

**GURU NANAK KHALSA COLLEGE FOR WOMEN,  
GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA**



**Unnat Bharat Abhiyan  
2023-2024 (Odd Semester)**



*Maneeta*

**Dr. Maneeta Kahlon**  
*Principal*

Dr. MANEETA KAHLON  
Principal  
G.N.Kh. College for Women  
Gujarkhan Campus, Model Town,  
Ludhiana.

*Balbir*

**Dr. Balbir Kaur**  
*Nodal Officer*

DR. BALBIR KAUR  
LIBRARIAN & CO-ORDINATOR  
GRIEVANCE REDRESSAL CELL

## UNNAT BHARAT ABHIYAN

### Odd Semester Report

Activities	Medical Camp & Poshan Mah
Date	27 <sup>th</sup> July, 2023 (Kheri & Jhameri Village)
Date	25 <sup>th</sup> August, 2023( Jassowal & Bhila Village)
Date	1 <sup>st</sup> September, 2023(Kakowal Village)
Date	7 <sup>th</sup> September, 2023 (Kakowal Village)

Unnat Bharat Abhiyan (UBA) team of the college organized a medical camp on in the villages Kheri and Jhameri on 27 July 2023. This camp was held under the guidance of UBA Nodal officer Dr. Balbir Kaur. A team of doctors comprising Dr. Ashrita Singh, Dr. Anmol, Dr. Muskan, and Dr. Hargun conducted free check-up of the village residents and also prescribed them medicines. Doctors discussed various health issues. ladies discussed their bones issues and menstral stress problems. Some people were having Iron deficiencyand Calcium deficiency. so Doctors distributed multivitamins to the needy people.

Then we visit school of kheri and jhameri. A counseling session was also organized for the girl students studying in 9th and 10th classes. Doctors discussed their menstruation issues as well. Young doctors listen to them empathetically and suggest various ways to overcome their fears.























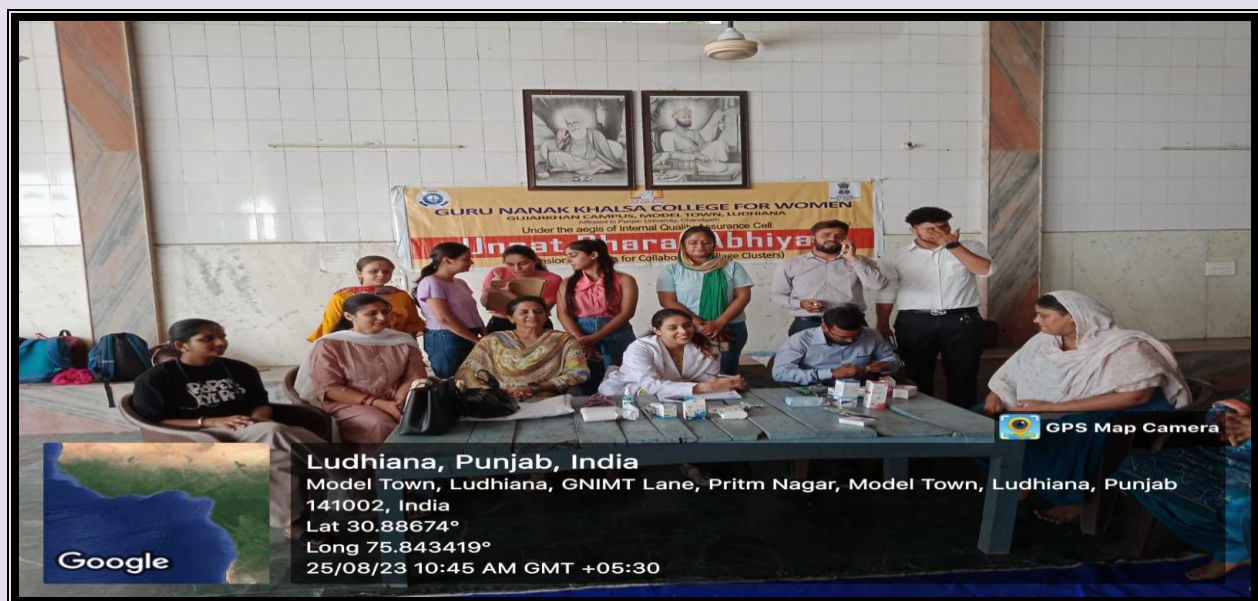




**25<sup>th</sup> August, 2023**

Unnat Bharat Abhiyan (UBA) team of the college organized a medical camp in the village Jassowal on 25 August 2023. This camp was held under the guidance of UBA Nodal officer, Dr. Balbir Kaur and Harpreet Kaur, Assistant Professor in computer science. A team of doctors comprising Dr. Ashrita Singh from Fortis hospital Ludhiana, Dr. Anurag Navik and Dr. Shiv and Mr. Akhilesh Singh from Shiv Ram Hospital, conducted free check-up of blood pressure, sugar level tests of the village residents and prescribed them medicines. Residents also discussed various personal diseases like allergies, fungal infection, weakness, stomach problems etc, also prescribed and distributed them medicine.

A counseling session was also organized to discuss the importance of cleanliness and hygiene for disease free health.























Google

Ludhiana, Punjab, India

Model Town, Ludhiana, GNIMT Lane, Pritm Nagar, Model Town, Ludhiana, Punjab  
141002, India

Lat 30.88674°

Long 75.843419°

25/08/23 01:05 PM GMT +05:30

GPS Map Camera



### 1st September, 2023 (Medical Camp at kakowal village)

Unnat Bharat Abhiyan (UBA) team of the college organized a medical camp in the village Kakowal on September 1, 2023. This camp was held under the guidance of UBA Nodal officer Dr. Balbir Kaur and Mrs Shikha Kalra, Assistant Professor in Home science. Total 10 students accompanied the camp. A team of doctors comprising Dr. Abhinandan along with manager Mr. Akhilesh Singh from Shiv Ram Hospital, conducted free check-up of blood pressure, sugar level tests of the village residents and prescribed them medicines. Residents also discussed various personal diseases like typhoid, and distributed them medicines.

A counseling session was also organized for allergies, viral infections, weakness, stomach problems, menopausal issues. Doctors also explained them the importance of cleanliness and hygiene for disease free health.





















**12<sup>th</sup> September, 2023**

**RASHTRIYA POSHAN MAAH 2023 celebrations at GNKCW**

Thematic Rashtriya Poshan Maah, 2023 is celebrated in the college in the month of September, 2023.

The theme of the first week of September (From September 1-5) is sensitization and awareness of importance of Celebrating Poshan Maah every year in college Campus.

Various activities are organized on the above theme by IQAC and NSS, Unit of the college in collaboration with Department of Home Science and Swachta Pakhwada and UBA under the guidance of Programme Officers Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications), Department of Public administration and Nodal officer(UBA) Dr. Balbir Kaur, Librarian and Dr Parveen Arora, Nodal officer (Swachhata mission) The activities are organized by Department of Home Science.

12 students of the college visited Kakowal Village along with medical camp organized by Doctors from Shiv Ram Hospital, Ludhiana and made aware of malnutrition and poshtik ahaar for children and adolescents to the mothers who visited the camp for checkups.

Principal Dr. Maneeta Kahlon congratulated the students and staff members for celebrating Poshan drive in the month of September 2023, which is a great way to promote awareness and action on nutrition and Health and raise awareness about the importance of nutrition in our community.















