



# RAJE RAMRAO MAHAVIDYALAYA, JATH

Dist. Sangli (Maharashtra) 416 404

UGC Recognition under 2F & 12 (B) UGC Act 1956

(Affiliated to Shivaji University, Kolhapur)



NAAC Reaccredited : "A" Grade (Fourth Cycle) ISO 9001:2015 Certified

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Date-18<sup>th</sup> Sept.2025

## Brief Report of Nai Roshani Scheme

**Date:** 18 September 2025

**Venue:** College Auditorium.

**Organized By:** NCC Dept, Rajee Ramrao Mahavidyalaya, Jath in collaboration with Dr. Patangrao Kadam Medical College, and research centre Sangli.

A comprehensive "Health Check-up cum Guidance Camp" was organized on 18 Sept.2025 to address the unique medical needs and wellness of female students. The program aimed at early detection of common health issues and providing expert medical consultation to foster a culture of proactive health management.

The chief guest of **Nai Roshani Scheme** was prof. Dr. S. S. Patil , Principal of our college who addressing to student at the camp The camp featured dedicated counters for various screenings and diagnostic tests by Dr.Dhonde mam and Dr. Patil Mam:

**General Assessment:** Measurement of Height, Weight, and BMI Calculation to monitor nutritional status.**Vital Monitoring:** [Blood Pressure](#) and pulse rate checks.

**Pathology Tests:** Random [Blood Sugar](#) tests and Haemoglobin (Hb) estimation to screen for anaemia.**Specialist Consultations:** Vision testing, dental screening, and gynecological consultations.

**Common Medical Problems Identified.**Based on the screenings of 18 students, the following recurring health concerns were observed: **Nutritional Deficiencies:** A significant percentage of students were found to be [underweight or anaemic](#).

**Menstrual Irregularities:** Issues such as [dysmenorrhea](#) (painful periods) and irregular cycles were prevalent

**Lifestyle-Related Issues:** Reports of PCOD/PCOS symptoms, joint pain, and stress-induced fatigue.**Vision & Dental Health:** Instances of uncorrected refractive errors and [dental caries](#).**Medical Guidance & Recommendations** The participating doctors provided tailored guidance on the following themes:**Nutritional**

**Balance:** Emphasis on iron-rich diets and avoiding skipped meals to combat fatigue and anaemia.

**Menstrual Hygiene:** Proper usage and disposal of sanitary products and tracking menstrual cycles for better reproductive health.

**Mental Well-being:** Strategies for [managing exam stress](#) and maintaining a consistent [sleep pattern](#).**Preventive Habits:** Regular physical activity (yoga/brisk walking) to manage hormonal imbalances and PCOD.

#### **. Conclusion**

The event concluded with a vote of thanks to the medical team by NCC Officer, Capt. P. A. Sawant. It successfully raised awareness, with many students receiving referrals for [further specialist treatment](#) or follow-up. Regularizing such camps is recommended to ensure the sustained health and academic performance of college girls.

---Capt. P. A. Sawant

(A.N.O.)

# PHOTORAPHS



Time: 09-18-2025 10:22  
Note: Nai Roshani Scheme - Sashakta Nari  
Raje Ramrao Mahavidyalaya Jath,  
NCC Department.

Welcome of Hon. Chef Guest Dr. Dhonde Mam



Time: 09-18-2025 11:06  
Note: Nai Roshani Scheme - Sashakta Nari  
Raje Ramrao Mahavidyalaya Jath,  
NCC Department.

Case study of each NCC SW Cadet by doctor



Time: 09-18-2025 11:06  
Note: Nai Roshani Scheme - Sashakta Nari  
Raje Ramrao Mahavidyalaya Jath,  
NCC Department.

NCC Cadets giving their medical information



Time: 09-18-2025 10:28  
Note: Nai Roshani Scheme - Sashakta Nari  
Raje Ramrao Mahavidyalaya Jath,  
NCC Department.

NCC SW cadets noting important information of doctor



Time: 09-18-2025 10:05  
Note: Nai Roshani Scheme - Sashakta Nari  
Raje Ramrao Mahavidyalaya Jath,  
NCC Department.

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NCC SW Cadets participating in the interaction session of programme.