

# Swasth Nari Sashakt PariVaar Abhiyaan

## (17<sup>TH</sup> Sept- 02<sup>nd</sup> Oct. 2025)



Dr. Neerja Bhatia  
President  
AIIMS, Bathinda



Prof. (Dr.) Meenu Singh  
Executive Director  
AIIMS, Bathinda



Lt. Col. Rajeev Sen Roy  
Deputy Director  
AIIMS, Bathinda



Prof. (Dr.) Akhlesh Pathak  
Professor & Dean Academics  
AIIMS, Bathinda



Prof. (Dr.) Rajiv Kumar  
Medical Superintendent  
AIIMS, Bathinda



Prof. (Dr.) Lajya Devi Goyal  
Nodal Officer  
AIIMS, Bathinda

## Swasth Nari Sashakt Parivaar Abhiyaan

### 17<sup>th</sup> Sep – 2<sup>nd</sup> Oct



#### Participating Department

- Department of Obstetrics & Gynecology
- Department of General Surgery
- Department of Dentistry
- Department of Community & Family Medicine
- Department of Transfusion Medicine & Blood Bank
- Department of Pediatrics
- Department of Ophthalmology
- Department of Pathology
- Department of Biochemistry
- Department of INER

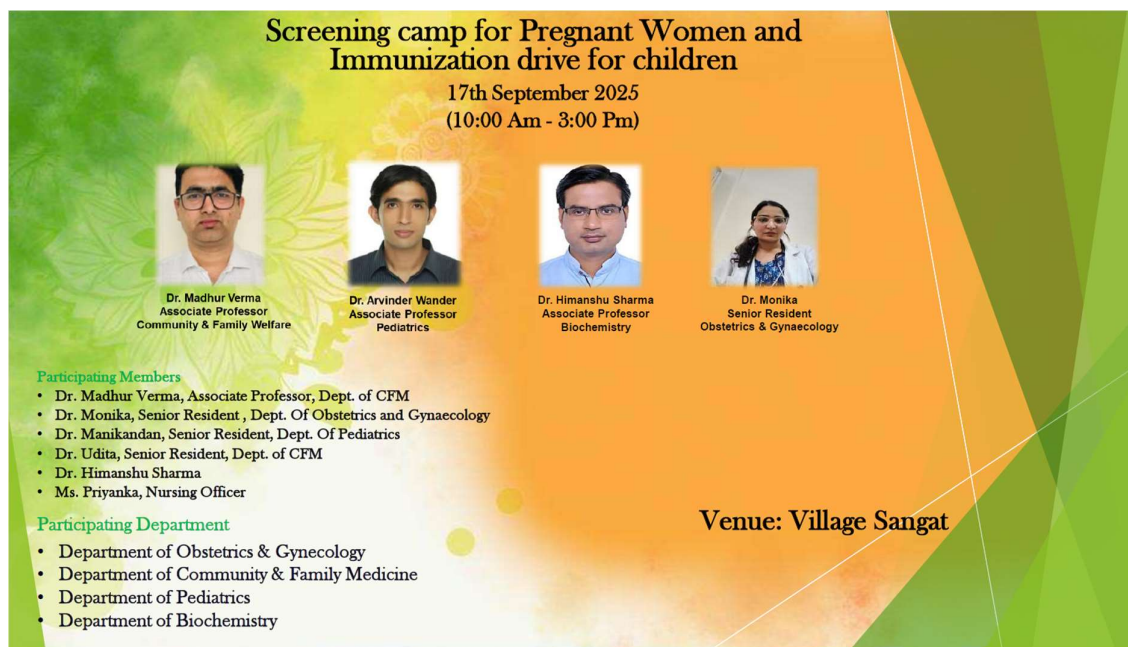
#### Organized by AIIMS Bathinda

#### Services provided to Women and Children:

- Screening for Hypertension, Diabetes, and Oral Cancer, Breast cancer, And Cervical cancer for women.
- Screening for anemia and sickle cell disease for women and adolescent girls and children.
- Vaccination drive for Children.
- Blood Donation Camps and Pledge.

## Event Schedule

Date	Event	Faculty
17th Sep 2025	Screening camp for Pregnant Women and Immunization drive for children, Sangat	Dr. Arvinder Wander, Dr. Madhur Verma, Dr. Himanshu Sharma, Dr. Monika
18th Sep 2025	Menstrual Hygiene and Anemia Screening for Adolescent Girls Lal Singh Basti Secondary School	Dr. Neena, Dr. Kamlesh K Sharma, Dr. Simarjeet Kaur, Ms. Priyanka
21st Sep 2025	Mega Camp at Kaile Bander for Breast Cancer, Oral Cancer, Cervical Cancer, Screening for Anaemia, Diabetes & Blood pressure test, and Eye Check Up at Vilage Kaile Bander	Dr. Mahendra Pratap Singh, Dr. Shailendra Rana Prof. Dr. Lajya Devi Goyal, Prof. Dr. Anuradha Raj, Dr. Arvinder Wander, Dr. Kamlesh K Sharma
22nd Sep 2025	School Visit for Menstrual Hygiene nutrition, screening for adolescent girls. Adarsh Sec. School	Dr. Kamlesh Kumari Sharma, Dr. Nishu, Ms. Priyanka
23rd Sep 2025	Screening of Pregnant Women Children's Anemia, District Hospital, Bathinda	Dr. Arvinder Wander, Dr. Archana, Dr. Priyanka
24 <sup>th</sup> Sep 2025	Camp Anemia Screening and Immunization Services covering the vaccine doses for children at Urban Health Centre, Bathinda	Dr. Manjit Kaur, Dr. Madhur Verma, Dr. Arvinder Wander
25 <sup>th</sup> Sep 2025	Mega Camp at Moga for Breast Cancer, Oral Cancer, Cervical Cancer, Screening for Anemia, Diabetes & Blood Pressure test, and Eye Allergies at Moga	Dr. Mahendra Pratap Singh, Dr. Shailendra Rana Dr. Arvinder Wander, Dr. Nishu, Dr. Madhur Verma, Dr. Tarun Kumar Singh
27 <sup>th</sup> Sep 2025	Mega Camp at Military Station, Bathinda for Breast Cancer, Oral Cancer, Cervical Cancer, Screening for Anemia, Diabetes & Blood Pressure test, at Janta Nagar, Bathinda	Dr. Mahendra Pratap Singh, Dr. Shailendra Rana Dr. Balpreet Kaur, & Dr. Arvinder Wander, Dr. Tarun Kumar Singh
28 <sup>th</sup> Sep 2025	Blood Donation Camp and Pledge on Blood Donation at Budhlada, Mansa	Dr. Sirat
30 <sup>th</sup> Sep 2025	Menstrual Hygiene and Anemia Screening for Adolescent Girls at District Hospital, Bathinda	Dr. Gitanjali, Dr. Arvinder Wander, Dr. Priyanka
1 <sup>st</sup> Oct 2025	Blood Donation Camp at AIIMS, Bathinda	Dr. Sirat
2 <sup>nd</sup> Oct 2025	Pledge on Blood Donation at AIIMS, Bathinda	Dr. Sirat



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## 17.09.2025

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### Total Footfall = 65

On 17 September 2025, AIIMS Bathinda celebrated the Swasth Nari Sashakt Parivar Abhiyaan at Community Healthcare Centre Sangat, where the following activities were organized:

1. A healthy baby competition for children under 2 years old. Based on a set checklist and anthropometry, the top 3 "healthy babies" were announced and felicitated.
  2. Health talks by Senior Residents of the departments of Community and Family Medicine, Obstetrics and Gynaecology, and Pediatrics, covering topics such as antenatal care, newborn care, dietary requirements, importance of immunization, and high-risk pregnancies.
  3. Patient consultations by all three Senior Residents.
  4. A nukkad natak performed by a volunteer group.
  5. A total of 62 women participated in this camp, among whom 16 were antenatal. The program was organized under the able leadership of Dr. Lajya Devi Goyal, Professor & Head, Department of Obstetrics and Gynaecology, and Dr. Kamlesh K. Sharma, Principal of INER. Overall, the event was well-received and appreciated by all observers and participants.
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**School Visit  
For  
Menstrual Hygiene and Adolescent Screening for  
Adolescent Girls and Vaccination Doses**

**18th September 2025  
(10:00 Am - 3:00 Pm)**



Dr. Kamlesh K Sharma  
Principal cum Professor  
INER



Dr. Neena  
Associate Professor  
Obstetrics & Gynaecology



Dr. Soumya Swaroop Sahoo  
Associate Professor  
Community & Family  
Welfare

**Participating Department**

- Department of Obstetrics & Gynaecology
- Department of INER
- Department of Community & Family Welfare

**Venue: Lal Singh Basti Sr. Sec.  
School**

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**18.09.2025**

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Update on 'Swasth Nari Sashakt Parivar Abhiyan' **on 18 Sep 2025:**

**Total Footfall = 60.**

Celebrating the Swasth Nari, Sashakt Prarivaar Abhiyaan, was Obstetrics and Gynaecology Department and institute of nursing education and research (INER) carried out following activities for adolescent girls and reproductive age group women:

- Awareness on Menstrual hygiene
- Nutrition Education
- Screening for: Anaemia, hypertension, diabetes. Ht and weight too was recorded
- the program was appreciated by all

**Specialist/Doctors**

- Prof. (Dr). Kamesh Kumari Sharma, INER
- Dr. Neena, Associate Professor, Department of Gynaecology
- Dr. Soumya Swaroop Sahoo, Department of Community & Family Medicine

**Participating Departments**

- Department of Obstetrics & Gynaecology
- Department of INER
- Department of Community & Family Medicine

























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## 19.09.2025

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### **Total Footfall = 200**

Under the Swasthya Nari Sashakat Parivar Abhiyan, 2025 started from 17 Sept -2Oct 2025, an Educational Workshop on Menstrual Hygiene, Nutrition and Screening of Anaemia for Adolescent girls was organised on 19/09/2025 by Obstetrics and Gynaecology (OBG) department in collaboration with Institute of Nursing Education and Research (INER). The awareness program for young adult females on menstrual hygiene, iron deficiency anemia, breast self-examination, and Polycystic Ovary Disorder (PCOD) was held at Maharaja Ranjeet Singh Technical College in Bathinda.

The program was organised under the able leadership of Dr Lajya Devi Goyal Professor & Head Department of Obstetrics and Gynaecology and Dr. Kamlesh K. Sharma, Principal of INER, AIIMS Bathinda. Dr. Sanjeev Kumar, Vice Chancellor of MRSTU Bathinda, graced the occasion and appreciated the efforts of the organizing team for their initiative in promoting health awareness among young females.

Key Highlights of the event:

1. Health Screenings: Young adult females were screened for BMI, haemoglobin (Hb) estimation, random blood sugar (RBS), and blood pressure (BP).
2. Awareness Sessions: Educational sessions were conducted on menstrual hygiene, iron deficiency anemia, breast self-examination, and PCOD, empowering participants with essential health knowledge.

Around 200 young adult females have participated in this event. a total 157 young adult females were screened for diabetes and all 200 were screened for breast cancer, anemia, PCOD.

The event was a significant step towards empowering young females with knowledge and tools to take charge of their health. The collaboration between the OBG department and INER at AIIMS Bathinda demonstrated the institution's commitment to community health and education.

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Bathinda, Punjab, India 🇮🇳

Mrsptu Campus, Lal Singh Nagar, Bathinda, Punjab 151001, India

Lat 30.175864° Long 74.923067°

19/09/2025 12:07 PM GMT +05:30





### Appropriate BP measurement technique

ਬੀਪੀ ਮਾਪਣ ਦੀ ਸਹੀ ਤਕਨੀਕ

### KNOW YOUR NUMBER

Check your BP regularly

ਨਿਯਮਿਤ ਤੌਰ 'ਤੇ ਆਪਣੇ ਬੀਪੀ ਦੀ ਜਾਂਚ ਕਰੋ

Eat HEALTHY and have HEALTHY LIFE  
STYLE.

ਸਿਹਤਮੰਦ ਖਾਓ ਅਤੇ ਸਿਹਤਮੰਦ ਜੀਵਨ ਸੈਲੀ ਬਣਾਓ।

- ਅੰਗੂਥ ਨੂੰ ਆਰਾਮ ਨਾਕ ਵੇਰਵਾ ਕਰੀਦਾ ਹੈ।
- ਗੱਦ ਅੰਗੂਥ ਵਿੱਚ 5 ਮਿੰਟ ਉਡੀਕ ਕਰੋ।
- ਫੁਰਸੀ ਤੇ ਬੈਠਣ ਵਾਲੇ ਪਿੱਠ ਦਾ ਸਹਾਰਾ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ।
- ਸੁਰਮੀ ਤੇ ਬੈਠੇ ਹੋਏ ਲੱਤਾਂ ਨੂੰ ਇੱਕ ਦੂਜੇ ਦੇ ਉਪਰ ਨਾ ਰੱਖੋ।
- ਉਪਰਲੀ ਥਾਂ ਨੌਕੀ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ।
- ਮਨੋਰੇਖ ਦੀ ਥਾਂ ਹਿੱਸ ਦੇ ਪੈਰ ਤੇ ਰੱਖੋ ਨਾ ਹੀ ਚਾਹੀਦੀ ਹੈ।
- ਮਾਪ ਦੇ ਸਮੇਂ ਨਹੀਂ ਹੋਣ ਨੂੰ ਗੱਲ ਨਹੀਂ ਕਰਨੀ ਚਾਹੀਦੀ।



- The patient should sit comfortably
- Wait for 5 min (rest 10-15 min room)
- Back should be supported
- Legs should be uncrossed
- Upper arm bare
- The patient should be in heart level
- No talking during measurement

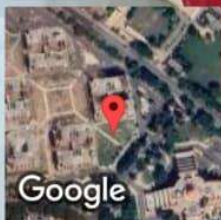
### STEPS FOR ACCURATE BP MEASUREMENT

ਸਹੀ ਬੀਪੀ ਮਾਪਣ ਦਾ ਤਰੀਕਾ



Vital Sign

GPS Map Camera



Google

Bathinda, Punjab, India

Mrsptu Campus, Lal Singh Nagar, Bathinda, Punjab 151001, India

Lat 30.175864° Long 74.923067°

19/09/2025 12:07 PM GMT +05:30




Bathinda, Punjab, India 🇮🇳


Mrsptu Campus, Lal Singh Nagar, Bathinda, Punjab 151001, India

Lat 30.175864° Long 74.923067°  
19/09/2025 12:27 PM GMT +05:30


**Mega Camp For Women and Children**  
**21<sup>st</sup> September 2025**  
**(10:00 Am - 3:00 Pm)**




Prof. Dr. Lajya Devi Goyal  
Prof & Head  
Obstetrics & Gynecology




Prof. Dr. Anuradha Raj  
Prof & Head  
Ophthalmology




Dr. Kamlesh Sharma  
Principal cum Professor  
INER



Dr. Mahendra Pratap Singh  
Additional Professor & Head  
General Surgery



Dr. Shalendra Rana  
Associate Professor  
Dentistry



Dr. Arvinder Wander  
Associate Professor  
Pediatrics

**Multi - Disciplinary Medical Camp for Women, Children and Adolescent Girls, Screening for Diabetes and Screening for Cancer**

**Participating Department**

- Department of Obstetrics & Gynecology
- Department of General Surgery
- Department of Dentistry
- Department of Community & Family Welfare
- Department of Biochemistry
- Department of Pediatrics
- Department of Ophthalmology
- Department of INER

**Venue: Village- Kaile Bander**

Coordinator : Mr. Ajay Pal  
Sewa Bharti

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**21.09.2025**

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**Total Footfall = 163 (Male = 7, Female = 156)**

Screening (Cancer, Diabetes, Hypertension, Sickle Cell)

A screening camp was conducted for cancer, diabetes, hypertension, and sickle cell. The participants received consultations and health check-ups from specialist doctors.

































**Participating Department**

- Department of Obstetrics & Gynecology
- Department of INER

**School Visit  
for  
Educational Workshop on Menstrual Hygiene and nutrition and Screening of  
Anemia for adolescent girls.**

**22<sup>nd</sup> September 2025  
(10:00 Am - 3:00 Pm)**




**Dr. Kamlesh K Sharma**  
Principal cum Professor  
INER




**Dr. Nishu**  
Associate Professor  
Obstetrics & Gynaecology


**Venue:- Adarsh Senior  
Secondary School, Bathinda**

**All India Institute of Medical Sciences, Bathinda**







**Dr. Neeja Bhatia**  
President  
AIIMS, Bathinda




**Prof. Dr. Meenu Singh**  
Executive Director  
AIIMS, Bathinda







**Lt. Col. Rajeev Sen Roy**  
Deputy Director  
AIIMS, Bathinda



**Prof. Dr. Akhilesh Pathak**  
Dean Academics  
AIIMS, Bathinda




**Prof. Dr. Rajiv Kumar**  
Medical Superintendent  
AIIMS, Bathinda




**Prof. Dr. Lajja Devi Goyal**  
Nodal Officer  
AIIMS, Bathinda

**Camp for Women and Children, Screening for Cancer, Anemia, Hypertension, and Diabetes**


**22<sup>nd</sup> September 2025**  
**Venue: AIIMS, Bathinda**



स्वास्थ्य एवं परिवार  
कल्याण मंत्रालय  
Ministry of Health &  
Family Welfare  
स्वास्थ्य एवं परिवार  
कल्याण विभाग  
Department of Health &  
Family Welfare  
सत्यमेव जयते



**SWASTH NARI  
SASHAKT PARIVAR  
ABHIYAAN**  
17<sup>th</sup> September to 2<sup>nd</sup> October 2025  
**#SwasthNariSashaktParivar**



Government of India  
Ministry of Women and  
Child Development  
सत्यमेव जयते  
Organized by AIIMS, Bathinda

**22.09.2025**

**Total Footfall = 800 (Male = 200, Female = 600)**

Screening (Cancer, Diabetes, Hypertension, Sickle Cell) and other health check-ups (Hypertension, diabetes, Anaemia, Cervical, Breast & Oral Cancer Screening).

A large-scale screening camp was organized for cancer, diabetes, hypertension, and sickle cell. The participants received health awareness, consultations, and screenings, highlighting the importance of early detection and prevention.

















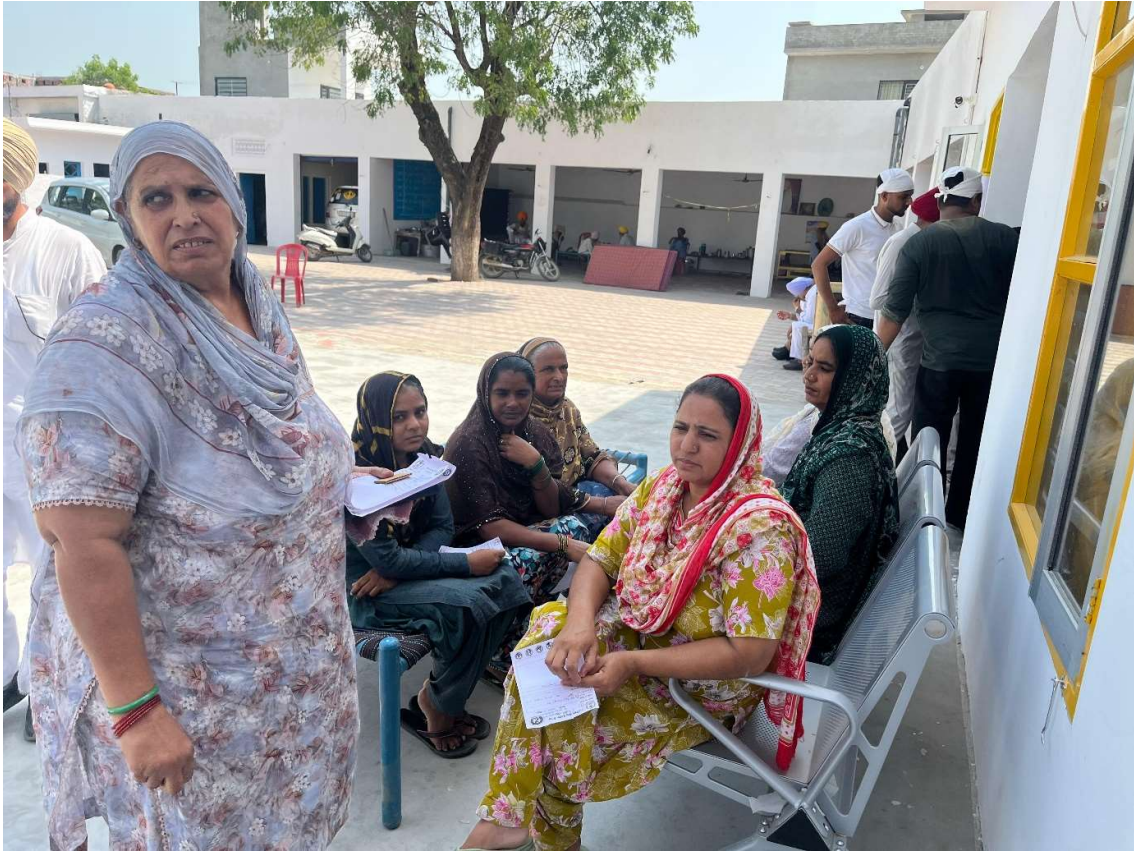


















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**23.09.2025**

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**Total Footfall = 300**

**(Hypertension, diabetes, Anaemia, Cervical, Breast & Oral Cancer Screening, anti natal screenings)**

All India Institute of Medical sciences Bathinda has organised a medical camp at Civil Hospital Bathinda on 23 /9/2025 as per the initiative taken by Government of India 'Swashth Nari Sashakt Parivar Abhiyaan 2025'. The mega camp was graced by the honourable President AIIMS Dr Neerja Bhatla and Executive Director Dr Meenu Singh. The camp was lead by Professor and Head Dr Lajya Devi Goyal , Department of Obstetrics and Gynaecology AIIMS Bathinda. The aim of holding the medical camp was to screen adolescent girls, antenatal women and women in reproductive and post menopausal age group, especially targeting diseases like anaemia, complications related to pregnancy, pre- cancerous cervical lesions and obesity. The team for this medical camp included Dr. Manjit Kaur Rana, Dr. Balpreet Kaur, Dr. Mandeep Kaur, Dr. Priyanka Singh, Dr. Navpreet Mehra, Dr. Mansi, Ms. Manpreet and Mr. Sanjeev from AIIMS Bathinda. The beneficiaries who attended the camp were around 300.

Honourable President AIIMS Dr Neerja Bhatla had addressed the gathering laying emphasis on importance of HPV Vaccination in young adolescent girls , adequate nutrition before and during pregnancy , importance of regular antenatal check-ups , need for cervical cancer screening through pap smear in women. Dr Meenu Singh highlighted that a healthy

Dr Lajja Devi Goyal maintained that Department of Obs and Gynae at AIIMS Bathinda is catering the high risk Obstetrics cases with very promising outcome , asserting that high risk pregnancies identified at Civil hospital be attached to AIIMS Bathinda for further management.

After screening , the patients requiring tertiary level care will be further managed at AIIMS Bathinda.







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**24.09.2025**

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**Total Footfall = 105**

(Hypertension, diabetes, Anaemia check-up, Immunization )

On 24th September 2024, under the Swasth Nari Sashakt Parivaar Abhiyaan, a Screening Camp for Anaemia and Immunisation for women and children was organised at the Urban Primary Health Care Centre, Lal Singh Basti. Health awareness sessions were conducted for mothers, children, and their family members, focusing on the symptoms, prevention, and control of anaemia. Haemoglobin levels were tested for all the participants. In addition, mothers and their families were sensitised about the need and importance of immunisation, along with its long-term benefits for individuals as well as the community.









## Mega Camp


25<sup>th</sup> September 2025  
(10:00 Am - 3:00 Pm)




Dr. Nuhu  
Associate Professor  
Obstetrics & Gynecology




Dr. Madhus Verma  
Associate Professor  
Community & Family Welfare




Dr. Mahendra Prasad Singh  
Additional Professor & Head  
General Surgery



Dr. Shailendra Rana  
Associate Professor  
Dentistry



Dr. Tarun Kumar Singh  
Associate Professor  
Dentistry



Dr. Arvinder Winder  
Associate Professor  
Pediatrics

### Multi – Disciplinary Medical Camp for Women, Children and Adolescent Girls, Screening for Diabetes and Screening for Cancer

**Participating Department**

- Department of Obstetrics & Gynecology
- Department of General Surgery
- Department of Dentistry
- Department of Community & Family Welfare
- Department of Pediatrics
- Department of Biochemistry

**Venue: Moga**

Chief Guest : Prof. Dr. Rajiv Kumar

## 25.09.2025

**Total Footfall = 150**

(Hypertensio, daibetes, Anaemia, Cervical, Breast & Oral Cancer Screening) ✨

Multidisciplinary Cancer Screening Camp at Moga under Swasth Nari Sashakt Parivaar Abhiyaan ✨

On 25th September 2025, AIIMS Bathinda, in collaboration with Ambuja Cement Foundation and with the support of local stakeholders, organized a multidisciplinary cancer screening camp in Moga as part of the ongoing “Swasth Nari Sashakt Parivaar Abhiyaan” (17th Sept – 2nd Oct).

🔗 Nearly 150 patients received consultations from specialists in Obstetrics & Gynecology, General Surgery, Dentistry, Paediatrics and Community & Family Medicine.

🔗 The camp also provided haematological and biochemical investigations by the depart of pathology.

🔗 Medicines were provided to the patients by efforts from our worthy MS, Dr Rajiv Gupta Sir

Gratitude to the organizing team, supporting departments, and all partners who contributed to making this initiative a success. Together, we are building a foundation for a healthier, stronger India. ❤️

















27.09.2025

Organ Donation Pledge Under Swasth Nari Sashakt Parivaar  
Abhiyaan



स्वास्थ्य एवं  
परिवार कल्याण मंत्रालय  
MINISTRY OF  
**HEALTH AND  
FAMILY WELFARE**




Prof. Dr. Ratan Gupta  
Executive Director, AIIMS, Bathinda  
Patron

**Organization of Organ Donation Pledge**  
Under the  
**Swasth Nari Sashakt Parivaar Abhiyaan**

at OPD Hall AIIMS, Bathinda  
27 September 2025 10:00 AM

In the auspicious presence of  
Prof. Dr. Ratan Gupta, Executive Director, AIIMS, Bathinda

**ONE ORGAN DONOR  
CAN SAVE 8 LIVES**



Be a life saviour !!  
**Take A  
PLEDGE**  
Today!





















































