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Branch Activity

Community Outreach Activities by IAAH Chandigarh Branch

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Under the aegis of the Indian Association for Adolescent Health (IAAH), Chandigarh Branch, the Department of Community Medicine, Government Medical College and Hospital (GMCH), Chandigarh, conducted a series of community outreach activities during May–July 2026. The programmes aimed to promote health awareness and preventive healthcare among children, adolescents, and the elderly through health education sessions and community-based health services. MBBS interns and the Medical Social Worker (MSWO) actively participated in planning and implementing these initiatives.

World No Tobacco Day – 31 May 2026

A health education programme was organised at the Anganwadi Centre, Daria, Chandigarh, to mark World No Tobacco Day. MBBS interns sensitised participants about the harmful effects of tobacco use and passive smoking, the increased risk of cancers, cardiovascular and respiratory diseases, and the benefits of quitting tobacco. The MSWO encouraged participants to adopt tobacco-free lifestyles, avoid initiating tobacco use, and motivate family members and peers to remain tobacco-free.



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Cancer Awareness Programme – 9 July 2026

A health awareness session was conducted at Government Model Senior Secondary School,

Sector 15, Chandigarh. Separate interactive sessions were held for boys and girls. Boys were educated on oral cancer, including risk factors such as tobacco and areca nut consumption, early warning signs, preventive measures, and the importance of early detection. Girls received awareness on breast and cervical cancers, focusing on risk factors, warning symptoms, breast self-awareness, the importance of timely medical consultation, HPV vaccination, and cervical cancer screening. The sessions emphasised healthy lifestyle practices and the role of adolescents in preventing lifestyle-related diseases.





Anaemia Awareness Programme – 14 July 2026

An anaemia awareness programme was organised at Government Model Senior Secondary School, Sector 46, Chandigarh. MBBS interns discussed the causes, symptoms, consequences, and prevention of anaemia, particularly among adolescents. Emphasis was laid on consuming iron-rich and folate-rich foods, improving iron absorption through vitamin C-rich foods, maintaining menstrual hygiene, deworming where appropriate, and adherence to Iron and Folic Acid (IFA) supplementation under national health programmes. The MSWO reinforced the importance of balanced nutrition and healthy dietary practices for preventing anaemia.





Health Camp – 23 July 2026

A community health camp was organised at the Government Dispensary, Daria, Chandigarh. Outpatient services were provided to beneficiaries, including clinical assessment and management of common health conditions. Lifestyle counselling and personalised dietary advice were offered, with emphasis on balanced nutrition, regular physical activity, tobacco and alcohol avoidance, medication adherence, and preventive healthcare measures. Participants were also counselled regarding healthy ageing, regular health check-ups, and timely utilisation of available healthcare services.





These activities reflect the commitment of the IAAH Chandigarh Branch and the Department of Community Medicine, GMCH Chandigarh, towards strengthening community engagement and promoting preventive health across different age groups. The enthusiastic participation of MBBS interns and the Medical Social Worker contributed significantly to effective health education and community outreach.