

ARMY COLLEGE OF NURSING JALANDHAR CANTT

SWASTH NARI , SASHAKT PARIVAR ABHIYAAN

Army College of Nursing has organized activities for the welfare of women, under “Swasth Nari, Sashakt Parivar Abhiyaan” from September 17th to 2nd Oct 2025. Various activities were organized as campaign awareness programs, health camps, and community outreach activities. Students engaged to spread the message of health and empowerment in their communities, making them active participants in societal development.

A blood donation camp was also successfully organized by the students. The initiative was driven entirely by the volunteering efforts of the students aimed at contributing to the noble cause of saving lives through voluntary blood donation. The camp was conducted in collaboration with the Military Hospital (MH) Jalandhar Cantt. which provided the necessary medical equipment and trained staff to ensure safe and hygienic donation procedures.

Health informative sessions was delivered by the students on oral cancer, breast cancer, cervical cancer. Counselling related to anemia for adolescent girls and women were done, health education was based on menstrual hygiene. Antenatal care check-ups were performed by the students along with the tutors.

Students have also contributed in delivering knowledge sessions related to the fulfillment of nutritional requirements of the children, they also have made the diets for each age group.

Overall, Swast Nari, Sashakt Parivar Abhiyaan aims to build healthier women and stronger families, leveraging education and empowerment as tools for sustainable societal growth, making it a vital initiative by college to adopt and promote actively.



Photo 1, 2 - Health Education session on oral cancer, breast cancer, cervical cancer & anemia counselling



Photo 3,4 – Nutritional diet as per age group and health education regarding “Poshan”





Photo-5,6 – Blood Donation camp



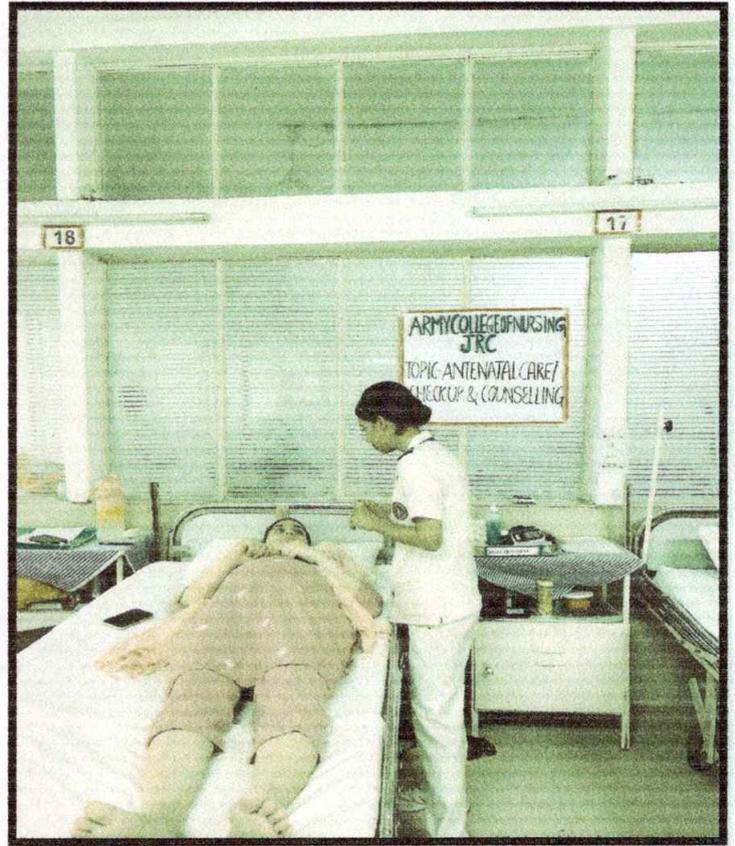


Photo-7,8- Antenatal Care check-up.

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