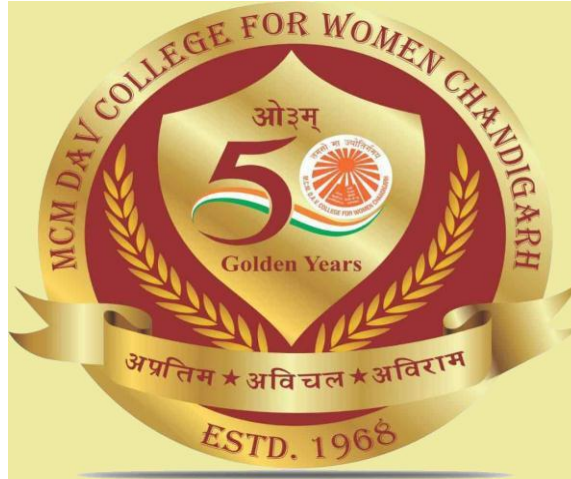


Report of Medical Committee (2023-24)



Mehr Chand Mahajan DAV College for Women

Sector-36, Chandigarh

www.mcmdavcw-chd.edu

0172- 2603355, 0172- 2624921

1. MEDICAL CAMP IN THE COLLEGE

Faculty Coordinators: Dr. Sarabjeet, Dr. Purnima Bhandari, Dr. Rishu, Dr. Madhuri, Dr. Kiran Jindal

Student Coordinator: Tarushi

Date: 6th March 2024

Number of participants: 350+

Objectives: To mark Celebration of Bicentennial Anniversary of Swami Dayanand Saraswati Ji and International Women's Day, Medical Committee in collaboration with Fortis Hospital, Mohali Organized a One Day Medical Camp in Multimedia Hall & Science Conference Hall the college for staff and students. The purpose was to monitor the overall health parameters of the staff and students of the college.

Practice: Medical Committee of the college in collaboration with Fortis Hospital, Mohali organized a day long medical camp for staff as well students of the college. The medical team of Fortis Hospital, Mohali comprised of panel of

doctors including Dr. A. B. Prabhu, Department of Cosmetic Surgery, Dr. Sheibba Mittal, Obstetrics & Gynecologist, Dr. Anmol, Department Orthopedics, Dr. Shubhpreet and Dr Nisha, Optometrist who conducted a number of screening tests including blood glucose testing, blood pressure measurement, diet counseling along with diet chart, ECG, Bone density, Eye-Checkup, weight measurement etc.

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

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

As part of International Women's Day Celebration
The Medical Committee
in collaboration with
Fortis Hospital, Mohali
organizes
One Day Medical Camp - 2024

Date: 6 March 2024
Time: 10:00 am to 3:00 PM
Venue: Multimedia Hall & Science Conference Hall

Camp includes:
● Blood Pressure Monitoring Test
● Random Blood Sugar ● ECG
● Bone Mineral Density

Free Consultation include:
● Cosmetic Surgery · Gynaecology & Obstetrics
● Orthopaedics ● Dietetics ● Internal Medicine

All the staff members and students can avail the benefit of this free Medical Camp.

Dr Nisha Bhargava
Principal & Convener
Dr Sarabjeet
Co-Convener
Dr Madhri Tanaji Patil
Dr Rishu
Dr Purnima Bhandari
Coordinator
Mr Ashish Mudgal
Activity Incharge (Creative)

Evidence of Success: The camp has benefitted more than 350 individuals including teaching, non-teaching staff members and students of the college. Majority of problems related to skin and gynecology which were addressed patiently by reputed doctors.



2. Lecture on Adolescent Health and Menstrual Hygiene, Poster Making & Just a minute Come petitions for raising Awareness on AIDS

Date: 15th-16th March 2024

Number of participants: 54 students and 7 faculty members.

Objectives: To grow and develop in good health, adolescents need information, including age-appropriate comprehensive sexuality education; health services, safe and supportive environments. Expanding such opportunities is key to responding to adolescents' specific needs and rights.

Context: It is a unique stage of human development and an important phase for laying a foundation for good health. Adolescents experience rapid physical, cognitive and psychosocial growth. During this phase, adolescents establish patterns of behavior related to diet, physical activity, substance use, and sexual activity which can protect their health and the health of others around them or put their health at risk now and in the future.

Practice: The Red Ribbon Club/AIDS Awareness Committee in collaboration with the Medical Committee and NSS team of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an Interactive Session on "My Health My Priority" by Gynaecologist Dr Namita Grover of Shalby multi-specialist hospital, Mohali on 16th March, 2024. During the event, Dr.

The poster is for an event celebrating the bicentennial birth anniversary of Swami Dayanand Saraswati Ji. It is organized by Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh (U.T.), in collaboration with The Medical Committee & Red Ribbon Club. The event is a lecture on Adolescent Health and Menstrual Hygiene, featuring Dr. Namita Grover as the resource person. The poster also mentions poster making and just a minute competitions for raising awareness on AIDS. The event is scheduled for 15 March 2024 at 10:30 AM onwards at the Celebration Ground. The poster includes a photo of Dr. Namita Grover and a graphic of hands holding a shield with a cross.

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

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

The Medical Committee & Red Ribbon Club
is organizing a lecture on
Adolescent Health and Menstrual Hygiene

Resource Persons

Dr. Namita Grover
Consultant Obstt & Gynae
Shalby Multi-specialist Hospital
Mohali (Pb.)

Date: 16 March 2024
Time: 10:30 AM Onwards
Venue: Science Conference Hall

Poster Making & Just a Minute Competitions
for Raising Awareness on AIDS

Date: 15 March 2024 | Time: 10:30 AM Onwards | Venue: Celebration Ground

Kindly note : •Competition will start sharp at 10.30 AM at open stage. •Participants must bring their own A2 SIZE WHITE SHEETS, tools of drawing/painting. •Judgement will be on creativity, design and presentation. •First 3 Positions will be given prizes. •Prior registration is Mandatory to register.

Dr. Purnima Bhandari & Dr. Sarabjeet Kaur
Coordinators, Medical Committee

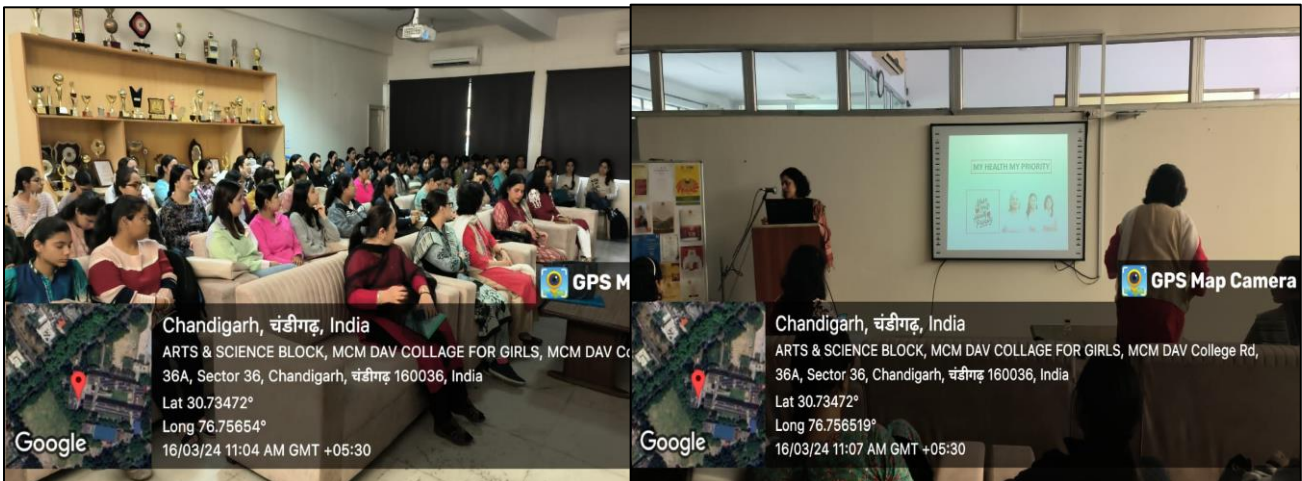
Dr. Bhavna Sood
Coordinators, Red Ribbon Club

Dr. Nisha Bhargava
Convener & Principal

Mr. Ashish Mudgal, Activity Incharge (Creative)



Namita Grover enlightened students about the problems faced by girls during the adolescent age and also advised them the ways via which problems could be solved. Besides, a Poster Making & Just a Minute Competitions were also organized on 15th March, 2024 with an objective of raising awareness on AIDS among students.



3. Expert talk on Promoting Positive Personality Development among Youth

Date: 26th September 2023

Number of participants: 56

Objective: To apprise the students of the challenges faced by youth and the ways via which positivity could be attained in their life.

Practice: Personality development cell in collaboration with Medical Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh has organized an Expert talk entitled, "Promoting Positive Personality Development among Youth" by Dr. Prabhjot Malhi, Consultant (Child Psychology) FMC, Fortis Hospital, Mohali, on 26th September 2023.



Dr. Prabhjot initiated her lecture by discussing few case studies which were a clear reflection of the challenges those our young generation faces. She mentioned that our youth is getting distracted due to excessive intervention of social media. The unrealistic virtual media is promoting a self



centered, irresponsible new generation. She urged the students to develop a sense of responsibility towards their bigger goals. She advised to generate internal and

external assets viz competence, values and relationships and opportunities respectively. She also emphasized to retain positivity by maintaining a routine, disciplined life. The adverse effects of uncertainty, anxiety in life can be eliminated by opening the door of hearts to friends and parents. Helping others will reveal another channel to shape the happiness in life. The life teaches you to deal with every failure and to stand up again stronger and bolder. Her lecture also focused good parenting while too much 'helicopter Parenting' affects the holistic development of the child. An extreme negligence and indifference weaken the bond; hence it is a wise decision to maintain a strong, close relation by discussing all the challenges, problems with teenagers in a friendly manner. This would lay a convenient and dependable back to lean with for both the child and parent.

Evidence of Success: The lecture was attended by UG and PG students from different classes of Arts, Commerce and Science. Students were made aware about current problems and inspired them to take charge of their lives. Principal, Dr. Nisha Bhargava appreciated the efforts of both the committees and congratulated the stake holders on the successful completion of the event.

एमसीएम में 'प्रोमोटिंग पॉजिटिव पर्सनैलिटी डिवैल्पमेंट अमंग यूथ' पर वार्ता आयोजित



एमसीएम कॉलेज सेक्टर-36 चंडीगढ़ में 'प्रोमोटिंग पॉजिटिव पर्सनैलिटी डिवैल्पमेंट अमंग यूथ' विषय पर वार्ता के दौरान प्रिंसिपल निशा भार्गव प्रमुख वक्ता डा. प्रभजोत मल्ली का स्वागत करते हुए। (छाया: गुरिन्द्र सिंह)

चंडीगढ़, 6 अक्टूबर (राम सिंह बराड़): मेहर चंद महाजन डीएवी महिला महाविद्यालय, सेक्टर 36-ए, चंडीगढ़ के पर्सनैलिटी डेवलपमेंट सेल ने कॉलेज की मैडिकल कमेटी के सहयोग से 'प्रोमोटिंग पॉजिटिव पर्सनैलिटी डेवलपमेंट अमंग यूथ' विषय पर वार्ता का आयोजन किया। इस वार्ता सत्र में फोर्टिस मेडसेंटर,

करने का आग्रह किया। उन्होंने यह भी कहा कि जीवन में प्रतिकूल परिस्थितियों से बचने के लिए आवश्यक है कि हम अपने दिलों के द्वार अपने मित्रों और परिवारजनों के लिए सदा खुले रखें। यह सत्र अच्छे पालन पोषण पर भी केंद्रित रहा और 'हेलीकॉप्टर पैरेंटिंग' से बच्चों के समग्र विकास पर प्रतिकूल प्रभाव पर भी विचार किया गया। व्याख्यान में सभी संकायों के 56 विद्यार्थियों ने भाग लिया। कॉलेज प्राचार्या डॉ. निशा भार्गव ने वार्ता के आयोजन में दोनों समितियों के संयुक्त प्रयासों की सराहना की। उन्होंने विद्यार्थियों को जीवन के नकारात्मक पहलुओं को छोड़ कर जीवन में मिली नेमतों की ओर ध्यान केंद्रित करके और एक स्वस्थ जीवन शैली अपनाने के लिए प्रोत्साहित किया।

Talk 'Promoting positive personality development among youth' organised at MCM



CHANDIGARH: The Personality Development Cell of Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh in collaboration with the Medical Committee of the college, organized an expert talk, "Promoting Positive Personality Development among Youth". The resource person for the talk was Dr. Prabhjot Malhi, Consultant (Child Psychology) at Fortis Medcentre, Chandigarh. Dr. Prabhjot said that the youth is getting distracted due to excessive intervention in social media. She urged the students to develop a sense of responsibility towards their bigger goals and nurture competence and values. The adverse effects of anxiety in life can be combated by opening the door of one's heart to friends and family. The lecture also focused on good parenting where "helicopter Parenting" adversely affects the holistic development of children. The lecture was attended by 56 students from all streams. Dr. Nisha Bhargava, the principal of the college, appreciated the efforts of both Committees in organising the talk. She encouraged students to move the spotlight from the negative aspects of life to the blessings that they have been bestowed upon.

4. World Heart Day Celebration – 2024

Date: 15th February 2024

Objective: To spread awareness about the health of the heart among staff and students at the college.

Context: Heart Month 2024 is an annual observance and celebrated throughout the month of February. This is dedicated to raise awareness about heart health and cardiovascular diseases. It serves as a reminder to prioritize heart-healthy lifestyles, learn about heart disease prevention, and support those affected by cardiovascular conditions.

Practice: With an objective of creating awareness among Heart month, Medical committee and Character Building Committee of the college in collaboration with Cardiomersion & Max Health Care organized an informative session on

15.08.2024 where the resource person was Dr Deepak Puri, Director- CTVS at max hospital, Mohali, Panjab. During the event, Dr. Deepak Puri through music, dance, skits etc, apprised the audience of the ways that keep heart healthy. He also shed light on the latest techniques that have been developed in treating heart diseases.

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

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

Medical Committee
and
Character Building Committee
in collaboration with
Cardiomersion & MAX Health Care
are Celebrating

HEART DAY
2024

Date: 15 February 2024 | Timings: 10.00 am onwards | Venue: Multimedia Hall

Major attractions:
Interactive session
Quiz Competition
Solo Singing Competition
Group Dance Competition
Zumba
Heart Walk

Dr Nisha Bhargava
Convenor & Principal

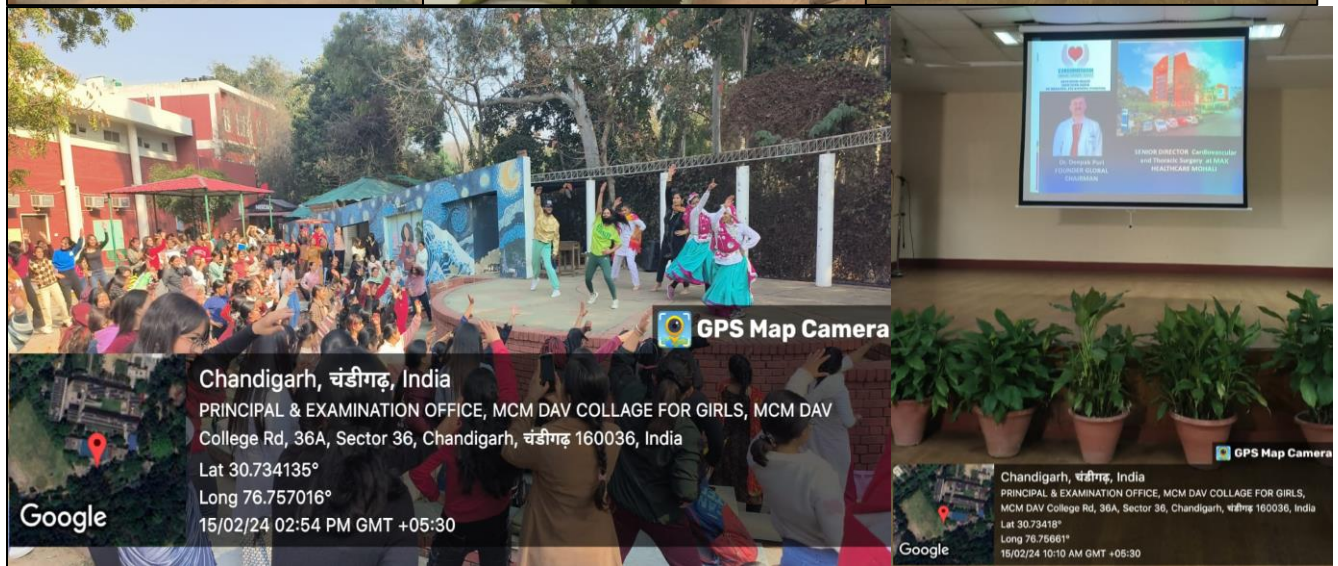
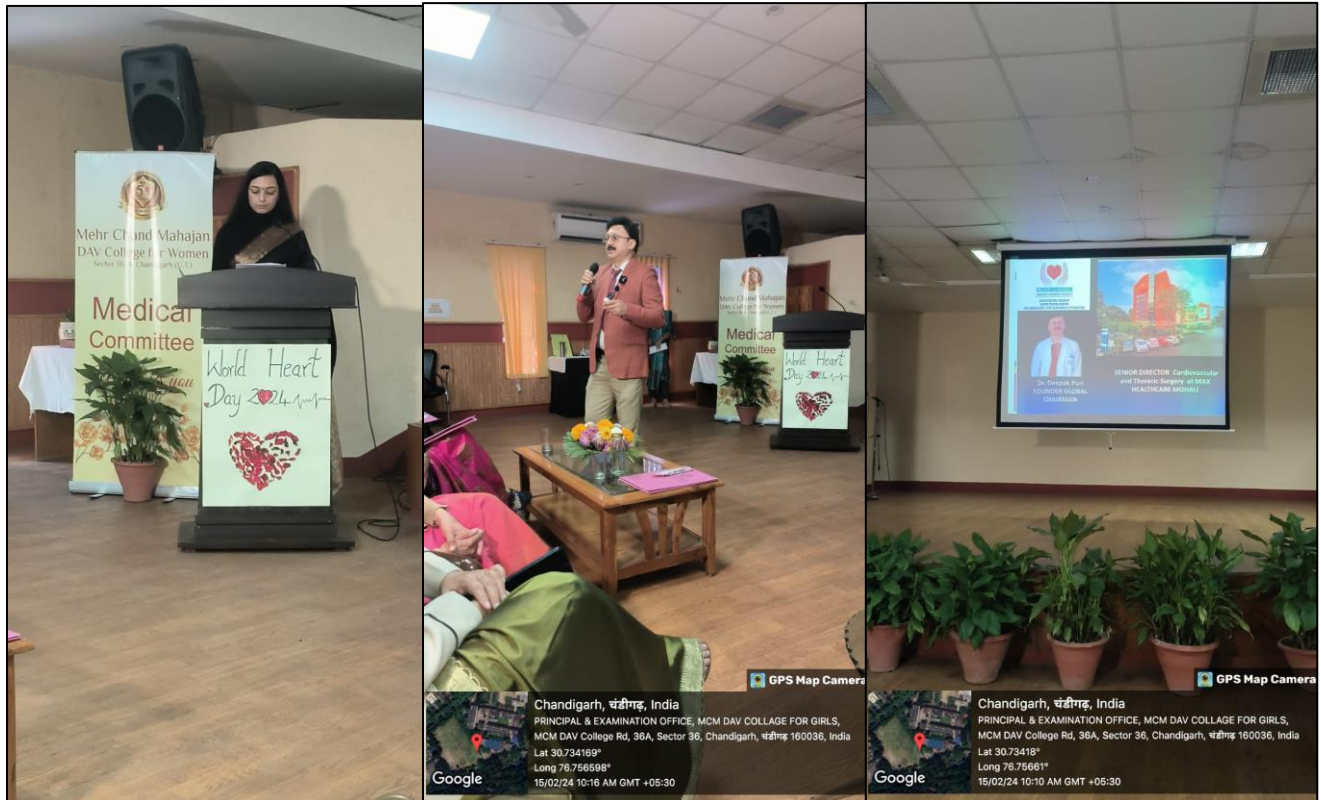
Dr Purnima Bhandari & Dr Sarabjeet Kaur
Coordinators, Medical Committee

Dr Ritu Chauhan & Dr Pallvi Rani
Coordinators, Character Building Committee

Mr Ashish Mudgal
Activity Incharge (Creativity)

Resource Person
Dr Deepak Puri
Sr Director (CTVS)
Max Hospital, Mohali (Punjab)

Evidence of Success:



5. Blood Donation Camp-2024

Date: 26 September 2023

Number of Volunteers participated: 300

Objectives:

- To raise awareness about the importance of regular blood donation and its positive impact on the community
- To dispel myths and misconceptions about blood donation and encourages more people to become regular donors
- To promote healthy eating habits among students to maintain a balanced hemoglobin

Practice: The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Red Ribbon Club and Medical Committee of the College organized a Blood Donation Camp. The college conducted its 20th annual Blood Donation Camp in collaboration with the Department of Transfusion Medicine, Postgraduate Institute of Medical Education and Research (PGIMER). It was led by Dr. Sangeeta, Assistant Professor, Department of Transfusion Medicine. This enduring partnership, which has saved countless lives over the last twenty years, underscores the commitment of both institutions to the cause of blood donation and healthcare. Distinguished guests including Dr. Nemi chand, State Liaison Officer, State NSS Cell, who inaugurated the camp and offered his blessings, alongside Mr. Sunil Kumar, Assistant Director of the Chandigarh State AIDS Control Society, who was the Guest of Honor, graced the occasion. Notably, around 300 students enthusiastically registered for the Camp and contributed to the donation of 70 units of blood. In a heartening display of community support, the event was

The poster is titled "Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji" at the top. It features the logos of Mehr Chand Mahajan DAV College for Women and the Red Ribbon Club. The text reads: "Mehar Chand Mahajan DAV College for Women Sector 36-A, Chandigarh (U.T.) NSS Units, Red Ribbon Club / AIDS Awareness Committee & Medical Committee in collaboration with PGIMER, Chandigarh (U.T.) are organizing BLOOD DONATION CAMP supported by Sukhi Foundation (Regd.)". Below this, it states "Date: 26-09-2023 | Time: 10:30 am | Venue: Multimedia Hall". A list of bullet points provides details: "Registrations will start at 9.30 am onwards.", "Donors should be above the age of 18 & healthy.", "All the staff members & students are requested to come forward & donate blood for the noble cause.", and "Donors will be provided with refreshments and attractive gift vouchers." At the bottom, it lists the names of the organizers: "Dr Nisha Bhargava, Convener & Principal", "Dr Bhavna Sood, Coordinator, Red Ribbon Club", "Dr Sarabjit Kaur & Dr Purnima Bhandari, Coordinators, Medical Committee", "Dr Preeti Gambhir & Dr Minakshi Rana, NSS Programme Officers", "Dr Akwinder Kaur & Dr Sandeep Kaur, Activity Incharges (NSS)", and "Mr Ashish Mudgal, Activity Incharge (Executive)". The poster also features a graphic of two hands holding a blood drop and a stylized map of India.

supported by Sukh Foundation, a charitable organization. Further, the proud blood donors were motivated by the organizing team of the Sukh Foundation to take the organ donation pledge under the aegis of Sewa Pakhwada, the flagship Programme of Ayushman Bhava, Ministry of Health and Family Welfare. The pledge ignited the spirit of organ donation among the volunteers. All blood donors were presented with discount vouchers offered by local businesses as a token of appreciation.

Principal of the college, Dr. Nisha Bhargava commended the tireless efforts of the National Service Scheme (NSS) and the Medical Committee of the college for their exceptional work in organizing the event and contributing to the noble cause. This long-standing collaboration between Mehr Chand Mahajan DAV College for Women and PGIMER is a testament to the enduring spirit of community service and the collective commitment to saving lives through blood donation.

Evidence of

Success: The camp saw an impressive turnout, with over 300 students stepping up to donate blood. In total, 70 units were contributed, and these generous donors also took the pledge for organ donation, demonstrating their commitment to saving lives.



The annual blood donation camp continues to be a beacon of hope for those in need and a reminder of the power of collective action in promoting healthcare and well-being.

एमसीएम में स्वयंसेवकों ने 70 यूनिट रक्तदान किया



हयूमन इंडिया/अमूल्या चंडीगढ़। मेहर चंद महाजन डीएवी महिला महाविद्यालय, चंडीगढ़ की एनएसएस इकाइयों ने कॉलेज के रेड रिबन क्लब और मेडिकल कमेटी के सहयोग से एक रक्तदान शिविर का आयोजन किया। कॉलेज ने ट्रांसप्यून मेडिसिन विभाग, पोस्टग्रेजुएट इंस्टीट्यूट ऑफ मेडिकल एजुकेशन एंड रिसर्च

(पीजीआईएमईआर) के सहयोग से अपना 20वां वार्षिक रक्तदान शिविर आयोजित किया। इसका नेतृत्व ट्रांसप्यून मेडिसिन विभाग की सहायक प्रोफेसर डॉ. संगीता ने किया। दोनों संस्थाओं के संयुक्त प्रयास ने पिछले बीस वर्षों में अनगिनत लोगों को जीवनदान दिया। रक्तदान और स्वास्थ्य देखभाल के प्रति दोनों संस्थानों का यह प्रयास

उनकी प्रतिबद्धता का परिचायक है। राज्य एनएसएस सेल के राज्य संपर्क अधिकारी डॉ. नेमीचंद ने शिविर का उद्घाटन किया और इस नैतिक प्रयास के लिए अपनी शुभकामनाएँ दीं। चंडीगढ़ राज्य एड्स नियंत्रण सोसायटी के सहायक निदेशक श्री सुनील कुमार भी इस अवसर पर विशेष रूप से उपस्थित थे। लगभग 300 विद्यार्थियों ने उत्साहपूर्वक

शिविर के लिए पंजीकरण कराया और 70 यूनिट रक्त दान में योगदान दिया। इस शिविर के सफल आयोजन में सुख फाउंडेशन ने अपना योगदान दिया। इसके अलावा, गौरवान्वित रक्तदाताओं को स्वास्थ्य और परिवार कल्याण मंत्रालय के प्रमुख कार्यक्रम आयुष्मान भव: सेवा पखवाड़ा के तत्वावधान में अंग दान की शपथ लेने के लिए भी प्रेरित किया गया। प्रतिज्ञा ने स्वयंसेवकों में अंगदान की भावना जागृत की। कॉलेज प्राचार्या डॉ. निशा भार्गव ने रक्तदान शिविर के आयोजन के लिए राष्ट्रीय सेवा योजना (एनएसएस) और कॉलेज की मेडिकल कमेटी के अथक प्रयासों की सराहना की। उन्होंने यह भी कहा की वार्षिक रक्तदान शिविर जरूरतमंद लोगों के लिए आशा की किरण है और स्वास्थ्य देखभाल एवं कल्याण को बढ़ावा देने में सामूहिक शक्ति को रेखांकित करता है।

6. Anti-Anemia Awareness Week - **STAY STRONG LIKE IRON**- Be informed, be empowered, be anemia free.

i. Day-1: Testing and Meal distribution

Date: 12th February 2024

Number of Participants: 300+ students

Objective:

- To raise awareness about Anemia, particularly among women, and to encourage early detection and prevention strategies.
- Aims to make it convenient for students and staff to check their haemoglobin levels and receive necessary guidance from healthcare professionals.
- The goal is to promote proactive healthcare measures, empower individuals to take charge of their health, and contribute to creating a healthier campus community.

Context: The event aimed to raise awareness about Anemia, a prevalent health issue among women, and encourage early detection and prevention strategies. Organized by the college and health and wellness committee, the free blood testing provided an accessible opportunity for individuals to check their haemoglobin levels and receive necessary guidance from healthcare professionals. With an emphasis on promoting overall well-being, the college administration underscored the importance of proactive healthcare measures and encouraged active participation from the college community. The event marked the beginning of a series of activities planned for Anti-Anemia Week, reinforcing the college commitment to fostering a healthy and vibrant campus environment.

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

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

NSS Units
in collaboration with
Viksit Bharat Abhiyan Cell
and
Health Committee
organizes

Anti Anemia Awareness Week
- STAY STRONG LIKE IRON -
Be informed, be empowered, be anemia free...
(12 February 2024 to 17 February 2024)

Dr. Nisha Bhargava
Convener and Principal

Dr. Purnima Bhandari & Dr. Sarabjit Kaur
Coordinators, Health Committee

Dr. Minakshi Rana & Dr. Preeti Gambhir
NSS Programme Officers

Dr. Meenu Singla
Coordinator, Viksit Bharat Abhiyan Cell

Dr. Sandeep Kaur, Dr. Meenu Singla, Dr. Aanchal Batra
Teacher Coordinators (NSS)

Ms. Shruti, Ms. Anjali, Ms. Kavya, Ms. Kamaksha
Student leaders (NSS)

Mr. Ashish Mudgal
Activity Incharge (Creative)

Practice: The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Viksit Bharat Abhiyan Cell and Health Committee of the College, organised “Testing and Meal distribution” event under the Anti-Anemia Awareness Week on 12th February 2024. This event represented a significant step in promoting community health and raising awareness about the importance of detecting and managing Anemia. During the event, students and staff of the college availed free blood check-up to assess their haemoglobin levels. A team of trained healthcare professionals from PGIMER, Chandigarh performed more than 300 tests. They also provided personalised guidance based on the results as identification of

individuals at risk of Anemia allows for timely medical intervention, dietary counselling and supplementation which helps to prevent the condition from worsening and mitigate associated health risks. In addition to the testing services, the event also provided nutritious refreshments to the students to ensure that students have access to balanced and nourishing meals.



Anti Anemia Awareness Week

– STAY STRONG LIKE IRON –

Be informed, be empowered, be anemia free...

Week long Activity Schedule



Date, Time & Venue	Activity
12 February 2024 10:00 AM to 1:00 PM Panghat Area	Testing and Meal distribution
13 February 2024 11 AM to 12:30 PM Science Conference Hall	Interactive session on "Diet Counselling to treat Anemia" by Dr Harjot Kaur Maan, Head, Dept of Home Science
14 February 2024 11 AM to 12:30 PM Science Conference Hall	Interactive session on "Management of Anemia based on Indian Knowledge System: A holistic approach" by Dr Harjot Kaur Maan, Head, Dept of Home Science
15 February 2024 11:00 AM	Anti Anemia Awareness Rally (Rally will start from Golden Jubilee Block)
16 February 2024 11 AM onwards Multimedia Hall	Interactive Session on "Understanding implications of anemia on women's health and preventive care in medical cases" by Dr Sangeeta Rani, Dept of Transfusion Medicine, PGIMER Chandigarh
17 February 2024 11 AM to 12:00 Noon Science Conference Hall	Slogan Writing Competition: <ul style="list-style-type: none"> ● Only individual entries are allowed. ● Slogans should be unique and meaningful. ● On the spot registration will be done.
17 February 2024 12:00 Noon to 1:00 PM Science Conference Hall	Food Making Competition: <ul style="list-style-type: none"> ● Only individual entries are allowed. ● The participants need to present their dishes nicely. ● The theme of the Competition is Be Anemia Free. ● The list of ingredients used needs to be displayed. ● The participants are required to bring all material on their own for presentation.





The College Principal Dr. Nisha Bhargava ma'am emphasised the significance of combining preventative healthcare and nutritional support in reducing the prevalence of Anemia. This event highlighted the profound impact of awareness and collaborative efforts in effectively preventing, detecting, and managing Anemia, thus paving the way for students to lead healthier lives.



ii. Day-2: Interactive Session on “Diet Counselling”

Date: 13th February 2024

Number of Participants: 50
Students including NSS
volunteers

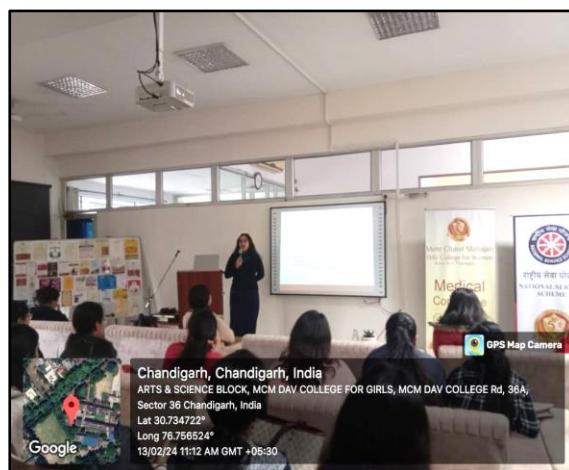
Objectives:

- Increasing awareness: Educate individuals about the importance of iron in the diet and its role in preventing anemia.
- Identifying dietary sources of iron: Help individuals identify foods rich in heme and non-heme iron, as well as vitamin C-rich foods that enhance iron absorption.
- Addressing dietary deficiencies: Assess individuals' current dietary habits and identify any deficiencies in iron or other nutrients essential for red blood cell production.

Context: The context of diet counselling on Anemia typically involves providing education and guidance to individuals, especially those at risk, about dietary strategies to prevent or manage Anemia. This counselling often takes place in various settings, including healthcare facilities, community centres, and educational institutions like MCM DAV College for Women.

In the context of the college's Anti-Anemia Week, diet counselling on Anemia would likely involve nutritionists or healthcare professionals providing information about iron-rich foods, vitamin C-rich foods (which aid in iron absorption), and other dietary factors that can influence haemoglobin levels. The aim is to empower individuals with the knowledge and resources to make healthier food choices and optimize their nutritional intake to prevent or alleviate Anemia.

Additionally, diet counselling may address misconceptions about dietary habits that could contribute to Anemia, such as excessive consumption of certain foods that inhibit iron absorption or inadequate intake of nutrients



essential for red blood cell production. Overall, the goal of diet counselling on Anemia is to complement medical interventions and promote long-term lifestyle changes that support optimal haemoglobin levels and overall health.

Practice: The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Red Ribbon Club and Medical Committee of the College, organized an interactive session on Diet Counselling to treat anemia on 13th February 2024. Dr. Harjot Kaur Mann, Assistant Professor and HoD, Department of Home Science, was the resource person and provided detailed insights into the Anemia Mukh Bharat program, highlighting its objective of reducing Anemia prevalence through the implementation of a systematic 6*6*6 strategy. She underscored the significance of improving dietary intake by incorporating elements like clarified butter (ghee), jiggery, leafy greens, sprouted pulses and Vitamin C into one's meals. Central to her message was the pivotal role of sleep and exercise in enhancing the absorption of nutrients, thus accentuating the symbiotic relationship between physical activity and nourishment. Furthermore, she also emphasized the importance of promoting the growth of micro greens and utilizing iron utensils to enhance nutritional content. This event successfully helped students learn about the importance of incorporating iron-rich foods, vitamin C sources and other key nutrients into their daily meals in order to boost haemoglobin levels and improve overall health.

iii. Day-3: Interactive Session on “Management of Anemia based on Indian Knowledge System: A holistic Approach.

Date: 14th February 2024

Number of Participants: 50 Students including NSS volunteers

Objectives:

- **Educate Participants on Anemia:** The session aimed to provide participants with a comprehensive understanding of anemia, including its prevalence, types, causes, and symptoms. By laying this foundation, attendees were better equipped to recognize and address anemia in themselves or others.
- **Explore Traditional Indian Knowledge:** One of the primary objectives was to delve into the rich repository of traditional Indian knowledge systems. Dr. Mann intended to showcase how ancient practices, such as Ayurveda and Yoga, offer holistic approaches to managing health conditions, specifically anemia.
- **Highlight Holistic Approaches:** The session aimed to highlight holistic methods of managing anemia. This included not only addressing dietary aspects but also incorporating yoga, lifestyle modifications, and specific herbs or formulations from Ayurveda.



Context: The session focused on the prevalence, causes, and symptoms of Anemia, particularly emphasizing iron-deficiency anemia, which is widespread in India and globally. Dr. Mann drew upon the rich repository of Indian traditional knowledge, including Ayurveda, Yoga, and dietary practices, to offer insights into holistic methods of prevention and treatment. Attendees of the session learned about specific herbs, dietary recommendations, yoga postures, and lifestyle modifications that can help combat anemia. The goal was to bridge

ancient wisdom with modern scientific understanding, encouraging participants to embrace traditional approaches to health and well-being.

Practice: The interactive session on "Management of Anemia based on Indian Knowledge System: A Holistic Approach" led by Dr. Harjot Kaur Mann was a comprehensive exploration of traditional Indian methods to address anemia. Participants gained valuable insights into the amalgamation of ancient wisdom with contemporary scientific understanding. The event served as a reminder of the richness of Indian heritage in promoting health and



well-being, encouraging attendees to embrace holistic approaches in their lives. The Department of Home Science, under the leadership of Dr. Harjot Kaur Mann, Head of Department, hosted an engaging and enlightening interactive session on the topic of "Management of Anemia based on Indian Knowledge System." Dr. Mann, with her extensive expertise and profound knowledge, led the discussion to explore traditional Indian approaches to addressing anemia. The session aimed to provide participants with holistic methods, drawing from centuries-old Indian wisdom combined with modern scientific understanding





iv. Day-4: Anti-Anemia Awareness Rally

Date: 15th February 2024

Number of Participants: NSS Units

Objectives:

- **Empower Communities:** The rally seeks to empower communities with knowledge about Anemia prevention, detection, and treatment. By providing information on the signs and symptoms, individuals can take proactive steps towards their health.
- **Promote Health Screening:** An important goal of the rally is to encourage individuals to undergo regular health screenings for Anemia. By emphasizing the importance of early detection, the rally aims to promote a culture of preventive healthcare.

Context: The Anti-Anemia Awareness Rally organized by the NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Red Ribbon Club and Medical Committee, served as a powerful educational tool for students. It not only disseminated vital information about Anemia but also inspired young individuals to take proactive steps towards managing their health. Through interactive sessions, demonstrations, and creative awareness initiatives, the rally succeeded in engaging students and fostering a sense of responsibility towards personal well-being. The emphasis on regular health check-ups, healthy lifestyle practices, and nutritious dietary habits resonated



with attendees, empowering them with the knowledge to combat Anemia effectively.

Practice: The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Red Ribbon Club and Medical Committee of the College, organised an Anti-Anemia Awareness Rally 15th February 2024. The aim was to create a healthier, more informed society where Anemia is no longer a silent threat. Volunteers traversed the entire campus, disseminating information about the signs, symptoms, and risk factors associated with Anemia. They also educated the students about the importance of regular health check-ups and screenings for early detection. Another significant facet covered was the promotion of healthy lifestyle practices and dietary habits to prevent Anemia, such as consuming iron-rich foods and supplements. This initiative served as a powerful tool to educate the students about Anemia as well as encourage them to take proactive steps in managing their health.





v. Day-5: Interactive Session on “Understanding Implications of Anemia on women’s health and preventive care in medical cases.

Date: 16th February 2024

Number of Participants: 50 Students including NSS volunteers

Objectives:

- **Sharing Practical Insights:** Attendees were provided with practical insights into managing Anemia in women through case studies and interactive discussions. This hands-on approach aimed to enhance participants' understanding and skills in providing effective care to women with Anemia.
- **Promoting Collaboration and Awareness:** By collaborating with the NSS Units of MCM DAV College for Women, the session sought to promote community awareness about Anemia. It aimed to engage students and community members in discussions about the importance of women's health and the role they can play in preventive care.
- **Empowering Participants:** Ultimately, the objective was to empower participants with knowledge and tools to make a positive impact on women's health. Whether through clinical practice, public health initiatives, or community outreach, attendees were encouraged to take proactive steps in addressing Anemia among women.

Context: The session aimed to educate, inform, and empower healthcare professionals, students, and the community about the implications of Anemia on women's health. By

discussing preventive care strategies, diagnostic challenges, and practical insights, the goal was to improve the overall understanding and management of Anemia in women, ultimately leading to better health outcomes.

Practice: The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Viksit Bharat Abhiyaan Cell and Medical Committee of the College, organized an interactive session on 'Implications of Anemia on Women's Health and Preventive Care in Medical Cases' on 16th February 2024. Dr. Sangeeta Rani, Department of Transfusion Medicine, PGIMER Chandigarh, delivered comprehensive insights into the significance of blood donation and the pivotal role of genetic mapping in the management of Anemia-related conditions. Dr. Rani emphasized the optimal haemoglobin levels necessary for blood donation and



encouraged students to actively participate in donation drives by highlighting the positive impact it has on aiding those in need and contributing to societal health. She also recommended efficient screening practices for early detection and suggested adequate intake of essential nutrients such as iron, vitamin B12, folate, and vitamin C. These are crucial for



supporting the synthesis of haemoglobin, the protein responsible for carrying oxygen in the blood. The session also highlighted the importance of genetic mapping and the compatibility of individuals with thalassemia and haemophilia. The aim was to raise awareness about the importance of genetic compatibility in reducing the likelihood of offspring inheriting chronic illnesses. Principal Dr. Nisha Bhargava appreciated the efforts to enrich students with an enhanced understanding of the impact of Anemia on women's health and proactive measures for preventive medical care.

vi. Day-6: Food Making Competition and Slogan Writing Competition

Date: 17th February 2024

Number of Participants: NSS volunteers

Objective:

- To empower women with knowledge about Anemia prevention and the importance of iron-rich foods in their diets.
- By focusing on nutritious food preparation and impactful messaging through slogans, the events aimed to equip participants with practical knowledge and awareness for healthier lifestyles.

Context: The context of the report is a Food Making Competition and Slogan Writing Competition organized by the National Service Scheme (NSS) Unit of MCM DAV College, Chandigarh, as part of the Anti-Anemia Awareness Week. The Food Making Competition was a vibrant showcase of culinary talent, with participants creating dishes that were not only delicious but also rich in iron and other essential nutrients. The competition featured a diverse range of recipes, from traditional Indian dishes to innovative fusion cuisines, all emphasizing the importance of enhancing nutritional value. Simultaneously, the Slogan Writing Competition invited participants to craft impactful messages related to Anemia prevention, healthy eating habits, and the significance of iron-rich diets for women's health. The slogans were designed to raise awareness and promote action towards better health practices. The event aimed to raise awareness about Anemia, its prevention, and the importance of nutrition in combating this health issue. Anemia, particularly prevalent among women and children in India, remains a significant concern, and the competition sought to educate participants and the audience about the role of iron-rich foods in preventing Anemia. Through such initiatives, the NSS unit at MCM DAV College continues to be a catalyst for positive change, promoting health consciousness and community



welfare among students. The event concluded with a renewed commitment to spreading awareness about Anemia and fostering a culture of nutritious eating habits for a healthier future. Finally, the report mentions the appreciation of Principal Dr. Nisha Bhargava for the students' efforts in enriching their diets with nutritious value and applauds their creativity in the culinary creations.

Practice: The National Service Scheme (NSS) Unit of MCM DAV College, Chandigarh, organized a Food Making and Slogan Writing Competition as a part of the Anti-Anemia Awareness Week. The event aimed to raise awareness about Anemia, its prevention, and the role of nutrition in combating this prevalent health issue. This initiative was part of the ongoing efforts by the NSS unit to promote health, well-being, and community engagement among students. The Food Making Competition was a vibrant and engaging event, showcasing the culinary talents of the students. Participants were tasked with creating dishes that were not only delicious but also rich in iron and other essential nutrients. The competition featured a diverse range of recipes, from traditional Indian dishes to innovative fusion cuisines, all with a focus on enhancing nutritional value.



Simultaneously, the Slogan Writing Competition invited students to craft impactful messages related to Anemia prevention and the importance of a nutritious diet. The slogans were designed to raise awareness and encourage action towards healthier lifestyles. The slogans were judged on creativity, relevance, and effectiveness in conveying the message. Alongside the competition, the NSS unit conducted an informative awareness campaign on

Anemia prevention and healthy eating habits. Posters, pamphlets, and interactive sessions were organized to educate students about the significance of iron, vitamin C, and other essential nutrients in maintaining good health. The NSS unit extends heartfelt gratitude to all participants, judges, faculty mentors, and volunteers who contributed to the success of the Food Making Competition as well as Slogan Writing Competition. Special thanks are also due to the college administration for their unwavering support in organizing events that promote social responsibility and well-being. Principal Dr. Nisha Bhargava appreciated students' efforts to enrich students to add nutritious value to their diets and applauded the creativity displayed in the culinary creations.

7. Workshop-cum-Consultation Camp on Aesthetics and Dermatology by Medical Committee

Date: 8th February 2024

Number of Beneficiaries: 100 including staff members

Objectives:

- To provide tips for healthy and glowing skin, treatment for skin related problems, thus overall wellbeing of staff and students

Context: Skin diseases are one of the most frequent problems encountered by girls of all the ages. With an objective of improving skin texture, giving free consultation and treatment for skin related problems and overall wellbeing of staff and students, a Workshop-cum-Consultation Camp on Aesthetics and Dermatology was organized.

Practice: The Medical Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh in association with SCULPT, Aesthetics & Cosmetic Clinic, Panchkula organized a "Workshop-cum-Consultation Camp on Aesthetics and Dermatology" on 08.02.2024 in the college premises. It was organized as part of Bicentennial celebration of Swami Dayanand Saraswati

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

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

Medical Committee
In collaboration with
SCULPT
Organizes
A Workshop-cum-Wellness Camp on
Aesthetics and Dermatology

Date: 8 February 2024 Time: 11:00 AM to 1:30 PM Venue: Medical Room

Resource Person

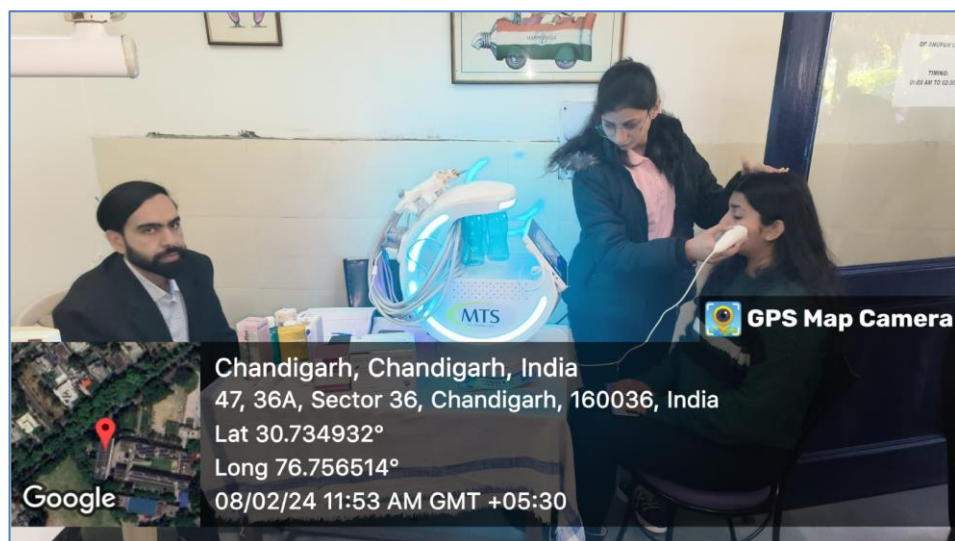
Dr. Anisha Sethi
SCULPT Clinic, Panchkula (Hr.)

Dr. Nisha Bhargava
Convener & Principal
Dr. Sarabjeet Kaur
Dr. Purnima Bhandari
Coordinators, Medical Committee
Dr. Pallavi Kapila
Coordinator
Mr. Ashish Mudgal
Activity Incharge (Creative)

ji. During the camp, a **brief interactive session** was organized where Dermatologist – Dr. Anisha Sethi from Sculpt Clinic, Panchkula briefly discussed about the types of skin problems, particularly focussing on acne and rosacea, and treatments to the girls including tips of keeping skin glowing and healthy.

It was followed by a free **Derma check-up camp**, where girls were given consultation for their skin related problems and were screened for their type of skins using a skin analyser. Principal Dr. Nisha Bhargava lauded the efforts of the medical committee for arranging such fruitful camp, organized for the interest of staff as well as students.

Evidence of Success: Camp was successful one as around 100 people availed the maximum benefit of the services.





8. Breast Cancer Awareness Program

Date: 26 October 2023

Number of participants:

Objectives:

- To raise awareness for breast cancer, its detection, its treatment and the need for reliable permanent cure.
- To educate women about the importance of diagnosing cancer at early stages when treatment is easier and outcome is better.

The Context: Breast Cancer is fast emerging as one of the deadliest diseases today. A large number of women have put up a brave front in the face of this disease. If detected early, it can be cured and awareness programs are imperative for sensitizing the masses about early detection.

Practice: The NSS units and Medical Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Fortis Cancer Institute, Mohali organized an insightful event to commemorate 'Breast Cancer Awareness Month' on 26th October 2023. With an unwavering commitment to women's health, the event aimed to help drive down mortality rates from breast cancer by focusing on early detection and busting myths regarding diagnosis and treatment. One of the resource persons of the event, Dr Shweta Tahlan, Consultant Gynae Oncologist and Advanced Laparoscopic Surgeon, laid out the self-breast examination techniques under the acronym 'DIY - Detect It Yourself'. Dr. Tahlan urged students and faculty to self-examine themselves once a month for any early signs, visit their doctor regularly, and get mammography tests periodically. The students also interacted with a popular RJ from MYFM, Shelza Bhatti, and she not only quizzed students on what they had learned from the event but also provided gifts to the enthusiastic participants. Principal Dr. Nisha Bhargava appreciated the NSS volunteers for their active participation in this noble cause.

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

Fortis HOSPITAL

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

As part of
Breast Cancer Awareness Month
NSS Units & Medical Committee

In collaboration with
Fortis Cancer Institute, Mohali

are organizing

- Fun-filled Zumba- Bhanga-Aerobics Session
- Interaction with RJ from MYFM
- Steps for Self breast examination by Dr. Shweta Tahlan- consultant, Gynae
- Interaction with Breast Cancer Survivor
- Quiz and Photo Op

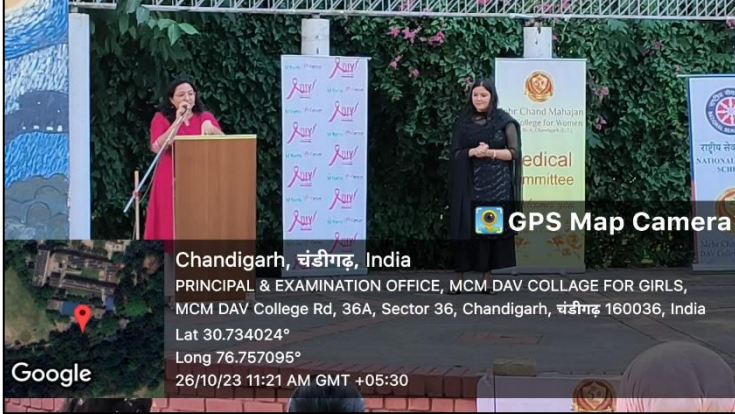
Date: 26 October 2023 | Venue: Celebration Ground | Timings: 11.00 a.m. - 12.00 noon
Dress Code: Preferably PINK
All are cordially invited to be part of the event

Dr. Nisha Bhargava
Convener & Principal

Dr Minakshi Rana & Dr Preeti Gambhir
NSS Programme Officers

Dr Purnima Bhandari & Dr Sarabjeet Kaur
Coordinators, Medical Committee

Mr Ashish Mudgal: Activity In-charge [Creative]



9. Awareness Session on Eye Donation

Date: 25 August 2023

No. of participants: 100

Objectives:

- Educating participants about the importance of eye donation
- Dispelling myths and misconceptions about eye donation.
- Celebrating 38th National eye donation fortnight from 25th Aug. to 8th Sept.

Practice: Medical committee and NSS unit of Mehr Chand Mahajan DAV College for women in collaboration with Department of Ophthalmology, Govt. Medical College and Hospital Sector 32 Chandigarh conducted an awareness session on eye donation. The session aimed to educate students and staff about the significance of eye donation, dispel myths, and encourage participation in this noble cause. The session commenced by highlighting the joint effort of the Medical Committee and NSS unit in organizing the event. Dr. Suresh Kumar Arya, a renowned ophthalmologist from govt. Medical College and hospital sector 32, was the keynote speaker. Dr. S.K Arya discussed the importance of eye donation in restoring vision for the visually impaired. The speaker addressed prevalent

misconceptions about eye donation, emphasizing that it does not affect the donor's appearance and is a painless process. The medical procedure involved in eye donation was explained in a clear and comprehensible manner, addressing any concerns attendees might have had. The session concluded with the active participation through a Q&A segment, during which attendees enthusiastically posed questions. The queries ranged from ethical concerns to procedural

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

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

Medical Committee and NSS Units
in association with
Govt. Medical College & Hospital, Chandigarh
organizes

Awareness Session on EYE DONATION

Date: 25 August 2023 | Time: 11:30 am | Venue: Science Conference Hall

Resource Person

Prof. S.K. Arya
Department of Ophthalmology
Govt. Medical College & Hospital
Sector 32, Chandigarh (U.T.)

Dr Nisha Bhargava
Convener & Principal
Dr Sarabjeet Kaur
Dr Purnima Bhandari
Coordinators, Medical Committee
Dr Preeti Gambhir
Dr Minakshi Rana
NSS Programme Officers
Mr Ashish Mudgal
Activity Incharge (Creative)

inquiries. Dr. S.K Arya adeptly answered each question, further enriching participants understanding of the subject.

Evidence of the Success: Overall, the session succeeded in raising awareness and encouraging participants to consider becoming eye donors.







10. Free Medical Checkup drive for MESS Workers

Date: 19th August 2023

Number of participants: 30

Objectives: To ensure cleanliness and hygiene among food handlers of the college

Practice: The medical committee in collaboration with Gracian Hospital organized a free medical checkup drive on 19.08.2023 for the mess workers and other food handlers of the college. In this camp the blood, urine, stool and sputum samples were collected for in medical checkup and discussion on general hygiene, eye infection, skin allergies and infections for TB, hepatitis B and C, typhoid was done with approximately 30 workers in this camp. The purpose behind the event was to prevent the spread of food borne diseases in the college campus. This was accompanied by a deworming session to ensure the eradication of the parasites which can spread through food and water.

