



WOMEN SAFETY AND LEGAL LITERACY CELL

Session : 2022-23

INTERNATIONAL WOMEN DAY 8, MARCH 2023



A lecture on Red Revolution a move towards
Anemia Mukta Bharat and
HB (Haemoglobin) Testing Camp was
organised to celebrate
“International Women Day - March 8, 2023”

CHIEF GUESTS

Dr. Gitanjali Kaur
President Ludhiana Obstetrics and gynaecology

Dr. Bhawana Sachdeva
Vice President

Dr. Vidhu Modgill
PAC North Zone Coordinator

Dr. Ginny Gupta
Secretary Logs, Consultant Healthline Hospital

HB CHECKUP CAMP

An HB checkup camp was also organised by the team of the doctors with the help of the Women Safety and Legal Literacy Cell of the Government College for Girls , where the doctors made the free HB level testing among the students and the teachers. This camp was an initiative towards the knowledge about the level of HB in our body where one can adjust their dietary consumption patterns after knowing their blood levels

LECTURE BY DR. GITANJALI

The lecture was delivered by Dr. Gitanjali that was main for healthy HB levels amongst the females. She told the audience about the healthy lifestyle changes and dietary changes to be followed in order to prevent anaemia. She explained the main causes of anaemia such as the deficiencies in Folate, Vitamins B12, and Vitamin A that must be taken care of by taking healthy food and supplements. She recommended the audience to take pulses, beans, brown rice, nuts and seeds, dried fruits including apricot to maintain healthy lifestyle.

BENEFICIARIES OF HB CHECK-UP CAMP

Our Staff Members such as:

Commerce Dept

Preeti Mam

BBA Dept

Monika Mam

English Dept

Vidya Mam, Neelima Mam, Surbhi Mam, SumeetMam

Political Science Dept.

Sarita Mam

Geology Dept

Sarabhjeet Mam

Music Vocal Dept

Anita Mam

Maths Dept

Nivadita Mam, Pawanpreet Mam

Punjabi Dept

Anita Mam, Gurwinder Mam and Paramjeet Mam

All got their checkup done to encourage the students to participate in this wonderful initiative taken by the

STUDENT BENEFICIARIES

A total of 144 students got themselves tested in the camp where the average HB level was ranging in between 9 to 10 grams / per decili-ter (g/dl).

Recording of the blood level as well as the blood group was made by the society that immediately draws attention towards the HB level of a student named Jahanvi from B.A 3 at 4.3 (g/dl) that represents how much anaemia is rampant in today's generation.

This camp has helped many students to know about their body with HB levels below 8 (g/ dl) where the level should be maintained in between (12– 16)(g/dl) by females to have a healthy body.

This provides that the HB Check – Up Camp that was organised was really needed.

POSTER MAKING COMPETITION

February 16,2023



WOMEN POWER- BOON OF BANE

JUDGES:
Ramanjeet Bhatti
Kiran Gupta

Women want equal rights,dignity and self respect.Women are not given opportunities equal to men and should be empowered to take their own decisions in life. women must need to be aware of their rights like the right to vote, property rights, freedom of movement, their legal rights, and many more, which means, empowering women is making women realize their self-worth, their abilities to determine their own choice and shaping the society where women can enjoy their respect and rights just like other humans. Women's empowerment is an essential factor that works for the betterment and development of society, community, and country.

A Poster Making Competition on February 16,2023 was held.Judgement done by Ramanjeet Bhatti and Kiran Gupta.