

National Activity

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Health Camp Organized Under Swasth Nari Sashakt Parivar Abhiyan at Gmch-32 in Collaboration With laah, Chandigarh Branch

The “Swasth Naari Sashakt Parivar” Abhiyan was launched at Government Medical College and Hospital (GMCH), Sector 32, Chandigarh, as part of a national initiative to promote women’s health and nutrition, thereby strengthening family and community health outcomes. The programme is being observed from 17th September to 2nd October 2025.



Cancer Screening Camp and Health Awareness Activities

On the second day of the launch, i.e., 18th September 2025, a Cancer Screening Camp was organised under the Abhiyan at GMCH-32. The camp offered oral cancer screening, breast cancer screening, routine health check-ups for hypertension, diabetes, and obesity, along with lifestyle and dietary counselling for women. Free registration was provided to all beneficiaries, ensuring that preventive and promotive health services reached women from all sections of society.

The event was graced by Dr. G.P. Thami, Director Principal, GMCH-32, who took a round of the activities along with Dr. Sonia Puri, Associate Professor and Nodal Officer of the programme. Both emphasised the importance of preventive health care and encouraged women to actively participate in regular health screenings for early detection and management of diseases.

A series of health camps were further conducted from 29th September to 1st October 2025 in the Gynaecology OPD area. Around 200 women patients in the OPD waiting area actively participated and benefited from the awareness sessions.

The Department of Obstetrics and Gynaecology, GMCH-32, conducted informative sessions to raise awareness on the importance of good maternal nutrition to prevent anaemia in pregnancy and ensure the growth of a healthy baby. Awareness was also provided regarding understanding a normal menstrual cycle, identifying abnormalities, maintaining menstrual hygiene, and preventing cervical cancer through HPV vaccination and screening.



Participation and Impact

The event witnessed enthusiastic participation from women of diverse age groups. Around 100 beneficiaries were directly screened and counselled during the recent camp, making the total number of beneficiaries approximately 200, including those from the camp held on 17th September 2025. The sessions generated strong community interest, with participants showing eagerness to learn and adopt preventive health measures.



IAAH Contribution

Volunteers from IAAH actively supported the implementation of the “Swasth Naari Sashakt Parivar Abhiyan” by assisting in organizing activities and facilitating awareness sessions for beneficiaries. They played a key role in guiding participants, disseminating health education messages, and ensuring smooth coordination during the screening camp and outreach sessions. Their enthusiastic involvement strengthened community engagement and contributed significantly to the overall success of the programme.

Conclusion

The “Swasth Naari Sashakt Parivar Abhiyan” at GMCH-32 successfully highlighted the institution’s unwavering commitment to women’s empowerment through better health awareness and accessible preventive services. By promoting regular screening, healthy nutrition, and awareness about reproductive and preventive health, the Abhiyan continues to strengthen the foundation of healthier families and communities.