



Viksit Bharat @2047

# Maharshi Dayanand University Rohtak

(A+ Grade University Accredited by NAAC)

University Institute of Public Health Sciences (UIPHS)  
& Students' Welfare Department  
organises

**Anemia Muk, Poshan Yukt Campus Abhiyan**  
**एनीमिया मुक्त, पोषण युक्त कैम्पस अभियान**

on

**World Health Day-2025**

**April 7-8**



Active Support:

Department of Pharmaceutical Sciences, Youth Red Cross,  
University Health Centre, University Outreach Program, NSS, NCC, University Campus School,  
University Teaching Departments of Life Sciences & Social Sciences

Event Supported by



# ANEMIA MukT, POSHAN YUKT CAMPUS (AMPYC) ABHIYAAN: TEST, TALK, TREAT AND TRACK “एनीमिया मुक्त, पोषण युक्त कैंपस अभियान”

Anemia and malnutrition continue to be major public health concerns affecting millions worldwide. Students in universities, often neglecting balanced nutrition due to busy academic schedules, are at high risk. Malnutrition, including deficiencies in iron, vitamin B12, and folic acid, significantly impacts cognitive function, physical well-being, and academic performance. This World Health Day, the university aims to address these challenges through a comprehensive “ANEMIA MukT, POSHAN YUKT CAMPUS (AMPYC) ABHIYAAN” “एनीमिया मुक्त, पोषण युक्त कैंपस अभियान” incorporating T4 concept. This programme will be aligned with the WHO theme "Healthy Beginnings, Hopeful Futures" on "World Health Day- 2025".

## Objectives

1. Awareness & Education – To educate students, faculty, and staff on anemia, malnutrition, and the importance of One Health in ensuring long-term well-being.
2. Health Screening & Early Detection – To provide large-scale screening for anemia, BMI analysis, and nutritional deficiencies to identify at-risk individuals.
3. Nutritional Intervention – To promote iron and vitamin-rich dietary habits and sustainable food choices through expert talks, cooking workshops, and canteen modifications.
4. Medical Support & Treatment – To offer free medical consultations, distribution of health supplements, and provide healthy diet charts.

## About UIPHS

In alignment with the traditions and values of the University, the University Institute of Public Health Sciences (UIPHS) has been established with a mission to provide top-tier education aimed at cultivating skilled professionals to meet both current and future demands of our nation. A Four-Years Bachelor in Public Health Sciences (BPHS Hons./Research) program offered by the institute is meticulously designed to cater to the needs of society while adhering to the guidelines set forth in the National Education Policy (NEP-2020). Public health programs are poised to play a pivotal role in addressing the healthcare challenges of our nation, and the institute is dedicated to nurturing competent professionals in this field.

# Programme Outline

## TEST AND TALK: Awareness & Screening

A Mega Health Screening Camp will cover all the girls of around 5400 studying in 42 University Teaching Departments and all the children of around 500 studying in the Campus School. Each student will be screened for their hemoglobin level, random blood sugar level, blood pressure, blood group, body weight, height, BMI measurement and other on spot testing. Simultaneously, awareness and educational activities will be carried out through expert lectures, videos, posters display, awareness rallies, person-to-person talks, nukkad naataks etc.

## TREAT AND TRACK: Monitoring & Tracking

All the data will be collected digitally as individual Digital Health Card for further tracking and treatment purpose. Students at risk will be referred to the University Health Centre for Distribution of medicines (Treatment) and personal counselling. The students will be guided for healthy food options periodically through workshops. The progress of the student will be monitored periodically till full eradication of the anemia and malnutrition in the campus. Testing camps for anemia and malnutrition will be conducted periodically to achieve sustainable goals in this mission.

## Expected Outcomes

- Increased awareness of anemia and malnutrition among students, faculty and staff of the university.
- Early detection and treatment of nutritional deficiencies for at-risk individuals.
- Adoption of healthier eating habits and sustainable food choices within the university.
- Establishment of a long-term university-wide health initiative to monitor anemia and malnutrition through monitoring and tracking at regular intervals.



#### Chief Patron:

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**Prof. Rajbir Singh**  
Hon'ble Vice-Chancellor

#### Patrons:

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**Prof. A. S. Maan**  
Dean Academic Affairs

**Prof. Gulshan L. Taneja**  
Dean, Faculty of Interdisciplinary Studies

**Dr. Krishan Kant**  
Registrar

#### Conveners :

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**Prof. Munish Garg**  
Director, University Institute of Public Health Sciences (UIPHS)

**Prof. Randeep Rana**  
Dean, Students' Welfare

#### Co-conveners :

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**Prof. Deepak Kaushik**  
Head, Department of Pharmaceutical Sciences

**Prof. Anju Dhiman**  
Director UOP, Co-ordinator YRC

#### Core Committee:

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**Prof. Sapna Garg**, Chief Warden Girls  
**Prof. Rakesh Marwaha**, Deptt. of Ph. Sc.  
**Prof. Ashish Dahiya**, Director, Public Relations  
**Prof. Sandeep Malik**, Director, CRSIS&EC and FDC  
**Dr. Partap Rathee**, DYW  
**Dr. Swati**, Medical Officer, Univ. Health Centre  
**Dr. Anju Panwar**, PO NSS  
**Dr. Savita Rathi**, NSS Co-ordinator  
**Dr. Aarti**, NCC Co-ordinator  
**Dr. Vikas Sindhu**, NCC Co-ordinator  
**Dr. G. P. Saroha**, Director, UCC

**Anemia Mukta, Poshan Yukt Campus Abhiyan**  
**एनीमिया मुक्त, पोषण युक्त कैंपस अभियान**

**World Health Day-2025**

**MAHARSHI DAYANAND UNIVERSITY, ROHTAK**  
(A State University established under Haryana Act No. XXV of 1975)  
A+ Grade University Accredited by NAAC

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**World Health Day 2025**

**ANEMIA MUKT, POSHAN YUKT CAMPUS (AMPYC)  
ABHIYAAN : TEST, TALK, TREAT AND TRACK**

**एनीमिया मुक्त, पोषण युक्त कैंपस अभियान**

**Minute to Minute Programme Schedule**

**Date: April 7, 2025 (Monday)**

Time	Program
<b>Programme at Bhagirathi Girls Hostel</b>	
<b>9.30 am – 10.00 am</b>	Assemblance of the dignitaries in Bhagirathi Girls Hostel (Abhilasha Girls Hostel complex)
<b>10.00 am – 10.30 am</b>	Launching of “Anemia Mukta Poshan Yukt Campus Abhiyaan”
<b>10.30 am – 11.00 am</b>	Visit to Health camp locations in Various Girls Hostels and Campus School
<b>All the dignitaries shall proceed to R. K. Auditorium for further programme</b>	
<b>Program at R. K. Auditorium</b>	
<b>11.00 am - 11.15 am</b>	Welcome of the dignitaries and Lamp Lighting
<b>11.15 am – 11.20 am</b>	University Kulgeet
<b>11.20 am - 11.30 am</b>	About the Programme
<b>11.30 am – 11.40 am</b>	Welcome Address
<b>11.40 am – 12.10 pm</b>	Address by the Chief Guest
<b>12.10 pm – 12.15 pm</b>	Vote of Thanks
<b>12.15 pm</b>	National Anthem

## World Health Day 2025

### ANEMIA MUKT, POSHAN YUKT CAMPUS (AMPYC) ABHIYAAN : TEST, TALK, TREAT AND TRACK

### एनीमिया मुक्त, पोषण युक्त कैंपस अभियान

April 7-8,2025

#### Venues for Health Camps

Day -1 : April 7, 2025, 9.30 am onwards

S. No.	Location	No. of teams
1.	Vivekananda library	1
2.	Student activity centre	1
3.	Campus School	2
4.	Bhagirathi hostel	2
5.	Narmada Hostel	2
6.	Kaveri Hostel	2
7.	Ganga Hostel	2
8.	Saraswati and Godavari Hostel	1
9.	Meghna Hostel	1
10.	Yamuna Hostel	1
11.	Sabarmati Hostel	1
12.	Krishna Hostel	1
	<b>Total</b>	<b>17</b>

<b>Day 2 (April 8, 2025, 9.30 am onwards)</b>		
<b>S. No.</b>	<b>Location</b>	<b>No. of teams</b>
1.	Campus School	2
2.	Chief Warden Office (Girls Hostel)	2
3.	Student Activity Centre	1
4.	Administration Block	1
5.	Directorate of Distance Education (DDE)	1
6.	Vivekananda library	1
7.	Pharmaceutical Sciences Department (Histroy, Physics, Geography, and nearby departments also)	1
8.	UIET (Microbiology, Biotech, CMBT, Bio- informatics and nearby departments)	2
9.	Zoology Department (Covering Botany, EVS and nearby departments also)	1
10.	IMSAR (Covering Law, IHTM, Education)and nearby departments also)	2
11.	English (Covering Commerce, Economics, Sociology, Psychology, Music and other nearby departments also)	1
12.	Genetics Department (Whole Old Sciences Block)	1
13.	Math Department (Covering Statistics and nearby departments also)	1
	<b>Total</b>	<b>17</b>

It is requested to the Concerned HOD, Director to depute two faculty co-ordinators who shall facilitate the arrangements for the health teams.