



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

REPORT ON THE EXTENSION ACTIVITY "DIAGNOSIS OF HEALTH PROBLEM IN WOMEN AND THEIR CURE"

Event Name: Extension Activity "Diagnosis of Health Problem in Women and their Cure"

Organized by: Dr. APJ Abdul Kalam Science Society in association with NSS

Target Group: Girls and women working in NGO

Date: 6th June, 2022

Venue: Spark Minda Foundation, Bhondsi

Resource Person: Dr. Sunita Dahiya, Senior Surgeon, Civil Hospital, Sohna

Attendees: 10 Students from SBAS and 18 Girls and Women from Spark Minda Foundation

Introduction:

National Service Scheme (NSS) was launched in 1969, the birth centenary year of the Father of Nation, by the Government of India. It is a voluntary association of young people, especially college students to work for campus-community linkages. The aim is to develop student's personality through community service. At K R Mangalam University, NSS was started in 2017. NSS unit of K R Mangalam University provides a platform to the students for community work and developing a sense of involvement in the tasks of nation building. NSS volunteers work to ensure that a needy get help to enhance their standard of living. A variety of activities are organized every year to channelize the energy and idealism of the younger generation into creative pursuits.

Establishment of Dr. APJ Abdul Kalam Science Society was done by the initiative of School of Basic and Applied Science in 2016 whose main motive is to provide a common platform for all the students from different program. The science Society has been organizing knowledge-enhancing events, lectures and essay competition, workshops, debate competitions model exhibition to convey the ideas and to fill the gap between theoretical learning and its practice. These types of events mainly boost ambitious students to put their theoretical knowledge into practical, by enhancing their scientific temperaments and critical thinking.


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In the academic session of 2021-22, Dr. APJ Abdul Kalam Science Society has organized various events under different themes.

As women, we take care of everyone — our spouses, children, parents, other family members, and even friends. However, we tend to neglect ourselves, especially when it concerns our health. This awareness program was FREE to the girls/women of Spark Minda Foundation, Bhondsi.

The event provided information regarding their health and possible solution which comes under Sustainable Development Goals 3 (Good Health and Wellbeing).

Objective: The main objective of the program was to raise the awareness among the girls and women's health regarding various gynecological problems and to provide insight into managing their body better.

Content of the event: The resource person of the camp was Dr. Sunita Dahiya, Dental Surgeon, Civil Hospital, Sohna and Ms. Sarita (Asha worker). In the program, almost 30 participants including K R Mangalam University girls students and workers and girls students of Minda Foundation were present. The event was started by Dr. Nidhi Gaur, Co- coordinator of Science Society by giving brief introduction about Dr. Dahiya.

Dr. Dahiya told the participants about some common problems like PCOD, thyroid problem, bacterial and fungal infections, cancer of ovaries, breast, cervix cancer etc. as most of the girls feel hesitation while sharing these problems with their parents. One of the most common problems faced by girls is their irregular menstrual cycle or pain during the menstrual cycle. She also emphasized on the dental problems. She told that regular cleaning and brushing of teeth would help to keep dental hygiene.

Dr. Dahiya described about each and every health issues very clearly among participants. The session was very helpful to know about the importance of women's health and issues. Participants were aware about the value of treatment and the importance of visiting the doctor. The participants were then interacted with Dr Dahiya and Ms Sarita, asked their queries and clarifying the doubts about their health issues.

Conclusion: The event received overwhelming response from all the participants and the employees appreciated the efforts of Dr. Dahiya and Asha worker (Ms. Sarita) for providing the useful information and opined that these kinds of programs are very useful and may be conducted frequently. In the last, the program was concluded by Coordinator of Science Society, Dr Neeraj Kumari by giving vote of thanks to the guests and participants. She encourage all the participants by saying that


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The real Woman Empowerment should start from here. Empowerment of the Women, by the Women and for the Women!!

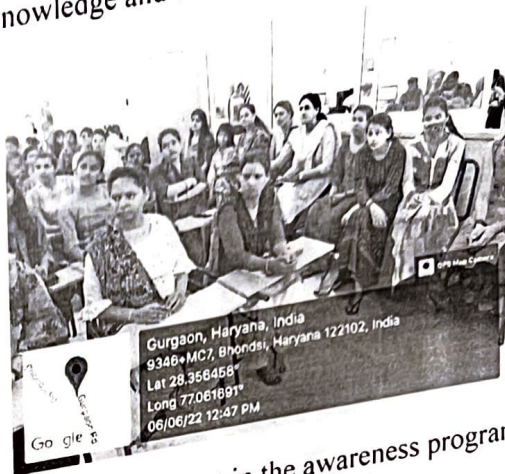
Event outcome: This kind of awareness program will help to understand the hormonal changes in women, causes of breast and ovarian cancer, cardiovascular disease, menopause, women's nutritional needs.

Future Scope: To achieve a healthy and sustainable environment, there should be two aggressive targets:

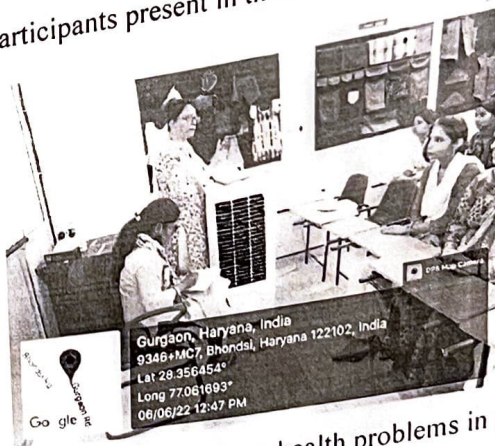
- Reduce the maternal mortality rate in coming years.

- Reduce the cancerous diseases rate.

The above targets can only be fulfilled if women are well aware about her health. Therefore, stronger efforts are needed to heighten knowledge and awareness among women. 2



Participants present in the awareness program



Dr. Dahiya told about some common health problems in girls/ women


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Meera

6/6/22

'Diagnosis of Health Problem in Women and their cure'

Dr. APJ Abdul Kalam Science Society in association with NSS

SN Name Class Signature

1. Pushpa 11th Pushpa
2. Mina Raghav 11th 
3. Ruby Yadav 11th Ruby
4. निशा रायव 12th निशा
5. Pooja 12th Pooja
6. Ishu 12th 
7. Sujata 12th Sujata
8. कीर्ति 11 कीर्ति
9. पूवा 11 पूवा
10. सुरभि 11 सुरभि
11. Kanakka 12 Kanakka
12. Biya 12 Biya
13. Kanak 12th 
14. Dimpi 12th Dimpi
15. Harshita 11 Harshita
16. Priyanka Priyanka
17. पूजा पूजा
18. मीना कुमारी मीना


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Attendance Sheet for Diagnosis of problem in women and their cure

S.NO.	NAME OF STUDENT	Name of the Department	Signature
1	Chhavi Kuashik	SBAS	<i>Chhavi</i>
2	Aarti Gangadhar Sinde	SBAS	<i>Aarti</i>
3	Neha Goyal	SBAS	<i>Neha Goyal</i>
4	Sonu	SBAS	<i>Sonu</i>
5	Muskan	SBAS	<i>Muskan</i>
6	Madhuri	SBAS	<i>Chandni Madhuri</i>
7	Chandan	SBAS	<i>Chander</i>
8	Agnivesh	SBAS	<i>Agnivesh</i>
9	Anjali Chauhan	SBAS	<i>Anjali</i>
10	Nishu Yadav	SBAS	<i>Nishu</i>

Neha

Reg

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