

**NARCHI**  
**PROGRAMMES - Jan 2022**  
**to Jan2023**

**Awareness Programmes are conducted at all places by pinning different colors ribbon with a message to protect yourself and spread the information in your family and in your community. Significance of Ribbons is explained by presenting the card.**

# Prevent The Preventable

## Ribbon Movement for Health Awareness

**Blue Ribbon**



HPV Vaccination for Cervical  
Cancer Prevention

**Green Ribbon**



For Green & Clean  
Environment

**Pink Ribbon**



Self Breast Examination For Early  
Detection of Breast Cancer

**Purple Ribbon**



Be a Volunteer for  
Social Work

**Red Ribbon**



Aids Awareness  
To Prevent Sex Abuse

**White Ribbon**



For Women Empowerment &  
To Stop Violence Against Women

**Yellow Ribbon**



Age Gracefully With Checkup  
of Senior Citizens



**Dr. Sushma Chawla, MD**  
**Chawla Nursing Home & Maternity Hospital**  
**9, Lajpat Nagar, Link Road, Jalandhar - 144001**

Ph. +911812224374, 5072323 (M) 9878672301, Email Id: [admin@chawlanursinghome.com](mailto:admin@chawlanursinghome.com)  
Website: [www.chawlanursinghome.com](http://www.chawlanursinghome.com)

**Working For**



Save the girl child  
बेटी बचाओ बेटी पढ़ाओ

# “Ribbon movement for awareness”

## “Prevent The Preventable”

- ✓ **CERVICAL CANCER – BLUE RIBBON**
- ✓ **BREAST CANCER – PINK RIBBON**
- ✓ **MENOPAUSE – YELLOW RIBBON**
- ✓ **ADOLESCENT HEALTH – PURPLE RIBBON**
- ✓ **AIDS AWARENESS AND PREVENTING SEX ABUSE - RED RIBBON**
- ✓ **ENVIRONMENT - GREEN RIBBON**
- ✓ **WOMEN EMPOWERMENT – WHITE RIBBON**
- ✓ **SELF DEFENSE – BLACK RIBBON**

# National Girl Child Day celebrated 24/01/2022



# Celebrated Republic Day on 26/01/2022



# “Martyrdom Day of Gandhi ji In Khusht Ashram”

distributed medicines/ eatables & Ribbons to all the doctors& residents of Khusht Ashram. Gave awareness talk on World Leprosy Day & Awareness of breast & cervical Cancer on 30/1/2022



# Rogi Kalyan Yojna meeting at Civil Hospital on 02/02/2022 Health awareness presented to The Civil Surgeon





# NARCHI Conducted a programme on Breast Cancer Awareness on World cancer day 04/02/2022



# Deworming day On 10/02/2022



- **Dr. Satpal Sidhu a member of NARCHI conducted many menopausal awareness programmes**



- **Dr. Harneet, Dr. S.P.S Grover NARCHI Member with Rotary Club Jalandhar West Conducted many camps immunizing 500 girls and done mammography for 1000 patients in Punjab & Around**



- **Dr. Surjit a member of Narchi & Chair Person of Inner Wheel Looking after all over India Inner Wheel Clubs Conducted awareness programme for maternal health, anemia, cervical cancer and breast cancer**



Awareness talk given on cancer cervix and breast cancer  
HPV Vaccination given to 107 girls . These girls were from an  
orphanage



# HPV vaccination given to girls







Conducted School health programme on 23/02/2022 at Government Girls Sr. Sec School, Kishanpura, Jalandhar Explained about anaemia , deworming, exercise, cervical cancer and to have check up.



# Rogi Kalyan YoJna Meeting at Civil Hospital Jalandhar



# Awareness programme at Bangalore 2022





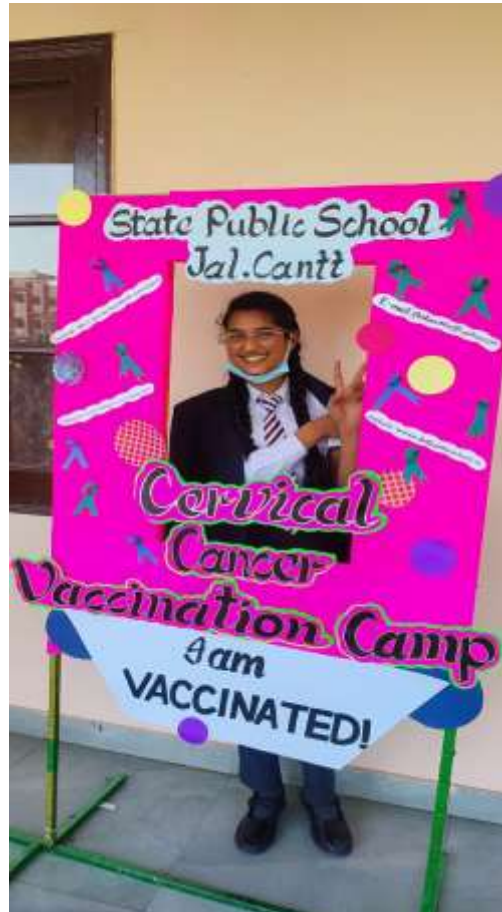
On National Pulse Polio Day Chawla Maternity Hospital participated in drive against Polio in collaboration with NARCHI, Civil Surgeon Dr Ranjit Singh, IMA president Dr Alok Lalwani, NARCHI president Dr Sushma Chawla ma'am, Pediatrician Dr Pratima Mittal. Dr Deepak Chawla, Dr Deepali ,Dr Anupma Chopra and officials from Civil surgeon office graced the occasion



# Polio Day 2022



NARCHI in collaboration with, ROTARY Club Jalandhar West and Chawla Nursing Home and IMA WDW conducted HPV vaccination camp at State Public School, Jalandhar Cantt on 02/03/2022





State Public School

Cervical  
Vaccination

NATIONAL  
ASSOCIATION FOR  
REPRODUCTIVE AND  
CHILD HEALTH OF INDIA

FOR  
EMPLOYMENT OF WOMEN  
MATERNAL HEALTH AND  
TO PREVENT THE  
PREVENTABLE DISEASES  
ANEMIA, CANCER  
& OSTEOPOROSIS

Dr. SUSHMA CHAWLA  
FACULTY MEMBER

WOMEN DOCTORS WING  
INDIAN MEDICAL ASSOCIATION JALANDHAR (IMA)  
JALANDHAR  
BRANCH





NARCHI in collaboration with Chawla Nursing Home conducted health awareness and check-up camp at Mand Kulla Distt Kapurthala on 3/03/2022. Dr. Rajeshwari Representing NARCHI



# Health Check up Camp at S.D.N Model School on 06/03/2022



A mega medical camp was conducted with member's of Rotary and NARCHI .



# Health Awareness camp at PAP Jalandhar on international Women's Day On 08/03/2022



# Celebration international Women's Day at Reliance Mall On 08/03/2022



# Health Awareness on Women's day at HMV College Jalandhar On 09/03/2022



# Participated in FOGSI Conference distributed Ribbon's at Indore On 4<sup>th</sup> to 8<sup>th</sup> April 2022





# Celebrated National safe motherhood day on 11/04/2022



# Cervical Cancer Vaccination with Rotary Club on 16/04/2022



# टीकाकरण से सर्वाइकल कैंसर से बचा जा सकता है : डॉ. चावला



नार्ची ने सर्वाइकल कैंसर पर सेमिनार कराया। डॉ. सुषमा चावला ने बताए बचाव के तरीके।

**जालंधर** | नार्ची (नेशनल एसोसिएशन फॉर रिप्रोडक्टिव एंड चाइल्ड हेल्थ ऑफ इंडिया) ने रविवार को सर्वाइकल कैंसर पर एक सेमिनार कराया। प्रधान डॉ. सुषमा चावला ने बताया कि 9 से 26 साल की उम्र में अगर महिलाएं सर्वाइकल कैंसर की रोकथाम का टीका लगवा लेती हैं तो उनमें जानलेवा बीमारी होने का खतरा न

के बराबर हो जाता है। इस टीकाकरण के बारे में जानकारी की कमी के चलते बहुत सारी महिलाएं बच्चेदानी के मुंह के कैंसर (सर्वाइकल कैंसर) से ग्रसित हो जाती थीं। मौके पर डॉ. कमल गुप्ता, डॉ. सुरजीत कौर, डॉ. अमिता शर्मा, जतिंदर कौर डांग, डॉ. अनु, डॉ. दीपाली, डॉ. शालिनी पॉल मौजूद रहीं।

# Narchi in Collaboration with WDW celebrated Baisakhi on 13/04/2022 and 14/04/2022 .



Awareness programme for cervical & breast cancer and Women Empowerment in Club Cabana on 23/04/2022 and 24/04/2022  
Ribbons Presented to all the delegates from Punjab & Haryana



# Joint activity of WDW and NARCHI with Indian menopause society - doing yoga whole month of April 2022



# NARCHI Tree plantation drive on 23 rd April 2022



Celebrated "world dance day" at HMV college in collaboration with Narchi and radio city Jalandhar on 29/04/2022. Gave to message all students and teachers for disease free life.





Blood donation camp at New Ruby Hospital Jalandhar in collaboration with NARCHI and Rotary on 05/05/2022.  
Dr. Deepali and many members of Narchi donated blood .





# Mother Day Celebrated at Rhythms School Model Town Jalandhar A.P.J Junior Wings

- Made principals aware of ribbon movement and addressed children & mother about HPV vaccination & mothers for pap smear and self breast examination for early detection of cancer



Announced on mother day 07/05/2022 that senior citizen can have free checkup on 5<sup>th</sup> of every month, Antenatal check up can be done free on 9<sup>th</sup> of every month with the help of Narchi team.



# Narchi team Celebrating Mother,s Day at Haveli with WDW on 8 th May 2022



# Celebrated international nurses day 12/05/2022



# Prevent the preventable.... Awareness Program for medical students of Punjab institute of medical sciences Jalandhar by Ribbon Movement...on 13 th May 2022



# Discussion on "Anaemia Free India". By Dr Gurpreet... Attended by Representatives of IMA WDW, IFS, NARCHI , Mission Pink.. FOGSI on 13 th May 2022





# Active participation of Narchi in IMA meet on Cardiology on 13 th May 2022



Few members of Narchi & IMA WDW were honoured by Brahmakumaris on 15<sup>th</sup> May 2022 at their centre....Talk on women empowerment and leadership qualities was conducted for the masses.



# Presented awareness program to The Principal in KMV College 24/05/2022



# Menstrual Hygiene Day..... Awareness talk on 28<sup>th</sup> May 2022 at Shiv Devi Girls High school by NARCHI and WDW



# Convocation at HMV College spread Ribbon Movement for good health 26/05/2022



# 29/05/2022 Ribbon Movement for health awareness at KMV College



World Blood Donation Day celebrated in RED CROSS Bhawan  
Jalandhar On 14/06/2022

Narchi Volunteer distributed to all the member ribbon  
movement for cancer prevention







# Rotary mega award Function on 26/06/2022

## Narchi Team distributed about 300 ribbons & cards for awareness



# Celebrated Doctor's Day on 01/07/2022

## Topic - Health Awareness and Prevent the Preventable



# Ribbon movement in Inner wheel conference at club Cabana 16/07/2022



# Ribbon movement in conference hysteroscopy and fertility at LPU on 17/07/2022



# Ribbon movement and health awareness programme at Govt . Model Sr. School Jalandhar on 23/07/2022



# Ribbon Movement at president Hotel Topic- Mental Health and Air pollution On 24/07/2022



# BREAST CANCER awareness and check camp at Kabir Nagar Jalandhar in collaboration NARCHI and ROTARY on 30/07/2022



# Distributed plants for green and clean city





# Narchi in Collaboration with Rotary awareness Programme for environment and cervical cancer & breast cancer awareness programme at Hoshiarpur on 31/07/2022



# Breast Feeding Awareness

Lecture given to mothers and staff members explained about benefits and need of exclusive breast feeding on 5/08/2022



# MSD pharmaceutical CME Topic- HPV Cervical Cancer Vaccine Message Spread “Prevent the Preventable” at Hotel Best Western Jalandhar on 14/08/2022



# Celebrated Independence Day on 15/08/2022



# CME on Urogynecology at Aykai hospital Ludhiana on 21/08/2022



# Deputy Commissioner Office - attended Health Programme - ongoing Ribbon movement 31/08/2022



# Ribbons movement at KMV College in “Saraswati Poojan” On 01/09/2022



# “Breast & Cervix Cancer Awareness Programme” at Govt. Sr. Sec. Model School, Jalandhar on 05/09/2022





# Attended Narchi Con Conference 23<sup>th</sup> to 25<sup>th</sup> September 2022 – Challenges faced in Prevention of Cervical Cancer



# Adolescent Health Awareness Camp at ST. George's Convent School on 17/09/2022



27/09/2022

Ribbon movement at press club Jalandhar



# World Heart day Health awareness Camp on 29/9/2022 at New Ruby Hospital



# Pledge against cervical cancer and anemia free India



# Premarital Counselling for Anemia, Thalassemia, Rubella, HPV Vaccination & Folic Acid at govt Sen. Sec school.



**Lot of importance should be given to diet prior to conception. One and a half million children can be saved from abnormalities- just supplementing folic acid and immunizing with rubella vaccine prior to conception**

# Radio programme 2022



**Talk in radio for  
adolescents and  
immunization with  
HPV vaccination**

Narain in collaboration with Chawla Nursing Home invited life coach and motivational speaker Mrs Tarveen kaur on 13/10/2022 “Celebrated Mental Health Week”





# Narchi in association with Goonj collected clothes from IMA for the needy ON 16<sup>th</sup> October 2022



# Indian delegation in Portugal for world menopausal conference 24 Oct, 2022



# HPV Vaccination Camp at KMV College Jalandhar on 10/11/2022



# Health Awareness and ribbon movement at Lovely University on 18/11/2022



- **Anaemia Mukt Bharat**, chaired a session in D.M. C . college Ludhiana on 27/11/2022. At the end of session found 50 percentage of the students, I addressed and Doctors were clinically anemic “Dear Doctors love yourself Do deworming and take supplements also . You are so important for the society. Get a healthy check up done”.





Human Rights Day celebrated by pledging to do the best for humanity and the country with children of junior model school on 10/12/2022



# Breast examination and Ribbon Movement at KMV College Jalandhar on 18/12/2022





# Human Rights Meeting at The Regent Park Hotel Jalandhar On 22/12/2022



# 26/12/2022 to 28/12/2022 Allahabad meeting



# Honored by North India Gynaecologist forum at Delhi on 24/12/2022



3/01/2023 to 08/01/2023 Calcutta conference



# Awareness Programme in Kolkata Jan 2023



- Presented green ribbon for environment to president of FIGO at Kolkata conference.



# Narchi Along with democratic council visited maternity and child ward at Civil Hospital Jalandhar and Distributed woolens on 12/01/2023



# Awareness Programme at Civil Hospital on 12/01/2023





# “Lohri of Daughters” Celebrated on 13/01/2023

