



REPORT ON 'SWASTH NARI SASHAKT PARIVAR ABHIYAAN'



"Healthy Women, Empowered Families",

Introduction

On September 17, 2025, Prime Minister Shri Narendra Modi launched the 'Swasth Nari Sashakt Parivar Abhiyaan' with the slogan *"Healthy Women, Empowered Families"*. This campaign emphasizes the vital role of women's health in the progress of both families and the nation.

In line with the campaign's goals, Sree Gokulam Nursing College organized an awareness session titled "CRADLE OF CARE" on September 25, 2025, to promote women's and child health. The session aimed to educate women on essential health topics, including prenatal care, nutrition, and disease prevention. The program focused on empowering women with knowledge and encouraging healthy practices.

The students from the 6th Semester B.Sc. Nursing program were actively involved in delivering this awareness session. They focused on various aspects of pre-conception care, prenatal care, and disease prevention. The session included interactive discussions that engaged participants and facilitated a deeper understanding of these topics.



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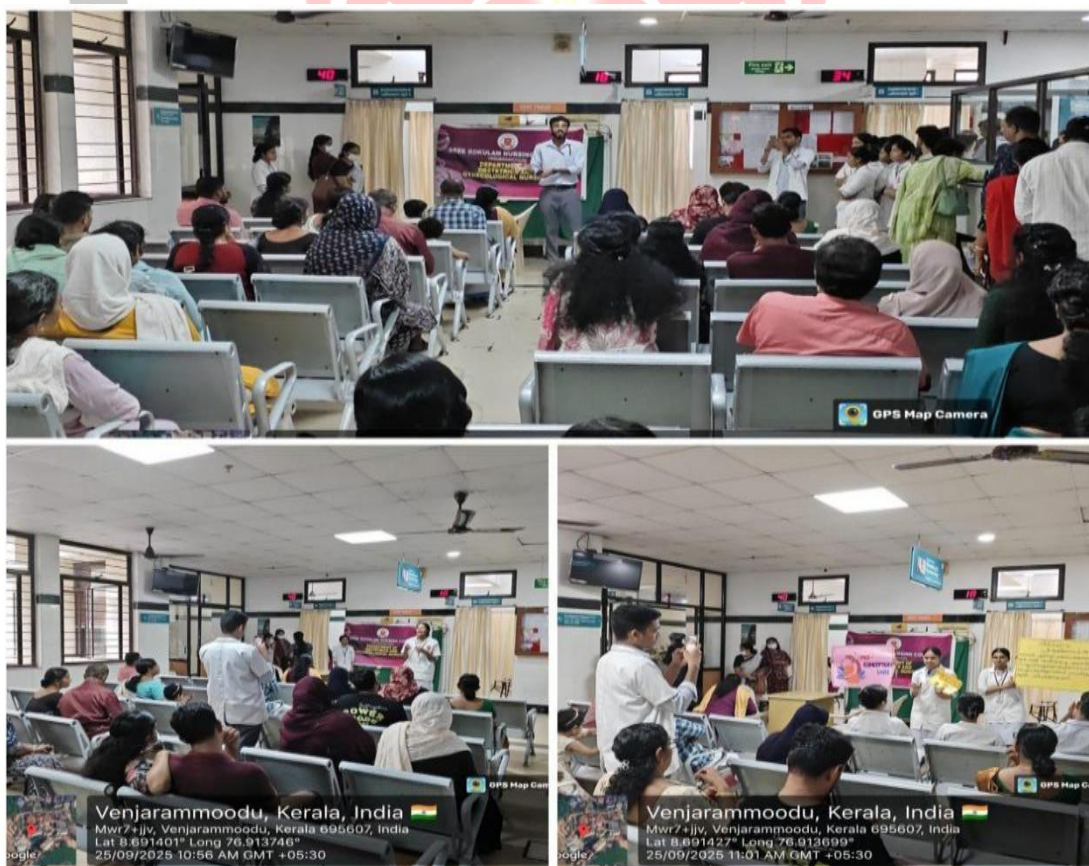
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Activity 1: Awareness Session on Women's and Child Health

The 6th Semester B.Sc. Nursing students conducted an engaging awareness session on women's and child health. The session covered key areas such as:

- Pre-conception Care: Emphasizing the importance of nutrition and health in preparing for a healthy pregnancy.
- Prenatal Care: Providing essential guidelines for expecting mothers to ensure a healthy pregnancy.
- Disease Prevention: Discussing preventive measures and how they can avoid common health complications during pregnancy.

The session featured interactive discussions, allowing participants to share experiences and ask questions, which greatly enhanced their learning.





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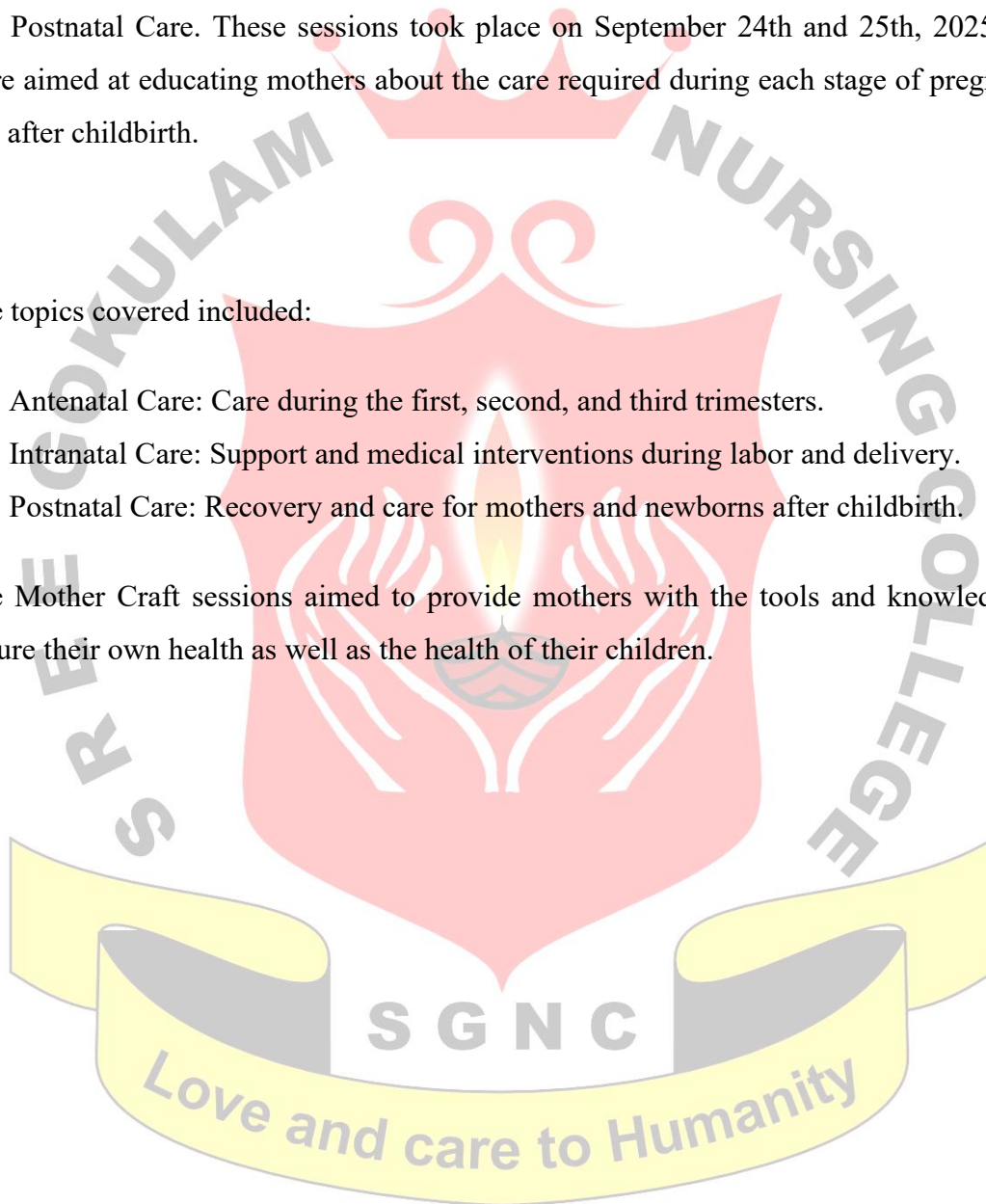
Activity 2: 'Mother Craft' Sessions on Antenatal, Intranatal, and Postnatal Care

As part of the campaign's awareness week, students from the 7th Semester B.Sc. Nursing program conducted "Mother Craft" sessions on Antenatal Care, Intranatal Care, and Postnatal Care. These sessions took place on September 24th and 25th, 2025, and were aimed at educating mothers about the care required during each stage of pregnancy and after childbirth.

The topics covered included:

- Antenatal Care: Care during the first, second, and third trimesters.
- Intranatal Care: Support and medical interventions during labor and delivery.
- Postnatal Care: Recovery and care for mothers and newborns after childbirth.

The Mother Craft sessions aimed to provide mothers with the tools and knowledge to ensure their own health as well as the health of their children.





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MEDICAL CAMP AT KALLARA ON 30/09/25

A medical camp organized by Sree Gokulam Nursing College (Community Health Nursing, Obstetrics & Gynecology Nursing) And Sree Gokulam Medical College Research Foundation On 30 Th September At S Ree Gokulam Medical Center Kallara.

The camp aimed to provide comprehensive health screening and specialist care to the community, focusing on lifestyle diseases, women's health, and breast cancer awareness.

It was Inauguration by Kallara Panchayat Vice President, Mr. Najeensha S. Welcome address by Dr. Lija R Nath, Vice Principal, Sree Gokulam Nursing College. Felicitation given by Lt. Col. Meera K Pillai, Principal, Sree Gokulam Nursing College.

An awareness session on "Breast Cancer: Things to Note" by Dr. Reji Jose, Professor of Community Medicine.

NSS and OBG Department – Dr. Lija R Nath, Prof. Sheeja Mol K N, Prof. Smitha J S, Mrs. Preethi G Vijayan, Mrs. Nivya S R, Mrs. Akhila, Mrs. Remya, Mrs. Geethu & Mrs. Siya S S. actively engaged in supervising various health check up

Services Offered:

1. Vital signs check
2. GRBS (Glucose Random Blood Sugar) test
3. Ophthalmology consultation
4. Dermatology consultation
5. Gynecology consultation
6. Clinical Breast Examination



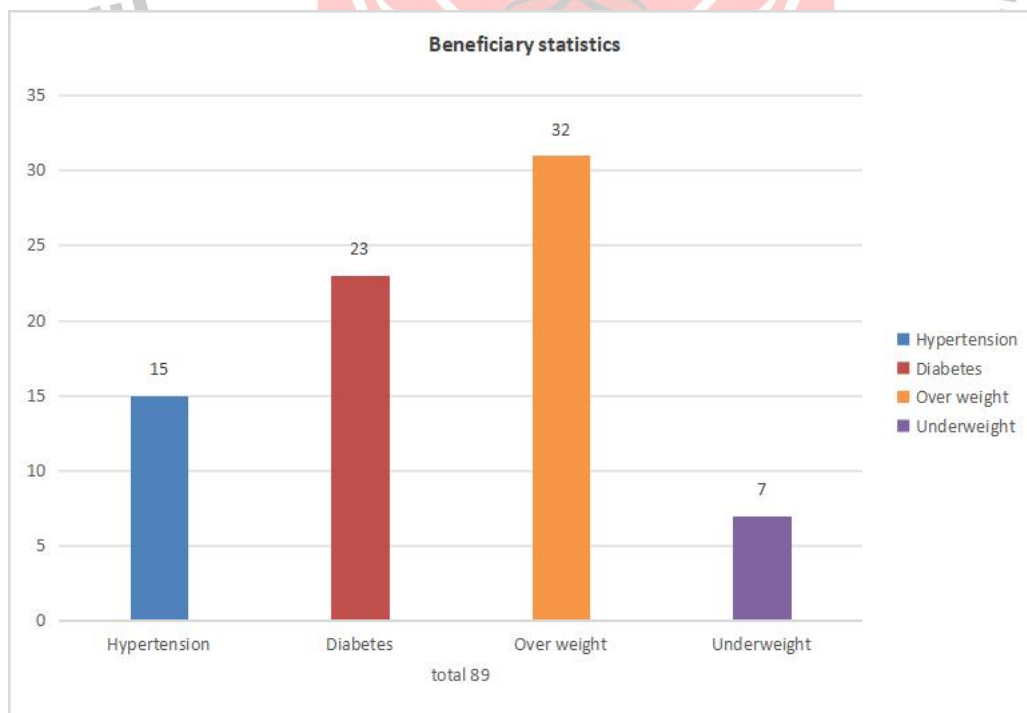
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Key Findings:

SI.NO	FINDING	NUMBER
1	Known cases of hypertension	15
2	Known cases of diabetes mellitus	23
3	Overweight individuals	32
4	Underweight individuals	7
	TOTAL	89

Graphical representation of key findings



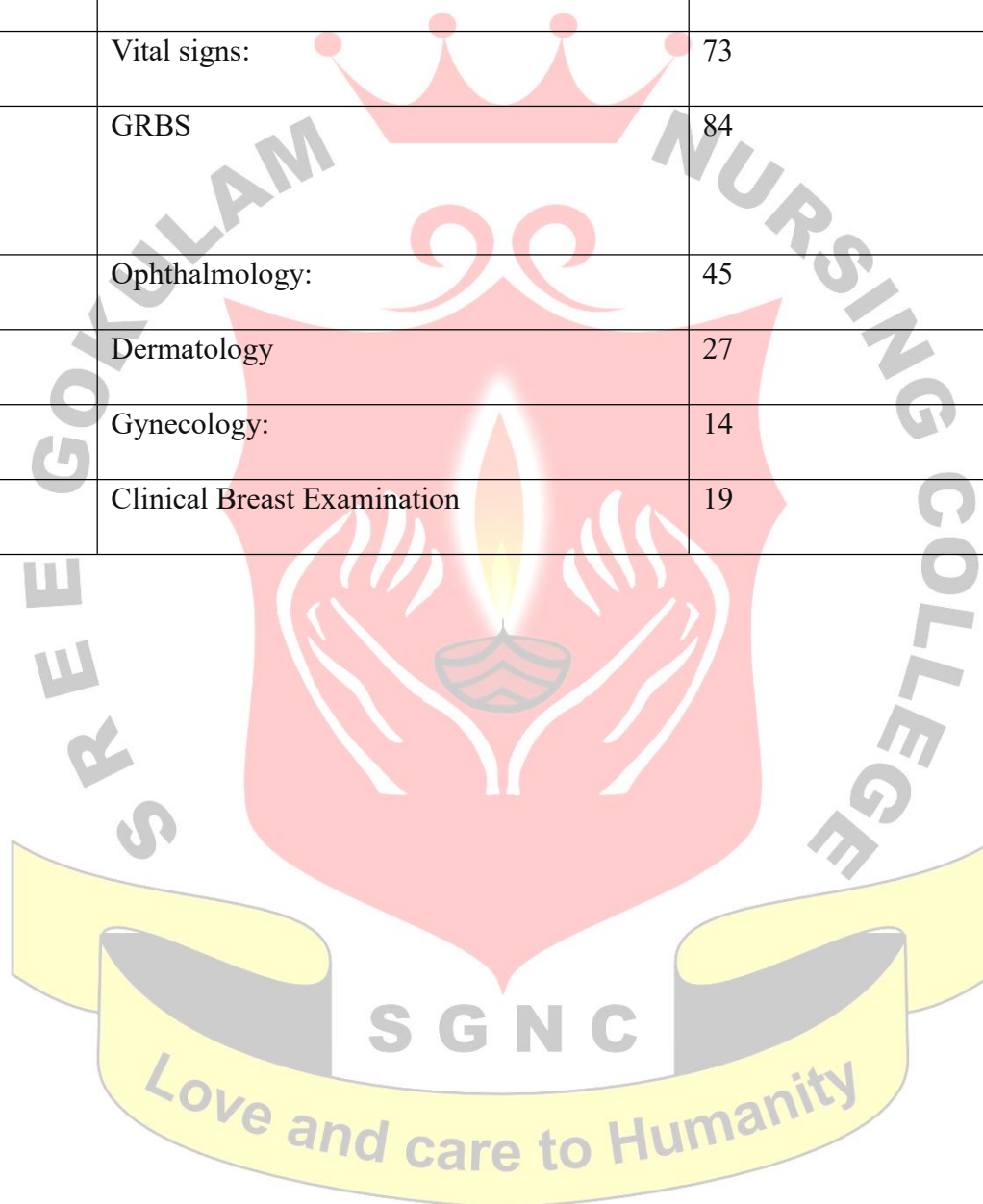


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Service Utilization:

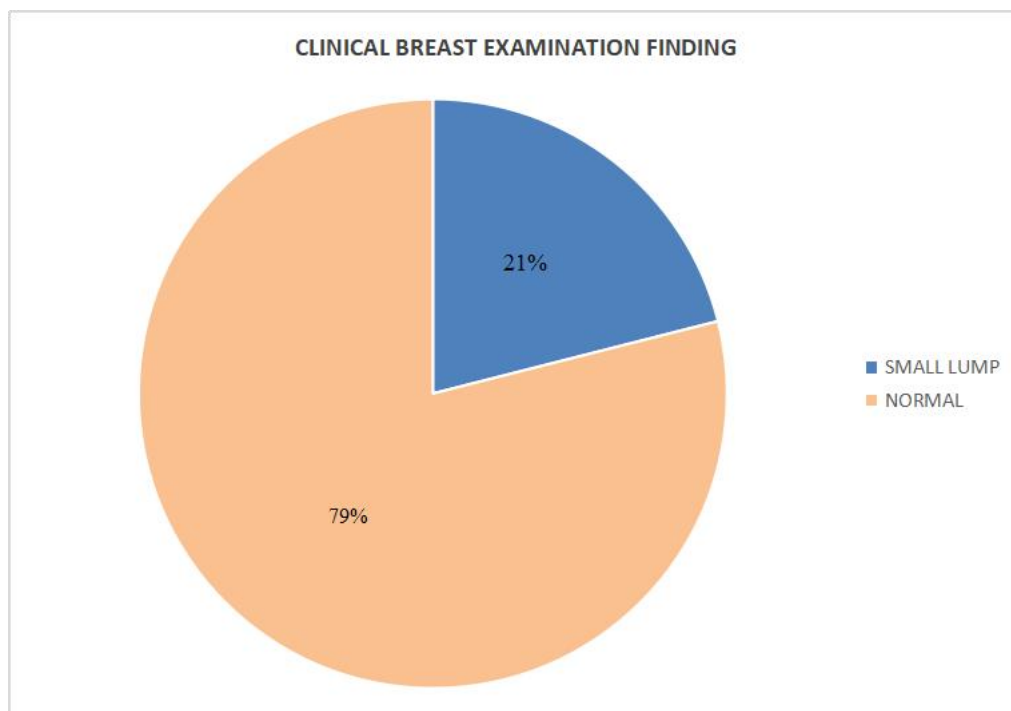
SI.NO	SERVICES	NO.OF BENEFICIERIES
1	Vital signs:	73
2	GRBS	84
3	Ophthalmology:	45
4	Dermatology	27
5	Gynecology:	14
6	Clinical Breast Examination	19





Statistics of breast cancer screening

N=19





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Conclusion

The 'Swasth Nari Sashakt Parivar Abhiyaan' activities, including the awareness sessions and medical camp, were successfully conducted with significant participation and engagement from the community. A total of **89 beneficiaries** attended the medical camp and received valuable health screenings, including vital checks and breast cancer screenings.

The event highlighted the importance of women's health and preventive care for the well-being of families. The awareness sessions provided vital information on women's and child health, while the medical camp facilitated early detection of health issues, offering crucial intervention and support.

Overall, the campaign effectively empowered women and contributed to the ongoing effort to improve family health and well-being within the community.



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