

## **RAJKUMARI AMRIT KAUR COLLEGE OF NURSING ,LAJPAT NAGAR , NEW DELHI**

### **REPORT ON SCREENING CUM HEALTH ASSESSMENT CAMP FOR ADOLESCENT GIRLS**

On 17th September 2025 Rajkumari Amrit Kaur College of Nursing, New Delhi (DGHS, Ministry of Health & Family Welfare and University of Delhi) organized a Screening-cum-Health Assessment Camp for adolescent girls at Veer Savarkar Sarvodyaya Kanya Vidyalaya, Nehru Enclave, New Delhi, as a part of the “**Swasth Nari, Sashakt Parivar Abhiyan**” under the theme **Swasth kishori ,Sasaksh Nari-Majboot Parivar,Roshan Parivar**

The program was graced by Dr. Deepika Cecil Khakha, Nursing Advisor, DGHS,MoHFW, Government of India, as the Chief Guest, the Special Guests were Dr. Seema Dua, District Incharge (South East), SHS.Dr(Mrs) Daisy Thomas (Acting vice Principal ,RAK College o Nursing ),Mrs Sarita Shokandha (HOD,Community Health Nursing Dept,RAK College Of Nusring),Mrs Poonam Gupta (Senior Faculty, Community Health Nursing, RAK College of Nusring),Mrs Neeru Chaddha ( School Principal ) were the facilitators of the program.

A total of **183 adolescent girl students** benefited from the camp, which offered a wide range of services including included balanced diet and anaemia prevention counselling, nutrition plate model and food basket demonstration, deworming awareness, BMI checkup, healthy lifestyle counselling , an awareness session on menstrual hygiene, mental health promotion .A health exhibition and nukkkad natak was also conducted. A special emphasis was given to menstrual counselling. Dental screening was done with the collaboration of Rotary club Dental van .Dental kits, sanitary napkins, notebooks and healthy refreshment were distributed among the adolescent girls. The camp proved successful in raising awareness about adolescent health, with special attention to mental well-being, and contributed significantly towards empowering young girls and building the foundation of a healthier and stronger society.

A poster competition was organized that witnessed enthusiastic participation from 18 students and the winners were felicitated with 1<sup>st</sup>,2<sup>nd</sup> and 3<sup>rd</sup> prize. Certificate of participation was given to all the participants of the competition which added encouragement and motivation among students.

**The Chief Guest, Dr. Deepika Cecil Khakha**, Nursing Advisor, MoHFW, Government of India, addressed the gathering and laid strong emphasis on the importance of mental health among adolescents, stressing that emotional well-being, resilience, and stress management are as vital as physical health in shaping a confident and empowered girls to become swasth and sasaksh generation.

All the students actively participated in the program .

The program wrapped up with the national anthem.The event successfully raised awareness about the importance of good health among adoloscents girls.