

# Rural Field Teaching Centre, Chhawla

## Rajkumari Amrit Kaur College of Nursing, Lajpat Nagar, New Delhi

### Report on Women's Health Camp

**Date:** 22nd September 2025

**Venue:** Rural Field Teaching Centre, Chhawla

**Theme:** "Sashakt Nari, Swasth Aur Khushhaal Parivaar – Samridh Rashtra Ka Aadhar."

#### About the Camp

On 22nd September 2025, the M.Sc. Nursing (First Year) students of the Community Health Nursing Department of Rajkumari Amrit Kaur College of Nursing (DGHS, Ministry of Health & Family Welfare, University of Delhi) organized a Women's Health Camp at Chhawla as part of the "Swasth Nari, Sashakt Parivar Abhiyan" under the theme: "Sashakt Nari, Swasth Aur Khushhaal Parivaar – Samridh Rashtra Ka Aadhar."

The programme was graced by Smt. Kamaljeet Sehrawat (MP, West Delhi) as Chief Guest and Shri Sandeep Sehrawat (MLA, Matiala), Dr. (Mrs.) Daisy Thomas Acting Vice Principal, RAK College of Nursing, Mrs. Sarita Shokandha HOD, Community Health Nursing, Mrs. Poonam Gupta, Senior Faculty, Mrs. L. Hemso Khamniungan, Incharge, RFTC Chhawla, Mrs. Rita Laishram and Mrs. Archana Maju Faculty RAK College of Nursing. The camp was organized in collaboration with AIIMS, Delhi RPC Department, Safdarjung Hospital, Rajiv Gandhi Cancer Institute and Research Centre, Clove dental etc.

#### Services Provided

The various services provided in the camp were Height, Weight & BMI Measurement, Blood Pressure and Random Blood Sugar Monitoring, Hemoglobin Check-up, Oral Cancer Screening, Breast Examination & Cervical Cancer Screening, Dental and Eye Check-ups (with 29 spectacles distributed), Physician Consultation, ENT examination. Balanced Diet & Anaemia Prevention Counselling, Nutrition Plate Model and Food Basket Demonstration, Healthy Lifestyle and Mental Health Promotion Sessions, Awareness on Women's Health, Health Exhibition, and Nukkad Natak, along with distribution of pamphlets.

A poster competition on the theme of *Women's Health* was organized at MCD School, Chhawla, with enthusiastic participation from Class V students. Winners received 1st, 2nd, and 3rd prizes, and all participants were awarded certificates to encourage and motivate them.

#### Chief Guest's Address

Smt. Kamaljeet Sehrawat, MP, emphasized that women's health includes emotional well-being, resilience, and stress management as much as physical health- essential to shaping confident, empowered, and healthy women of the future. She appreciated the initiative of RAK College of Nursing in bringing quality health services to the doorstep of rural communities and assured continued support for such community welfare programmes.

Shri Sandeep Sehrawat, MLA, Matiala, highlighted that preventive health care is the backbone of a strong nation, and women, being the pillars of families, must be empowered with knowledge and accessible health services.

## Community Participation

Residents of Chhawla actively engaged in the camp and appreciated the availability of multiple services under one roof. Refreshments of banana and lemonade and safe drinking water were arranged for all participants.

### Beneficiaries of camp services:

<b>Services</b>	<b>Total</b>	<b>Female</b>	<b>Male</b>
<b>Registration</b>	125	81	44
<b>Height</b>	125	81	44
<b>Weight</b>	125	81	44
<b>BMI</b>	125	81	44
<b>BP measurement</b>	122	78	44
<b>RBS</b>	119	75	44
<b>Hb</b>	20	17	3
<b>Oral cancer screening</b>	46	21	25
<b>Breast examination</b>	34	34	-
<b>Cervical cancer screening</b>	32	32	-
<b>Dental examination</b>	50	30	20
<b>Eye check-up</b>	85	48	27
<b>Spectacles given</b>	29	22	7
<b>Doctor consultation</b>	125	81	44

### Ending Note

This Women's Health Camp not only delivered essential health services but also fostered awareness, empowerment, and community participation. It reaffirmed that "Sashakt Nari" is indeed the foundation of a "Sashakt Parivar" and a prosperous nation. The success of this event inspires us to continue organizing such initiatives to build healthier and stronger communities.

## GLIMPSES OF THE PROGRAM



Welcoming of Dignitaries



Dignitaries lighting the lamp



Theme opening by Chief Guest and Other dignitaries



Dignitaries Promoting “Swasth Nari, Sashakt Parivar Abhiyan”





Screening for Ht, Wt, BP, RBS, HB, Dental Examination, Breast Examination, Eye Checkup, Cervical Cancer Screening



Health Exhibition, Education session and Nukkad Natak



Mrs. Kamaljeet Sherawat (Chief Guest) & Mr. Sandeep Sherawat (MLA) addressing the gathering



Chief Guest interacting with the women in the health camp



Posters by School students on the theme “women’s Health”



Dignitaries awarding Prizes & Certificates to winners and participants of Poster Competition



Chief guest with organizing team