



2019-20

UNNAT BHARAT ABHIYAN

YEAR-WISE ACTIVITIES



Prabhat Kumar College
Contai

Activities of UBA Cell
Prabhat Kumar College, Contai
East Midnapore, West Bengal
Session: 2019-20

Activities Performed by UBA Unit, Prabhat Kumar College, Contai **During 2019-2020**

1. Measuring Health Status of Women and nutrition-oriented Counseling

The UBA unit, Department of Nutrition and IQAC of the college have conducted this programme on 25/09/2019 at Purba Sriram pur Village to observe the national nutrition month. In the programme, initiatives have been taken to measure women health status which includes measurement of height, weight, blood pressure etc. Women have also been motivated to intake proper food through group counseling.



2. Health Checkup Programme at Jagannathpur Village on 12/12/2019

The health checkup programme includes blood sugar and blood group detection, eye examination for the people of Jagannath Pur Village (One of the adopted villages of the UBA unit of PKC) on 12/12/2019. Total 76 villagers have participated in this programme for checking up their blood sugar and for eye examination. Out of 76 participants, 23 people have been identified as suffering from medium and high blood sugar. It is also found that 13 people have eye cataract and they have been advised to operate cataract in the nearby hospital at free of costs. The UBA unit of our college has conducted this programme in collaboration with Lions club of Contai, Agami and Bholanath Eye Hospital, Contai.



1. **Formation of WhatsApp Group for each adopted village:** Formation of WhatsApp group in each of the adopted villages: These groups include the Panchayet Pradhan, Gram Pradhan of the concerned village, Health Staff (Asha Karmi), teachers of the schools of the respective villages, members of the self-help group, members of UBA unit, members of other organizations providing various facilities etc.
2. **Tie-up with other agency:** For the purpose of conducting development activities in the adopted villages, UBA unit tie up with other collaborating agencies/departments such as Health department of the Government of West Bengal, NGOs like Lions club apart from different wings of the college.